Students Must Have the Following Signed and Submitted to the Cashier Before Try-Outs:

- Athletic Handbook Signature Page
- CIF Ethics in Sports Form
- Booster Club Membership Form (optional)
- EUHSD Athletic Contract
- Concussion Information
- Informed Consent Form
- Parental Consent with Proof of Insurance
- Physical Completed by a Doctor
- Residential Eligibility Form

The Escondido Union High School District will be offering physicals for all district students @ Orange Glen High School on Wednesday, July 26th. Times will be posted on the school website: www.sphsgoldeneagles.org

Cost is $25 and proceeds support the Athletic Training Program

Physical for the 17-18 school year must take place July 1st or later.
I. ATHLETIC DEPARTMENT
San Pasqual High School is a member of the California Interscholastic Federation (CIF), San Diego Section (CIFSDS) and competes in the North County Conference (NCC). The athletic program is bound by the Constitution, by-laws and rules of the CIF, and the Constitution, by-laws and rules of the NCC. The Escondido Union High School District (EUHSD) and/or San Pasqual High School also have policies and rules with which we must comply that may be more stringent than those of CIF, CIFSDS or NCC.

Interscholastic athletics is strictly a voluntary program. All students are encouraged to participate but none are required to do so. While it is the hope that all student-athletes participate in contests, being a member of a team does not guarantee playing time. However, participation does require the acceptance and practice of standards established for school athletic teams. It is a time-tested fact that to run any organization successfully, rules and regulations for participant’s adherence are beneficial and necessary. This Student Athletic Code is designed to serve as a set of basic regulations for the athletic program at San Pasqual High School.

II. ATHLETIC DEPARTMENT PHILOSOPHY
Athletics means more than competition between individuals or between two teams representing different schools. It teaches that to quit means to fail and that hard work, drive and determination bring eventual success. Student-athletes learn a great deal from participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose with dignity are integral parts of each team in our athletic program. Athletics play an important part, too, in helping the individual student-athlete develop a healthy self-image as well as pride in their school within a competitive atmosphere. The San Pasqual High School Athletic Program will provide a variety of experiences to aid in the development of favorable habits and attitudes in student-athletes while preparing them for a successful life in our society. We have targeted four goals that we would like all of our student-athletes to learn and appreciate:

- Sportsmanship
- Hard Work Leading to Success
- How To Be a Contributing Member of a Team
- Commitment & Responsibility

Each coach, parent and student-athlete has a part to play if these program goals are to be achieved. By establishing an understanding of each of responsibilities, we are better able to accept the actions of others and provide greater benefit to our student-athletes.

III. STUDENT-ATHLETE RESPONSIBILITIES
1. Attendance
   a. Be at all practices and games
   b. Be on time
2. Attitude
   a. Come prepared to be part of the team
   b. Do whatever you can to help your team
   c. Put the team before yourself
   d. Come prepared to do your best. To be prepared to do your best, a student-athlete must take care of things away from practice/games (schoolwork, proper nutrition, sleep and injury/illness care) that can inhibit their best performance.
3. Communication
   a. It is the student-athletes responsibility to communicate with the coach.
   b. The student-athlete should respectfully communicate any concerns with their coach.
   c. If the student-athlete doesn’t understand something, ask the coach.
IV. PARENT RESPONSIBILITIES

1. Attendance
   a. To best support your child’s athletic goals, schedule vacations, appointments, etc. other than during practice or game times
   b. Encourage your student-athlete to be on time so that the time of others is not wasted

2. Attitude
   a. Help your student-athlete to know and understand the school and team rules
   b. Help your student-athlete to understand the team concept by explaining supporting their role on the team
   c. Help your student-athlete to come prepared to do their best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep and care of injuries/illness.
   d. Help your student-athlete to understand that the team comes before the individual.
   e. Understand that the coach’s role is to look out for the best of all their student-athletes through the lens of what’s best for the team first.

3. Communication
   a. Encourage the student-athlete to communicate with the coach

V. COACH’S RESPONSIBILITIES

1. Attendance
   a. Provide schedules of all practices and games
   b. Communicate any changes in schedule
   c. Be on time

2. Attitude
   a. Come prepared for all practices and games
   b. Encourage the athletes to do their best
   c. Apply all of the school and team rules to all athletes equally.
   d. Be professional in all actions and words

3. Communication
   a. Clearly communicate the coach’s philosophy
   b. Clearly communicate the expectations of athletes and the team
   c. Communicate all CIF, EUHSD, SPHS and team rules to athletes and parents clearly
   d. Communicate to individual athletes their role on the team
   e. Return parent emails and/or phone calls in a timely manner

VI. ATHLETIC DEPARTMENT COMMUNICATION GUIDELINES
Both parenting and coaching are extremely challenging in today’s world. By providing these helpful communication guidelines, we believe we can best help our athletes reach their potential and all them to enjoy their high school sports experience.

VII. COMMUNICATION PARENTS CAN EXPECT FROM THEIR ATHLETE’S COACH

- Philosophy of the coach
- Expectations of athletes
- Location and times of all practices & games
- CIF, EUHSD, SPHS & team rules
- Athlete’s role on the team

VIII. COMMUNICATION THAT COACHES CAN EXPECT FROM PARENTS

- Concerns expressed directly to the coach
- Specific questions about philosophy or expectations
- Notification of any injuries or illness
- Any absences prior to practices or games
IX. APPROPRIATE CONCERNS TO DISCUSS WITH COACHES
- Treatment of your child (mentally or physically)
- Ways to help your child improve
- Concerns about your child’s behavior
- Failure to adhere to presented philosophies, rules and/or responsibilities

X. INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES
- Playing time
- Team strategy
- Play calling
- Another athlete

It can be very difficult to accept when your student-athlete is not playing as much as you may have hoped. Coaches make decisions based on what they believe to be in the best interest of the team. The coach must take into account all members of the team – not just one individual. As noted in the above lists, certain concerns should be discussed with the coach. Other decisions like the examples on the list of “Inappropriate Concerns” must be left to the discretion of the coach.

If you have a concern to discuss with the coach, please follow this procedure:

- Call or email the coach, through the contact information provided at the parent meeting, and set up an appointment.
- If you do not have the contact information San Pasqual High School’s telephone number is (760) 291-6000. San Pasqual High School’s phone number is (760) 291-6000. Ask for the coach by name and sport. If the coach is not an on-campus teacher, ask for the Varsity Head Coach or the Athletic Director and they will facilitate setting up a meeting.
- Please do not attempt to confront a coach before or after a contest. This can be an emotional time for both the parent and the coach. Confrontations of this nature do not promote positive resolutions.

If a satisfactory resolution between parent and coach does not take place after the initial communication:
- Contact the Varsity Head Coach and request a meeting with them and the other coach
- Contact the Athletic Director, Andrew Clark, at aclark@euhsd.org or (760) 291-6030
- The Athletic Director will set up a meeting with the parent, athlete and coach
- The Athletic Director will attempt to mediate a resolution

If a satisfactory resolution is not reached at the meeting, then contact the administrator in charge of Athletics, Cory Gregroy, cgregory@euhsd.org or (760) 291-6025. The administrator will set up another meeting with all parties and will try to mediate a resolution.

Our Athletic Department at San Pasqual High School consists of the following sports:

<table>
<thead>
<tr>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Country (B)</td>
<td>Basketball (B)</td>
<td>Baseball</td>
</tr>
<tr>
<td>Cross Country (G)</td>
<td>Basketball (G)</td>
<td>Golf (B)</td>
</tr>
<tr>
<td>Football</td>
<td>Soccer (B)</td>
<td>Softball</td>
</tr>
<tr>
<td>Tennis (G)</td>
<td>Soccer (G)</td>
<td>Swim &amp; Dive (B)</td>
</tr>
<tr>
<td>Volleyball (G)</td>
<td>Water Polo (G)</td>
<td>Swim &amp; Dive (G)</td>
</tr>
<tr>
<td>Water Polo (B)</td>
<td>Wrestling (B)</td>
<td>Tennis (B)</td>
</tr>
<tr>
<td>Golf (G)</td>
<td>Wrestling (G)</td>
<td>Track &amp; Field (B)</td>
</tr>
</tbody>
</table>

The letter next to each sport indicates the gender: (B) for boys, (G) for girls.
XI. PARTICIPATION (CIF requirements designated by *)

1. No student, whose 19th birthday is prior to June 15, shall participate or practice on any team the following school year.*
   a. A student whose 19th birthday is on June 14th, or before, is ineligible.*
   b. If an athlete is in his/her fifth year of high school, he/she cannot participate in interscholastic athletics.*

2. The student’s residential eligibility is established when the begin participating on a team, or begin school (whichever comes first).*

3. An athlete cannot compete or practice with outside teams in a sport in which they are playing at SPHS from the time of the first contest until the season is over.*

4. An athlete can only receive one-on-one outside instruction during their season of sport. Any instruction away from the SPHS practices and game received with two or more students, from any school, will result forfeiting of team contests and potential suspension or removal from the SPHS team.*

5. Participation in SPHS athletics takes precedence over all other outside athletic activities.

6. A student-athlete may participate in up to two CIF approved college ID camps during their season of sport WITH prior CIFSDS and SPHS notification AND approval.*

7. No senior may participate at the Junior Varsity level.

8. Foreign exchange students must be on CIF approved exchange programs to potentially be eligible.*

9. Athletic participation is a privilege, not a right. Coaches, Administrators and/or the Athletic Director can remove/suspend student-athletes from teams.

XII. SAN PASQUAL HIGH SCHOOL RULES OF ELIGIBILITY

1. Athletes will not be allowed to participate in practices or contests until the following are on file at the school:
   a. Signature form from the Athletic Handbook
   b. Signed SPHS Athletic Contract
   c. Signed CIF Ethics in Sports Form
   d. Signed Concussion Information Form
   e. Signed parental consent waiver including pre-participation physical signed by a practicing physician stating that on or after July 1, of the school year of participation, the athlete has passed a physical examination.
   f. Proof of health insurance coverage.

2. Scholastic Requirements:
   a. During each grading period, students must maintain a 2.0 grade point average (GPA) on a 4.0 scale, in all enrolled classes. Grading periods occur every six weeks. In addition:
   b. Student must pass at least 20 credits of work (four classes) to be eligible. If a student is not passing four classes the does qualify for a probation period as he/she is CIF ineligible.
   c. Changes in athletic eligibility become effective the Monday after the school-wide distribution of grades. The grades counted for eligibility are the official grading periods at six weeks, twelve weeks and the end of the semester.
   d. If students do not attain a 2.0 GPA in the previous grading period, but did the grading period prior, then they will be placed on academic probation. They are allowed to participate in practices and contests. Any grade of Incomplete or a No Mark will be computed as an F grade until the teacher completes an official grade change through the Registrar that is approved by the Principal.
   e. If a student-athlete on probation does not raise their GPA to at least a 2.0 at the end of the grading period then they will be ineligible to participate. Summer school grades may be computed to improve spring semester grades.
   f. At the high school level, normal progress toward graduation will be defined as follows: the student has earned 25 semester units the previous semester or has earned an average of 25 semester units for each semester enrolled. Summer school credits may be applied to spring semester credits earned.
   g. All CIF Eligibility rules still apply.
XIII. ATHLETIC DEPARTMENT DISCIPLINE
1. Possessing, using, having consumed, or being under the influence of alcohol, tobacco, narcotics, controlled substances, or intoxicants of any kind, including anabolic steroids at a school function will result in the application of District sanctions (see Student Code of Conduct).
2. The use of social media by a student-athlete considered to be “unbecoming of an Eagle” may result in discipline including suspension or removal from the team.
3. Athletes will not be allowed to compete or practice on days in which they have been suspended home.
4. An athlete will not be allowed to participate on another school team until they have returned all uniforms and/or equipment issued by their current team.
5. An athlete may compete in more than one sport in the same season (i.e., Baseball & Track) but only with the consent of both coaches.
6. Athletes are not allowed in the locker room unless a coach or locker room supervisor is present.

XIV. PRACTICE RULES
1. Athletes are expected to be on time. Coaches will impose an appropriate penalty for tardiness.
2. If an athlete must miss practice they need to contact their coach as soon as they know they won’t be able to attend.

XV. ATHLETIC DISCIPLINE APPEAL PROCESS
1. The coach reserves the right to discipline an athlete for violations of team rules. The discipline should be progressive in nature, unless the violation is so serious that it merits dismissal of the athlete from the team.
2. Students wishing to appeal disciplinary decisions should contact the Assistant Principal in charge of Athletics for information on specific procedures.

XVI. EQUIPMENT & UNIFORMS
1. Athletes should treat all equipment/uniforms as though it was their own personal property. They must not abuse it. They must not trade with another athlete. Each athlete is responsible for the equipment/uniforms he/she checks out. Any financial charges resulting from the loss of any equipment/uniforms, will be the responsibility of the athlete to whom the equipment/uniform was issued. All equipment/uniforms must be returned before an athlete may move on to their next sport.
2. Athletes are financially responsible for all equipment/uniforms checked out to them.
3. No athlete:
   • Will be cleared from school until he/she has returned all equipment/uniforms.
   • Will receive credit on items turned in if they are not the items which had been checked out to him/her.
   • Will receive any awards, trophies or letters until he/she has returned all equipment/uniforms.
   • Who is a senior, will participate in graduation until clearance has been established.
   • Will share a locker, unless assigned to do so.
4. Uniforms are not to be worn around school or after school except for game purposes or at the direction of the coach.

XVII. TRANSPORTATION
1. Athletes will travel by way of school arranged transportation for all away games Monday through Friday. The water sports will travel to home games on provided transportation as well.
2. If a special circumstance arises, an athlete’s parent/guardian may submit a written request at least 24 hours in advance stating their desire to transport their student-athlete to and/or from the event. These request need to be turned in to the Athletic Director or the Athletic Secretary (Cashier).
3. To use a private vehicle to transport team members, aside from their own student-athlete, to a contest or event a parent/guardian must have completed an approved driver clearance through the Principal’s Secretary.
XVIII. RISK OF INJURY
1. Participation in competitive athletics may result in severe injury, including paralysis or even death. Changes in rules, improved conditioning programs, better medical age and improvements in equipment have reduced these risks. But, it is impossible to totally eliminate such occurrences from athletics entirely.

2. Student-athletes can mitigate the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coach, following a proper conditioning program and inspecting their own equipment daily. Damaged equipment must be replaced immediately. Even if all these requirements are met, and even if the athlete is using excellent protective equipment, a serious accident may still occur.

XIX. AWARDS
1. At the beginning of the season, each coach will communicate the standards for earning a letter for his/her particular sport.

2. Varsity letter patches & certificates will be awarded the first time an athlete earns a varsity letter. Each subsequent time a student-athlete earns a varsity letter they will receive a certificate.

3. Junior Varsity (JV) and Freshmen athletes will receive a smaller letter patch the first time they letter. Each subsequent time a student-athlete earns a JV or Freshmen letter they will receive a certificate.

4. All coaches, administrators and the Athletic Director reserve the right to deny any athlete who is in violation of the team/school rules an award. An athlete must complete the entire season in good standing, including scholastic eligibility, to receive an award and/or letter at the end-of-season awards night.
I have received a copy of the San Pasqual High School Athletic Handbook. I understand it is my responsibility to read, understand and abide by these rules. I have discussed these rules and the ramifications of violating them with my parent/guardian or my student-athlete.

_________________________________________  ________________________________________
Athlete’s Name (Printed)                      Athlete’s Signature

_________________________________________  ________________________________________
Parent/Guardian’s Name (Printed)              Parent/Guardian’s Signature

_________________________________________
Date
Pursuing Victory with Honor

Six Pillars of Character

Trustworthiness  Respect  Responsibility  Fairness  Caring  Good Citizenship

Sixteen Principles of Pursuing Victory with Honor

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 pressure 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 and CFR. 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 interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.

16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension 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.
VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS
(Applicable to players and coaches from time of departure for contest until time of return.)

1. Behavior resulting in ejection of athlete or coach from contest

2. Illegal participation in next contest by athlete ejected from previous contest.

3. Second ejection of athlete or coach from any contest during one season.

4. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.

5. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.

6. Other acts committed by individuals or teams or acts committed at end of season.

7. Use of an ineligible player in a contest.

MINIMUM PENALTIES*

EJECTION POLICY
Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, parent(s), custodial parent(s)/guardian(s) with CIFSDDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. Players are required to practice with the team and attend contests, but not in game uniform, during the period of suspension. (Approved June 3, 2006, Board of Managers. Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner’s decision. Telephonic and electronic meetings are not permitted. Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDDS Ethics in Sports Sportmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Approved June 7, 2005, Board of Managers). Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.

A coach, who permits participation by a player ejected from a previous contest, knowingly violates a CIF or San Diego Section rule, and penalty may include a sanction to the school, coach, or suspension of membership.

Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner or reduction of penalty. Official to make report by the next school day to the commissioner.

Ejection from the contest for those designated by the official. Ineligibility for the next contest, probation for remainder of penalty which those players involved are later identified, ineligible for next contest and probation for remainder of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner.

A similar infraction of this act by the same athlete(s) during the same season will result in termination of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.

Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner.

If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no remnant. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.

Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.

If a team uses an ineligible player in a contest(s), the contest(s) shall be forfeited. The number of forfeited contest(s) exceeds the maximum permitted in accordance with the CIFSDDS Forfeit Policy (see Green Book) the team shall be excluded from CIFSDDS playoffs.

If an ineligible individual is permitted to participate in an individual sport, that individual is excluded from playoffs, and the school is subject to penalties for a willful violation of a rule.

*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.
ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2017-18
(Revised 3/09)

I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanship and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life, in season and out of season.
- It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, parents/guardians, and spectators. The principal shall demand strict adherence to all the CIF State and CIFSDS rules, regulations, and procedures.
- Participation in Interscholastic athletics and section playoffs is a privilege.
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:

1. Athlete
   Ineligibility for participation in CIF-San Diego Section athletics
2. Coach
   Restricted from coaching in CIF-San Diego Section contests
3. Officials Association
   Not approved to officiate in the CIF-San Diego Section
4. Parent
   Prohibition/Removal from attendance at CIF or CIFSDS event

- Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
B. Be courteous at all times with school officials, opponents, game officials, and spectators.
C. Exercise self-control.
D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
E. Show respect for self, players, officials, coaches, and spectators.
F. Refrain from the use of foul and/or abusive language at all times.
G. Respect the integrity and judgment of game officials.
H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
I. Win with character; lose with dignity.

Accept consequences of conduct deemed inappropriate or in violation of rules.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section ETHICS IN SPORTS Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

Signature – Athlete

Printed Name

Date

Signature – Parent/Guardian/Caregiver

Printed Name

Date
San Pasqual Athletic Booster Association  
Membership Application  

The San Pasqual Athletic Booster Club supports ALL teams and athletes at SPHS. Your membership donation to Athletic Boosters benefits our athletes and teams at all levels to include: athletic patches, awards, assistance with team uniforms, equipment, and much more! Athletic Boosters also hosts an annual auction in the spring to give all sports an opportunity to raise additional funds for their teams.

☐ I am interested in donating an item(s) for the auction and/or willing to help with the auction.

We invite you to attend the Athletic Booster Club meetings held on the third Wednesday of each school month.

**Member Information**

Parent's First and Last Name: ____________________________________________

Street Address: __________________________________________________________

City, State, Zip: __________________________________________________________

Phone number (with area code): ____________________________________________

Email: __________________________________________________________________

<table>
<thead>
<tr>
<th>Athlete's Name</th>
<th>Grade</th>
<th>Sport to receive donation</th>
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Please choose Membership Level:

☐ FREE Eagle Membership (with student participating in a SPHS sport, $20 without)

☐ $100 Bronze Eagle, includes 1 Athletic Pass*, $50 to sport of choice

☐ $200 Silver Eagle, includes 2 Athletic Passes*, $100 to sport of choice

☐ $250 Golden Eagle Family Pack, includes passes* for 2 adults and 2 children, $125 to sport of choice

☐ $1,000 Platinum Eagle Lifetime Membership, includes 4 Lifetime Passes* for family members, $500 to sport of choice

* ATHLETIC PASSES ARE FOR ALL HOME GAMES FOR ANY SPORT.

Please make checks payable to SPHS ABC

3300 Bear Valley Parkway, Escondido, CA 92025
Students involved in co-curricular/athletic programs are considered leaders, role models and represent Escondido High School District twenty-four hours a day. Students involved in co-curricular/athletic activities are held accountable for individual sports' rules, District Policies, School Student Handbook rules and all CIF policies. Misrepresentation or non-compliance with these rules can result in suspension from the team or removal from athletics at this School for up to one year. Each coach holds students involved in co-curricular activities to a stricter standard by requiring the student adhere to a written set of team rules by activity.

The head coach sets guidelines for letters and awards in each individual sport. In the absence of any written guidelines, these basic guidelines will apply to earn a letter: adherence to District, school and team rules, regular attendance at practice, participation in half of the games, meets, events, periods, minutes, innings, quarter or point system and end the season in good standing.

Attendance in all classes is very important for academic success and healthy living. Students involved in co-curricular activities are required to attend two of three classes when there is block schedule, or four of six classes when on traditional schedule on the day of an event. Excessive absences from practice because of health reasons signal safety and liability concerns and will be monitored by the coach. This can result in limited participation or non-participation until a doctor's note is obtained.

The sport in season takes precedence over all other extracurricular activities. All coaches and sponsors must communicate amongst each other when dealing with multiple sport athletes. ONLY the School Nurse dispenses prescription or non-prescription drugs (even over-the-counter drugs). Students under suspension cannot participate in an event or be on campus during this time.

Students are required to honor school colors as they pertain to the School’s traditional letterman's jacket – only school colors used. Students will not be allowed to put School trademark items (i.e., letters or emblems) on any other jacket and may not wear them on campus or at school activities. Students are not allowed to put anything on a School letterman's jacket that does not present the School in a positive way.

Students, parents and coaches must follow and sign all CIF rules District policies, and school rules concerning club participation, residence change, residential eligibility, guardianship and foreign exchange policies, adhere to CIF Ethic in Sports form, and the Escondido Union High School District Co-Curricular and Athletics Contract. All students must complete clearance procedures, physical, proof of insurance, parent permission to participate, and permission to transport in case of emergency. All parents and participants must attend a pre-season meeting on sports information held by the Head Varsity Coach. Violation of these stipulations can result in being suspended from the team, being removed from a team or becoming ineligible for any sport or activity for one year.

The coaching staff at the School wishes to make it understood that participation in a club sport or other activities during the high school's season will be discouraged and can be denied by the coach of a sport in season. School coaches all agree that High School sports in season must take priority over all other outside activities to balance student's ability to have academic success. Coaches will make team rules at their own discretion pertaining to dual sport participation and sport-specific situations.

Student Signature  Parent Signature  Date
CONTRATO ATLÉTICO

Los estudiantes que participan en programas escolares como el atletismo se consideran líderes, modelos a imitar y representan el Distrito unificado de escuelas preparatorias de Escondido las 24 horas al día. Estudiantes que participan en actividades escolares como atletismo son responsables de seguir individualmente las reglas deportivas, las pólizas del distrito, las reglas del manual estudiantil y todas las pólizas de CIF. Dar una imagen falsa o no cumplir con las reglas pueden resultar en la suspensión del equipo o eliminación del atletismo en esta escuela hasta por un año. Cada entrenador atiende a los estudiantes participando en actividades escolares a estándares estrictos al esperar que el estudiante siga las reglas escritas de cada actividad del equipo.

El entrenador encargado pone la directriz para cada letra (nivel) y premio en cada deporte individual. Si no hay ninguna directriz por escrito, estas directrices básicas aplicarán para poder obtener una letra (nivel): seguir las reglas del distrito, de la escuela y del equipo, asistir regularmente a las sesiones de entrenamiento, competencias, eventos, periodos, minutos, entradas, sistemas de puntos y al terminar la temporada necesita tener buena reputación.

Asistir a clases es muy importante para tener éxito académico y una vida sana. Los estudiantes que participan en actividades escolares necesitan asistir a doce de las tres clases durante el día escolar, a cuatro de los seis clases de un horario tradicional (seis clases en un día escolar) el día del evento. Faltas excesivas a las sesiones de entrenamiento por razones de salud son señales de que puede haber problemas de seguridad y responsabilidades y serán monitoreadas por un entrenador. Esto puede resultar en participación limitada o no podrá participar hasta que obtiene un permiso de su médico.

El deporte de la temporada actual toma prioridad sobre todas las otras actividades fuera del plan de estudios. Todos los entrenadores y patrocinadores necesitan comunicarse entre ellos cuando tratan con obstáculos más de un deporte. SOLAMENTE la enfermera escolar administra medicamentos con o sin recetas (esto incluye lo que puede comprarse en la tienda como aspirina, etc.) Estudiantes que han sido suspendidas no pueden participar en cualquier evento ni estar en el plantel escolar durante este tiempo.

Se les exige a los estudiantes respetar los colores escolares cuando se trate de la chaqueta tradicional deportiva (niveles)—solamente pueden usar los colores escolares. No se les permite a los estudiantes poner símbolos de la escuela (como las letras de niveles o emblemas) en cualquier otra chaqueta y no pueden traerlas por el plantel durante actividades escolares. No se les permite a los estudiantes poner cualquier cosa que no represente a la escuela de una manera positiva en las chaquetas deportivas (de niveles).

Los estudiantes, padres de familia y los entrenadores tienen que seguir y firmar la hoja de las reglas de CIF, pólizas del distrito y reglas escolares que se tratan sobre la participación en clubes, cambio de residencia, elegibilidad residencial y pólizas sobre tutoría legal e intercambio extranjero, necesitan seguir lo que esta escrito en la solicitud de etiqueta deportiva CIF y el Contrato atlético del Distrito unificado de escuelas preparatorias de Escondido. Todos los estudiantes necesitan completar procedimientos de permisos, físicos, compraventa de seguro, permiso del padre de familia para participar y permiso para poder trasladar a uno en caso de una emergencia. Todos los padres de familia y participantes necesitan asistir una reunión informativa sobre los deportes organizado por el entrenador encargado del nivel “Vanity” antes que comience la temporada. Al no cumplir con estas condiciones puede resultar en una suspensión del equipo, puede ser eliminado del equipo o puede ser ineligibilidad para cualquier deporte o actividad por un año.

Los entrenadores escolares desean hacerles claro que la participación en un equipo deportivo o cualquier otra actividad durante la temporada escolar puede ser desanimado y puede ser negado por el entrenador de un deporte de esa temporada. Los entrenadores escolares están de acuerdo que los deportes de escuelas preparatorias en la temporada actual deben tomar prioridad sobre todas las otras actividades de fuera para balancear la habilidad del estudiante en obtener éxito académico. Los entrenadores pondrán las reglas del equipo según su discreción cuando se trate de doble participación en deportes y situaciones específicas al deporte.

Firma del estudiante

Firma del padre de familia

Fecha
Concussion Information Sheet

Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

1. The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
3. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian.

Every 2 years all coaches are required to receive training about concussions (AB 1451), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover, but, all concussions are serious and may result in serious problems including brain damage and even death, if not recognized and managed the right way.

Most concussions occur without being knocked out. Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team’s athletic trainer and a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions, he or she should be immediately taken to the emergency department of your local hospital.

On the CIF website is a Graded Concussion Symptom Checklist. If your child fills this out after having had a concussion, it helps the doctor, athletic trainer or coach understand how he or she is feeling and hopefully shows progress. We ask that you have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of his or her everyday life. We call this a “baseline” so that we know what symptoms are normal and common. Keep a copy for your records, and turn in the original. If a concussion occurs, he or she should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering from the concussion.

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g. MRI or CT) may be “normal”, the brain has still been injured. Animal and human studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

3/2015
Signs observed by teammates, parents and coaches include:

- Looks dizzy
- Looks spaced out
- Confused about plays
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or awkwardly
- Answers questions slowly
- Slurred speech
- Shows a change in personality or way of acting
- Can't recall events before or after the injury
- Seizures or has a fit
- Any change in typical behavior or personality
- Passes out

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or throws up
- Neck pain
- Has trouble standing or walking
- Blurred, double, or fuzzy vision
- Bothered by light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Loss of memory
- "Don't feel right"
- Tired or low energy
- Sadness
- Nervousness or feeling on edge
- Irritability
- More emotional
- Confused
- Concentration or memory problems
- Repeating the same question/comment

What is Return to Learn?

Following a concussion, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid reading, texting, video games, loud movies), and may need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or a half-day depending on how they feel. They may also benefit from a formal school assessment for limited attendance or homework such as reduced class schedule if recovery from a concussion is taking longer than expected. Your school or doctor can help suggest and make these changes. Student athletes should complete the Return to Learn guidelines and return to complete school before beginning any sports or physical activities. Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see cifstate.org for a graduated return to play plan. [AB 2127, a California state law that became effective 1/1/15, states that return to play (i.e., full competition) must be no sooner than 7 days after the concussion diagnosis has been made by a physician.]

Final Thoughts for Parents and Guardians:

It is well known that high school athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if he or she experiences such symptoms, or if he or she suspects that a teammate has suffered a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms.

References:

- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012
- http://www.cdr-paw/concussion/HeadsUpYouth.html

3/2015
Concussion Information Sheet

Please Return this Page

I hereby acknowledge that I have received the Concussion Information Sheet from my school and I have read and understand its contents. I also acknowledge that if I have any questions regarding these signs, symptoms and the "Return to Learn" and "Return to Play" protocols I will consult with my physician.

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<th>Date</th>
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<tr>
<th>Parent or Legal Guardian Printed</th>
<th>Parent or Legal Guardian Signature</th>
<th>Date</th>
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</table>
INFORMED CONSENT
AWARENESS OF SPORTS INJURY RISK
WARNING AND AGREEMENT

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

Students and parents/guardian 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 and students in making this choice to participate cannot be over-stated.

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 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 potential impairment to other aspects of the body, general health and well being.

Because of the dangers of participating in sports, we (parent 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 instructions.

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

At the beginning of the school year or a season of practice both the athlete and parent need to be informed in writing of the above information. The school must require that both the athlete and the parent sign and date a sheet of paper acknowledging that they have read the above statement and understand it thoroughly. This paper with signature, should be kept on file with the athletic director.

It is also preferable to have this warning additionally transmitted verbally to parents and athletes at pre-season meetings held be either the coach or athletic director. It is one of the legal responsibilities of a school, is that parents be informed of both awareness of risk and the responsibility to follow instructions and then give their consent to participate.

I have read and understand the information above and give my son/daughter

(name) ______________________ permission to participate.

Parent's Signature ___________________________ Date: ____________

Student Athlete's Signature ___________________ Date: ____________
CONSENTIMIENTO INFORMADO
CONOCIMIENTO DEL RIESGO A LASTIMADURAS DEPORTIVAS
ADVERTENCIA Y ACUERDO

Por su misma naturaleza, el atletismo competitivo puede poner a los estudiantes en situaciones en los que accidentes SERIOS, CATASTROFICOS, y a veces hasta FATALES pueden ocurrir.

Los estudiantes y sus padres o tutores deben evaluar los riesgos al participar en estos deportes y asesorar si aún así desean participar a pesar de los riesgos. Ninguna cantidad de instrucción, precaución o supervisión eliminará totalmente todo riesgo a lastimaduras. Así como manejar un automóvil viene con un riesgo, la participación en atletismo es inherentemente peligrosa. La obligación de los padres y los estudiantes al elegir participar no puede ser mayormente enfatizado.

Al darle permiso a su estudiante participar en competencias atléticas el padre o tutor asume que jugar o practicar cualquier deporte puede ser una actividad peligrosa que involucra VARIOS RIESGOS A LASTIMADURAS. Tanto el padre como el atleta debe comprender que los daños y riesgos al jugar o entrenar para jugar incluyen, pero no se limitan a: muerte, parálisis completa o parcial, daño cerebral, daños serios a virtualmente todos los órganos internos, huesos, cojunturas, ligamentos musculares, tendones y otros aspectos del sistema óseo y daños potenciales a otros aspectos del cuerpo y a la salud y bienestar general.

Debido a los peligros al participar en deportes, nosotros (el padre y el estudiante) reconocemos la importancia de seguir las instrucciones de los entrenadores en cuanto a las técnicas para jugar, entrenamiento, equipo, etc. tanto en las competencias y en las sesiones de entrenamiento y estamos de acuerdo en obedecer dichas instrucciones.

Si algo de lo mencionado anteriormente no está claro y tiene preguntas, por favor, comuníquese con el director de atletismo de su escuela o algún administrador escolar para mayor información.

Al comienzo de un año escolar o temporada de entrenamiento ambos el atleta y padre de familia necesitan recibir la información mencionada arriba por escrito. La escuela tiene que obligar a que ambos el atleta y padre de familia firmen y pongan la fecha en una hoja reconociendo que ha leído la declaración arriba y que lo entienden por completo. Esta hoja con la firma se debe archivar en la oficina del director de atletismo.

También es preferible tener este aviso adicionalmente transmitido verbalmente a los padres de familia y atletas en las reuniones antes que comience la temporada por el entrenador o director de atletismo. Es una de las responsabilidades legales de una escuela, es de los padres mantenerse informados de ambos el conocimiento del riesgo y la responsabilidad de seguir las instrucciones y luego dar su consentimiento para participar.

He leído y entiendo la información mencionada arriba y doy mi permiso para que mi estudiante (nombre) _____________________________________________ pueda participar.

Firma del padre de familia ________________________________ Fecha: __________

Firma del estudiante atleta ________________________________ Fecha: __________
ESCONDIDO UNION HIGH SCHOOL DISTRICT
Parental Consent and Waiver

Student name ___________________________ Birthdate ___________ Grade _______ M/F
(Print name of student) (circle one)

Address __________________ Zip ______ Phone __________________

Activities and sports in which parents allow minors to voluntarily engage include inherent risks of injury, which may occur because of the nature of the activity/sport. Your child has stated (on the CIF Ethics in Sports form) that he/she will act responsibly and abide by all rules and regulations. By signing below, you give consent for him/her to take part in the activity/sport and travel to and from the school by transportation authorized by the school. WAIVER: The following waiver of liability is not applicable to the statutory liability mandated by the Government code and other statutes. The below signed parent waives all claims, on behalf of the student and parents, based upon injuries and damages resulting from wrongful and willful acts of the named child, failure of the child to abide by the school rules and regulations and his standard of care, negligence of others, ignoring those not employed by the school, and those injuries and damages resulting from the inherent risk of injury to which the child is exposed by reason of the nature of the activity or sport. The below signed parent acknowledges that the school is not an insurer and has no financial responsibility for medical care which may be necessary.

Printed name of Parent or Legal Guardian ___________________________ Signature of Parent ___________________________ Date

EMERGENCY TREATMENT INFORMATION/AUTHORIZATION
In case of emergency, accident or illness, the school is authorized to proceed as indicated. Please number each item in order of desired action (1, 2, 3, etc.). Please fill out the information next to each item.

[ ] Contact Father Phone ___________________________ Contact Mother Phone ___________________________

[ ] Contact Physician Phone ___________________________

[ ] Additional Person Relationship Phone ___________________________

Date of last tetanus shot ___________ Please list any special medical problems, allergies, etc. that would be helpful to us:

__________________________________________________________________________________________

__________________________________________

AUTHORIZATION TO CONSENT TO TREATMENT OF MINOR: [ ] (We) the undersigned, parent(s) of ___________________________, a minor, do hereby authorize the Escondido Union High School District coaching staff as agent(s) for the undersigned to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and to be rendered under the general or special supervision of any physician or surgeon licensed under the provisions of the Medical Practice Act, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital. I also authorize evaluation and first aid treatment of interscholastic injuries on the field, in the training room, or in the offices of a Registered Physical Therapist and/or Certified Athletic Trainer.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of the undersigned agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable.

This authorization is given pursuant to the provisions of Section 258 of the Civil Code of California.

This authorization shall remain effective unless sooner revoked in writing delivered to said agent(s).

Signature of Father/Mother/Legal Guardian (circle one) ___________________________ Date ___________________________

HEALTH INSURANCE INFORMATION - MANDATORY

Yes - the student has health or accident insurance - list company name, policy number and local claims address:

Company Name ___________________________ Claims Office Address ___________________________ Policy # ________

Accident insurance is mandatory. If the student is not covered by your own private insurance, the cashier has information regarding low-cost accident coverage offered by Pacific Educators, Inc. This insurance is not affiliated with the school district, but the application form and check or money order (NO CASH) must be returned to the Cashier with this packet in the envelope provided.

Mail to be mailed to Pacific Educators from the school. Or you may sign up on line at www.peinsurance.com/signup

Student Preparticipation Physical Evaluation, signed and dated by physician must be attached. Per Board Policy - physicals must be dated after July 1st of the school year of participation.

USE BLUE OR BLACK PEN - NO PENCIL, PLEASE
DISTRITO UNIFICADA DE ESCUELAS PREPARATORIAS DE ESCONDIDO
Consentimiento y exención del padre de familia

Nombre del estudiante ____________________________ Fecha de nacimiento __________ Grado ____________ H/F (cúrcula)

Domicilio ____________________________ Código postal ____________________________ Número telefónico ____________________________

Las actividades y deportes en las que los padres permitan a los menores a participar voluntariamente tienen un riesgo inherente de lastimaduras, lesiones y heridas. Se puede ocasionar daño a los participantes, sus equipos y equipos de protección, y a otras personas que se unan a las actividades. El padre o el tutor firmes se declara en conocimiento de estos riesgos y que acepta asumir estos riesgos y que se responsabiliza de la seguridad de los menores que asistan a las actividades y por la conducta del estudiante durante las mismas.

Nota: En caso de una emergencia, accidente o enfermedad, el personal escolar tiene autorización para proceder como se indica abajo. Por favor complete la información para cada artículo.

☐ Comuníquese con el padre Número telefónico de casa / de trabajo
☐ Comuníquese con la madre Número telefónico de casa / de trabajo
☐ Otra persona al quien llamar Número telefónico

Firma del padre de familia ____________________________ Fecha ____________

INFORMACIÓN Y AUTORIZACIÓN PARA TRATAMIENTO EN CASO DE EMERGENCIA

En caso de una emergencia, accidente o enfermedad, el personal escolar tiene la autorización para proceder como se indica abajo. Por favor complete la información para cada artículo.

☐ Tratado al estudiante a la sala de emergencia? Si ☐ No

Comuníquese con el médico Número telefónico

Fecha de la última inyección del tétanos ____________________________ Por favor anote cualquier problema médico, alergia, etc. Que nos ayudaría:

AUTORIZACIÓN DE CONSENTIMIENTO PARA TRATAMIENTO DEL MENOR: (Yo) (Nuestra) el abajo firmante, padre(s) de _______ (escribe su nombre), como guardián(s) y consentiente(s) para consentir cualquier radiografía, exámenes, anestesia, cuidado médico o diagnóstico o tratamiento o cuidado hospitalario que sea recomendable, el cual debe ser proporcionado bajo la supervisión general y especial de un médico o cirujano con licencia bajo las disposiciones del Acta de práctica médica, ya sea que tal diagnóstico o tratamiento se realice en el área de atención médica o en un hospital. Autoriza también la evaluación y primeros auxilios, así como la atención médica durante los deportes escolares que ocurran en el campo deportivo, el espacio o en los árboles de tetracarbonas físicas registradas y/o entrenadores atléticos certificados.

Se entiende que esta autorización es dada en caso de cualquier diagnóstico de tratamiento específico o cuidado hospitalario que sea requerido, pero es dado para proporcionar autorización y poder, por parte de nuestros agentes mencionados para que puedan dar consentimiento específico a cualquier y todos los diagnósticos, tratamiento o cuidado hospitalario por el cual el médico, de acuerdo a su mejor juicio, considere recomendable.

Esta autorización es dada de acuerdo con las disposiciones de la Sección 25.5 del Código civil de California.

Esta autorización permanecerá en efecto menores que sean revocada con anterioridad por escrito y entregada a los agentes arriba mencionados.

Padre/Madre (cúrcula uno) ____________________________ Fecha ____________ Tutelado ____________

Si el estudiante tiene seguro de salud y para accidente, aparte del seguro estudiantil, anote el nombre de la compañía, el número de la póliza y el domicilio local de la oficina del impreso de reclamación:

Nombre de la compañía ____________________________ Domicilio de la oficina del impreso de reclamación ____________________________ Número de la póliza ____________________________

Seguro en caso de Accidente es obligatoria. Si su hijo no tiene seguro, la caja tiene disponible información sobre cobertura en caso de accidentes a precio reducido por medio de Pacific Educators, Inc. Este seguro no está afiliado con el distrito escolar, pero la solicitud y el cheque o el giro postal (no se acepta dinero en efectivo) se deben enviar a la caja con este paquete, en el sobre provisto. Se enviará a Pacific Educators desde la escuela. También, usted puede inscribirse en www.pacificeducators.com/91255.

La evaluación física del estudiante antes de participar en deportes, firmada por el médico, necesita estar adjunta. Por la póliza de la Mesa directiva - los exámenes físicos necesitan estar fechados después del 1º de julio del año escolar en el cual participará.

POR FAVOR USE BOLÍGRAFO - NO USE LÁPIZ
### Preparticipation Physical Evaluation

**NAME**

**SEX**

**AGE**

**DATE OF BIRTH**

**GRADE**

**SCHOOL**

**SPORT(S)**

**ADDRESS**

**PHONE**

**PERSONAL PHYSICIAN**

**IN CASE OF EMERGENCY, CONTACT**

**NAME**

**RELATIONSHIP**

**PHONE**

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<table>
<thead>
<tr>
<th>No.</th>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Have you had a medical illness or injury since your last check up or sports physical?</td>
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<tr>
<td>2</td>
<td>Have you ever been hospitalized overnight?</td>
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<td>3</td>
<td>Have you ever had surgery?</td>
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<td>4</td>
<td>Do you have an ongoing or chronic illness?</td>
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<td>5</td>
<td>Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler?</td>
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<td>6</td>
<td>Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?</td>
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<td>7</td>
<td>Do you have any allergies (for example, to pollen, medicine, food or stinging insects)?</td>
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<td>8</td>
<td>Have you ever had a rash or hives develop during or after exercise?</td>
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<tr>
<td>9</td>
<td>Have you ever passed out during or after exercise?</td>
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<tr>
<td>10</td>
<td>Have you ever been dizzy during or after exercise?</td>
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<tr>
<td>11</td>
<td>Have you ever had chest pain during or after exercise?</td>
<td></td>
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<tr>
<td>12</td>
<td>Do you get tired more quickly than your friends do during exercise?</td>
<td></td>
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<tr>
<td>13</td>
<td>Have you ever had racing of your heart or skipped heartbeats?</td>
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<tr>
<td>14</td>
<td>Have you had high blood pressure or high cholesterol?</td>
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<tr>
<td>15</td>
<td>Have you ever been told you have a heart murmur?</td>
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<tr>
<td>16</td>
<td>Has any family member or relative died of heart problems or of sudden death before age 50?</td>
<td></td>
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<tr>
<td>17</td>
<td>Have you had a severe viral infection for example myocarditis or meningoencephalitis? within the last month?</td>
<td></td>
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<tr>
<td>18</td>
<td>Has a physician ever denied or restricted your participation in sports for any heart problems?</td>
<td></td>
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<tr>
<td>19</td>
<td>Do you have any current skin problems (for example, itching, rash, acne, warts, fungus or blisters)?</td>
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<tr>
<td>20</td>
<td>Have you ever had a head injury or concussion?</td>
<td></td>
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<tr>
<td>21</td>
<td>Have you ever been knocked out, become unconscious or lost your memory?</td>
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<tr>
<td>22</td>
<td>Have you ever had a seizure?</td>
<td></td>
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<tr>
<td>23</td>
<td>Do you have frequent or severe headaches?</td>
<td></td>
<td></td>
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<tr>
<td>24</td>
<td>Have you ever had numbness or tingling in your arms, hands, legs, or feet?</td>
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<tr>
<td>25</td>
<td>Have you ever had a stinger, burn or pinched nerve?</td>
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<tr>
<td>26</td>
<td>Have you ever become ill from exercising in the heat?</td>
<td></td>
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<tr>
<td>27</td>
<td>Do you have asthma?</td>
<td></td>
<td></td>
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<tr>
<td>28</td>
<td>Do you have seasonal allergies that require medical treatment?</td>
<td></td>
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<tr>
<td>29</td>
<td>Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot, orthotics, retainer on your teeth, hearing aid)?</td>
<td></td>
<td></td>
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<tr>
<td>30</td>
<td>Have you had any problems with your eyes or vision?</td>
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<tr>
<td>31</td>
<td>Have you ever had a sprain, strain or swelling after an injury?</td>
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<tr>
<td>32</td>
<td>Have you broken or fractured any bones or dislocated any joints?</td>
<td></td>
<td></td>
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<tr>
<td>33</td>
<td>Have you had any other problems with pain or swelling in muscles, tendons, bones or joints?</td>
<td></td>
<td></td>
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<tr>
<td>34</td>
<td>Circle those that apply: Head, Elbow, Hip, Neck, Forearm, Thigh, Back, Finger, Ankle, Upper Arm, Shoulder</td>
<td></td>
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<tr>
<td>35</td>
<td>Do you want to weigh more or less than you do now?</td>
<td></td>
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<tr>
<td>36</td>
<td>Do you lose weight regularly to meet weight requirements for you sport?</td>
<td></td>
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<tr>
<td>37</td>
<td>Do you feel stressed out?</td>
<td></td>
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<tr>
<td>38</td>
<td>Record the dates of your most recent immunizations for:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>39</td>
<td>Tetanus, Measles, Hepatitis B, Chickenpox</td>
<td></td>
<td></td>
</tr>
<tr>
<td>40</td>
<td>When was your first menstrual period?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>41</td>
<td>When was your last menstrual period?</td>
<td></td>
<td></td>
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<tr>
<td>42</td>
<td>How much time do you usually have from the start of one period to the start of another?</td>
<td></td>
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<tr>
<td>43</td>
<td>How many periods have you had in the last year?</td>
<td></td>
<td></td>
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<tr>
<td>44</td>
<td>What was the longest time between periods in the last year?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Please explain any yes answers**

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I hereby state that to the best of my knowledge, my answers to the above questions are complete and correct.

**Signature of Athlete:** ____________________________  **Signature of parent/guardian:** ____________________________  **Date:** ____________________________
Evaluación física antes de participar en deportes

<table>
<thead>
<tr>
<th>1. ¿Has tenido una enfermedad médica o lastimadura desde tu última revisión?</th>
<th>Sí</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. ¿Has tenido una enfermedad en desarrollo o deportiva?</td>
<td>Sí</td>
<td>No</td>
</tr>
<tr>
<td>3. ¿Has sido sometido a una operación?</td>
<td>Sí</td>
<td>No</td>
</tr>
<tr>
<td>4. ¿Has tomado complementos o vitaminas para evitar o perder peso o mejorar tu desempeño?</td>
<td>Sí</td>
<td>No</td>
</tr>
<tr>
<td>5. ¿Has tenido algún problema con tus ojos de la vista?</td>
<td>Sí</td>
<td>No</td>
</tr>
<tr>
<td>6. ¿Has tenido una lesión de la espalda, hombros, cadera, muñecas, rodillas, tobillos, huesos o articulaciones?</td>
<td>Sí</td>
<td>No</td>
</tr>
<tr>
<td>7. ¿Has tenido una lesión de la piel, en particular, en las manos, pies, muslos o piernas?</td>
<td>Sí</td>
<td>No</td>
</tr>
<tr>
<td>8. ¿Te has enfermado después de hacer ejercicio en el calor?</td>
<td>Sí</td>
<td>No</td>
</tr>
<tr>
<td>9. ¿Tienes resfriados sibilantemente a te do trabajo respirar durante o después de una actividad física?</td>
<td>Sí</td>
<td>No</td>
</tr>
<tr>
<td>10. ¿Tienes alergias en ciertas temporadas que requieren tratamiento médico?</td>
<td>Sí</td>
<td>No</td>
</tr>
</tbody>
</table>

Para actividades del médico: 
- ¿Usas algún equipo o aparato protector o corrección y especial que no se usan normalmente para tu deporte o posición, por ejemplo equipo ortopédico para la rodilla, rollo especial para el cuello, ortopédico para el pie, frías dentales o audífonos? 
- ¿Has tenido problemas con tus ojos de la vista? 
- ¿Usas antojitos, lentes de contacto o lentes preventivos? 
- ¿Has tenido una lesión de la espalda, hombros, cadera, muñecas, rodillas, tobillos, huesos o articulaciones? 
- ¿Has tenido una lesión de la espalda, hombros, cadera, muñecas, rodillas, tobillos, huesos o articulaciones? 
- ¿Has tenido una lesión de la espalda, hombros, cadera, muñecas, rodillas, tobillos, huesos o articulaciones? 
- ¿Has tenido una lesión de la espalda, hombros, cadera, muñecas, rodillas, tobillos, huesos o articulaciones? 
- ¿Has tenido una lesión de la espalda, hombros, cadera, muñecas, rodillas, tobillos, huesos o articulaciones?

Si la respuesta fue Sí, marque la caja apropiada y explique abajo.

Para actividades del médico: 
- ¿Te has enfermado después de hacer ejercicio en el calor? 
- ¿Tienes resfriados sibilantemente a te do trabajo respirar durante o después de una actividad física? 
- ¿Tienes alergias en ciertas temporadas que requieren tratamiento médico? 

Con mi firma declaro que mis respuestas a las preguntas arriba están completas y correctas, al mejor de mi conocimiento.

Firma del atleta ________________________________
Firma del padre de familia o tutor legal ________________________________
Fecha ________________
<table>
<thead>
<tr>
<th>MEDICAL</th>
<th>NORMAL</th>
<th>ABNORMAL FINDINGS</th>
<th>INITIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eyes/Ears/Nose/Throat</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Lymph Nodes</td>
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<td>Heart</td>
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<td>Pulses</td>
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<td>Lungs</td>
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<td></td>
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<tr>
<td>Abdomen</td>
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<tr>
<td>Genitalia (males only)</td>
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<tr>
<td>Skin</td>
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<tr>
<td>Musculoskeletal</td>
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<tr>
<td>Neck</td>
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<td></td>
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<tr>
<td>Back</td>
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<td></td>
<td></td>
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<tr>
<td>Shoulder/arm</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Wrist/hand</td>
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<tr>
<td>Hip/Thigh</td>
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<tr>
<td>Knee</td>
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<td></td>
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<tr>
<td>Leg/ankle</td>
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<td></td>
<td></td>
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<tr>
<td>Foot</td>
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</table>

☐ Cleared  Initials
☐ Cleared after completing evaluation/rehabilitation for:

☐ Not cleared for  Reason
Recommendations:

Name of physician (MD, DO, DC)

*Per Board Policy – physicals must be dated after July 1st of the school year of participation.*
SAN PASQUAL HIGH SCHOOL
DECLARATION OF RESIDENTIAL ELIGIBILITY & CONTACT PRIOR TO ENROLLMENT

NAME __________________________ ID # ________________________

CURRENT ADDRESS __________________________ STREET _______ ZIP _______

PHONE: HOME ( ) _______________ CELL ( ) _______________

GRADE IN AUGUST __________ DATE OF BIRTH __________ AGE ______

9th GRADERS ONLY
8th GRADE SCHOOL: □ Bear Valley Middle School □ Del Dios Middle School
□ Hidden Valley Middle School □ Mission Middle School
□ Rincon Middle School □ Other:

PLEASE CONTINUE TO QUESTION #2

10th - 12th GRADERS
EXAMPLE: SAN PASQUAL/JV VOLLEYBALL/VARSITY TRACK

9TH GRADE SCHOOL/LEVEL/SPORT __________________________________________

10TH GRADE SCHOOL/LEVEL/SPORT __________________________________________

11TH GRADE SCHOOL/LEVEL/SPORT __________________________________________

1. Is the residence listed above the same residence you had at the start of last year? □ Yes □ No
   If you answered yes, please sign the bottom of the form.
   If you answered no, please answer the remaining questions and sign the bottom of the form.

2. Are you an intra-district transfer (within the district)? □ Yes □ No

3. Are you an inter-district transfer (from outside the district)? □ Yes □ No

4. Did your last school require you to leave for a reason other than graduation? □ Yes □ No

5. Are you living with the same people, caregivers, legal guardians, or family members who you lived with when you attended your last school? □ Yes □ No

6. Did anyone use undue influence to impact your decision to attend this school? □ Yes □ No

7. As a student new to our school, CIF requires that you disclose any kind of contact you may have had with anyone associated with our school for the two years prior to your enrollment. Have you had any such contact? If so, please explain below. □ Yes □ No
   (You may attach another sheet if needed)

______________________________________________
Student Signature

______________________________________________
Parent/Guardian Signature

______________________________________________
Date

______________________________________________
Date