

Athletes Name: \_\_\_\_\_

## MIDDLETOWN HIGH SCHOOL

### -----INSTRUCTION SHEET

#### IMPORTANT PLEASE READ CAREFULLY BEFORE CONTINUING

To be eligible to participate on any team and in any practice session the following is necessary **PLEASE READ IN ENTIRETY – ALL forms must be completed and signed, then turned in at the designated athletic clearance date and time for your particular sport. All fees are due at the time of athletic clearance.**

#### Athletic Clearance Checklist

Staff	Item
Guerrero	<a href="#">Submit athletic packet online.</a> (you will need your school login firstname.lastname@middletownusd.org). Paper athletic packets can be purchased for \$5.00 or printed out from school website but take longer to process. 9
Tina	Middletown High School Student Body Card – Must be purchased either during Athletic Clearance or through the Library Clerk. Cost is \$30.00
Tina	Sports Operation Donation Target of \$75.00. If student is cut from the team, they must fill out a “Sports Operation Donation Refund Form”. These forms are available in the library and take about two weeks to process. If the student plans to play another sport during the year, the donation can be transferred to that sport or school account.
Tina	Sports packets range in price and students should check with their coach to find out costs before clearance night so that you are not surprised.
Tina	All debts owed to the school for lost textbooks, equipment, returned checks, damages, etc. must be paid before clearance slip will be issued.
Julie or Erika	Student must have a 2.0 GPA on their most recent grade report (progress reports don’t count) and they cannot have more than 1 F.
Julie	Student has only attended Middletown High School. If the student has ever attended another high school they need to set up an appointment with Mr. Guerrero to file transfer papers. <b>STUDENT MAY NOT PLAY IN A GAME UNTIL THE COACH HAS BEEN GIVEN CLEARANCE FROM NCS. IF THEY PARTICIPATE IN A GAME WE WILL HAVE TO FORFEIT THE CONTEST.</b>

CHECKS MUST BE MADE OUT TO “MHS Athletics”

**CLEARANCE SLIPS WILL NOT BE ISSUED UNLESS ALL OF THE ABOVE HAS BEEN COMPLETED**

**PLEASE READ AND KEEP ATHLETIC CODE FOR FUTURE REFERENCE**

# Middletown Athletic Department



## **HANDBOOK** **2019-2020**

The Middletown High School Athletic Handbook is a reference guide for coaches, student-athletes and parents, concerning the policies that govern interscholastic athletics at Middletown High School.

The coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at Middletown High School. The Athletic Director will administer these rules and regulations. Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary program. Students are not obligated to participate and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

## **PHILOSOPHY**

The Athletic Department is an integral part of the educational process at Middletown High School. Being involved in athletics provides the student with opportunities to promote good sportsmanship, develop leadership skills, and practice the ideals of fair play and ethical behavior that are necessary for competition and cooperation in our society. Athletics should also provide our students with the opportunity to learn self-discipline, self-sacrifice, and loyalty to the community, the school and the team. Students should experience the satisfaction of self improvement, the enjoyment of rigorous competition, the fellowship of shared endeavor, the accomplishment of common goals, the benefits of physical fitness, as well as a sense of fun and recreation. Middletown High School will emphasize sportsmanship, fair play, and the overall promotion of athletics as a gateway to a healthy lifestyle. Middletown High School views the goal of winning as subordinate to the goals of developing good character and memorable experiences consistent with the above described philosophy.

## **COACHING**

Middletown High School endeavors to hire experienced coaches who are dedicated to educating student athletes in developing individual skills, teamwork, good sportsmanship and fair play. Middletown High School prefers to recruit coaches from our faculty and staff dependant on their knowledge and level of expertise. For those coaches hired from outside the school, Middletown High School will educate them on the norms, traditions and expectations through community outreach and ongoing professional development as a way to integrate them into the entire school community. Coaches are expected to be genuine, honest, prepared, organized and in control of their emotions; which are all traits of a quality teacher in the classroom. These expectations are expected from all coaches during practices and games. Coaches are required to demonstrate the highest ethical behavior at all times. Coaches need to be aware that lapses in ethical behavior will be addressed immediately with the school administration.

## **SPORTSMANSHIP**

As members of the Middletown High School athletic program, students, coaches and parents are expected to demonstrate genuine respect for each other, opponents, opposing coaches, teachers, officials, spectators, and the community. Student-athletes and coaches are expected to exhibit the highest level of conduct, both on and off the playing fields, as they are at all times a representative of their team, school and community.

## **COMMITMENT**

In order to be successful, a student-athlete must place the highest priority on health, academics and training. All team members are valuable, and each team needs to know that it can count on its members to be at all practices, games and functions. This builds camaraderie and trust, which ultimately builds community. This sometimes means balancing and prioritizing social life, family trips and other events, which come in conflict with training and competition. The dedication, commitment, discipline, and self-sacrifice expected of student athletes are among the most valuable life skills an athlete takes away from a good athletic program. Athletes who can not commit to these expectations should strongly consider whether or not they should join the team.

# Hiring Guidelines for Coaches

## Head Coaching Positions

All Head Coaching positions will be opened following MUSD procedures.

1. The Athletic Director and a panel comprised of, but not limited to, at least two other Head Coaches, or Administrators will conduct a paper screening of all applicants.
2. The Athletic Director will convene a panel of qualified individuals to interview selected candidates.
3. The panel will submit their recommendation for hire to the principal for a final interview.
4. The principal will submit his/her recommendation for hire to the MUSD Board of Trustees.

Qualified Head Coaching Applicants should possess the following:

- An extensive understanding of the sport, rules, and strategies.
- A desire to help youth and to promote athletics/academics in our community.
- Strong teaching methods.
- Strong moral character and ethical values.
- Experience in all coaching aspects of the sport.
- Organizational skills and a commitment to program organization and betterment.
- A commitment to player and coach safety.
- Willingness to engage in yearly professional development relative to their sport.

## Assistant Coaching Positions and Head JV Positions

Assistant and Head JV Coaching positions will be filled using the following procedures.

1. The position will be opened per district policy.
2. The Head Varsity Coach and the Athletic Director will conduct a paper screening of all applicants.
3. The Head Varsity Coach and the Athletic Director will submit their recommendation for hire to the Principal.
4. The Principal will make his/her recommendation for hire to the board.

### **All Coaches (paid and un-paid) will:**

- Successfully complete the CIF "[Fundamentals of Coaching](#)" course before the end of their season.
- Successfully complete the "[Concussion in Sports](#)" course.
- Successfully complete the "[Sudden Cardiac Arrest](#)" course.
- Successfully complete the "[First Aid, Health And Safety For Coaches](#)" course.
- Successfully complete the "[Heat Illness Prevention](#)" course.
- Successfully complete the Mandated Reporter course with the district.
- Successfully Complete the district application, fingerprint and CPR certification requirement.
- Adhere to the North Coast Section "CODE OF ETHICS"  
(coaches found in violation of the NCS Code of Ethics may be removed at any time)
- Provide a copy of their driver's license and proof of insurance to the District Office.
- Be current on Tuberculosis test.

***\*\*Successful completion of the above must occur prior to any participation in MUSD Athletics\*\****

CIF Coaching Education Program can be found at:

[www.cifnca.org/coaching\\_education\\_info](http://www.cifnca.org/coaching_education_info)

# Coaching Duties and Responsibilities

## *Coaches agree to the following:*

1. Have knowledge of, follow and implement the rules and regulations of the CIF, NCS, MUSD and all rules that pertain to your sport as well as keep updated to new changes as they happen.
2. Verify that all student athletes are cleared to participate before allowing them to play or practice.
3. Make sure that team members and subordinate coaches understand and adhere to the NCS Code of Ethics, all MUSD policies and team rules.
4. Report any violations to the Athletic Director.
5. Hold a parent meeting at the beginning of each season and distribute in writing; team rules, schedules and any other pertinent information.
6. Look, act, sound and be professional at all times. (Coaches need to be aware of the tremendous influence they have on young people and conduct themselves appropriately at all times)
7. Be responsible for the actions of all student athletes under your supervision as well as their mental and physical well-being.
8. Provide direct supervision by a qualified coach at all times during athletic activities involving your student-athletes.
9. Establish a written coaching philosophy as well as a program direction/goals to share with parents and community members.
10. Schedule all games outside of league play well in advance.
11. Consult with AD before adding, deleting, or changing any schedule.
12. Order all equipment well in advance and maintain a written inventory to be turned in at the end of each season.
13. Complete an end of the season evaluation of assistant coaches and review this evaluation with those coaches.
14. Turn in all receipts and PO requests in an orderly and timely manner.  
*COACHES WILL NOT PURCHASE ANYTHING WITH DISTRICT OR ASB FUNDS WITHOUT A PURCHASE ORDER IN PLACE. IF THIS POLICY IS NOT FOLLOWED, COACHES WILL BE HELD RESPONSIBLE FOR ALL CHARGES AND STIPENDS WILL NOT BE PAID UNTIL ALL CHARGES ARE CLEARED.*
15. Assist athletes interested in playing collegiate athletics with guidance and support.
16. Promote their sport within the school and community.
17. Work in cooperation with other sports and coaches.
18. **Not allow student-athletes to participate in any other sport until their current sport is over or they have permission from their current coach. (This includes open gyms, open fields, etc.)**
19. Have one major fundraiser each year.
20. Assist MHS Sports Boosters with fundraising events.
21. Collect all equipment and uniforms at the end of each season, inspect them and report deficiencies to the AD in the "end of year inventory".
22. Report all scores to the Record-Bee (win, lose or draw).
23. Report all adds and drops to the team roster by e-mailing the AD and Registrar within 24 hours.
24. Complete team awards banquet within 30 days of that team's last contest.
25. Keep current with their school e-mail and documents at all times, including the off season.
26. Perform any and all other duties as assigned.

## **NCS Code of Ethics**

***It is the duty of all concerned with high school athletics:***

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To show cordial courtesy to visiting teams and officials.
4. To stress the values derived from playing the game fairly.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of the individual players.
10. To remember that an athletic contest is only a game--not a matter of life and death for the player, coach, school, officials, fan, community, state or nation.

# Student Athlete Discipline

The purpose of the student athlete discipline policy is to ensure equity in all dealings involving student athlete discipline and to ensure the highest standards of conduct and character from our student athletes. Student Athletes who receive disciplinary action from school administration will be subject to the following athletic disciplinary actions. Student athletes who show poor judgment or character outside of school will be handled through individual team rules that will not be more lenient than our adopted athletic policy.

## School Disciplinary Action

### *Suspension*

Students that are given “class suspension” by their teacher will be reported to the coach.

Students that are given “in-school suspension” will be allowed to practice but are not allowed to participate in a game. Students will not be allowed to dress in complete uniform during the game but may sit on the bench with the team.

Students that are given “out of school suspension” may not participate in any way during the day of suspension.

### *Recommended for Expulsion*

Any student recommended for expulsion will be suspended from all athletics pending the findings of the expulsion panel and board approval of recommended action.

Students allowed to return to MHS under a suspended expulsion order will be reinstated to the team only when “Athletic Participation” is specifically included in the approved Rehabilitation Plan and additional requirements outlined in an administrated behavior contract have been agreed to by the parent, student and administration.

\* Please note that these are minimum requirements and your coach may have additional consequences.

### *Drugs and Alcohol*

Any student-athlete who is suspended for any reason listed under education codes 48900C and/or 48900D will be immediately removed from the team for the remainder of that season of sport and all playoff/postseason competition. *These education codes reference being in possession of, under the influence of, or providing/selling controlled substances, prescription medications and alcohol.*

***SUB NOTE 1A:*** *If the suspension is at or near the end of the season and the student athlete wishes to participate in the following season the Athletic Director will set parameters, guidelines and conditions for participation.*

*Days are to be schooldays only. Holidays, weekends etc. do not count as non-participation days.*

*If a student athlete is suspended out of school, twice in a single season they will be automatically removed from all athletics for the remainder of that season of sport and all playoff/postseason competition. (incl. sub note 1A)*



# General Policies

## Transportation

- All students involved in an athletic contest in any way will ride to and from the contest with the team.
- Parents may sign out their student to return with them or give the AD signed written permission for their student to ride with another parent. The AD will verify all written permission with a phone call to the parent before he approves the request.
- Students are not allowed to drive themselves to or from a contest unless authorized in advance by the parent and administration.
- On away games the coaches may stop to eat on the way home. Please send a snack lunch if you do not want your child eating at a restaurant or fast food.
- Coaches must check the "Transportation" document to confirm the number of vans that have been assigned.
- Vans that are returned without cleaning will result in the next practice being used to clean the vans at the school. In the event that the van has to go out before the last team has a chance to clean it \$50.00 will be transferred from the team's account to the transportation fund.
- If going over a bridge you need to let Wendy know in advance so that she can give you the FasTrack.
- If you forget to get the FasTrack and are going over a bridge, get a receipt so that you can be reimbursed from Tina.
- Coaches are financially responsible for all traffic violations including FasTrack avoidance fees.

## Release Times

- Players will be released one hour prior to the start of home games.
- Release times for away games will be posted in the bulletin and may not be changed after the Friday prior to the week of the event. Emergency changes must be approved by either the Athletic Director or Principal.

## Attendance

- Players who leave class prior to release time will be marked with a cut and not be allowed to participate that day.
- Players who are absent for any part of the day of a game must have prior written approval from the Athletic Director or they will not be allowed to participate in athletic contests that day.
- If absent five days for illness or serious injury, a doctor's written statement saying the student is well enough to resume participation must be presented.

## Quitting / Getting Removed from a Team

Student-athletes who quit after the first two weeks or are removed from a team for any reason will not be allowed to participate in the following season of sport until the first league game.\* Circumstances that warrant a student having to remove themselves from the team for personal, family or medical reasons will be evaluated by the Principal, Athletic Director, involved head coaches and the family to evaluate the suspension in the next sport.

## Code of Conduct

### Athletes will:

- Follow all teams rules and training regulations set forth by their coach/es
- Attend all practices, unless excused by the coach
- Take responsibility for their physical well-being; including diet, conditioning, and refraining from illegal/harmful substances.



- Exercise good sportsmanship and demonstrate respect to teammates, coaches, officials, and opponents.
- Conducts himself/herself at all times in a manner that positively represents the team, school, and community.

### **Admission to playing fields and athletic areas.**

At all contests and practices, only players and coaches will be allowed on the field of play or bench/dugout areas unless specific permission is granted from the Head Coach AND the Athletic Director.

Spectators will be held to the same standard of conduct that players and coaches are held to. Spectators who exhibit poor behavior will be given a YELLOW CARD which will state:

***“Your behavior or language is inappropriate for our school setting, If you continue this behavior you will be asked to leave”***

Spectators who continue to exhibit poor behavior will be given a RED CARD which will state:

***“Your behavior is inappropriate and you have been warned. Now you must leave this athletic contest. If you do not leave immediately the Sheriff’s Department will be notified to come and remove you”***

In addition, these spectators will serve a 1 game suspension and will not be allowed back in MUSD facilities for the next home game.

Spectators who receive two red cards in 1 scholastic year will be banned from all athletic contests for the remainder of that year.

## **BOOSTERS**

**Middletown Sports Boosters is a club made up of community members, families, alumni, friends and sponsors who believe in supporting our students in extracurricular activities. We strongly believe that sports and school sponsored events help in a child's middle school and high school career. The Middletown Sports Boosters' primary goal is to encourage and reward student participation in the athletic programs at Middletown High School and Middletown Middle School. The Boosters' responsibilities include raising money by selling concessions at sporting events and holding various fund raising activities i.e. Mustang Jubilee, Golf Tournament and Bingo Night. Boosters also sell "Mustang Merchandise" and other items so everyone can show their MIDDLETOWN PRIDE at school and at these events. The money raised is used to support athletic teams at the middle and high school, to fund the Booster's scholarships to deserving MHS senior student athletes and to support ongoing special projects and any other activities deemed appropriate for the benefit of the athletic programs.**

**There are many ways to support the MHS Booster club:**

- 1. Attend meetings announced on the school website or Middletown Sports Boosters Facebook page**
- 2. Volunteer to work in concession stand or event**
- 3. BECOME A GOLD MEMBER OF MHS SPORTS BOOSTERS CLUB!!!!**

# **ATHLETIC ELIGIBILITY**

**TO BE ELIGIBLE for participation in sports, students must abide by the following rules:**

## **(SCHOLASTIC ELIGIBILITY RULE 205)**

- 1A) A student, in order to be academically eligible for athletic participation, must be currently enrolled in a minimum of 20 semester periods of work and have passed at least 20 semester periods of work at the completion of the last regular grading period and must be successfully progressing towards the graduation requirements and be maintaining the grade point average as set forth by the local Board of Trustees, which exercise the responsibility over the student's school.
- 1b) Middletown High School Board of Education Policy 5010.2 requires students to maintain a 2.0 overall grade point average for all classes.
- 1c) A student who fails to meet the 2.0 overall grade point average for all classes can apply to the Athletic Director for an academic waiver. The student can only receive one academic waiver for the entire four years of high school attendance. Students who're in their Freshman year can not apply for an academic waiver. Students on academic waiver must turn in a weekly grade sheet to the Athletic Director. This waiver is considered academic probation. Two "F" grades will constitute a violation of the waiver. If a student falls below a 2.0 GPA or receives two "F" grades, the student can participate, but can not participate in a game until grades are brought up to a 2.0 GPA.
- 1d) Two "F" eligibility: If an athlete is receiving two "F's" at the date of determination while playing sports the athlete will be benched from playing in any games or meets. The athlete may still practice with the team, but can not participate in any game until one of the "F's" is brought up to a passing grade and they have a minimum GPA of 2.0. The athlete will need to get a weekly grade check.
- 2) Satisfactory in conduct, habits, tardiness and attendance before representing the school in an athletic contest (extenuating circumstances will be reviewed by the athletic director and coach involved).
- 3) Grade level, age, and residence, as required by CIF, NCS, CMC and MHS athletic clearance procedures.

**CONSENT TO PARTICIPATE IN SPORTS COMPETITION AND PROOF OF MEDICAL INSURANCE COVERAGE**

WARNING: Although participation in supervised interscholastic athletics and activities may be one of the least hazardous in which any student will engage in or out of school, BY IT'S NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate this risk.

Participants can and have the responsibility to help reduce the chance of injury. PLAYERS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAILY.

By signing the Permission Form, we acknowledge that we have read and understood this warning. PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.

I hereby give consent for my son/daughter, \_\_\_\_\_

To participate in the athletic program at Middletown High School. I understand the following:

1. A physical exam is required, at my expense.
2. I must show proof of medical insurance or purchase coverage through C.I.F.
3. Signed Athletic Code Form.

MEDICAL INSURANCE COVERAGE FOR ABOVE NAMED STUDENT, IF ON MEDICAL, MUST HAVE STICKER AFFIXED.

**THE FOLLOWING INSURANCE INFORMATION MUST BE FILLED OUT COMPLETELY. A PHOTOCOPY OF CURRENT INSURANCE COVERAGE CARD MUST BE ON FILE.**

NAME OF INSURANCE CARRIER: \_\_\_\_\_

ADDRESS OF INSURANCE CARRIER: \_\_\_\_\_

POLICY OR GROUP NUMBER: \_\_\_\_\_

NAME OF INSURED: \_\_\_\_\_

ADDRESS OF INSURED: \_\_\_\_\_

I also authorize the student to go with and be supervised by a representative of the school on any trips. In case this student becomes ill or injured, you are authorized to have the student treated and I authorize the medical agency to render treatment.

Signature of Parent/guardian: \_\_\_\_\_

Date: \_\_\_\_\_

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Home Telephone  
Number

Work Telephone Number

Emergency Number

MIDDLETOWN UNIFIED SCHOOL DISTRICT

**INFORMATION AND VOLUNTARY ACTIVITIES PARTICIPATION FORM  
ACKNOWLEDGEMENT AND ASSUMPTION OF POTENTIAL RISK**

STUDENT'S NAME \_\_\_\_\_ GRADE \_\_\_\_\_ DATE \_\_\_\_\_

Has the student attended another high school? If yes, where? Yes \_\_\_\_\_ No \_\_\_\_\_  
If you attended another high school did your whole household move into Middletown's district.  
Yes \_\_\_\_\_ No \_\_\_\_\_

I authorize my son/daughter, named above, to participate in any of the school-sponsored activities listed below and any voluntary activities not listed below:

Baseball	Cross Country	Soccer	Track & Field
Basketball	Football	Softball	Volleyball
Cheerleading	Golf	Tennis	Wrestling

I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury to individuals who participate in such activities.

I understand and acknowledge that some of the injuries which may result from participating in these activities include, but are not limited to, the following:

Sprains/strains	Cuts/abrasions	Head and/or back injuries	Loss of eyesight
Fractured bones	Unconsciousness	Paralysis	Death

I understand and acknowledge that participation in these activities is completely voluntary and, as such, is not required by the school for course credit or for completion of graduation requirements.

I understand and acknowledge that in order to participate in these activities, I and my son/daughter agree to assume liability and responsibility for any and all potential risks, which may be associated with participation in such activities.

I understand, acknowledge, and agree that the Middletown School District, its employees, officers, agents, or volunteers, shall not be liable for any injury suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity.

I acknowledge that I have carefully read this VOLUNTARY ACTIVITIES PARTICIPATION FORM and that I understand and agree to its terms.

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Student

\_\_\_\_\_  
Dated

\_\_\_\_\_  
Dated

**A signed VOLUNTARY ACTIVITIES PARTICIPATION FORM must be on file with the school before a student will be allowed to participate in the above listed extra-curricular activities.**

MIDDLETOWN HIGH SCHOOL  
Middletown Unified School District

**MIDDLETOWN HIGH SCHOOL ATHLETIC CODE**

Middletown High School considers cheerleaders, team members, and any other group representing Middletown High School in athletics or any other school event a part of the activities program and requires that they abide by the Athletic Code, as well as MUSD rules and policies.

As cheerleaders, team members, or any other group representing Middletown High School at Athletics and/or any other school event and as a parent guardian:

I understand the Athletic Code and its implications. I also understand that if I fail to uphold the provisions set forth in the Athletic Code my privilege to participate as cheerleader, team member, or with any other group representing Middletown High School may be revoked.

I am a representative of the school in the same manner as when I attend school. My actions while away from school could result in suspension from school and a review of my actions by the school administration and/or the School Board of Trustees.

I will assume responsibility for equipment and for damages caused by me and agree to pay for all lost equipment and for all the damages.

**I understand the provisions set forth in the Athletic Code and support it fully.**

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

MIDDLETOWN HIGH SCHOOL  
Middletown Unified School District

The following rules and minimum penalties are applicable to players as adopted by the North Coast Section Board of Managers on April 21, 1995, in accordance with National Federation rules. This policy will be in effect beginning in the 1995-96 school year.

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.  
**Penalty:** The players shall be ineligible for the next contest (non-league, league, invitational tournament, post-season league section or state playoff, etc.)
2. Illegal participation in the next contest by a player ejected in a previous contest.  
**Penalty:** The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.  
**Penalty:** The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.  
**Penalty:** The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season league, section or state, playoff, etc.)

I have read and understand the rules and regulations of the Ejection policy. I agree that it is my responsibility to understand and abide by these rules.

Sport(s): \_\_\_\_\_

Date: \_\_\_\_\_

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Parent Signature

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524).

By signing below, both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. We also understand that the Middletown High School/Middletown Unified School District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

\_\_\_\_\_  
Signature of Athlete

Date \_\_\_\_\_

\_\_\_\_\_  
Signature of parent/caregiver



**MIDDLETOWN HIGH SCHOOL  
SPORTS PHYSICAL FORM**

Name: \_\_\_\_\_ Gender: M F Date of Birth: \_\_/\_\_/\_\_\_\_

Father's Name: \_\_\_\_\_ Daytime Phone, Pager, Cell Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Daytime Phone, Pager, Cell Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Alternate Emergency Contact Person: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Please indicate **MEDICAL ALERTS** such as allergic reactions, contact lenses, etc: \_\_\_\_\_

**Medical History:**

**Athletes and Parents:** This health record is a critical element in the determination of an athlete's risk of injury in sports. Please take the time to read and answer all questions before seeing a physician for the athlete's physical examination.

- |  |     |            |            |
|--|-----|------------|------------|
| 1. Has anyone in the athlete's family (grandparents, mother, father, brother, sister, aunt, uncle) died suddenly before age 50?  | YES | NO         | Don't Know |
| 2. Has the athlete ever stopped exercising because of dizziness or passed out during exercise?   | YES | NO         | Don't Know |
| 3. Does the athlete have asthma (wheezing), hay fever, or coughing spells after exercise?  | YES | NO         | Don't Know |
| 4. Has the athlete ever had a broken bone, had to wear a cast, or had an injury to any joint?  | YES | NO         | Don't Know |
| 5. Does the athlete have a history of concussion (getting knocked unconscious)?  | YES | NO         | Don't Know |
| 6. Has the athlete ever suffered a heat-related illness (heat stroke)?   | YES | NO         | Don't Know |
| 7. Does the athlete have a chronic illness or see a doctor regularly for any particular problem? YES   | NO  | Don't Know |            |
| 8. Does the athlete take any medication(s)?  | YES | NO         | Don't Know |
| 9. Is the athlete allergic to any medications or bee stings?   | YES | NO         | Don't Know |
| 10. Does the athlete have only one of any paired organs (eyes, ears, kidneys, testicles, ovaries)?   | YES | NO         | Don't Know |
| 11. Has the athlete had an injury in the last year that caused the athlete to miss 3 or more consecutive days of practice or competition?  | YES | NO         | Don't Know |
| 12. Has the athlete had surgery or been hospitalized in the past year?   | YES | NO         | Don't Know |
| 13. Has the athlete missed more than 5 consecutive days of participation in usual activities because of illness, or has the athlete had a medical illness diagnosed that has not been resolved in the past year? | YES | NO         | Don't Know |
| 14. Are you, the athlete, worried about any problem or condition at this time?   | YES | NO         | Don't Know |

Please give details on any "YES" answer from the above health history:

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**PHYSICAL EXAM  
(TO BE COMPLETED BY PHYSICIAN)**

Height \_\_\_\_\_ Weight \_\_\_\_\_ Pulse \_\_\_\_\_ Blood Pressure \_\_\_\_\_

Vision R: \_\_\_\_ / \_\_\_\_ (uncorrected) R: \_\_\_\_ / \_\_\_\_ corrected) L: \_\_\_\_ / \_\_\_\_ (uncorrected) L: \_\_\_\_ / \_\_\_\_ (corrected)

Area:	Normal	Abnormal Findings	Initials
Eyes			
Ears, Nose, Throat			
Mouth & Teeth			
Neck			
Cardiovascular			
Chest & Lungs			
Abdomen			
Skin			
Genitalia-Hernia (male)			
Musculoskeletal: ROM, Strength, etc.			
a. Neck			
b. Spine			
c. Shoulders			
d. Arms/Hands			
e. Hips			
f. Thighs			
g. Knees			
h. Ankles			
i. Feet			
Neuromuscular			

**PLEASE PRINT/STAMP:**

Physician's Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

I certify that I have examined this athlete and found him/her medically qualified to participate in sports. I also certify that I am a licensed medical physician, physician's assistant, or family nurse practitioner. Doctor of Chiropractic Medicine is not satisfactory.

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PARTICIPATION RESTRICTIONS: \_\_\_\_\_