

Dear Parent or Guardian:

This letter is informational regarding the forms contained in the **Complete Physical Packet**. Be sure to look at both sides of each page, as most have important information on both sides.

THS requires a **Complete Physical Packet** for all athletes. A physical is required of all freshman and junior athletes, as well as students new to Truckee High School.

This packet contains the following forms:

- The **Athlete's Contract**, the **Nevada-High School Athletic Registration Form** and the **Acknowledgement**. All need to be completed in full.
- **Form B-NIAA Pre-Participation History** is to be completed by the athlete with parent/guardian prior to the physical.
- **Form D-NIAA Pre-Participation Physical Evaluation** is to be completed by the athlete's physician.
- **Student Sports Participation-Authorization** is also to be completed by the athlete along with their parent or guardian; this includes permission to treat a minor. A copy of an insurance card and/or proof of insurance is required.
- **Volunteer Auto Transportation Form** if you would like to assist in transporting the athletes, you will need to complete this form and submit to the coach with a copy of your insurance policy (shows the effective date of your policy and liability limits) and a copy of your driver's license.

The **Athlete's Contract** and the **Acknowledgement** require signatures from the Student/Athlete and the Parent/Guardian. These along with **Form B** and **Form D** need to be turned into the Head Coach.

No Athlete will be allowed to practice or play for Truckee High School until the following forms have been completed and returned to the Head Coach:

- Athlete's Contract
- Nevada High School Athletic Registration Form and the Acknowledgement
- Form B-NIAA Participation History
- Form D-NIAA Pre-Participation Physical Evaluation
- Student Sports Participation
- Proof of Medical Insurance
- If applicable, the Volunteer Auto Transportation Form, along with proof of insurance and copy of driver's license.

Please contact the Truckee High School Athletic Director at 582-2600, should there be any further questions.

TAHOE TRUCKEE HIGH SCHOOL
ATHLETIC HANDBOOK

1. PHILOSOPHY OF ATHLETICS:

- A. We believe that interscholastic athletics are an integral part of the school's total curriculum.
- B. We believe that participation in athletics should be a part of the educational curriculum for all students who attend Tahoe Truckee High School.
- C. We believe that a sound athletic program teaches values of cooperation, as well as the spirit of competition and sportsmanship which are so important in our society. The student-athlete learns how to work with others for the achievement of group goals.
- D. We believe that the spirit of play and the will to win are valuable to the development of the whole person.
- E. We believe that the ability to "take it" in vigorous play – that is, experiencing defeat without whimpering, experiencing victory without gloating, disciplining oneself in order to comply with the rules of the game and good sportsmanship, form an integral aspect of the overall development of our youth.
- F. We believe that a good athletics program should produce boys, girls and teams of which the school and community can be proud. This should be seen, not only in the athletic competition, but also in the classroom and in their total contribution to the community lift.

2. TEAM RESPONSIBILITY:

- A. The team must have common goals and group loyalty.
- B. Athletes should strive to subordinate personal interests to team goals.
- C. The coach or Athletic Director, who has been trained for athletic leadership, has the prime responsibility for the implementation of standards. Because participation in athletics is a privilege, the coach, Athletic Director and administration shall have the authority to revoke that privilege when the athlete does not comply with the rules. The athlete has the responsibility to conform to the standards established by the school athletic teams.

3. SEASON OF THE SPORT:

- A. The season of the sport shall conform to the dates specified by the Nevada Interscholastic Activities Association.
- B. The coach shall notify athletes as to when practice sessions begin, when and where they will be held, and their duration.

4. ATHLETIC ELIGIBILITY:

- A. The high school administration shall be responsible for determining the eligibility for all its athletes according to the by-laws established by the Tahoe Truckee Unified School District and the Nevada Interscholastic Activities Association.
- B. The Tahoe Truckee Unified School District requires that in order to be eligible for participation in extra curricular activities, a student in grades 9 through 12 shall have earned a minimum of 2.0 or "C" grade point average on a 4.0 scale, with no contributing grade less than a 1.0 or "D" grade. The grade point average used to determine eligibility shall be based on grades of the previous grading period during which the student attended class at least of the majority of the time.
- C. A student must maintain a passing (no "F") academic grade of satisfactory citizenship in all courses during the sports season. Citizenship status is checked a minimum of every three weeks.
- D. A team roster will be given to the faculty at the beginning of every sport season. The faculty will inform the coach of a sport in season as to student athletes with academic deficiencies, poor study or work habits, inappropriate citizenship or behavior.
- E. A student on a high school team becomes ineligible if the student competes on an "outside" team in the same sport during the student's high school season of the sport (per NIAA bylaws).
- F. If a student is dropped from a squad for disciplinary reasons, he or she will not be eligible for any other sport that season and may not report for practice of any type.
- G. If an athlete is cut or released from a squad of one sport, he or she is eligible to tryout for another sport during the same season.
- H. An athlete must be cleared by the coach of any prior sport (equipment, fines, etc.) before he or she is eligible to report to practice for the next sports season.
- I. Athletes are required to be in attendance at school every period on the day of the contest. Legitimate reasons for missing a class will be excused (per the school's attendance policies).
- J. Athletes are required to purchase a current Student Body Card and are required to pay their team participation fee prior to the start of their respective season.

5. ATHLETIC TRAINING RULES:

- A. All athletes should be fully aware of the training rules at the beginning of the season, and if there is a question, he or she should immediately clarify with the coach.
- B. Athletes shall not use or have in possession ALCOHOL, NARCOTICS or TOBACCO PRODUCTS. If such a use is verified by the coach, administration, staff member parents or police report while at school or a school function (practice, games, trips, dances, etc.) the athlete will be punished according to the school adopted policy or individual coach's policy.
- C. Violation of training rules during the off-season shall also be considered by the coaching staff and athletic administrator.
- D. ****NOTE:** With regard to student intoxication or being under the influence; neither degrees of intoxication, amounts consumed nor time of consumption will be considered in defense of administration sanction. California Penal Code specifically forbids any person under twenty one years of age from consuming intoxicants.
- E. Other forms of misconduct, such as stealing, public disturbances, classroom misbehavior, continued abusive profanity, vandalism and team disturbances, shall be met with appropriate action as determined by the director, coach and administration.

6. ATHLETE INSURANCE:

- A. Each student desiring to participate in sports activities must show proof of adequate insurance before he or she will be allowed to participate. Schools are not required by law to carry insurance – other than liability coverage. Accident coverage is available through the school at a nominal cost or the student may show proof of insurance through his or her own insurance carrier. A student insurance brochure is available at school if the student does not have personal insurance coverage.

7. ATHLETIC INJURIES AND THEIR CARE:

- A. All athletes must be covered by health insurance before they will be permitted to practice on any team.
- B. Any school-connected injury shall be reported to the coach immediately. School district accident forms must be filled out by the coach as soon as possible after the accident. All accident forms shall be filed with the principal's secretary.
- C. A coach must be notified by the parent or guardian or athlete if an individual has any special medical problems.
- D. Should an injury be discovered after the athlete has returned home, he or she should go to the hospital or a physician and report as described above.

8. PHYSICAL EXAMINATION:

- A. Each athlete in their freshman and junior year (or if new to Truckee High School) must file with their coach and with the Athletic Director of the high school, a certified statement signed by a licensed physician and signed by the athlete's parents or legal guardian, stating that he or she is physically fit to participate in athletics. A student will not be permitted to try out, practice, or participate in interscholastic competition until said document is on file at his or her particular school.

9. TRANSPORTATION:

- A. School vehicles are provided for the transportation of athletes to most "away" contests. Teams with large numbers are transported on school buses, while teams with few members are transported with the coach, parent, or another school official driving.
- B. All persons (teachers, parents, coaches and students) transporting student athletes to or from any contest or practice session must have a "private Automobile Transportation Form" on file with the school administration.
- C. All athletes shall ride to and from "away" contests in a school vehicle under the supervision of the coach, except in such cases that the coach chooses not to use a school vehicle. In such cases, the following stipulations apply:
 - a. An athlete may be allowed to ride home from "away" contests with his or her parents or legal guardians, provided that the athlete and the parents or legal guardian personally notified the coach. Certain coaches prefer that all athletes ride the school vehicle home.
 - b. NO athlete will be allowed to ride home from an "away" contest with anyone other than his or her parent or legal guardian, unless he or she has approval from his or her coach, parent and approval from the school administrator.

TRUCKEE HIGH SCHOOL **ATHLETE'S CONTRACT**

I, _____ have read the Tahoe-Truckee Unified School Athletics Handbook. I understand and acknowledge what is required of me and each member of every team. I agree to abide by the rules set down in this handbook.

Athlete Signature

Date

Parent Signature

Date

THE FOLLOWING FORMS MUST BE COMPLETED AND TURNED IN TO THE COACH PRIOR TO PARTICIPATION IN ANY PRACTICE ACTIVITIES.

- Athlete's Contract
- Nevada High School Athletic Registration Form and Acknowledgement
- Form B-NIAA Participation History
- Form D-NIAA Pre-Participation Physical Evaluation
- Student Sports Participation
- Proof of Medical Insurance
- If applicable, the Volunteer Auto Transportation Form, along with proof of insurance and copy of driver's license.

**STATE OF NEVADA
HIGH SCHOOL ATHLETICS
REGISTRATION FORM**

***This form must be completed so you can be registered with the NIAA. This is required by all schools in the NIAA. Fill out COMPLETELY.**

PRINT ALL INFORMATION

Name: (Last) _____
(First) _____
(Middle) _____

Age: _____

Date of Birth: ____/____/____

Grade: _____

Number of classes last semester: _____

Number of semester's in high school
Previous to this semester (Fall/Spring) _____

Number of classes completed last semester: _____

I have an up to date/ approved physical on file at school: _____ yes _____ no

Date entered ninth grade: ____/____/____

I am presently living with at least one parent or legal guardian: _____ yes _____ no

During the last grading period my grade point average was a 2.0 or better:
_____ yes _____ no

Parent/Guardian's Full Name: _____

Mailing Address: _____

Zip: _____ Phone Numbers: _____

Home Address: _____

PARENT/LEGAL GUARDIAN AND STUDENT ACKNOWLEDGEMENT

NEVADA LAW

NRS 202.020 Purchase, consumption or possession of alcoholic beverage by minor.

1. Any person under 21 years of age who purchases any alcoholic beverage or any such person who consumes any alcoholic beverage in any saloon, resort or premises where spirituous, malt or fermented liquors or wines are sold is guilty of a misdemeanor.
2. Any person under 21 years of age who, for any reason, possesses any alcoholic beverage in public is guilty of a misdemeanor.
3. This section does not preclude a local government entity from enacting by ordinance an additional or broader restriction.
4. For the purpose of this section, possession "in public" includes possession:
 - a. On any street or highway;
 - b. In any place open to the public; and
 - c. In any private business establishment which is in effect open to the public.
5. This term does not include:
 - a. Possession for an established religious purpose;
 - b. Possession in the presence of the person's parent, spouse or legal guardian who is 21 years of age or older;
 - c. Possession in accordance with prescription issued by a person statutorily authorized to issue prescriptions;
 - d. Possession in private clubs or private establishments; or
 - e. The selling, handling, serving or transporting of alcoholic beverages by a person in the course of his lawful employment by a licensed manufacturer, wholesaler or retailer of alcoholic beverages.

[1:272:1947; 1943 NCL 10594.02] – (NRS 1967, 482; 1987, 482)

The Nevada Interscholastic Activities Association (NIAA) recognizes and understands that parents/guardians take the primary role in instilling values for their students. It is the goal of the NIAA to work cooperatively with parents to provide guidelines and programs that assist student athletes in making positive choices.

IMPORTANT-Please read the following information and acknowledge with your signature on the next page.

We understand that participation in high school athletics is a privilege, not a right, and that underage drinking and drug use is against the law. It is against the law to sell tobacco to people under the age of 18 and usage is against school policy. Substance abuse negatively impacts athletics and academic performance, and research indicates that early onset of alcohol use increases the occurrence of addiction in adulthood by four times. Alcohol and drug use interferes in learning processes, brain development and increases the chance of physical injury while participating in athletic competition. Because of these risks, and in addition to the laws of the State of Nevada, the NIAA requires participants and parent to agree to the following:

1. We have read the NIAA Drug, Alcohol & Tobacco Possession, use and Abuse Penalties Policy and agree to abide by the Policy as written.
2. We realize that a Power Point presentation and a PDF format document is available at the NIAA website and we have either seen this presentation or agree to waive the requirement of viewing the presentation.
(http://www.niaa.com/Special_Projects/Drug_&_Alcohol_Policy.htm)
3. We understand that we are encouraged to notify our school's athletic administrator or director if our son or daughter violates this Policy and/or the laws of the State of Nevada

or California per jurisdiction. It would also be acceptable for our student-athlete to self-report any violation of this policy to our school's athletic administrator or director.

4. We understand that knowingly providing erroneous information during the course of an investigation of an alleged violation of the policy will result in a one calendar year suspension from all high school athletic activities.
5. We further acknowledge that once our son or daughter begins participation as a student-athlete in high school athletics that this policy remains in effect for every calendar school year during the course of their high school career and when he or she is directly involved in a school activity occurring at any time (summer leagues, summer camps, etc.). This policy remains in effect regardless of whether our son or daughter is currently participating on a high school athletic team
6. We have also reviewed the following Nevada Law NRS 202.020, Purchase, Consumption or Possession of Alcoholic Beverage by Minor, and understand the laws of Nevada and how they pertain to our family. We also understand the jurisdiction of California Business & Professions code 25662.
7. We understand that although it is not technically against the law to use tobacco in the State of Nevada (NRS 202.2493 and 202.24935) and in the State of California (Penal Code 308(a/b)) prohibits anyone from supplying a person under the age of 18 with any kind of tobacco product. We realize it is against this policy and general school policy, and that scientific evidence demonstrates it is unhealthy and a detriment to athletic performance.
8. We understand that the use of steroids and other performance enhancing drugs are dangerous, illegal, provide only temporary gains and are a form of cheating other competitors.

We acknowledge that this form must be signed by both parent/legal guardian and our child before our son/daughter will be cleared for athletic competition at his/her high school.

Print Name

Print Name

Student Signature

Parent/Legal Guardian Signature

Date

Date

Sport(s)

Tahoe Truckee Unified School District

Student Sports Participation/Authorization

This sports physical/evaluation is only to determine readiness for sports participation. It should not be used as a substitute for regular health maintenance examinations. This form must be completed in full and signed by the student's parent or guardian before the sports screening will be completed.

Personal Information (please print clearly; complete all information below):

Student Name:	Birthdate:	Grade:
Street Address:	City:	State:
Mailing Address:	City:	State/Zip:

Mother's Name:	Father's Name:
Home Phone #:	Home Phone #:
Cell Phone #:	Cell Phone #:
Work Phone #:	Work Phone #:

Student's Doctor:	Phone #:
Health Insurance Co.:	Policy #:
Address:	Ins. Phone #:

Proof of Insurance is required!

CONSENT TO TREAT A MINOR

If I cannot be reached, I hereby grant permission for my son/daughter to receive medical treatment in the event of an emergency or accident while at a school sponsored function.

Check One: Yes _____ No _____

Signature of Parent or Guardian: _____ Date: _____

This authorization will remain in effect until June 30, 2013

FORM B -- NIAA PRE-PARTICIPATION HISTORY FORM

HISTORY	DATE OF EXAM: _____
NAME: _____	SEX: _____ AGE: _____ D.O.B.: _____
GRADE: _____	SCHOOL: _____ SPORT(S): _____
ADDRESS: _____	PHONE: _____
PERSONAL PHYSICIAN: _____	
IN CASE OF EMERGENCY, CONTACT - NAME: _____	
RELATIONSHIP: _____	PHONE (H): _____ (W): _____

<p>EXPLAIN "YES" ANSWERS BELOW. CIRCLE QUESTIONS YOU DON'T KNOW THE ANSWERS TO.</p>
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	<i>YES</i>	<i>NO</i>
1. Do you have a chronic medical condition (asthma, diabetes, high blood pressure, etc.)?	_____	_____
2. Have you ever been hospitalized overnight?	_____	_____
3. Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills or using an inhaler?	_____	_____
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insect)?	_____	_____
5. a. Have you passed out or been dizzy during exercise?	_____	_____
b. Have you had chest pain (or pressure) with exercise?	_____	_____
c. Have you had excessive unexplained shortness of breath or fatigue with exercise?	_____	_____
d. Is there a family history of premature death or morbidity from cardiovascular disease in a relative younger than age 50?	_____	_____
e. Is there any history in your family of hypertropic cardiomyopathy, dilated cardiomyopathy long QT syndrome or Marfan's syndrome?	_____	_____
f. Has a physician denied or restricted your participation in sports for any heart problem?	_____	_____
6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus or blisters)?	_____	_____
7. a. Have you had a head injury or concussion?	_____	_____
b. Have you been knocked out, become unconscious, or lost your memory?	_____	_____
c. Have you had a seizure?	_____	_____
d. Do you have frequent or severe headaches?	_____	_____
e. Have you had numbness or tingling in your arms, hands, legs, or feet?	_____	_____
8. Have you become ill from exercising in the heat?	_____	_____
9. Do you cough, wheeze, or have trouble breathing during or after activity?	_____	_____

Over >

- | | <i>YES</i> | <i>NO</i> |
|--|------------|-----------|
| 10. a. 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)? | _____ | _____ |
| b. Are you missing an eye, kidney, testicle or ovary? | _____ | _____ |
| 11. a. Have you had any problems with your eyes or vision? | _____ | _____ |
| b. Do you wear glasses, contacts, or protective eyewear? | _____ | _____ |
| 12. a. Have you had any problems with pain or swelling in muscles, tendons, bones, or joints? | _____ | _____ |

b. If yes, check appropriate item and explain below.

- | | | |
|-----------------|-----------------|-----------------|
| _____ Head | _____ Elbow | _____ Hip |
| _____ Neck | _____ Forearm | _____ Thigh |
| _____ Back | _____ Wrist | _____ Knee |
| _____ Chest | _____ Hand | _____ Shin/Calf |
| _____ Shoulder | _____ Finger(s) | _____ Ankle |
| _____ Upper Arm | _____ Foot | _____ Toe(s) |

- | | | |
|--|-------|-------|
| 13. Are you actively trying to gain or lose weight? | _____ | _____ |
| 14. Would you like to talk to someone about stress, anger, depression or other issues? | _____ | _____ |

15. Record the dates of your most recent immunizations (shots) for:

Tetanus _____	Measles _____
Hepatitis B _____	Chickenpox _____

FEMALES ONLY

16. When was your first menstrual period? _____
- When was your most recent menstrual period? _____
- How much time do you usually have from the start of one period to the start of another? _____
- How many periods have you had in the last year? _____
- What was the longest time between periods in the last year? _____

EXPLAIN "YES" ANSWERS HERE: _____

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

**FORM D -- Health Practitioner
NIAA PRE-PARTICIPATION PHYSICAL EVALUATION**

PHYSICAL EXAMINATION		DATE OF EXAMINATION: _____
NAME: _____		DATE OF BIRTH: _____
HEIGHT: _____	WEIGHT: _____	% BODY FAT (optional): _____ PULSE: _____ BP: ____/____ (____/____, ____/____)
VISION: R 20/ _____	L 20/ _____	CORRECTED: Y / N PUPILS: Equal _____ Unequal _____

<u>MEDICAL</u>	NORMAL /ABSENT	ABNORMAL FINDINGS	EXPLAIN	INITIALS
Appearance				
Eyes/Ears/Nose/Throat				
Lymph Nodes				
Lungs				
Abdomen				
Genitalia (Males Only)				
Skin				
<u>CARDIOVASCULAR</u>				
Murmur that Increases From Supine to Standing				
Systolic Murmur Greater Than II/VI				
Any Diastolic Murmur				
Radial & Femoral Pulses				
<u>MUSCULOSKELETAL</u>				
Neck				
Back				
Shoulder / Arm				
Elbow / Forearm				
Wrist / Hand				
Hip / Thigh				
Knee				
Leg / Ankle				
Foot				
Stigmata of Marfan's Syndrome				

CLEARANCE

CLEARED: _____
Cleared after completing evaluation/rehabilitation for: _____

NOT CLEARED FOR: _____ **REASON:** _____

Recommendations: _____

Name of physician (print/type): _____ **Phone:** _____

Address: _____
Street City State Zip Code

Signature of Health Practitioner **Date**
 Approved: February 2000

