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# MIDDLE SCHOOL

Student-Athlete

And Parent Handbook

2006 - 2007



# ***MIDDLE SCHOOL STUDENT-ATHLETE AND PARENT HANDBOOK***

## **PHILOSOPHY OF STUDENT ATHLETICS**

The Elk Grove Unified School District (E.G.U.S.D.) recognizes the importance of athletics as an integral component of a student's complete educational development. As such, we believe that all students should have an opportunity to participate in some form of interscholastic athletics and that such participation should encourage positive scholastic and social growth and achievement. All participants and teams will represent the school and community in a positive manner and will reflect the dedication and hard work that will be required to compete and be successful. Success will not be measured by records that are achieved by teams or individuals, but rather by the knowledge that each participant gave his/her best effort and prepared for each contest to the best of his/her ability. The Elk Grove Unified School District realizes that an effective interscholastic athletic program is the product of responsible cooperation between its four major components: the student-athlete, the coaching staff, the parents, and the site/district administration.

## **ATHLETIC GUIDELINES**

### ***SPORTSMANSHIP***

Participation in the athletic program requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting respect for the people and institutions associated with athletic contests. In order to promote fairness in competition, the following 16 Principles of "Pursuing Victory with Honor" have been adopted by the E.G.U.S.D Board of Education. Athletes of this school will be required to comply with the rules of each sport and to ensure that fairness in competition is not limited by their actions in any way.

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership – including coaches, athletic administrators, program directors and game officials – to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.

8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressures to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached, as well as first aid. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interest. In addition, sports programs must be prudent, avoiding undue dependence on particular companies or sponsors.
16. The profession of coaching is a profession of the mental and physical dimensions of their sport. Coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

Any person who is unable to comply with these standards must understand that his/her opportunity for participation may be limited or removed.

## **CODE OF CONDUCT FOR PARENTS/GUARDIANS**

The role of the parent in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.

There is a value system—established in the home, nurtured in the school – that young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness and respect are lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a parent/guardian of a student-athlete at our school, your goals should include:

- ◆ Promote a healthy lifestyle that does not include the use of performance enhancing drugs or supplements;
- ◆ Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
- ◆ Encourage our students to perform their best, just as we would urge them on with their class work;
- ◆ Participate in positive cheers that encourage our student-athletes; discourage any cheers that would redirect that focus – including those that taunt and intimidate opponents, their fans and officials;
- ◆ Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
- ◆ Respect the task that our coaches face as teachers; and support them as they strive to educate our youth;
- ◆ Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and
- ◆ Develop a sense of dignity and civility under all circumstances.

You can have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child, and our community, for years to come.

**Violation of the above code of conduct could result in one or more of the following consequences: a warning, removal from the venue, suspension, or further discipline to be determined by the administration (per P.C. 602.1, 653g, and P.C. 6476).**

## **CODE OF CONDUCT FOR INTERSCHOLASTIC STUDENT-ATHLETES**

*Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:*

### **TRUSTWORTHINESS**

1. *Trustworthiness* – be worthy of trust in all I do.
  - *Integrity* – live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
  - *Honesty* – live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
  - *Reliability* – fulfill commitments; do what I say I will do; be on time to practices and games.
  - *Loyalty* – be loyal to my school and team; put the team above personal glory.
2. *Respect* – treat all people with respect all the time and require the same of other student-athletes.

### **RESPECT**

3. *Class* – live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. *Disrespectful Conduct* – don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or ***racial*** nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. *Respect Officials* – treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

### **RESPONSIBILITY**

6. *Importance of Education* – be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. *Role-Modeling* – Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.

**Suspension or termination of the participation privilege is within the sole discretion of the school administration**

8. *Self-Control* – exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. *Healthy Lifestyle* – safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage

in any unhealthy techniques to gain, lose or maintain weight.

10. *Integrity of the Game* – protect the integrity of the game; don't gamble. Play the game according to the rules.

### **FAIRNESS**

11. *Be Fair* – live up to high standards of fair play; be open-minded; always be willing to listen and learn.

### **CARING**

12. *Concern for Others* – demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
13. *Teammates* – help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

### **CITIZENSHIP**

14. *Play by the Rules* – maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. *Spirit of Rules* – honor the spirit and the letter of rules; avoid temptations to gain a competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship

## **SCHOOL ATTENDANCE**

Attending all classes is a high priority for all student-athletes: many athletic events require students to miss classes during the week making it very important for all student-athletes to establish good attendance patterns and communicate with their teachers about assignments to be done.

1. Students must attend 50% (minimum) of the school day, excluding lunch, in order to participate in practice or competition that day.
2. Student-athletes in violation of this rule, as it relates to competitions, will be suspended for a minimum of one contest or game. (Subject to review with head coach and athletic director.)

## **ACADEMIC ELIGIBILITY**

All student-athletes who wish to participate in an athletic activity in the Elk Grove Unified School District must meet the following requirements:

1. Have earned a "C" average (2.0 GPA) in their overall district academic program for the grading period prior to their participation and for each succeeding grading period during participation.
2. Meet standards of satisfactory citizenship.
3. Have a satisfactory attendance record as defined by Board Policy.

Exceptions may be made to the above requirements by a probation committee when health, physical, mental disadvantages, or other extenuating and unusual circumstances exist.

If a student-athlete is ineligible at the beginning, or becomes ineligible during a season of sport because he/she is below a 2.0 GPA, he/she remains ineligible until the Monday after grades of progress or record are published where a complete GPA is computed.

For the purpose of clarification, the following terms will be used to determine academic eligibility:

- A. **Grades of Progress:** data processor generated grades assigned to a student but not officially recorded on a transcript.
- B. **Grades of Record:** data processor generated grades assigned to a student and officially recorded on a transcript.

### **Initial Eligibility**

All students who wish to participate must have earned a minimum 2.0 GPA with no F's based on grades of record for the grading period immediately prior to their participation. Credits earned will be a factor in computing GPA's.

All students who wish to continue to participate remain eligible if:

1. On any grades of record the student has maintained a minimum 2.0 GPA with no F's.
2. On any grades of progress, the student has maintained a minimum 2.0 GPA with no "F's". If the student has an "F", he/she is ineligible beginning the Monday after grades are published. That student becomes eligible as soon as he/she returns a grade clearance form to the Athletic Director, signed by the teacher, signifying that the student is earning a passing grade.

### **Continuing Eligibility**

3. If a student has a grade of “F”, on any mid-quarter or mid-term grades of progress, the student is ineligible beginning the Monday after grades are published. That student becomes eligible as soon as he/she returns a grade clearance form to the Athletic Director, signed by the teacher, signifying that the student is earning a passing grade.

### **SUMMER SCHOOL TO AFFECT ATHLETIC ELIGIBILITY**

Students who have demonstrated a satisfactory attendance record of ninety percent actual attendance, and have met standards of satisfactory citizenship in all courses and in the school generally or in its activities during the spring trimester, have the option of having summer school course work affect their extra-curricular and co-curricular eligibility. In selecting summer school course work for this purpose, the student must repeat summer school course work in the same courses in which grades from the preceding grading period caused the ineligibility. In the event the identical courses are not available, the student may substitute other course work with the same or higher level of difficulty. All substitute course work must have the approval of a counselor, appropriate department chairperson, and final approval of the principal before the student enrolls in summer school. Any substitute course work that is not approved, will be averaged with the end of the school year grades to determine the G.P.A.

### **ATHLETIC ELIGIBILITY**

Every student who wants to participate in a sport must complete and have signed by a parent/guardian the following forms:

1. Physical / Medical Insurance
2. Emergency Information
3. Parent Consent, Field Trip Permission, Physical, Injury, Risk, adherence to Codes of Conduct and Acknowledgment of Athletic Handbook

Athletes must have a yearly physical from a qualified physician who completes the medical examination report. In order to be accepted for athletics, the physical must be completed *after* June 1 of the school year in which the athlete plans to compete.

**Completed papers should be given to the head coach.**

### **EQUIPMENT**

The Elk Grove Unified School District and the individual sites provide a great deal of money to maintain and purchase proper equipment. Equipment is to be handled properly for financial reasons and also to teach students responsibility.

1. All equipment will be inventoried, numbered, and checked out by coaches.
2. Students are responsible for the security of their equipment and uniforms. In some cases, particularly with game uniforms, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform.
3. Students are expected to turn in the same piece(s) of equipment checked out to them.
4. Equipment should be returned in the same condition as it was received. Equipment and uniforms should be cleaned and washed before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it in to the coach.
5. All equipment must be returned within one week of the last contest.
6. No awards (letters, trophies, etc.) or grades will be issued until all equipment is returned and/or paid for by the student-athlete.
7. Students must return or pay for all equipment before they can practice or participate in another sport. In unusual circumstances when a significant amount of money is owed, arrangements for repayment can be made with the coach and the administrator in charge of athletics.
8. Students who leave a team prior to the end of the season must turn in their equipment and uniform within one week.

## **GENERAL BEHAVIOR**

Profanity, unsportsmanlike conduct, throwing of equipment or any similar displays of immaturity, and disrespect to any person or institution will not be tolerated. Athletes accept responsibility for their actions both on and off the field. An athlete's language and behavior should not embarrass himself/herself, the team, the school, the district, or the community. Defiant behavior and back-talk toward any coach, school official, or game official will also not be tolerated. Any disagreements should be handled in private adult discussions.

Violation of any of the above behavior guidelines could result in one or more of the following consequences: benching, suspension, or dismissal.

## **ROAD TRIPS**

The district provides transportation to some away contests. Students are expected to go and return on the district-provided transportation.

1. Bus departure times are often determined by the E.G.U.S.D. Transportation Department.
2. At the coach's discretion, students may be signed off the return bus by their parents/guardians or approved adult drivers that have completed an auto usage form and have been fingerprinted.
3. All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for proper attire.
4. Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.
5. Personal radios may not be played on the bus. Walkman type radios may be allowed at the coach's discretion.
6. Students are expected to follow all rules set forth by the bus driver and to be courteous and respectful at all times.

## **UNREST PLANS**

If a physical conflict should occur on the playing field/court during a contest, the following action will take place. All athletes in the sideline/bench area will remain there, and all athletes on the field/court are to move immediately to the sideline/bench area. All parents/guardians, fans, etc., are to remain in the stands or in the sideline/bench area if there are no stands. No unsportsmanlike words or actions are to come from any players, fans, or coaches. Violation of the above policy by a student can result in disciplinary action from both the school administration and the Athletic Department. It is the responsibility of every coach to inform, demonstrate, and practice the above action plan.

## **EXTRA-CURRICULAR DISCIPLINE CONSEQUENCES**

Student-athletes, performers or competitors involved in a fight, while in uniform and/or at a performance/competition will have the following consequences:

***First Offense*** - One game or performance suspension/school suspension;

***Second Offense*** - Complete removal from the team and school suspension;

Each situation will be evaluated on an individual basis by the administration. Input will be provided by the appropriate coach or advisor.

## **LEAVING A TEAM**

Students are encouraged to try a variety of sports and students may leave a team prior to the first contest, excluding scrimmages, without penalty, by personally notifying the coach that they no longer wish to participate. After this “try-out” period, students may leave a team under the following conditions:

1. It is the student’s responsibility to notify the coach that he/she no longer wishes to participate. The coach may request that the student explain the reason(s) for leaving the team. If the coach and student mutually agree that the student can leave the team, the student may leave without penalty. If the previous coach does not agree, the student may not begin practicing another sport until the season (including play-offs if applicable) has ended. This will include off-season programs such as weight lifting.
2. If a student communicates with a coach, but no mutual agreement can be reached, and the coach recommends that the student not be allowed to leave without penalty, the student may appeal the coach’s recommendation to the athletic director. If the student feels the decision is still unfair, he/she may appeal the athletic director’s decision to the principal.

***THESE RULES ARE NOT INTENDED TO BE PUNITIVE, AND PENALTIES WILL BE IMPOSED ONLY AFTER CAREFUL CONSIDERATION. THE INTENT OF THESE RULES IS TO ENCOURAGE STUDENTS TO BE RESPONSIBLE IN THEIR ACTIONS AND TO COMMUNICATE IN AN ADULT MANNER WHEN THEY PLAN TO END A COMMITMENT TO A SPORT OR WHEN THEY DISAGREE WITH A COACH.***

## **TRAINING RULES**

For health and safety reasons, students should understand that the E.G.U.S.D. believes that the use of tobacco, alcohol, and drugs is not acceptable for high school athletes. Any violation of these training rules may also result in school disciplinary action according to the E.G.U.S.D. Code of Conduct and California Education Code. The coaches believe that the current glamorization of the use of tobacco and alcohol by some professional athletes is misleading and believe that high school students should be aware of the negative effects of their use.

The following information concerning tobacco, alcohol, and drug use is the policy adopted by the Athletic Departments and the District Administration of the E.G.U.S.D. It is a policy designed to be supportive and helpful to students/athletes, not just punitive. Students and parents must realize that it is their responsibility to follow this cumulative policy, and repeated offenses during the season will result in progressive consequences. Reported offenses must be documented in writing.

## **TOBACCO – SMOKING AND CHEWING POLICY**

Any student-athlete who smokes, chews, or possesses tobacco in any form at any time during the season or at any off-season team activity will suffer the following consequences.

**1st OFFENSE:** The student-athlete will be ineligible to participate in any interscholastic contests for **two** weeks from the date of the infraction. In addition he/she must agree to a parent, coach, student conference. With the coach's permission, the student-athlete may continue to practice with the team.

**2nd OFFENSE:** The student-athlete will be ineligible to participate in any interscholastic contests for **four** weeks from the date of the infraction. In addition, he/she must successfully complete a tobacco abuse program that is approved by the athletic director. With the coach's permission the student-athlete may continue to practice with the team.

**3rd OFFENSE:** The student-athlete is ineligible for **one** school calendar year.

## **DRUGS, ALCOHOL AND PERFORMANCE ENHANCING DRUGS**

Any student-athlete who uses/possesses alcohol, drugs, or performance enhancing drugs in any form at any time during the season or at any off-season team activity will suffer the following consequences:

**1st OFFENSE:** The student-athlete will be ineligible to participate in any interscholastic contests for **four** weeks from the date of the infraction. In addition, he/she must successfully complete a chemical abuse program that is approved by the athletic director. With the coach's permission the student-athlete may continue to practice with the team.

**2nd OFFENSE:** The student-athlete will be ineligible for all practices and interscholastic contests for **one** school calendar year. In addition, he/she must successfully complete a chemical abuse program that is approved by the athletic director.

**REPEATED OFFENSES:** *Repeated offenses of the above policy may result in permanent expulsion from all athletic activities.*

## **TRY-OUT PROCEDURES**

The following is an outline of some of the basic guidelines/timelines that the Athletic Department follows prior to and at the start of a sport season. There are three sport seasons: fall, winter and spring. Because of the unique nature of each individual sport, this outline may include or exclude some items that the coaching staff does or does not use.

1. Pre-season sign-up meetings: 1 - 3 months prior to the start of the season.
  - a. Fall season begins in late August or early September.
  - b. Winter season begins in November for 8<sup>th</sup> graders and late January for 7<sup>th</sup> graders.
  - c. Spring season begins in April.
2. Necessary forms and paperwork.
3. Eligibility - refer to Academic Eligibility.
4. Try-outs.
  - a. A try-out period of 3 to 10 days will be conducted for those sports that make cuts.
  - b. Head Coaches will make the decision in determining the final roster.

## **CONFERENCES**

In our continuing effort to establish and maintain clear lines of communication between the Athletic Department Staff and the parents/guardians of our student-athletes, the coaching staff will be available for conferences. ***Please do not attempt to confront a coach before or after a contest or practice.*** Those can be emotional times for both the parent and the coach. Meetings of that nature, and at those times, do not promote resolution. The following guidelines will help make any conference a productive and positive experience.

## **PARENT INVOLVEMENT GUIDELINES**

- \* Each head coach will be available, upon request, for conferences.
  - \* Parents can use this time to ask questions and obtain information.
  - \* The coach will discuss what the student-athlete needs to work on or improve in order to maintain or increase his/her playing time.
  - \* The coach will only talk to a parent/guardian about his/her own child.
  - \* If the guidelines are not adhered to, the discussion will be terminated.
  - \* If satisfaction is not obtained, the parent/guardian should then follow the instructions under Parent Complaints or Concerns.
  - \* **Parents who verbally abuse a coach may be liable for harassment/slander/defamation of character.**
- \*\* It is the intent of the Athletic Department to provide an avenue for meaningful dialogue and communication between coaches and parents. Working together we can and will accomplish great things.

## **PARENT COMPLAINTS OR CONCERNS**

\*TO EXPRESS A CONCERN ABOUT SCHOOL PERSONNEL:

If you have a concern or complaint, it helps to bring it to the attention of the correct people. In general, a parent should communicate first with the school and then with the appropriate office in the district administration.

- a. Every effort should be made to resolve a complaint with the coach involved.
- b. If the concern is not resolved with the coach, it should be submitted to the athletic director in writing.
- c. If the concern is not resolved with the athletic director it should be submitted to the principal in writing.
- d. If the principal cannot resolve the problem, it will be submitted to the associate superintendent responsible for secondary education.
- e. Concerns are resolved at the associate superintendent level will be submitted to the chief of staff and, if still not resolved, to the superintendent.

***These are not full and complete statements regarding the Uniform Complaint Procedure or the District's nondiscrimination policies. Please refer to the District's Parent and Student Handbook for more detailed information on these policies and procedures.***

## **Prohibition of Discrimination or Harassment**

The Elk Grove Unified School District does not discriminate on the basis of a person's actual or perceived ancestry, color, ethnic group identification, national origin, race, religion, sex, gender (including sexual harassment), sexual orientation, or physical and /or mental disability in any of its policies, practices, procedures, programs or activities. More detailed information regarding the District's prohibition of discrimination or harassment is contained in the Legal Rights section of the Elk Grove Unified School District Parent and Student Handbook. Parents, students and staff should immediately report incidents of discrimination or harassment to the Principal or designee. Students, parents, guardians or any other individuals having questions or concerns or who may wish to file a complaint, should contact the Assistant Superintendent for Human Resources, at (916) 686-7795, for matters involving District employees or contact the Associate Superintendent, Education Services, at (916) 686-7785, for matters between students.

## **Sex Discrimination/Harassment**

The Elk Grove Unified School District does not discriminate on the basis of a person's sex, gender or sexual orientation and has a policy of nondiscrimination in accordance with Title IX of the Federal Regulation. In addition, the Governing Board prohibits sexual harassment of or by any student or by anyone in or from the District. More detailed information regarding the District's policy prohibiting sex discrimination and harassment is contained in the Legal Rights section of the Elk Grove Unified School District Parent and Student Handbook. Parents, students and staff should immediately report incidents of sexual harassment or discrimination to the Principal or designee. Students, parents, guardians or any other individuals having questions or concerns or who may wish to file a complaint, should contact the Assistant Superintendent for Human Resources, at (916) 686-7795, for matters involving District employees or contact the Associate Superintendent, Education Services, at (916) 686-7785, for matters between students.

## **Uniform Complaint Procedure**

It is the goal of the Elk Grove Unified School District to ensure compliance with applicable state and federal laws and regulations governing educational programs. The District shall follow the Uniform Complaint Procedure when addressing complaints alleging unlawful discrimination on the basis of actual or perceived ancestry, color, ethnic group identification, national origin, race, religion, sex, gender (including sexual harassment), sexual orientation, or physical and/or mental disability in any program or activity that receives or benefits from state financial assistance or for the alleged failure to comply with state or federal law when addressing complaints regarding adult basic education, consolidated categorical aid programs, migrant education, vocational education, child care and development programs, child nutrition programs and special education programs. More detailed information regarding the Uniform Complaint Procedure is contained in the Elk Grove Unified School District Parent and Student Handbook. If you have questions regarding the Uniform Complaint Procedure, you can contact the Legal Compliance Specialist in Human Resources at (916) 686-7795.

**Parent Consent, Field Trip Permission, Physical, Injury, Risk, Adherence to Codes of Conduct and Acknowledgment of Athletic Handbook Form**

Name \_\_\_\_\_ Student # \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Parent's/Guardian's Name \_\_\_\_\_ Phone # \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phones: Father \_\_\_\_\_ Mother \_\_\_\_\_

**Consent Statements - Please read carefully and sign below.**

- \* I hereby give my consent for the above-named student to participate in athletics.
- \* I hereby give my consent for the above-named student to have his/her picture and/or statistics published. This may include print/electronic media.
- \* I hereby authorize the E.G.U.S.D. or a representative to transport and supervise the above named student on any athletic trip.
- \* I hereby give my consent for a physical examination administered by a physician, nurses and other medical personnel, including any applicable tests or treatment deemed necessary.
- \* I hereby give my consent, in case this student is injured or becomes ill, for the school and/or its representative to secure medical aid, ambulance transportation, and for the medical agency to render treatment.
- \* I hereby give my consent to the team physician, emergency doctor, nurse, athletic trainer, and/or coach to apply first aid treatment until the family doctor can be contacted.
- \* We realize that there is a risk of our son/daughter being injured while participating in sports and the risk of injury may be severe, including the risk of fracture, brain injuries, paralysis, or even death. We are assuming all risks inherent in this athletic activity.
- \* I, as a student-athlete, have read and will adhere to the Code of Conduct for Interscholastic Student-Athletes.
- \* I, as a parent/guardian, have read and will adhere to the Code of Conduct for parents/guardians and will promote adherence to the policies stated in the Student-Athlete/Parent Handbook.

***WE HAVE READ AND UNDERSTAND ALL OF THE RESPONSIBILITIES AS OUTLINED IN BOTH THE STUDENT-ATHLETE AND PARENT ATHLETIC HANDBOOK AND ANY ADDITIONAL GUIDELINES (IF APPLICABLE) ATTACHED BY THE COACH.***

_____ Parent's/Guardian's Signature	_____ Date
_____ Athlete's Signature	_____ Date



ELK GROVE UNIFIED SCHOOL DISTRICT

RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT FOR INTERSCHOLASTIC ATHLETIC ACTIVITIES PARTICIPATION

Middle School/High School \_\_\_\_\_ School Year

This is a release of liability and assumption of risk agreement. Read it carefully and sign below. Completion of this release is a prerequisite to participation in any interscholastic activity. This release essentially says that my son/daughter \_\_\_\_\_ (name of student) is going to participate in \_\_\_\_\_ (name of sport), an athletic activity.

If he/she is hurt, injured or even dies, we (i.e., the student, parents and heirs) will not make a claim against or sue the Elk Grove Unified School District (hereinafter EGUSD), its trustees, officers, employees and agents, or expect them to be responsible or pay for any damages.

We, the undersigned, understand and acknowledge that \_\_\_\_\_ (name of student) has voluntarily chosen to participate in this athletic activity. We know and fully understand that any athletic activity, including \_\_\_\_\_ (name of sport), involves numerous risks, dangers and hazards, both known and unknown, where serious accidents can occur, participants can sustain physical injuries, damage to their property, and even die. Regardless of whether the athletic activity involves physical contact or not, all athletic activities and sports have inherent risks of injury which are inseparable from the activity. We acknowledge and willingly assume all risks and hazards of potential injury and death in this athletic activity, whether in practice, games, meets, or any other type of competition, including any transportation to or from any such event. \_\_\_\_\_ 's (name of student) participation in this activity is purely voluntary and it is being done at his/her own risk.

In consideration for EGUSD allowing the student to participate in this athletic activity, we voluntarily agree to release, waive, discharge, and hold harmless EGUSD and its trustees, officers, employees and agents from any and all claims of liability arising out of their negligence, or any other actor omission which causes the student illness, injury, death and damages of any nature in any way connected with the student's participation in this activity. We also expressly agree to release and discharge EGUSD, its trustees, officers, employees and agents from any act or omission of negligence in rendering or failing to render any type of emergency or medical services.

As parent or legal guardian of the student/participant under 18 years of age, I have read and voluntarily agree that my son/daughter may participate in this athletic activity, and I sign this release on his/her behalf. In signing this document, I fully recognize and understand that if my son/daughter is hurt, dies or his/her property is damaged, I am giving up their right and the right of their parents and heirs to make a claim or file a lawsuit against EGUSD, its trustees, officers, employees and agents.

California Law provides as follows: "All persons making the field trip or excursion shall be deemed to have waived all claims against the district or the State of California for injury, accident, illness, or death, occurring during or by reason of the field trip or excursion. All adults taking out-of-state field trips or excursions and all parents or guardians of pupils taking out-of- state field trips or excursions, shall sign a statement waiving such claims." (Education Code Section 35330)

WE, THE UNDERSIGNED, HAVE READ THIS DOCUMENT. WE UNDERSTAND THAT IT IS A RELEASE OF ALL CLAIMS. WE FURTHER UNDERSTAND THAT WE ARE ASSUMING ALL RISKS INHERENT IN THIS ATHLETIC ACTIVITY. WE VOLUNTARILY SIGN OUR NAME AS EVIDENCE OF OUR ACCEPTANCE OF THE ABOVE PROVISIONS, PARTICIPATION IN THE ACTIVITY AND ANY FIELD TRIP OR EXCURSION ASSOCIATED WITH IT.

DATE: \_\_\_\_\_

\_\_\_\_\_  
(SIGNATURE OF STUDENT/PARTICIPANT)

DATE: \_\_\_\_\_

\_\_\_\_\_  
(SIGNATURE OF PARENT OR LEGAL GUARDIAN IF PARTICIPANT IS UNDER 18 YEARS OF AGE)