



Roseville Joint Union High School District

Dear Parents:

Welcome to the 2011-12 Roseville Joint Union High School District Athletic Programs. We look forward to another great year of participation from our students. We fully expect to continue the traditions of competitive play, outstanding sportsmanship and personal growth for all students who participate in athletics at our schools.

In past years our athletic programs have flourished. Athletics allow a large number of our students to be positively connected to their high school experience and can open the door to potential college opportunities and lifelong enrichment. As you may know, the State's funding of public schools has been reduced significantly. Since the 2008-09 school year, RJUHSD has seen reductions in state funding exceeding \$10 million. For the 2011-12 school year, the District faces continued budget challenges and uncertainties. In order to sustain our athletic programs across the District, we are requesting an Athletic Contribution from all students participating in athletics for the 2011-12 school year. The Athletic Contribution is voluntary, and your supportive donation will allow our athletic programs to continue as they have in the past. Without substantial ongoing support, we may be faced with making cuts to our athletic programs across the District. The District's commitment to a full athletic program is evidenced by some of the costs it currently funds, including:

- 55 District Paid Stipends (per school) - Total cost approximately \$750,000
- Pools (5 pools/8 months) - Total cost approximately \$200,000
- Athletic Equipment - Total cost approximately \$112,000
- Athletic Transportation - Total cost approximately \$62,500
- Helmet/Shoulder Pad Refurbish - Total cost approximately \$32,500
- Coaches' Training For Every Coach - Total cost approximately \$8,600

Athletics are very expensive, but we believe they offer an important opportunity, enriching our students' lives and futures. We are committed to offering quality athletic programs for your sons and daughters, and hope you will share our commitment with an Athletic Contribution this upcoming year. It is our sincere hope and desire that this Athletic Contribution causes no hardship to your family. For this reason, the Athletic Department will accept any and all Athletic Contribution amounts. For further information, please contact your school's athletic director or the school administration who are always available to respond to your questions. To allow us to sustain the programs at each school throughout the District, the amount requested for the Athletic Contribution per athlete, per season for school year 2011-12 is:

- First Sport \$125
- Second Sport \$100
- Third Sport \$75

Four (4) sport athletes or athletes who participate in two (2) sports during the same season will only be asked to make one (1) Athletic Contribution for participation in those two (2) sports in the same season.

We are grateful for your continued support, especially in these uncertain economic times. Our goal is to continue to offer a quality and comprehensive athletic program to our students that will add to their personal growth and a positive high school experience.

Roseville Joint Union High School District Athletics

Woodcreek High School Timberwolves



Athletic Handbook 2011-2012

PHILOSOPHY OF STUDENT ATHLETICS

The Roseville Joint Union High School District recognizes athletics as an integral part of the entire school setting and as a means of achieving a student's complete educational development. We also believe that all students should have an opportunity to participate in some form of interscholastic athletics within the limitations of each individual sport and that such participation should encourage positive scholastic and social growth and achievement. Both the student athlete and the sport itself should be a credit to the athlete's specific school and the community. Moreover, the District realizes that an effective interscholastic athletic program is a product of the responsible cooperation among its four major contributors: the student athlete, the coaching staff, the site administration and parents.

We expect athletes themselves to strive to develop a personal code of conduct consistent with the time-honored values of sportsmanship, scholarship, integrity, commitment to self and team, and respect for self and others. Furthermore, as a result of participation in organized team sports, we believe our students should strive to become exemplary representatives for our schools and communities.

SPORTSMANSHIP

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character, teamwork and other important life skills. The highest potential of sports is achieved when participants are committed to "Pursuing Victory with Honor" according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This code applies to all student-athletes in California and has been adopted as the operating beliefs and principles of the California Interscholastic Federation (CIF). From these six core principles, a set of specific rules has been established by each respective coach.

An additional aspect of good sportsmanship includes respect for all people and institutions associated with athletic competition. Athletes will be required to exhibit respect to officials, coaches, staff, fans, and opponents.

Athletes must understand that compliance with the standards of good sportsmanship is required regardless of the particular situation. Athletes or coaches who are ejected from an athletic competition will be disqualified from participating in the remainder of the game and from attending the next athletic contest.

Athletes should demonstrate sportsmanship and ethical behavior whether experiencing success or failure, victory or defeat.

HAZING

A pupil may be suspended from school, removed from a team, or recommended for expulsion if that pupil at any time, including, but not limited to, any of the following:

1. While on school grounds,
2. While going to or coming from school,
3. During the lunch period whether on or off the campus,
4. During, or while going to or coming from, a school sponsored activity, has committed an act of, engaged in, or attempted to engage in, hazing. "Hazing includes any method of initiation or pre-initiation into a student organization or student body or any pastime or amusement engaged in with respect to these organizations which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any pupil or other person attending any school."

SCHOOL ATTENDANCE

Coaches recognize the importance of school attendance and expect athletes to establish good attendance patterns.

1. Students must attend at least half the school day in order to participate in either practice or competition on that day.
2. If a contest is held on a non-school day, the student must attend at least half the school day on the school day prior to the contest.

3. Excused and approved absences may count as periods of attendance for purposes of this requirement. (A doctor's note or principal's approval may be required.)
4. Students failing to comply with the district attendance policy will be referred to their coach for discipline.

PRACTICE ATTENDANCE

Students who participate in athletics make a commitment to a team and are expected to maintain good practice attendance.

1. Students are expected to attend all practices and contests, unless they are absent from school due to illness or the coach excuses them. Students are expected to communicate directly with the coach when they cannot attend a practice.
2. Unexcused absences from practice, or failure to maintain good attendance, may be cause for removal from a team.
3. Coaches may adopt individual rules for practice and contest attendance.

GENERAL ELIGIBILITY REQUIREMENTS

No student whose nineteenth (19th) birthday is attained prior to June 15 shall participate or practice on any team in the following school year. A student whose nineteenth birthday is on June 14 or before is ineligible (CIF Bylaw 201).

Upon entering the 9th grade, a student has (not to exceed) eight consecutive semesters of athletic eligibility to compete in high school athletics in the state of California. Enrollment and/or attendance for fifteen (15) days or more shall count as one of the eight (8) semesters or terms.

The California Interscholastic Federation also requires that "any athletic contest in which an ineligible student has participated either intentionally or unintentionally, involving both team and individual sports, must be forfeited." The student may also be subject to dismissal from the team.

RESIDENTIAL ELIGIBILITY

A student has residential eligibility upon initial enrollment in the ninth grade of any California Interscholastic Federation high school. A student retains residential eligibility if continuously enrolled in the CIF member high school of initial enrollment, transfers prior to the first day of the sophomore year or changes schools with a valid change in residence as defined in CIF Bylaws. Any ninth grade student who is transferring for a second time, or any tenth, eleventh or twelfth grade student who transfers without a valid change of residence, may have limited eligibility for one year from the date of transfer. Any evidence of undue influence (recruiting), academic ineligibility at a previous school or disciplinary reasons for a transfer will impact eligibility at the new school.

The only exceptions to this rule will require documentation of a hardship which is defined as an "unforeseeable, unavoidable and uncorrectable act, condition or event which causes the imposition of a severe and non-athletic burden upon the student/family." The section and state CIF will review the documentation for a waiver of this rule.

A transfer student shall contact the athletic director or administrator in charge of athletics to determine his/her eligibility status and to complete any necessary forms. No athlete shall participate in competition until all forms have cleared.

Any student whose address has been falsified to achieve residential eligibility will be ineligible in all interscholastic athletic competition for a period of one year from the date the infraction is verified. Any contests in which a residentially ineligible athlete participates may be forfeited.

If a student and his/her parents move out of the attendance area but the student remains at the school, the student will maintain eligibility but should immediately report his/her change of residence to the Attendance Office.

ACADEMIC ELIGIBILITY REQUIREMENTS

To encourage and promote academic excellence, all students participating in extracurricular activities shall demonstrate satisfactory minimum progress in meeting the requirements of graduation by undertaking the prescribed course of study and meeting the standards of proficiency established by the District.

The requirement has two elements. To be eligible for participation, the student:

1. Must have earned an overall minimum 2.0 grade point average on a 4.0 unweighted grading scale during the preceding grading period; and
2. Must have passed five of six (traditional schedule) or three of four (4x4 schedule) classes during the preceding grading period. Any student taking only three classes must pass all of his/her classes to be eligible on the 4x4 schedule. A "Pass" grade in a Pass/Fail Class is the equivalent of a "C" grade for calculating GPA. A 2.0 scale will be used to determine eligibility based on the total number of classes taken.

According to the CIF, scholastic eligibility requires the student to pass the equivalent of at least 20 semester periods of work at the completion of the most recent grading period. Weighted grades are not used to calculate eligibility per the CIF Bylaws.

A grading period will constitute an eligibility period. The grade issued at the end of each grading period will be used to determine eligibility.

- a. For purposes of determining eligibility, a grade of incomplete is computed as an "F" or failure until a letter grade is assigned. When the letter grade is determined, the student's grade point average is refigured. Students have fifteen school days from the day grades were due to complete the work necessary to change an incomplete to a letter grade. For eligibility purposes, and without mutual agreement between teacher and students, the grade is computed as an "F" after fifteen school days, even if the incomplete is later changed to a letter grade.

Generally, incompletes are only assigned when a student had a long-term illness or after unforeseeable and unpreventable absence from school that prevented the student from completing the assigned work during the grading period.

- b. For eligibility purposes, once a letter grade is assigned, the grade may be changed only if the person assigning the grade determines that an error was made in computing the grade. If a student requests that a teacher reconsider a grade, the reconsideration must be based on work assigned, due, and completed prior to the end of the grading period. Work submitted or assigned after the end of the grading period may not be used to improve or diminish an assigned grade.

Schools declare at the beginning of the year the grading periods and eligibility declaration days that they will use. Eligibility will be declared after each school-wide grading period.

For the purposes of this policy, the term "classes" includes all courses in which the student is enrolled. Students may request that afternoon adult school grades, college grades, and/or summer school grades be added to the computation of the eligibility status. The student will be responsible to provide official progress grades and final grade documentation for college and extension courses to the high school.

A student becomes eligible or ineligible for athletic participation only when declared so by the site Athletic Administrator or site Athletic Director.

The District will follow Board Policy 5133.5 (25 credits with a 2.0 GPA) and procedures related to the eligibility of alternative school students returning to a comprehensive high school. Please check with the school's Site Athletic Administrator or Site Athletic Director.

Students declared ineligible may practice with teams only if the coach approves. The coach and student will meet to discuss what the student may expect if he/she continues to practice with the team. Ineligible students may not dress, perform, or be released early from school to travel to contests. Ineligible players may not have contact with another team.

PROBATIONARY PERIOD

A student may be granted one period of probation during his/her high school enrollment in our District, beginning with the first school (9th grade) grading period. The probation may be granted only if the student has met one of the two academic eligibility requirements. If the student is below both standards, he/she will not be granted probation. A probation period is the same length and duration as a grading period. A transfer student who is ineligible from his/her previous school will not be eligible for probation upon the initial enrollment.

The probation will be granted and recorded even if the student subsequently fails to perform in any competition. The completed applications must be approved by the designated administrator, and a copy submitted to the coach at the student's school prior to competition.

The Athletic Administrator will ensure that transfer students are held to the same eligibility standards as students within this District and are consistent with CIF Bylaws.

OUTSIDE COMPETITION

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. In the sport of soccer, it is permissible for a student to compete on an outside team during the season of sport if the high school team plays in the fall or spring.

Any student, who competes on a school team after an infraction of the above rule, becomes immediately ineligible for the number of contests equal to twice the number of contests of outside competition in which the student participated. Games, in which the student participated, after the infraction of the rule, shall be forfeited.

It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility.

Any athlete qualifying for an Olympic Development Program is required to contact the Athletic Administrator at least 30 days prior to participation.

Each CIF section may grant approval, upon individual petition, for a gifted athlete to travel to a foreign country to participate in international competition sanctioned by the governing body for that sport in the United States.

Any athlete who has any questions about eligibility, or who is considering outside competition, should contact the Athletic Administrator in charge of athletics before entering into any competition.

UNATTACHED COMPETITION IN INDIVIDUAL SPORTS

An unattached athlete shall not represent any team. Points won by the athlete shall not be credited to any team. An unattached athlete shall not use a uniform which identifies a school or "outside" team. Any violation shall be considered an infraction of CIF Bylaw 600.

Unattached competition is permissible for a student in other than school contests during the season of sport, provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf, gymnastics, skiing, swimming (including unattached entry on relays), tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling.

Certification of Unattached Athletes: No official recognition or certification on the part of the CIF member school or personnel of the CIF member school may be given in order that unattached athletes may participate in contests.

Representation in CIF Competition: Unattached competition is not permitted in any CIF competition. (See CIF Bylaw 302). Individuals or teams entered in CIF competition must represent a CIF member school. No other form of representation shall be permitted in CIF competition.

ATHLETIC CLEARANCE CARD

Every student wishing to participate in a sport must have a clearance card prior to beginning practice. In order to be issued a clearance card, the student and the student's parent or guardian must complete the forms in the athletic clearance card packet.

In addition, the athlete must have a yearly physical examination from a qualified physician who completes the medical examination report. In order for the student to be accepted for athletics, the physical must be completed on or after May 25 prior to the school year in which the athlete plans to compete.

Physical exams are normally offered during the summer at the school. All or a portion of the fee is returned to the school's athletic programs by the doctor.

The National Federation of State High School Associations (NFHS) announces effective with the 2010 high school football season, any player who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to action until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and receives written clearance to return to play from that health care provider.

The District currently requires that all athletes have a tetanus booster within the ten years preceding participation. Students of parents with religious objections may be excluded.

TRANSPORTATION

Students may be transported to athletic activities by school bus, school vans, and private vehicles driven by district employees, so long as the private vehicle has been approved by the District Transportation Department (includes a DMV check, insurance verification, and RJUHSD paperwork).

Coaches will notify parents in advance of those athletic events when players may meet at the destination ("meet me at the game" concept). The "meet me at the game" concept is available when game destinations are within the CIF Sac Joaquin Section. Playoff contests held outside the CIF Sac Joaquin Section will be reviewed for "meet me at the game" approval by the site administration on a case by case basis.

If coaches implement the "meet me at the game" concept and some players do not have a means of travel, the coach may transport those students to the athletic event in a district-approved vehicle.

A bus may be scheduled to transport a team one way only to an athletic event. This one way only transportation is referred to as a "drop trip". "Drop trips" transport players to an athletic event, but not home. Players are required to arrange their own way home when a "drop trip" is scheduled. There will be advance notice from the coach to players

when a “drop trip” is scheduled. The transportation supervisor will make this determination based on the availability of buses.

EQUIPMENT/CARE OF FACILITIES

Students are expected to turn in the same piece(s) of equipment checked out to them.

Equipment and uniforms should be returned in the same condition that it was received and should be cleaned and washed before being returned.

Students are responsible for the security of their equipment and uniforms. Students will be financially responsible for replacing any lost, stolen, or damaged equipment or uniforms. In some cases, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform or equipment.

No awards (letters, trophies, etc.) will be issued until all equipment is returned and/or paid for unless otherwise determined by the involved coaches.

Students must return or pay for all equipment before they can compete or participate in another sport. In unusual circumstances when a significant amount of money is owed, arrangements for repayment may be made with the coach and the administrator in charge of athletics.

An athlete will not steal, damage, deface, or possess without permission a teammate’s property, school property, or another school’s property. Teams and/or athletes may be held financially responsible for any/all misuse of athletic facilities.

TRAINING RULES

The coaches support healthy behaviors by all athletes at all times. Athletes will be held responsible for all training rules while on school grounds, while going to or coming from school, or at a school-sponsored activity. During the officially recognized CIF “season of sport” as defined by CIF Bylaw 511, Section B, athletes will also be held accountable for any off campus violation of training rules.

The use of drugs, alcohol, steroids or performance-enhancing substances, or tobacco is not acceptable and will not be tolerated for high school athletes.

Any student who unlawfully possesses, uses, sells or otherwise furnishes or is under the influence of any controlled substance, an alcoholic beverage, or an intoxicant of any kind shall be ineligible for a minimum of thirteen (13) weeks from the date of the infraction, excluding vacation periods. The penalty may be reduced to six (6) weeks if a drug prevention class is attended.

Any student who unlawfully possesses, uses, sells, or otherwise furnishes any androgenic/anabolic steroid, synephrine, or any performance-enhancing dietary supplement, or any performance-enhancing supplement without FDA approval (inclusive of the NCAA list) without a written prescription from a licensed health care practitioner to treat a medical condition shall be ineligible for a minimum of thirteen (13) weeks from the date of the infraction, excluding vacation periods. The penalty may be reduced to six (6) weeks if a drug prevention class is attended.

Any student who unlawfully possesses, uses, sells, or otherwise furnishes tobacco shall be ineligible for a minimum of three (3) weeks from the date of the infraction, excluding vacation periods.

With the coach's permission, the student may continue to practice with a team but may not wear a school uniform or otherwise represent a team at any interscholastic contest or scrimmage against another school.

A second offense involving drugs, alcohol, steroids or performance-enhancing substances (inclusive of the NCAA list), or tobacco will cause the student to be ineligible for one calendar year from the date of the infraction and may include a recommendation to expel. The student may not continue practice or participate with a team during the period of ineligibility.

LEAVING A TEAM

Students may leave a team without penalty until the submission of the final roster by personally notifying the coach that they no longer wish to participate. After a "try-out" period, students may leave a team only under the following conditions:

1. It is the student's responsibility to notify the coach that he/she no longer wishes to participate. The coach may request that the student discuss the reason(s) for leaving the team. If the coach and student mutually agree that the student can leave the team, the student may leave the team without penalty. All equipment must be turned in at the time a student leaves a team.
2. If a student leaves a team and plans to participate in a sport that begins practice prior to the completion of the sport, he/she may do so only if the coach of the previous sport agrees. If the previous coach does not agree, the student may not begin practice until the season (including play-offs, if applicable) has ended.

The intent of these rules is to encourage students to be responsible in their actions and to communicate in an adult manner when they plan to end a commitment to a sport or when they disagree with a coach.

APPEALS OF ATHLETIC HANDBOOK RULES

Students may appeal the application of the rules in the Athletic Handbook to an Athletic Council. An appeal requires that the student and parent(s) or legal guardian(s) submit a written request identifying the specific rule and consequence they wish to appeal and the grounds for requesting the review. Rules established by the California Interscholastic Federation may be appealed only to the CIF Sac-Joaquin Section.

The Athletic Council will consist of an Administrator, the Athletic Director, and three coaches not involved in the disagreement.

The appeal will be held within five school days of the receipt of the written request for appeal from the student and parent.

The Athletic Council may uphold or modify the consequences for the violation as outlined in the Athletic Handbook. The Athletic Council does not determine or review the facts of a school discipline incident but may modify the athletic consequences for the incident based on the intent and spirit of the Athletic Handbook.

PREPARTICIPATION PHYSICAL SCREENING - MEDICAL HISTORY

This medical history and exam is only intended to determine ability to participate in sports and is not a substitute for regular exams by your physician.

Last Name _____ First Name _____ Sex: F M DOB _____ Age _____

Address _____ Phone _____

Personal Physician _____ Phone _____

Insurance Carrier _____ Policy Number _____

Parent/Guardian _____ Phone (H) _____ Phone (W) _____

Emergency Contact _____ Phone (H) _____ Phone (W) _____

Grade _____ Sports You Intend Play: Fall _____ Winter _____ Spring _____

Schools Attended (other than Woodcreek) in last 12 months _____

Record the date of your last tetanus immunization (required every 10 years) _____

- | | | |
|-----|----|--|
| Yes | No | 1. Have you had a medical illness or injury since your last check up or sports physical? Do you have an ongoing or chronic illness? |
| Yes | No | 2. Have you ever been hospitalized overnight? Have you ever had surgery? |
| Yes | No | 3. Are you currently taking any prescription or non prescription medication or pills, or do you use an inhaler? |
| Yes | No | 4. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance? |
| Yes | No | 5. Do you have any drug addiction, mental illness, or nervous disorder |
| Yes | No | 6. Do you have any allergies (medication, food, insect bites or stings, etc)? Have you ever had a rash or hives develop during or after exercise? |
| Yes | No | 7. Do you have diabetes, hypoglycemia, or excessive thirst? |
| Yes | No | 8. Do you have anemia, leukemia, or any blood disorder? |
| Yes | No | 9. Have you ever passed out, been dizzy, or had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise? |
| Yes | No | 10. Have you ever had racing of your heart or skipped heartbeats? Have you ever been told you have a heard murmur? Has a physician ever denied or restricted your participation in sports for any heart problems? |
| Yes | No | 11. Have you had high blood pressure or high cholesterol? |
| Yes | No | 12. Has a family member or relative died of heart problems or of sudden death before age 50? |
| Yes | No | 13. Have you had a severe viral infection (myocarditis or mononucleosis) within the last month? |
| Yes | No | 14. Do you have any current skin problems? |
| Yes | No | 15. Have you ever had a head or neck injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? Have you ever had a seizure? Do you have frequent or severe headaches? Do you have curvature of the spine? |
| Yes | No | 16. Have you ever had numbness or tingling in your arms, hands, legs or feet? Have you ever had a stinger, burner, or pinched nerve? |
| Yes | No | 17. Have you ever become ill from exercising in the heat? |
| Yes | No | 18. Do you cough wheeze, or have trouble breathing during or after exercise? Do you have asthma? Do you have seasonal allergies that require medication? |
| Yes | No | 19. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (knee brace, retainer, hearing aid)? |
| Yes | No | 20. Have you had any problems with your eyes or vision? Do you wear glasses, contacts, or protective eyewear? |
| Yes | No | 21. Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bones or dislocated any joints? |
| Yes | No | 22. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints? |
| Yes | No | 23. Have you ever had a hernia, kidney problem, or testicle problem? |
| Yes | No | 24. Do you lose weight regularly to meet weight requirements for your sport? |
| Yes | No | 25. Do you know of any reason why you should not participate in sports? |

Explain "Yes" answers here (use additional sheet if necessary):

CONSENT TO TREAT: In case of medical emergency, illness or injury, I/We hereby give permission to school district personnel to transport my son/daughter to a medical facility to receive emergency treatment.

Mother/Father/Guardian's Name (Please Print)

Mother/Father/Guardian Signature

Date

PREPARTICIPATION PHYSICAL SCREENING- PHYSICAL EXAMINATION

Name _____ Height _____ Weight _____

Pulse _____ Blood Pressure _____

	NORMAL	ABNORMAL FINDINGS	INITIALS
MEDICAL			
General Appearance			
Eyes/Ears/Nose/Throat			
Teeth			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Hernia (males only)			
Skin			
MUSCULOSKELETAL			
Neck			
Back/Spine			
Shoulder/Arm			
Elbow/forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

PHYSICIAN'S CLEARANCE

Cleared for Full Participation

No Participation: _____

Reason: _____

Able to participate with the following limitations: _____

Signature of Physician: _____ Date _____

For Office Use Only:

Fines Cleared:

Fall

Winter

Spring

Contribution Fee Paid:

Fall

Winter

Spring



PROOF OF INSURANCE, ATHLETIC HANDBOOK AND PARENT PERMISSION

NOTE: STUDENTS ARE NOT TO ENGAGE IN ANY PRACTICES OR GAMES UNTIL ALL PARTS OF THE FOLLOWING FORMS ARE COMPLETED AND CLEARED.

RISK WARNING: IT IS IMPOSSIBLE TO TOTALLY ELIMINATE ALL INJURIES FROM COMPETITIVE ATHLETICS. Players can reduce the chance of injury by obeying all safety rules in their sport, promptly reporting all physical problems/injuries to their coaches, following a proper conditioning program, and inspecting their own equipment daily. **DAMAGED EQUIPMENT MUST BE REPLACED IMMEDIATELY.** No athlete who has sustained a severe injury will be allowed to return to practice or competition without permission of the student's physician.

PROOF OF INSURANCE: California law (Education Code Section 32221) requires every member of any interscholastic athletic team, as well as those associated directly with any interscholastic team, athletic event, including drill and cheerleaders, team mascots, team managers, statisticians, etc., to **possess accidental bodily insurance providing at least \$1500 of scheduled medial and hospital benefits.**

I/We have purchased accident insurance through the school as shown below:

Tackle football insurance (covers tackle football only) 24-Hour insurance (covers sports other than football)
 School time insurance (covers sports other than football) Student Health Care Plan

OR
I/We have health or accident insurance for my son/daughter, which meets the requirements of California law, and elect not to purchase student insurance through the school.

Insurance Company Name Group or Policy Number

I/WE WILL PROMPTLY NOTIFY THE SCHOOL IN THE EVENT INSURANCE COVERAGE NO LONGER APPLIES TO MY SON/DAUGHTER.

The parents/guardians of the athlete below hereby give permission for their son/daughter to travel to school sponsored athletic events on district provided transportation. I/We also give permission for my child to ride as a passenger in a vehicle driven by another parent or coach. I/We acknowledge and understand that the Roseville Joint Union High School District may not provide transportation to all school sponsored athletic events. I/We understand and acknowledge that Education code Section 35330 provides that all persons participating in the school-related trip shall be deemed to have waived all claims against the District or State of California for injury, accident, illness or death occurring during or by reason of the trip. I/We also understand that the Roseville Joint Union High School District will not be held liable for medical services, hospital services, or accident insurance.

I/We acknowledge that the above insurance information is accurate, and that I/we will promptly notify the school in the event insurance coverage no longer applies to my son/daughter.

I/we have read and understand the information in the athletic injury warning of this athletic clearance form.

I/We have read and understand, without question, the rules of the Woodcreek High School Athletic Handbook.

I/We hereby give my consent for my son/daughter to compete in interscholastic athletics in the Roseville Joint Union High School District.

Mother/Father/Guardian's Name (Please Print) Mother/Father/Guardian Signature Date

Student's Name (Please Print) Student Signature Date



ROSEVILLE JOINT UNION HIGH SCHOOL DISTRICT

Agreement for Student Athlete and Parent/Guardian Regarding Use of Steroids

Print Name of Student Athlete _____

Directions: As a condition of membership in the California Interscholastic Federation (CIF), the Board of Trustees of the Roseville Joint Union High School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that participating students and their parents/guardians sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids or any dietary supplement banned by the U.S. Anti-Doping Agency as well as the substance synephrine, without the written permission of a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We recognize that under CIF Bylaw 200.D, the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.

We understand that the student's violation of the District's policy regarding steroids may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension, or expulsion.

Signature of Student Athlete _____

Date _____

Signature of Parent/Guardian _____

Date _____



Roseville Joint Union High School District

Athletic Contribution Response Form School Year 2011-12

Student's Name _____

Date of Birth _____

School _____

Grade _____

Sport(s) for Which Contribution is Being Requested _____

Instructions: For student athletics/activities planning purposes, it is important we receive your response to our request for a voluntary Athletic Contribution as soon as possible. This form records your response and pledge amount. At each school, the Assistant Principal over Athletics oversees these responses and communications regarding the Athletic Contribution in such a way that student-athletes pledging less than the recommended/requested amount (see below) will not be overtly identified.

Recall that we are requesting the following voluntary Athletic Contribution amount(s) on a per student per sport basis:

First Sport	\$125
Second Sport	\$100
Third Sport	\$75

Four (4) sport athletes or athletes who participate in two (2) sports during the same season will only be asked to make one (1) Athletic Contribution for participation in two (2) sports in the same season.

- YES** – I will support my student's athletics program with the full Athletic Contribution amount.
- YES** – I will support my student's athletics program with the following alternative Athletic Contribution amount of \$_____.
- NO** – I am not able to support my student's athletic program by means of an Athletic Contribution at _____ this time.

The Roseville Joint Union High School District has been able to maintain a quality comprehensive athletic program, providing multiple competitive and educational opportunities for students throughout its five comprehensive high schools. This is due, in part, to donations from generous families such as yours.

We are grateful for your support! Thank you for your generous contribution to the Roseville Joint Union High School District's athletic teams.

For your donation records and filing reference, the RJUHSD's nonprofit federal tax identification number is 94-6002478. Please contact your tax consultant for guidance concerning the tax deductibility of this contribution.

Signed _____
(Parent/Guardian)

Date _____



Information for Incoming Athletes 2011-12

ATHLETIC CLEARANCE

Every student wishing to participate in a sport must have *Athletic Clearance*. Prior to *Athletic Clearance*, all fines incurred by the student must be paid. The student and the student's parent or guardian must complete all of the forms in the Athletic Clearance packet each year **after May 23rd**. Packets are available in the school office after May 16th, and contain the following sections to be completed:

1. Athletic Contribution Response Form
2. Proof of Insurance, Athletic Handbook, and Parent Permission Form
3. Preparticipation Physical Screening Form - Completed by Physician
4. Preparticipation Physical Screening – Medical History Form (Include date of tetanus shot)
5. Residential Eligibility Information

PHYSICAL NIGHT

Woodcreek High School offers an "Athletic Physical Night," where students may receive an on-campus preparticipation medical screening. Local doctors provide these screenings and ask for a \$20 donation, half of which is returned to the school's athletic department. In order to receive this screening, the student's parents must sign the "consent for screening form."

TETANUS BOOSTER

The district currently requires that all athletes have a tetanus booster within the last ten years. The date must be listed on the health history form. Students of parents with religious objections may be excluded.

COMPLETED PAPERWORK

Completed paperwork must be given to Mrs. Becker in the main office. Paperwork generally takes one full day to process. Don't wait until the first day of tryouts or you may not have your Clearance Card in time to participate!



2010-11 Athletic Physicals

Wednesday, May 25th 3:00
Woodcreek High School
Big Gym
\$20.00