

CAPISTRANO UNIFIED SCHOOL DISTRICT
DANA HILLS HIGH SCHOOL

ATHLETIC CLEARANCE PACKET

As you fill out the Athletic Clearance Packet, please check off each box in the list below of frequently missed items to ensure ALL signatures, initials, and documents are provided – Thank You!

- 1. CUSD Physical Screening Form
 - Sports listed by season - Top of page (CIRCLE ALL)
 - Emergency Contact and Phone Number - 5th Line
 - Parent Signature and Date – 6th Line
 - Physician's Office Stamp if physical is not done at school – Bottom of page
 - Physician's Signature**—(*Nurse Practitioner or Physician's Asst. signatures not accepted*)
 - 2. CUSD Athletic Insurance Verification

***If you already have insurance and do not need supplemental coverage:

 - Athlete's Name and Parent Signature—Top of Item 1
 - Insurance Company/Health Plan and Policy Number – Middle of Item 1

Also Attach Photo Copy of Insurance Card in this Area

***If you are purchasing athletic insurance through Myers-Stevens & Toohey (Item 2):

 - Athlete's Name – Top of Item 2
 - Option and Amount – Middle of Item 2
 - Parent Signature – Bottom of Item 2
 - A completed Myers-Stevens and Toohey insurance application, along with a check must be included with this packet when it is turned in to the school**
 - 3. CUSD Athletic Code of Honor
 - Athlete Signature and Date – Bottom left of page
 - Parent Signature and Date – Bottom right of page
 - 4. CUSD Eligibility Requirements and Standards for Athletes
 - 5 Parent Initials** – Right side of page in Eligibility Requirements section
 - 5 Student Initials** – Right side of page in Eligibility Requirements section
 - Parent Signature and Date – Bottom of page at the end of the Standards for Athletes
 - Student Signature and Date – Bottom of page at the end of the Standards for Athletes
 - 5. CIF Code of Ethics for Athletes
 - Name of student (printed) – Bottom of page
 - Student Signature and Date – Bottom of page
 - Parent Signature and Date – Bottom of page
 - 6. CUSD Informed Consent and Awareness of Sports Injury Risk
 - Name of student (printed) – Last sentence
 - Name of parent (printed) – Bottom of page
 - Parent Signature and Date – Bottom of page
 - Athlete Signature and Date – Bottom of page

*Frequently missed items
are in italics*

DANA HILLS HIGH SCHOOL ATHLETIC SPORT SEASONS

FALL

CROSS COUNTRY (boys/girls)
FOOTBALL
GIRLS GOLF
GIRLS TENNIS
GIRLS VOLLEYBALL
BOYS WATER POLO
SURFING (boys/girls)

WINTER

BASKETBALL (boys/girls)
SOCCER (boys/girls)
GIRLS WATER POLO
WRESTLING

SPRING

BASEBALL
SOFTBALL
BOYS GOLF
SWIM & DIVE (boys/girls)
BOYS TENNIS
TRACK & FIELD(boys/girls)
BOYS VOLLEYBALL
LACROSSE (boys/girls)

DHHS/CUSD ATHLETIC CLEARANCE PACKET

Please CIRCLE ALL sports you would like to try out for or participate in:

Fall

Cross Country (b/g)
Football
Girls' Golf
Girls' Tennis
Girls' Volleyball
Boys' Water Polo
Surfing (b/g)

Winter

Basketball (b/g)
Soccer (b/g)
Girls' Water Polo
Wrestling

Spring

Baseball
Boys' Golf
Boys' Tennis
Boys' Volleyball

Spring

Softball
Swim & Dive (b/g)
Track & Field (b/g)
Lacrosse (b/g)

Name _____ 2010-11 Grade _____ Male _____ Female _____ Date of birth ____/____/____
 Address _____ City & _____ Home _____
 _____ Zip Code _____ Phone _____
 Name of _____ Work phone _____ Cell phone _____
 Father/Guardian _____
 Name of _____ Work phone _____ Cell phone _____
 Mother/Guardian _____
 Emergency _____ Phone _____ Insurance _____
 Contact _____ Number _____

I hereby give my consent for the above named student (son/daughter/ward) to compete in sports and to go with a representative of the school on any trips. In case of injury, you are authorized to have him/her treated.

Signature of parent/guardian _____ Date _____

HEALTH HISTORY: TO BE COMPLETED BY PARENT BEFORE DOCTOR EXAM

<u>Any past or present:</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>
Problems with vision	_____	_____	_____	_____
Eyeglasses	_____	_____	_____	_____
Contacts	_____	_____	_____	_____
Problems with hearing	_____	_____	_____	_____
Hearing aid	_____	_____	_____	_____
Blacking out or fainting	_____	_____	_____	_____
Unconsciousness	_____	_____	_____	_____
Convulsions, seizures	_____	_____	_____	_____
Heart problems	_____	_____	_____	_____
Rheumatic fever	_____	_____	_____	_____
Bleeding disorders	_____	_____	_____	_____
Blood sugar problems	_____	_____	_____	_____
Hypoglycemia	_____	_____	_____	_____
Diabetes	_____	_____	_____	_____
Allergies – type _____	_____	_____	_____	_____
Bee or insect stings	_____	_____	_____	_____
Hospitalizations	_____	_____	_____	_____
			Surgeries	
			Dental problems	
			Braces	
			False teeth	
			Painful joints	
			Broken bones	
			Part, date _____	
			Knee or ankle problems	
			Require support/brace	
			Need for medication	
			Name _____	
			Menstruation problems	
			Hernias	
			Asthma	
			OTHER HEALTH ASPECTS THE DOCTOR AND SCHOOL SHOULD BE AWARE OF:	

PHYSICAL EXAM: DATE _____ HEIGHT _____ WEIGHT _____

PULSE: RESTING _____ AFTER ACTIVITY _____ B.P. _____

EYES	_____	LYMPH GLANDS	_____	POSTURE	_____
EARS	_____	THYROID	_____	MUSCLE TONE	_____
NOSE	_____	HEART	_____	REFLEXES	_____
THROAT	_____	LUNGS	_____	ORTHOPEDIC	_____
TEETH	_____	ABDOMEN	_____	SKIN	_____
BRACES	_____	HERNIA	_____	OTHER	_____

I have examined the above student and do recommend that s/he is physically fit for full participation in sports.

Name of physician _____ MD or DO Date _____

Signature _____ Phone number _____

Must be signed by a **PHYSICIAN**. Nurse practitioner or physician's assistant signatures will **not** be accepted.

Special doctor recommendations or restrictions _____

Please stamp with physician's office stamp

CAPISTRANO UNIFIED SCHOOL DISTRICT
ATHLETIC INSURANCE VERIFICATION 2010-11

California Law, Education Code, Section 32220-24 requires that every member of a high school athletic team have accidental bodily injury insurance, providing at least \$1500 of scheduled medical/hospital benefits. The parent or guardian must provide proof that their family coverage satisfies the Code in relation to medical coverage. If you have the \$1500, accidental bodily injury insurance, please fill out ITEM 1 below. If you do not have accidentally bodily injury benefits for your son, daughter, or ward, please fill out ITEM 2 below.

ITEM 1 The athlete has accidental bodily injury insurance providing at least \$1500 of scheduled medical/hospital benefits.

ATHLETE'S NAME

PARENT/GUARDIAN SIGNATURE

PROOF OF INSURANCE IS REQUIRED

PLEASE ATTACH A PHOTOCOPY OF INSURANCE CARD HERE

ITEM 2 The athlete does not have accidental bodily injury insurance required. YOU MUST COMPLETE APPROPRIATE MYERS-STEVENSON & TOOHEY & CO., INC. APPLICATION

ATHLETE'S NAME

Listed are the appropriate fees for accidental bodily injury insurance with MYERS-STEVENSON TOOHEY & CO., INC.

PREFERRED PROVIDER

	LOW OPTION	MID OPTION	HIGH OPTION	
INTERSHOLASTIC TACKLE FOOTBALL 9-12 GRADES	\$206.00	\$254.00	\$262.00	ENTER AMT HERE \$ _____

	LOW OPTION	MID OPTION	HIGH OPTION	
ALL OTHER SPORTS P-12 GRADES SCHOOL TIME ACCIDENT INSURANCE	\$48.00	\$59.00	\$62.00	ENTER AMT HERE \$ _____

	LOW OPTION	MID OPTION	HIGH OPTION	
24 HOUR ACCIDENT	\$197.00	\$248.00	\$260.00	ENTER AMT HERE \$ _____

	IF PURCHASED SEPARATELY	IF PURCHASED W/ANOTHER PLAN	
DENTAL	\$20.00	\$17.00	ENTER AMT HERE \$ _____

We have subscribed to Myers-Stevens & Toohey & Co., Inc for athletic insurance, which meet the limits requested. (Myers-Stevens & Toohey & Co. Inc. will send verification of insurance to each school)

Parent/Guardian Signature

Date

**CAPISTRANO UNIFIED SCHOOL DISTRICT
DANA HILLS HIGH SCHOOL**

ATHLETIC CODE OF HONOR

The goal of athletic participation is to provide a rewarding educational and co-curricular experience for all students. All participants must commit to exemplary conduct and behavior as a representative of the school, District, and community.

As a participant in Capistrano Unified School District athletics, I agree to the following:

1. To recognize that participation in athletics is a privilege and not a right; as such, the privilege may be revoked if the student-athlete does not abide by the Athletic Code and follow school and District policies.
2. To meet the minimum academic requirements established by the Board of Trustees of the Capistrano Unified School District and California Interscholastic Federation (CIF) for eligibility. (see Board Policy 6145)
3. To recognize that student athletes have a primary responsibility to attend and pass their classes.
4. To recognize that interscholastic athletic competition must demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. Participants agree to commit to the six pillars of character found in the District/CIF "Pursuing Victory with Honor" sportsmanship code: **trustworthiness, respect, responsibility, fairness, caring, and citizenship.**
5. *To recognize that suspension for offenses to Education Code 48900 will result in competition ineligibility during the time of suspension. Specifically, students will not use or possess alcoholic beverages, drugs, drug paraphernalia or narcotics. Students will not use or possess androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (as mandated by CIF Bylaw 524).*
6. To remain as a team member throughout the season of the sport. An athlete who quits or leaves a team after South Coast League play begins cannot go out for another sport or transfer into another athletic class until his/her original season has ended. An athlete who quits or leaves a team during the pre-league season can go on to another sport with approval of both head coaches and athletic director.
7. To recognize that an athlete cannot compete in two sports during the same season without the prior approval of both head coaches and athletic director.
8. To recognize that specific standards of behavior and appropriate consequences may be set by the head coach of each individual sport. Sport specific codes must be in written form, signed, and on file with the athletic director.
9. To recognize that athletes are financially responsible for uniforms and equipment issued to them and must pay for items not turned in at the end of the season. Athletes failing to return school-issued equipment will not be permitted to receive equipment, awards, or participate in another sport until all equipment debts are satisfied. All equipment is to be turned in to the person who collects equipment no later than seven (7) school days after the end of the season.

Any violation of the rules and standards may result in suspension from athletics for the remainder of the season of the sport in which the athlete is currently participating. A violation to item 5 above will result in a loss of all privileges and suspension from athletics, activities, or events for 90 school days, and the athlete will be removed from the athletic period during this suspension. A violation of item 5 above may result in a recommendation for expulsion from CUSD.

Students, parents/guardians, and community members within the District who have a complaint or disagreement about a district issue, situation, or employee decision or action and seeking a specific redress are asked to follow Board Policy 1312.1 (Complaint Policy) in order to have the complaint, grievance, or difference of opinion addressed in an orderly manner.

I have read and fully understand the above regulations. I realize that failure to comply with any of these rules will result in immediate action by my coach, Athletic Director, or school authority.

Signature of Athlete

Date

Signature of Parent/Guardian

Date

2. Any conduct by an athlete which brings discredit to him/herself, the team, or the school is not acceptable, and may be grounds for suspension of athletic privileges. Acts that discredit the athlete, team, and school may include, but are not limited to, the following:
 - a. misbehavior
 - b. use of alcohol/drugs/tobacco (including chewing tobacco)
 - c. student convicted of a crime
 - d. acts of violence/vandalism
 - e. school-related problems of a disciplinary nature

NOTE: Students on school suspension are automatically ineligible to participate in, or attend, any school athletic activity.

3. To always show class, be modest in victory and gracious in defeat. To maintain poise and self control at all times. Never be profane, or cheat, or resort to illegal or unethical tactics at any time.
4. To treat game officials with respect and courtesy at all times.
5. To remember the main reason you are in school is to learn and maintain good grades in all classes. To have a proper attitude toward your school and show respect for all teachers and other members of your school's staff.
6. To observe all school, district, and CIF policies, knowing that serious infractions may result in an athlete's suspension or removal from a team by the coach and/or administration.
7. Athletes are obliged to observe training rules and regulations as required by their coaches.
8. Hazing of students, fighting, pranks and/or horseplay resulting in an injury or damage to property are not considered in the best interests of school spirit and will be dealt with accordingly. Violations of required locker room conduct will not be tolerated. Horseplay results in personal injuries and damages equipment, both of which hurt the team.
9. Conduct on the bus while traveling to and from contests is important to morale and spirit of the team. District bus regulations will be adhered to at all times. Violations of these regulations may result in suspension.
10. Any athlete dropped from a team for disciplinary action before the season is over may not go out for another sport until the season of sport from which he/she was dropped is over.
11. If an athlete leaves a sport without approval from the coaches involved, the athlete will not be allowed to practice or participate in any other sport until the season of that sport is over, and any awards earned in that sport will be forfeited.
12. When an athlete fails to attend an athletic class after the season is over, the student will be considered truant and will be subject to school discipline procedures.
13. Athletes are financially responsible for uniforms and equipment issued to them and must pay for anything not turned in at the end of the season. Any athlete not returning gear will not be permitted to receive another equipment issue or go out for a new sport until the equipment is either returned or paid for. The athlete may also not receive any awards. All equipment is to be turned in to the equipment manager within seven (7) school days of the end of the season.

We have read and understand the Standards for Athletes of Dana Hills High School.

Signature of Parent/Guardian

Date

Signature of Athlete

Date

DANA HILLS HIGH SCHOOL ATHLETIC PACKET INFORMATION

PLEASE RETURN THE FOLLOWING FORMS COMPLETED AND SIGNED:

CUSD Physical Screening Form
CUSD Code of Honor
Informed Consent Agreement

Insurance Verification
CIF Athlete's Code of Ethics
Dana Hills Athletic Packet Information

TO PARENTS/GUARDIANS AND STUDENTS:

It is our goal to provide a rewarding educational experience for your student. The Capistrano Unified School District and the district high schools offer voluntary participation in a wide range of interscholastic athletic teams. Participation is a privilege, not a right; therefore we strongly adhere to requirements of academic eligibility and citizenship/behavior. We support coaches in allowing them their professional freedom to make coaching choices and decisions that are sport specific. We strive to teach student/athletes the concepts of team goals and school pride as opposed to individual honors and recognition. We also recognize your love and concern for your child. If there is a conflict in these objectives, we are here to resolve them. Please take the time to carefully read, understand, complete and sign where indicated all information contained in this packet. **THE INFORMATION IS MANDATORY AND MUST BE COMPLETELY FILLED OUT PRIOR TO ANY STUDENT'S PARTICIPATION** in athletic activities. We appreciate your support and thank you in advance for your cooperation.

ELIGIBILITY REQUIREMENTS

SCHOLASTIC: All athletes must have passed 20 units (four classes) of new work during the previous semester. "New work" is defined as classes in which a passing grade had not been previously earned. Summer school grades may be counted. A student/athlete will be placed on probation if his or her semester GPA falls below a 2.0. A student/athlete will be ineligible for participation if his or her GPA is below a 2.0 for two consecutive semesters.

Parent Initial Student Initial

RESIDENTIAL: All athletes must reside in their high school attendance area in a bona fide residence with their parents or legal guardian(s). The athletic director and administration will handle exceptions to the residence rule.

Parent Initial Student Initial

MEDICAL EXAMINATION: Each athlete must have a physical exam by a qualified physician on file prior to tryouts, practice, or competition. The physical exam is valid for one year.

Parent Initial Student Initial

INSURANCE: All athletes participating in interscholastic competition must show proof of insurance by providing a photocopy of their insurance card with the insurance verification form. The district offers supplemental insurance through a private carrier (Myers-Stevens)

Parent Initial Student Initial

ASU CARD: All athletes are encouraged to purchase a current ASU card.

Parent Initial Student Initial

STANDARDS FOR ATHLETES

Athletes are observed in many areas of school and community life. An athlete must always remember that he/she no longer represents just him/herself, but represents his/her team and school. Therefore, it is important that the athlete's attitude and behavior, both at school and in the community, be above reproach so that it will bring credit and honor to him/herself, team, and school. The following are primary responsibilities and standards of athletes:

1. To remember that participation in athletics is a privilege and not a right; as such, the Privilege may be revoked if the athlete does not abide by the athletic code and follow school and district policies.

(OVER)


Southern Section
Academics / Integrity / Athletics

10932 Pine Street
Los Alamitos, California 90720

Telephone: 562-493-9500
Fax: 562-493-6266

Code of Ethics - Athletes

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 523).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 202, there could be penalties for false or fraudulent information.

We also understand that the DANA HILLS HIGH SCHOOL/CUSD (school/school district name) policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Printed Name of Student Athlete

Signature of Student Athlete

Date

Signature of Parent/Caregiver

Date

A copy of this form must be kept on file in the athletic director's office at the local high school on an annual basis and the Principal's Statement of Compliance must be on file at the CIF Southern Section office.

**CAPISTRANO UNIFIED SCHOOL DISTRICT
DANA HILLS HIGH SCHOOL**

**INFORMED CONSENT AND
AWARENESS OF SPORTS INJURY RISK**

By its very nature, competitive athletics can put students in situations in which SERIOUS, CATASTROPHIC, and perhaps FATAL accidents could occur.

Students and parents/guardians must assess the risks involved in such participation and make their choice to participate in spite of those risks. NO amount of instruction, precaution or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; participation in athletics is inherently dangerous. The obligation of parents/guardians and students in making this choice to participate cannot be overstated.

By granting permission to your son/daughter to participate in athletic competition, a parent or guardian acknowledges that playing or practicing in any sport can be a dangerous activity involving many risks of injury. Both the athlete and parent/guardian must understand that the dangers and risks of playing or practicing to play include but are not limited to, death, complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the skeletal system and the potential impairment to other aspects of the body, general health, and well being.

Because of the dangers of participating in sports, we (parent/guardian and player) recognize the importance of following coaches' instructions regarding playing techniques, training, equipment and other team rules, etc. both in competition and practice and agree to obey such instruction.

If any of the foregoing is not completely understood and you have questions, please contact the athletic director or school administrator for further information.

We have read and understand the information above and I give permission to my son/daughter, _____ (print name) to participate.

Parent/Guardian Signature

Date

Print Athlete's Name

Athlete's Signature

Date