

Montezuma-Cortez High School



2018-2019

STUDENT ATHLETIC & ACTIVITIES HANDBOOK

Table of Contents

CHSAA Mission Statement	2
Letter to Parents & Student Athlete	3
Definitions of Activities Handbook	4
Philosophy of Activity Programs	4
Statement of Code of Ethics	4
Expectations of Sportsmanship	5
Expectations of Coaches / Sponsors	6
Expectation of Participants	7
Expectation of Parents	7
Communication and Conflicts	8
Athletic / Activity Code of Conduct	8
Discipline Actions	9-10
Participation Guidelines	10-11
Attendance Procedures	11
Ineligibility Procedures	12
Transportation Guidelines	13
M-CHS Lettering Policy	13
K-12 Student Accident Insurance Information	14
CHSAA Bylaws – Parent/Student Information	15
CHSAA Bylaws – Parent/Student Signature Page	16
CHSAA Anti-Hazing Form / Signature Page	17
M-CHS Agreement / Signature Page	18
Participation Physical Examination Form	19
Participation Physical History Form	20



Our Mission • • •

"Seeking Excellence in Academics, Activities, and Athletics"

In pursuit of excellence, the Colorado High School Activities Association strives to create a positive and equitable environment in which all qualified student participants are challenged and inspired to meet their highest potential.

To fulfill this mission the Colorado High School Activities Association will:

- Act as an integral component of the educational process.
- Administrate, interpret, and seek compliance with the CHSAA By-laws as needed to promote fair play within Colorado activities and athletics.
- Provide diverse and equitable opportunities for participation that encourages all qualified students to take part in the activity/athletic experience.
- Provide an environment that enhances personal development through sporting behavior, character education, teamwork, leadership, and citizenship while increasing values that partner the educational standards of the State of Colorado.
- Recognize the outstanding accomplishments of Colorado athletes, teams, coaches, and administrators through our academic and activity awards programs.

Our Core Values • • •

- Participation is a Privilege
- Athletics and Activities Programs are Education-based
- Participation in Athletics and Activities Teach Life Skills
- Appropriate Perspective is Taught Through Participation
- Fun is Primary Reason for a Student's Participation
- Participation Supports the Academic Mission of the school
- Participation Supports the Development of Positive Character

LETTER TO PARENTS & STUDENT ATHLETE

Dear Parent/Guardian and Student Athlete:

It is our hope that your involvement with the athletic program in our School District is a positive and rewarding experience. We strive to ensure that you and your family have nothing less than positive experiences during your participation. We also understand that sometimes-serious misconceptions regarding the high school competitive athletic program do exist.

In each program, a coach and/or coaches are hired by the Re-1 School district to be responsible for team selection. The head coach establishes a criterion for selection, possibly with input from the entire coaching staff. This may be highly subjective process. Team selection, practices and decisions regarding game situations are the responsibility of the coaching staff.

If you have questions regarding the selection process, address these questions directly to the head coach. Please call the coach to make an appointment outside of school, practice or game time. If you have further questions the coach has not been able to answer, you are welcome to contact the school's Athletic Director.

Our athletic programs have become highly competitive. Due to large schools and limited opportunities, we are not able to place every child who wishes to participate on a team. While this is not our desire, it is the reality. The hardest thing our coaches have to do is tell young people they will not be a part of a team.

A main goal of a competitive athletic program is to put the most talented members of the team in competition to win contests. Starting positions and playing time are not guaranteed to seniors making a team or anyone else for that matter. Each member of a team is very valuable to the team's overall progress. Some members may play a great deal of time in a contest while others may not see what a parent would consider "significant" playing time.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable life skills. Citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility and a commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control and being responsible for one's own actions are all skills that are fostered by participating on an interscholastic sports team

Although our **goal** as a competitive athletic program at M-CHS is to hire great coaches, cultivate winning teams by utilizing the best skills of the student athletes, and to participate as competitively as we can all the time, the **purpose** of high school athletics is to use sports to develop young adults into caring, empathetic, and contributing members of our society at large.

Sincerely,

Mr. Jason Wayman, Principal
Mrs. LeeAnn Pearsall, Vice Principal
Mr. Dave Robinson, Activities Director / Vice Principal



Definitions for Activities Handbook:

- **AACC** – Athletic/Activity Conduct Code
- **CHSAA** – Colorado High School Activities Association
- **Out-of-season** – any performances, activities, events, or competitions which take place outside the season established by the governing body of the activity.
- **Suspension** – exclusion only from performances, events, or competitions
- **Three strikes** – a student who has three violations of the AACC must meet with the Principal, the Athletic Director and a parent/guardian to consider the possibility of not participating in any extra-curricular program for the remainder of his/her M-CHS career.

Administrative authority: The Athletic Director has discretion to evaluate mitigating circumstances and modify any disciplinary action invoked under this policy subject to the approval of the principal.

PHILOSOPHY OF ACTIVITY PROGRAMS

This handbook was created to assist our participants, and parents associated with Montezuma-Cortez High School by outlining necessary philosophy, procedures, standards and requirements for all activities. This handbook will be updated annually to ensure proper protocol for all activities and athletic programs at M-CHS.

The regulations presented herein was taken from the Colorado High School Activities' Association, the constitution and by-laws of the Southwestern League, the Intermountain League, and from board policy of the Montezuma-Cortez School District RE-1 and Montezuma-Cortez High School.

The goal of every program should be:

1. To instill, in each participant, attitudes of good sportsmanship, good citizenship, fair play, self-control, self-discipline, and goal setting.
2. To exert a positive influence on our community, fans, and our student body.
3. To communicate the ideal that hard work and determination lead to success.
4. To appreciate the fact that participation in extra-curricular activities represents a responsibility to both our school and community.

STATEMENT OF CODE OF ETHICS

In order to offer maximum effectiveness in serving and fostering the education of our students so entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our secondary activity and athletic programs to:

1. Cultivate awareness that participation in athletics and activities is part of the total educational process and as such, the coach/sponsor should neither seek nor expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants.
3. Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.
4. Recognize that the purpose of athletics and activities is to promote the physical, mental, moral, social, and emotional well being of the individual participants.

5. Avoid any practice or technique, which would endanger the present or future welfare or safety of any participant.
6. Adhere to policies, which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
7. Refuse to disparage an opponent, an official, an administrator, or any spectator in any aspect of the activity.
8. Strongly encourage the development of proper health habits, including the non-use of vape pens, chemicals, alcohol, tobacco, and other mood altering substances.
9. Exemplify proper self-control at all times. Accepting adverse decisions without a public display of dissatisfaction with the officials or judges.
10. Encourage all to judge the true success of the athletic and activities programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

EXPECTATION OF SPORTSMANSHIP

(A GOAL for Sponsor/Coach, Spectator/Parent, Student/Athlete)

Sponsor/Coach:

The coach is the central figure in the sportsmanship pattern of our school and community. That individual is the leader. In order for good sportsmanship to be the guiding principle of activity/athletics for our team, student body, community, and press, he/she must know what good sportsmanship is and teach it to all. It has been said that as the coach goes, so goes the community.

1. Treats team players and opponents with respect.
2. Inspires athletes to love the game and desire to compete fairly.
3. Is a role model for the type of person he/she wants the student/athletes to become.
4. Disciplines members who may display unsportsmanlike behavior.
5. Respects the judge and interpretation of the rules by the officials.
6. Knows he/she is a teacher and understands the activity/athletic arena is a classroom.

The Student/Athlete:

1. Treats opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gestures or argument.
5. Wins without boasting, loses without excuses, and never quits.
6. **Always remembers that it is a privilege to represent our school and community.**
7. Always remember that you represent our school whether during competition or not. Present yourself in a manner that will make our school and community proud.

EXPECTATION OF COACHES / SPONSORS

The fundamental principle for activities is to serve the education of youth. It should both promote and supplement the regular curricular program of our school. Coach and sponsor responsibilities also include the following:

1. Ensure that all participants are **ELIGIBLE** prior to participating in any competition or performance.
 - a) Provide a roster of all participants prior to end of the first week of practice to verify eligibility.
 - b) Coaches will pick up eligibility **every Monday (check) and Wednesday (Ineligibility list)** prior to the start of practice during season.
2. Teach written training rules, expectations, and lettering policies to all participants. Enforce these fairly among all participants. A copy of these regulations and expectations should be filed with the Athletic Director prior to the start of the first practice.
3. Provide for the safety and welfare of all participants.
4. Be an integral part of the school system and its educational program.
5. Work with participants, teachers, counselors, and administration to ensure the academic progress of the participants.
6. Be knowledgeable of, and enforce school, district, league, and CHSAA rules, regulations, procedures, and policies.
7. Be responsible to the administration in the overall operation of our program.
8. Make every effort to support and communicate with school administrators.
9. Ensure that all participants have an understanding of all school, district, league, and state eligibility regulations and procedures.
10. Be responsible for additional duties as defined by school officials. Help in finding assistants to aid in your specific activity.
11. Plan and monitor organized practices that will include proper conditioning, warm-ups, and instruction of fundamentals.
12. Supervise participants in practice areas, auditorium, locker rooms, on the buses, or in motels.
13. Exemplify good behavior, appearance, language and conduct when dealing with officials and other schools, and demand it of all those participating.
14. Refrain from the possession or use of tobacco or alcohol, at any time you are associated with participants, or while representing our school.
15. Provide for the care and maintenance of all equipment. Provide an **end of season inventory** that is accurate and detailed. Provide a **list of student athletes who have not turned in equipment**. Setup a meeting to provide a **season summary with the Athletic Director**.
16. Submit accurate budget information to the Athletic Office when requested. This includes all and any invoices and receipts. The Athletic Office prior to ordering **MUST APPROVE** all orders for activity.
17. All sponsors/coaches are **required to turn in a written or typed list of participants into the Athletic Office 2 days prior to home and away events**. (This is to assist the athletic office that student athletes are account for outside the classroom.)
18. Ensure that all travel money is accounted for by returning a signed Financial Travel Report Form (detailed information with receipts and money to equal the amount issued prior to travel). Keep all original receipts and cash in the envelope provided, fill out & sign the Financial Travel Report Form. **Please turn this in to the Athletic Office on the next school day**.
19. **Coaches/sponsors may enforce more strict guidelines and additional training rules, curfews, etc. for each activity**. [A copy must be on file and approved with the activity director.]

EXPECTATION OF PARTICIPANTS

1. **Prior to participating in any tryouts, practices, or competition and before you can receive any equipment, we must have on file in our Athletic Office:**
 - A completed physical & medical consent dated after June 1st
 - A signed parent/guardian forms: CHSAA Bylaws, Anti-Hazing form, M-CHS Agreement to abide Rules & Regulations
 - Verification of Insurance information (copy of card attached)
 - Participation fee paid (\$60.00) (\$70.00 for football).
 - All student athletes will receive a Clearance Orange Card to give to their coach before starting practice.
2. Respect the rules of the school, its teachers, coaches', district, league and CHSAA. and sponsors.
3. Follow training rules, eligibility requirements, and be responsible for maintaining your own eligibility.
4. Strive to perform to the best of your ability in the classroom, understand the importance of your education.
5. Support all school activities to the best of your ability.
6. Exemplify good behavior, appearance, and conduct at all times. Respect others and their property. Theft and destruction of any school, or individual's equipment or property will not be tolerated.
7. You are responsible for your valuables, uniforms, and equipment. Do not leave these items in the locker room unsecured. Keep your locker locked when you are not using it. It is the responsibility of the participant to supply his or her own lock for athletic lockers.
8. Abide by and respect official's decisions.
9. Attend all classes the day of and the day following an activity in accordance.
10. The possession or use of tobacco, alcohol, drugs, or steroids will result in disciplinary actions. Participants are prohibited from possession or use of these chemical substances under any circumstances.
11. **Athletic uniforms and equipment are not to be worn or used by any student except during a contest or practice of school-sponsored events in which he/she participate.** On game days with the approval of the sponsor/coach game jerseys may be allowed to be worn by the participants.
12. **Equipment issued to an athlete is his/her responsibility for return or replacement.** Students are responsible for turning in all equipment issued to them immediately after completion of any sport or after dropping out of that sport. **Until these uniforms are returned or paid for, students may not go out for another activity/sport.**

EXPECTATION OF PARENTS

1. Make sure that your child knows that win or lose, you are proud and appreciative of their efforts. Do not be disappointed in your child as they need your support and love while participating in sports.
2. Try your best to be completely honest about the skill levels and competitive nature of your child.
3. Be helpful but do not coach him/her to the gym or field, or on the way back, or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach your child to enjoy the thrill of competition and the satisfaction of teamwork. Help him/her to develop the skills and attitude needed to have positive competition.
5. Do not compare the skill, courage, or attitudes of your child with other members of the team, ever.
6. Get to know the sponsor/coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership, and then let the coach coach. The experience of interscholastic athletics should be an enjoyable time for everyone. As a parent, be supportive, trust the coaches, and sit back and enjoy the game!

COMMUNICATION AND CONFLICTS

Please refer to signed agreement with coach. (will be on file in the Activities/Athletic Office)

ATHLETIC / ACTIVITY CODE OF CONDUCT

Montezuma-Cortez School District RE-1 requires that **ATHLETIC/ACTIVITY CODE OF CONDUCT (AACC)** and **SCHOOL RULES** be observed by student participants in extracurricular activities. Students who choose to participate in extracurricular programs are required to abide by these rules and refrain from practices that impede their ability to perform at an optimum level.

Further, students are expected to conduct themselves in a manner that positively promotes Montezuma-Cortez High School, the Montezuma-Cortez School District RE-1 and our community. It is considered a **privilege** to represent Montezuma-Cortez High School. Administrators, sponsors, coaches and assistants shall conduct the extra-curricular programs in a manner that upholds the highest standards of ethics and sportsmanship. They shall be concerned with the health, safety and well-being of participants and treat them with respect. They shall enforce the **CODE** detailed below fairly and consistently. Parents are encouraged to support the extra-curricular endeavors of their children and should expect their children to uphold the **ATHLETIC/ACTIVITY CODE OF CONDUCT**. Parents are encouraged to support the administration and coaches/sponsors in enforcing this **CODE**.

Students should strive to achieve their highest personal and athletic potential. This can best be achieved by embracing a lifestyle that embodies respect for others, cooperation, integrity, self-discipline and a positive attitude toward competition. Because selection to a team/activity is both an honor and a **privilege** and, as such, carries **responsibilities**, student participants shall adhere to this **CODE**.

INTERSCHOLASTIC ATHLETIC/ACTIVITY CODE OF CONDUCT PHILOSOPHY:

Montezuma-Cortez High School officials, coaches of athletic teams and sponsors of student activities believe that students who are selected for the **privilege** of membership on teams, squads, performing groups, clubs and other school organizations should conduct themselves as **responsible** representatives of our school. In order to assure this conduct, coaches and sponsors enforce a **CODE OF CONDUCT**.

Furthermore, members of teams and organizations and coaches/sponsors who fail to abide by the **CODE OF CONDUCT** and/or **SCHOOL RULES** are subject to disciplinary action. Members of teams and organizations, coaches/sponsors must always serve as examples of high moral character and must demonstrate appropriate academic commitment, expected from all students, coaches and sponsors. As recognized representatives of their school, members, coaches and sponsors are expected to exhibit appropriate behavior **during the season (activity) or out of season, in uniform or out of uniform, on school grounds or off school grounds**.

PURSuing VICTORY WITH HONOR -- Code of Conduct for Student Participants

The **ATHLETIC/ACTIVITY CODE OF CONDUCT** applies to any misconduct from the time student enrolls at Montezuma-Cortez High School until the time they graduate and they are subject to it regardless of whether or not they have signed it. Participation for interscholastic age student-athletes should be enjoyable and should also be a significant part of a sound educational program, embodying high standards of ethics while developing good character and other important life skills.

Essential elements of character building are intrinsic in the concept of the six core ethical values: **TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, AND CITIZENSHIP** (the "Six Pillars of Character"). The highest potential of participation is achieved when learning from the T.E.A.M. concept (Teaching, Enforcing, Advocating and Modeling these values) and by committing to the ideal of pursuing victory with honor. Good-faith efforts to honor the words and spirit of this **CODE** will improve the quality of all programs and the well-being of all teammates.

Disciplinary consequences for violating any elements of these codes may range from a verbal warning and/or conference with the coach, sponsor, or athletic/activities director to suspension from part or all of the season. The athletic/activities director has discretion to evaluate the circumstances surrounding and the seriousness of the violation in invoking disciplinary action.

ADDITIONAL SPECIFIC RULES OF CONDUCT / DISCIPLINE

I: No student may knowingly possess, have under his/her control, prepare, use, purchase, offer to purchase, sell, offer to sell, administer, dispense, give, furnish, or deliver to another, nor may any student be under the influence of:

- Any controlled substance or dangerous drug as defined by state and federal law, without regard to amount, including but not limited to alcohol, marijuana, any narcotic drug, hallucinogen, stimulate, depressant, amphetamine, steroid or barbiturate;
- Any simulated controlled substance or dangerous drug as defined by state and federal law without regard to amount;
- Any abusable glue, aerosol paint, or any other volatile chemical substance used for a purpose not intended by the manufacturer;
- Any other intoxicant or mood changing, mind-altering, or behavior-altering drugs, including pills and other over-the-counter stimulants and sedatives used in a manner not intended by the manufacture;
- Any drug paraphernalia, standard and non-standard, determined by school administration.

II: No student may use/consume/possess tobacco products/vape pens, juul or electronic cigarettes of any type.

III: No student may engage in conduct that adversely affects the high school or school district, including conduct that damages the reputation or image of an activity group or athletic team.

THE FOLLOWING CONSEQUENCES WILL BE IMPOSED FOR VIOLATIONS OF THE RULES ABOVE.

Additionally, if the violations occur on campus or during the school day, school discipline rules will apply as well as the following consequences.

FIRST OFFENSE: The student and parent/guardian will be required to meet with the student's counselor, grade level administrator, and the athletic director. The student will be suspended from participation in an extracurricular activity for 20 percent of the consecutively scheduled games/events (including playoffs) in the season established by CHSAA and the activities director. The 20 percent suspension will take place in an activity in which the student is currently participating, or in the next season of an activity that the student has previously participated in, or an activity that the student has never participated in if the coach/sponsor of that activity has given the student permission to participate. The suspension must be at the level at which the student most often participates. If the student goes out for an activity in which he/she has not participated before, they must complete the season to the satisfaction of the head coach/sponsor and the activities/athletic director in order for the suspension to count.

SECOND OFFENSE: A second offense will render the student ineligible to participate in any extracurricular activity for the remainder of the season in which the violation occurred, plus the next **one-activity season**. In addition, any student elected or appointed to a position of leadership (such as team captain, club president) will be removed from the office or position. Upon completion of the suspension, the student may participate in extracurricular activities, but may not serve as an officer or be appointed to an office the remainder of the school year.

For both a first or second offense that involves an infraction for Rule 1 or 2, the student will be referred to the Drug/Alcohol Counselor and required to complete their recommendations. A letter from the Counselor verifying compliance must be submitted to the activities/athletic director. Failure to meet this requirement will result in suspension from participation in all activities.

THIRD OFFENSE: A third offense will render the student ineligible to participate in any extracurricular activity for the remainder of the season in which the violation occurred, plus the next **two-activity seasons**. In addition, any student elected or appointed to a position of leadership (such as team captain, club president) will be removed from the office or position. Upon completion of the suspension, the student may participate in extracurricular activities, but may not serve as an officer or be appointed to an office the remainder of the school year.

For first, second, or third offense that involves an infraction for Rule 1 or 2, the student will be referred to the Drug/Alcohol Counselor and required to complete their recommendations. A letter from the Counselor verifying compliance must be submitted to the activities/athletic director. Failure to meet this requirement will result in suspension from participation in all activities.

The third offense will also render a meeting between the student, their parent/guardian, the athletic director, and the M-CHS Principal to discuss possible behavior interventions/counseling, and to also discuss the possibility of non-participation for the remainder of his/her high school career.

ADDITIONAL SPECIFIC RULES OF CONDUCT / DISCIPLINE

SELF-REPORTING: It is the intent of Montezuma-Cortez High School to assist students in taking responsibility for their own actions and to encourage honesty. Therefore, any student who voluntarily admits to a violation of the Conduct Rules before he/she is otherwise reported will be shown leniency by a reduction of up to 50 percent of the stated consequence.

To receive the benefit of self-reporting of a Rule 1 and/or 2 violations, the student must report the violation to their coach/sponsor, or the activities/athletic director, prior to them receiving knowledge of it by other means. Leniency for self-reporting will only be shown once during a student's four-year high school career.

PARTICIPATION IN PRACTICES: Student who have been suspended from participation as a consequence of a code rule violation, but intend to continue in the activity will be required to practice unless prohibited by law. Students under school district suspension/expulsion will not be allowed to participate or practice for the duration of the suspension/expulsion.

NOTIFICATION: Any participant accused of misconduct will be notified as soon as possible of any allegations, investigation, and disciplinary action imposed by the activities director or designee. The activities director may impose restrictions on the participation of a student pending any disciplinary action and has discretion to evaluate mitigating circumstances and modify any disciplinary action invoked under this code subject to the approval of the principal. In cases where there has been a violation of this code, the activities director will determine the appropriate action(s) to be taken.

PROHIBITED CONDUCT AND CONSEQUENCES: The AACC applies to any misconduct from the time a student enrolls at Montezuma-Cortez High School until the time they graduate and to misconduct on or off school property. Any instance of misconduct during the year, including breaks (i.e. Winter, Spring, and Summer), will result in the student participant being referred to the activities director for disciplinary action. A student is subject to the code as of the date he/she enrolls at Montezuma-Cortez High School until the time they graduate regardless of whether or not they have signed it.

Students who are involved in activities/athletics are required to abide by the Athletic/Activity Conduct Code. In addition, students who are enrolled at Montezuma-Cortez High School are required to abide by the school district's student conduct and discipline code. Disciplinary consequences for violation of the AACC or the school district student conduct code may include any and all consequences outlined in the school district conduct code and the AACC.

PARTICIPATING GUIDELINES

These guidelines begin for everyone from the first day of practice for activities in the fall, and will continue in effect until the last day of competition in the spring. Exception: for students not involved in fall activities these guidelines will start the first day of school.

These guidelines are designed for all participants, coaches and sponsors who will be involved with activities while being a part of the educational process at Montezuma-Cortez High School.

GENERAL ACTIVITY PROCEDURES:

1. Activity/Athletic safety is a number one priority. Participants must be aware that other athletes' physical safety is extremely important and avoid any type of aggressive action, which could lead to injury to another participant. Participants are also responsible to avoid any activity in which could lead to injury when not being supervised by an assigned faculty member or coach.
2. Students are expected to report for activities at the beginning of each activity season as established by the CHSAA, Colorado Band Masters Association, and Montezuma-Cortez High School.
3. Members of all activities are required to attend all scheduled practices and meetings during the established activity season. If circumstances arise whereby the student cannot attend a practice or meeting, the validity of the reason will be adjudged by the individual sponsor/coach. In all cases, however, the sponsor/coach must be

notified, prior to the practice or meeting missed, by personal contact (student/parent), phone call (student/parent), or written statement from the parent or guardian.

4. If an athlete is eliminated from one activity/sport, he/she is eligible to participate in another activity during that season at the discretion of the sponsor/coach. A student/athlete faced with this situation would be encouraged to go out for another activity unless eliminated because of disciplinary reasons or eligibility infractions.
5. A student may drop out of a sport by following the procedures listed below:
 - a. First, the student must make the reasons known to the coach.
 - b. Secondly, the student must make the reason known to the athletic director.
 - c. Thirdly, the athlete must return all equipment and clear all financial responsibility with the athletic office.
6. Participation/Training Rules: Though the schools are governed by district policy, school policy, a coach may set more stringent policies and rules.
7. The building Principal shall have the authority to make the final decision in all of the above matters.
8. Coaches and sponsors are required to review with the students/athletes these policies and rules at the beginning of each activity/sport season.

MOTEL/TRAVEL BEHAVIOR:

Curfew: Participants will be expected to abide by a curfew, which will be established by the head coach on each overnight activity. Curfew will be defined as being in one's assigned room, with his/her assigned teammates, at a specifically assigned time.

Room Conduct: All members of the travel entourage will be expected to conduct themselves as **ladies and gentlemen**. Rooms have been reserved for members of the respective activities only and visitors will not be allowed at any time. **No mixed gender is allowed in rooms at any time.** Participants will be expected to exercise good judgment regarding room behavior.

ATTENDANCE PROCEDURES

CLASSROOM ATTENDANCE

Co-curricular activity participation requires that the student attend classes daily in order to maintain eligibility.

The following guidelines shall be enforced:

1. Classroom attendance the day before or day of a performance or contest is required, except in the case of a valid excuse (e.g., doctor's appointment, funeral, etc).
2. Students are expected to attend classes the day before, the day of, and the day following an activity.
3. All sponsors/coaches are required to turn in a written or typed list of participants into the Athletic Office prior to home and away events.

TRUANCY or UNVERIFIED FROM CLASS

The head coach will be required to have an attendance policy in place.

Truancy as used in this context is considered as an unexcused absence that is the result of the following:

1. Student being more than 10 minutes late for class or missing any segment of that class for more than 10 minutes because of loitering in hallways.
2. Student does not check out in office and leaves school grounds without permission.
3. Student is considered truant from school if he/she does not have on record with the office of a phone call or written verification from a parent/ guardian that the absence was legitimate. The office must have verification within 24 hours of the absence.
4. One single class absence or one whole day constitutes a violation.

Attendance at Practice

1. Unless there is a satisfactory reason, all participants shall report for practice the day, the first call is made for that activity.
2. **The coach/sponsor of the activity may grant excuses from practice.**
3. **A student who is not in attendance for at least five periods during the school day may not practice without prior approval by the administration.**

ACTIVITIES / ATHLETICS INELIGIBILITY POLICY

CHSAA (Colorado High School Activities Association) REQUIREMENTS:

Participation in interscholastic activities as a part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance that are related to school purposes. In this regard, the CHSAA and its member schools may exercise the fullest discretion permitted under law.

A student enrolled in a high school shall be eligible to represent that school in CHSAA sanctioned interscholastic activities if the student meets the following specific requirements: (a) The student is a bona fide undergraduate member of the high school in which he/she is enrolled.

During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 2.5 Carnegie units of credit per semester and must pass a minimum of the equivalent of 2.5 Carnegie units of credit.

M-CHS REQUIREMENTS:

In accordance to CHSAA policy 1710.a, Montezuma Cortez High School will choose to check grades weekly, beginning on the first full week of each season (fall, winter & spring). Each first Monday of the season, and every Monday subsequently, grades for each student involved in an activity or athletic program will be printed and given to each activity sponsor and/or coach. These grades will serve as a warning to coaches which students are failing 1 or more classes. It is the responsibility of the sponsor/coach to inform their students about each of their grades. On the first Wednesday of each season and every subsequent Wednesday, the grades of each student involved in an activity or athletic program will be printed again, and given to each activity sponsor and/or coach. **If, on the Wednesday grade report, a student has 1 or more F's, that student will be ineligible to participate in CHSAA regulated competition until grades are checked again on the following Wednesday.** There will be no exceptions to this requirement, each scenario will be considered on a case-by-case basis. If the F(s) is removed from the student's grade report by the following Wednesday grade report, that student will once again be eligible to participate; however, if said student still has an F on the eligibility report, they will continue to be ineligible.

If an activity is tied to a grade in class or a Carnegie credit unit, this ineligibility policy will be enforced with one caveat—students who are deemed ineligible on Wednesdays will be able to participate in home events that do not require a student to miss any classes. If a student is ineligible, they may not be able to participate in any events that require them to miss any classes.

Notable Changes to Previous Policy:

- Warning week is no longer applicable. This is replaced by the coach's grade check on Mondays. Sponsors/coaches will provide students their grades on Mondays, and it will be the responsibility of the student to fix any F's on their report card, before the Wednesday report.
- Students whose eligibility in an activity is tied to a classroom grade or Carnegie credit unit will be able to participate in events that do not require them to miss any classes. The reasoning behind this is to allow students, whose participation in home events is tied to a grade in applicable class, cannot be denied the opportunity to gain said grade/credit. Events, however, that require a student who is ineligible to miss class will be the exception to this policy.

TRANSPORTATION GUIDELINES

These Administrative Regulations and Guidelines apply to all students in school-sponsored activities/athletics. All participants must ride with provided district transportation to the scheduled game/event. All participants are to use district provided transportation from the site of all away contests, **unless prior arrangements are made:**

1. Students **may not drive themselves.**
2. Parents may pick their student up by signing them out with the coach/sponsor.
3. Any student wishing to ride home with someone else's parent must have prior written approval of an administrator 24 hours in advance to departure, and be checked out by the coach or sponsor.
4. **Parents may only transport their own son or daughter and may not provide transportation for any other participants unless these arrangements are made in advance (24 hours before trip departure) with the Athletic Office. The approved form must be given to the coach/sponsor prior to the trip departure.**
5. Students utilizing district transportation will not be released until the bus/van reaches its final destination.
6. Mixed groups of males/females students shall be separated when traveling together. Example males up front, females in the back or vice versa. Coaches or sponsors will set in between groups, to cause a definitive separation.
7. **Coaches or Sponsors are in charge of their group not the bus driver.**

Adverse Weather Conditions: The decision to travel is up to the head of transportation, building principal or designee and the driver.

MONTEZUMA-CORTEZ HIGH SCHOOL LETTERING POLICIES

(Alternative policies may be established by coaches)

BASEBALL

- Play in 1/3 of the innings of all varsity games.
- Pitchers; appear in five (5) regularly scheduled varsity games as a Pitcher.

BASKETBALL

- Play in 1/3 of the quarters of the regular season varsity games.

CROSS COUNTRY

- Participate in ½; six (6) of all varsity meets as a first team performer or;
- Compete in the state meet.

FOOTBALL

- Play in ½ of the quarters of the regular season varsity games.
- Kickers; appear in 1/3 of the regular season varsity games.

GOLF

- Play in ½; six (6) of all varsity matches as a first team performer or;
- Compete in the state meet.

SOCCER

- Play in ½; (15 of the halves of the regular season varsity games.

SOFTBALL

- Play in 1/3 of the innings of all varsity games.
- Pitcher; play in five (5) regularly scheduled varsity games.

SWIMMING

- Must earn 24 points in varsity meets.

TENNIS

- Play in ½ of all varsity matches as a first team performer or;
- Compete in the state meet.

TRACK

- Must earn 12 points in varsity meets or;
- Compete in the state meet

VOLLEYBALL

- Play in ½ of all varsity games.

WRESTLING

- Must earn 24 points in regular season varsity matches or;
- Wrestle in ½ of all regularly scheduled varsity matches.

CHEERLEADING / DANCE

- Successful completion of a cheering season at the varsity level.

M-CHS School Song:

“From the Halls of Montezuma, to the north,
south, east, and west.
Come our boys and girls together, to the high
school they love best.
We’re the loyal sons and daughters. To the colors
we’ll be true.
We’ll go forth with adoration and fond memories
of you.
Give us men to match our mountains. Give us
maids to match our skies.
And the glory of our native land will be
Montezuma High!
MC... MC... M-C-H-S
Orange and black,
We Are the best!
M-C-H-S. We are the best
Panthers, Panther, Panthers!”

School Colors: Orange & Black
School Mascot: Panther



K-12 Student Accident Insurance **Enroll Online**

www.studentinsurance-kk.com



Protect your child with student accident insurance. If you don't have other insurance, this student accident insurance is vital. If you have other insurance, student accident insurance can help with deductibles and copays.

K-12 Accident Plans available through your school:

- *At-School Accident Only*
- *24-Hour Accident Only*
- *Extended Dental*
- *Football*

How to Enroll Online

Enrolling online is easy and should take only a few minutes.

Go to **www.studentinsurance-kk.com** and click the "Enroll Now" button.

1. Start by telling us the name of the school district and state where your child attends school.
2. We'll request each student's name and grade level.
3. You'll see the available plans and their rates. Select your coverage and continue to the next step.
4. We'll request information about you, like your name and email address.
5. Next, you'll enter information about the child or children to be covered.
6. Enter your credit card or eCheck payment information.
7. Finally, print out a copy of the confirmation for your records.

For further details of the coverage including costs, benefits, exclusions, any reductions or limitations and the terms under which the policy may be continued in force, please refer to **www.studentinsurance-kk.com**. Student is able to purchase the coverage only if his/her school district is a policyholder with the insurance company.

Proteja a su hijo con el seguro de accidentes para estudiantes. Si usted no tiene otro seguro, este seguro de accidentes para estudiantes es fundamental. Si tiene otro seguro, el seguro de accidentes para estudiantes puede ayudarle a pagar los deducibles y copagos.

Planes de accidentes para K-12 disponibles a través de su escuela:

- *Sólo accidentes en la escuela*
- *Solo accidentes, 24 horas*
- *Dental extendido*
- *Fútbol*

Cómo inscribirse en línea

Inscribirse en línea es fácil y sólo le tomará unos pocos minutos.

Visite **www.studentinsurance-kk.com** y haga clic en el botón "Enroll Now" ("Inscribirse ahora").

1. Comience por decirnos el nombre del distrito escolar y el estado en el que su hijo(a) va a la escuela.
2. Solicitaremos el nombre y el grado de cada uno de los estudiantes.
3. Verá los planes disponibles y sus tarifas. Seleccione su cobertura y continúe con el siguiente paso.
4. Le solicitaremos información sobre usted, como su nombre y dirección de correo electrónico.
5. Después, ingresará la información acerca del niño o niños que recibirá(n) cobertura.
6. Ingrese la información de pago de su tarjeta de crédito o eCheck.
7. Finalmente, imprima una copia de la confirmación para sus registros.

Para obtener más detalles, incluso costos, beneficios, exclusiones, y reducciones o limitaciones y los términos en virtud de los cuales esta póliza podría continuar en vigencia, consulte **www.studentinsurance-kk.com**. Los estudiantes pueden comprar la cobertura únicamente si su distrito escolar es titular de una póliza con la compañía de seguros.



CHSAA BYLAWS – PARENT & STUDENT INFORMATION

Colorado High School Activities Association

***Per Bylaw 1800.25, CHSAA requires that all information provided in regards to any aspect of the eligibility of a student must be true, correct, accurate, complete and/or not false; penalty for providing false information is ineligibility and/or forfeitures.**

A student's participation in high school activities is dependent on his/her eligibility. Protect that eligibility. Read the following summary of Colorado High School Activities Association rules that govern a student's participation. Students and parents alike need to review these rules and ask questions of their coaches/directors, athletic director and school administrators.

****Per Bylaw 1720.2, Please review the following information and acknowledge your understanding of the CHSAA Bylaws by signing at the end and submitting to your School's Athletic Director. Click the blue underlined links to be directed to the CHSAA Bylaws.**

The CHSAA

The Colorado High School Activities Association has been the governing body of high school athletics and activities (speech, student council and music) in our state since 1921. Our Code of Ethics is integral to our Mission and Vision. The student's school is a voluntary member of the CHSAA and has agreed to follow its rules. Both your school and the Association believe in equal competition among schools and the close relationship between academics and activities.

I. Discrimination (300)

A student-participant will not participate in or condone unfair discriminatory practices against a fellow participant due to age, gender, race, ethnicity, religion, sexual orientation, or disability, nor shall the student be discriminated against under the same criteria.

II. Hazing & Bullying (1720.2)

As a student-participant, I will not be the organizer of, or participant in an activity constituting hazing. Hazing is defined as any conduct or method of initiation, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include but is not limited to whipping, beating, branding, forced behaviors involving food, alcohol, drugs or other substances, destruction of property, and/or brutal treatment or forced physical/sexual activity which is likely to adversely affect the physical health or safety of the student or any other person.

The CHSAA Rules of Participation

1. Academic (1710)

A school must select one of three options for determining the eligibility of all its students, and schools have the right to impose stricter standards.

2. Make-up Work (1740)

Each student must be academically eligible in accordance with the above section at the time of participation and during the previous semester. Make up work shall not be permitted after the close of the semester for the purpose of becoming eligible. (Cases involving special circumstances should be referred to your principal.)

If eligibility has been lost from a previous semester, students may regain their athletic eligibility on the sixth Thursday following Labor Day (1st semester) and the Friday immediately prior to March 10th (2nd semester).

Summer school credits accepted by the school may be used to replace credits in subjects failed during previous semesters.

Dropping a class may make you ineligible. If you play while ineligible, you may cause your team to forfeit any contests in which you played.

3. Citizenship (1710)

The school principal must approve the student to be a representative of the school's standards of citizenship, conduct and sportsmanship.

4. Conduct – Ejections (1200)

If a student is ejected from a contest for unsportsmanlike conduct, he/she will be ineligible for the next scheduled match or contest played at that level including qualifying and state contests. The student may not participate in any contests at any other level during this period. For the season, the student will be permitted to compete in one fewer contest than the maximum allowed each participant in the sport.

A second ejection during the season shall result in a 2 contest suspension. A third ejection will result in a review of the student's future eligibility by the CHSAA Commissioner.

If a student is ejected in the final contest of a season, he/she is ineligible for the first contest of the next sport in which he/she competes and completes the season. Players leaving the bench during a fight shall be ejected and ineligible for the next contest.

5. Outside Competition (1210)

As a member of any high school team, a student may practice or compete in that sport during that sport season in a non-school event with prior written permission of the principal.

Members of high school teams may compete in non-school events in that sport without written permission on the day following the completion of the season for the level (freshman, sophomore, junior varsity, varsity) of the team on which they are competing. NOTE: A student becomes subject to the outside competition rule on or after the first date of formal practice, when he or she reports out for practice and is in contention for a berth on the team.

6. Undergraduate (1710)

A student may not be a graduate of any high school and participate in high school athletics.

7. Recruiting (1810)

Any recruiting based on athletic ability or interest is prohibited.

8. Age (1720)

A student's 19th birthday must fall on or after August 1 of the current school year. Exceptions to this rule, based on educational handicaps, may be requested, provided the student's original class has not graduated.

9. Semesters (1770.2)

Upon entering high school, a student's eligibility will continue only until his/her original class graduates. Once entering ninth grade, a student has eight consecutive semesters of eligibility. NOTE: If a student drops out of school or misses competition due to an injury, he/she will not receive additional eligibility.

10. Seasons (1700.2)

A student is allowed a maximum of 4 seasons in any sport.

11. Physical Exam (1780)

A student may not practice or compete (music, student council and speech participants are exempt) without a physical exam that is:

- Signed by an MD, DO, chiropractor who is school physical certified (DC, SPC), nurse practitioner or physician's assistant licensed by the State of Colorado.
- Current within the last 12 months.
- On file with principal or athletic director prior to first practice

12. Practice (2310)

A total of 5 different days of practice is required before participating in any interscholastic game or scrimmage (except football which needs 9 days). OTHER EXCEPTIONS: (a) Golf, skiing, softball and tennis players. (b) Participants in state playoff games completed on or after the first day of formal practice

No contact between a coach and player is allowed on Sundays during the school year unless it is for a social, academic or service related activity that is strictly voluntary. A student cannot be required to practice or compete outside of the season as a condition of making the team.

13. Transfer Rule (1800)

NEW: Anytime a student moves from one school to another, the student is considered a "transfer" student; eligibility must be applied for through paperwork initiated by the previous school, and verified by the current school.

A student who participates in a formal practice at the beginning of the school year and then transfers without a parental move will be ineligible for varsity competition for the remainder of that sports season.

Athletic Transfer (1800.6)

Any transfer substantially motivated by athletic considerations will cause the student to be ineligible for varsity competition for one calendar year from the date of the transfer in any sport(s) they participated in during the twelve months prior to the transfer.

Summer Transfer (1800.5)

A transfer from one high school to another during the summer without a permanent change of domicile by the student and his/her family to the attendance area of the new school will render the student ineligible for varsity competition for the first half of the season in any sport in which the student competed during the previous 12 months. The student may practice with the team and play at the sub-varsity level during this period of restricted participation.

Mid-year Transfer (1800.6)

- A student who transfers after the start of the school year without an accompanying family move shall:
 - Have restricted (sub-varsity) eligibility for the remainder of that school year in sports played in the last 12 months.
- In the next school year, the student will have only sub-varsity eligibility for the first 50% of the season in those sports played 12 months prior to the move



CHSAA BYLAWS – PARENT & STUDENT INFORMATION

- Transfer with Club Coach or Previous Coach (1800.6)

A student transferring or moving for any reason to a new school where the student's non-school coach is also a coach of the school team, is considered to be attending for athletic purposes. The student, as a result of this transfer, will be ineligible for varsity competition for one calendar year from the date of the transfer in any sport(s) they participated in during the twelve months prior to the transfer. If a student transfers to a school where his/her previous coach is a coach of the current school team, that move will be deemed motivated by athletic consideration.

As used in this Rule, the coach may be a former school coach or non-school coach and the term "coach" includes any person who coaches, volunteers (regardless of compensation) or assists in any capacity with the coaching or training of the school or non-school team.

- General Transfer Information (1800)

It is the student's responsibility to know the CHSAA Transfer Rule and how it affects that student's eligibility. The CHSAA Commissioner may grant exceptions to this rule in unusual cases. Only schools may submit a waiver. If a waiver of the transfer rule is requested, the student is not eligible until the waiver is approved by the CHSAA Commissioner. Transfer cases involving separation and/or divorce proceedings should be reviewed with the school administration.

15. Awards (2010)

Individuals participating in any interscholastic athletic/activity sponsored and/or approved by the Association shall not

accept cash or merchandise awards. Awards must be symbolic in nature with no functional or intrinsic value with a cost of no more than \$50.00.

16. Amateur (2000)

If a student participates in a CHSAA approved sport, in other than CHSAA competition, his/her amateur status is determined by the rules of the amateur governing body of that sport. Amateur status of Colorado high school athletes applies only to sports sanctioned by the CHSAA.

17. Bullying & Hazing (1710.2)

The Colorado High School Activities Association, in conjunction with its member school, prohibits bullying, hazing, intimidation or threats. Hazing includes humiliation tactics, forced social isolation, verbal or emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I understand that hazing of any type is not permitted in any CHSAA sanctioned activity. I will not engage in any of the prohibited conduct. I further understand that it is my responsibility to immediately report any acts of hazing that I become aware of to a sponsor, teacher, counselor, school support staff, coach or administrator in my school.

After reviewing the above information, if you still have questions, please contact your school's athletic director. This list is by no means inclusive; however, it is intended to outline the most common questions and bylaws. For more information, please visit our website CHSAANow.com.

Checklist for Student Eligibility

If a student cannot check any of the items, he/she needs to contact the athletic director or principal.

- | | |
|---|---|
| <input type="checkbox"/> At least 5 full credit classes. | <input type="checkbox"/> Will not or have not turned 19 before August 1. |
| <input type="checkbox"/> (Choose 1) <u>Option A</u> (Failing no more than one class) | <input type="checkbox"/> Has not been in high school longer than 8 consecutive semesters. |
| <u>Option B</u> (Passing a minimum of 5 full-credit classes) | <input type="checkbox"/> Will not play more than 4 seasons in any sport. |
| <u>Option C</u> (Approved alternate academic program) | <input type="checkbox"/> Will not compete or practice in any non-school events in my sport once reporting out for the team, without the permission of my principal. |
| <input type="checkbox"/> Complied with first two items last semester. | <input type="checkbox"/> Has complied with all other school, district, and local eligibility requirements. |
| <input type="checkbox"/> Physical exam within the last calendar year. | |
| <input type="checkbox"/> Parent permit form on file at the school. | |
| <input type="checkbox"/> Have not changed schools during the current school year without a corresponding move by parents. | |

I have read and understand the CHSAA Eligibility Rules as documented here as well as specifically read in the CHSAA Bylaws. I understand and acknowledge the inherent risks of participating in Athletics and by signing this acknowledgement, I affirm my responsibility to prevent and report hazing. I also understand that any violation of this could result in school or team consequences that could include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.

Signed: _____ (Parent)

_____ (Participant)

Montezuma-Cortez High School
_____ (School)

_____ (Date)



STUDENT ELIGIBILITY INFORMATION FORM and CHSAA Anti-Hazing Policy

I hereby give my consent for _____

to compete in athletics for **Montezuma-High School** in Colorado High School Activities Association approved sports, except as noted on the Physical Examination and Parent Permit Form, and I have read and understand the general guidelines for eligibility as outlined in the CHSAA Competitor's Brochure (as found on the CHSAANow.com website).

I have read, understand and agree to the General Eligibility Guidelines as outlined in the CHSAA Competitor's Brochure.

No student shall represent their school in interschool athletics until there is a statement on file with the superintendent or principal signed by his/her parent or legal guardian and a signed physical form certifying that he/she has passed an adequate physical examination within the past year, noting that in the opinion of the examining physician, physician's assistant, nurse practitioner or a certified/registered chiropractor, (DC, Spc.) is physically fit to participate in high school athletics; that student has the consent of his/her parents or legal guardian to participate; and, the parent and participant have read, understand and agree to the CHSAA guidelines for eligibility.

CHSAA Anti-Hazing Policy

The Colorado High School Activities Association prohibits bullying, hazing, intimidation or threats. Hazing includes, but is not limited to humiliation tactics, forced social isolation, verbal or emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I understand that hazing of any type is not permitted in any CHSAA sanctioned activity.

I will not engage in any of the prohibited conduct. I further understand that it is my responsibility to immediately report any acts of hazing that I become aware of to a sponsor, teacher, counselor, school support staff, coach or administrator in my school.

By signing this acknowledgement, I affirm my responsibility to prevent and report hazing. I also understand that any violation of this could result in school or team consequences that could include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.

Student Athlete Signature

Date

Parent / Guardian Signature

Date

MONTEZUMA-CORTEZ HIGH SCHOOL AGREEMENT TO ABIDE RULES & REGULATIONS

Please sign and return this back page to the M-CHS Activity/Athletic Office

Grade: _____ School: _____

My student/athlete will be participating in the following sports and/or activities:

1. _____
2. _____
3. _____
4. _____

I understand and consent to the responsibilities outlined in the School's Parent/Student Activity/Athletic Handbook. I also understand and agree that I shall be held accountable for the behavior and consequences of the policies outlined in the Parent/Student Activity/Athletic Handbook at Montezuma-Cortez High School and at all school sponsored and school related activities, including school sponsored travel and for any school related misconduct, regardless of time or location. I understand that any student, who violates the rules, regulations, and policies, shall be subject to disciplinary action, up to and including referral for criminal prosecution for violation of law.

I acknowledge that I have read, understand, and accept the Student Handbook and that I will abide by the rules and regulations contained within.

Student Name (Print)

Student Signature

Parent Signature

Date

INSURANCE COVERAGE

I understand my student cannot practice/participate in athletics unless he/she is covered by insurance.

_____ I want to buy school insurance for my student. Attached is a copy of the receipt for the school insurance.

_____ I have adequate accident and medical insurance to cover an injury which he/she may incur while taking part in the interscholastic athletic program.

The name of our family medical insurance company is: _____

Attached is a copy of our insurance policy.

Parent/Guardian Signature _____ Date _____

PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name _____ Date of birth _____

PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

ATHLETE: Sport(s) I will be playing: (write in name of sport)

- ☐ BAND
- ☐ FALL SPORT _____
- ☐ WINTER SPORT _____
- ☐ SPRING SPORT _____

EXAMINATION		
Height _____	Weight _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
BP _____ / _____	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency) 		
Eyes/ears/nose/throat <ul style="list-style-type: none"> Pupils equal Hearing 		
Lymph nodes		
Heart* <ul style="list-style-type: none"> Murmurs (auscultation standing, supine, +/- Valsalva) Location of point of maximal impulse (PMI) 		
Pulses <ul style="list-style-type: none"> Simultaneous femoral and radial pulses 		
Lungs		
Abdomen		
Genitourinary (males only)*		
Skin <ul style="list-style-type: none"> HSV, lesions suggestive of MRSA, tinea corporis 		
Neurologic*		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional <ul style="list-style-type: none"> Duck-walk, single leg hop 		

*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

*Consider GU exam if in private setting. Having third party present is recommended.

*Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

☐ Cleared for all sports without restriction

☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

☐ Not cleared

☐ Pending further evaluation

☐ For any sports

☐ For certain sports _____

Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Sex	Age	Grade	School	Sport(s)
------------	------------	--------------	---------------	-----------------

☐ Medicines ☐ Pollens ☐ Food ☐ Stinging Insects

[illegible]

Signature of athlete _____ Signature of parent/guardian _____ Date _____

ME0503 0-28810410