

FRESHWATER SPORTS PACKET

\* Please do not separate  
except Dr. Clearance <sup>last</sup> Pg  
if needed. Reattach please

(Office use only)

Student Name

Date of Physical

Sport(s)

Dear Parents/Guardians:

Thank you for your interest in our **Athletics Program**. Please carefully read through the attached documents. Prior to participating in any school sport, including practice, **ALL** students must have a sports physical on file in the office (*pursuant to Education Code 49458*). Sports physicals are good for one year from the date of the doctor's examination.

*Please complete the following and return to the office:*

- ☐ Student Athlete Contract (signed by parent/guardian & student)
- ☐ Preparticipation Physical Evaluation (signed by parent/guardian, student and doctor)
- ☐ Acknowledgement & Assumption of Potential Risk (signed by parent/guardian & student)
- ☒ Uniform Contract

FRESHWATER SCHOOL  
Student Athlete Contract

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Sport

\_\_\_\_\_  
Date

Dear Parent/Guardian,

Participation in athletics is a privilege and an honor. Student athletes are representatives of Freshwater School and therefore are expected to be positive examples. The student athlete will exhibit this positive behavior at school, during athletic events, and in the community. The privilege of participation may be revoked when a student athlete fails or refuses to comply with the rules.

Your son/daughter is now a student athlete at Freshwater School. As a student athlete, he/she has the opportunity to receive certain privileges that other students, not engaged in athletics, do not receive. Among these privileges are taking local trips, participation in events/games with students from other schools, and representing Freshwater School.

Eligibility Requirements

1. A student athlete will consider events/games as only a **part** of their education and will do their best to achieve success in the classroom as well.
2. If a student athlete misses a practice/meeting for any reason, they must either telephone or see the coach, Athletic director or the principal before the time they miss the session. They may not attend the event if they miss school that day.
3. The student athlete must be a good citizen of the community and must not be involved in any serious criminal activities involving law enforcement. Student athletes will not use or possess tobacco, alcohol or any form of narcotics AT ANY TIME.
4. Student athletes must maintain a minimum grade point average of 2.0 prior to joining the athletic team AND during the season. Failure to do so will make the student ineligible to participate for a minimum of one week or until the student is off academic probation. An "F" grade in any subject automatically disqualifies the student from participation. A student athlete may be on academic probation only one time during the season. The second time a student fails to maintain a "C" average with no "F"s", they are automatically dropped from the team. Academics come first!

Violation of Eligibility Requirements

1. Disciplinary action will be taken at the discretion of the teacher/coach/Athletic Director and administrator. Minimally, the student will meet with the adult in charge and his/her parents. Further action may include, but not be limited to, a written referral, recess/after school detention, probation from team for a specific time, permanent removal from team, and suspension.

2. Parents will be notified by letter of rule violations, which involve their students.

We have read the eligibility requirements and consequences, and agree to abide by them.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Student Signature

**Team Philosophy:**

To provide its team members with a competitive and enjoyable environment that stresses cooperation, values, and performing your best at all times. Success will be stressed, with the definition of success being: peace of mind that is a direct result of self-satisfaction. In knowing you did your best to become the best that you are capable of becoming. The results – wins, losses, awards, and acknowledgments – are all by-products of success. Your preparation is where your success is truly found.

#### **Expectations:**

- Arrive on time for all practices, matches, and tournaments. Tardiness is unacceptable.
- Dress appropriately for practice and competition. **No jewelry or gum allowed!!**
- Show respect (for teammates, coaches, parents, officials, opponents, and fans)
- Hazing, fighting, and verbal abuse will not be tolerated.

#### **Foundational Principles:**

1. **Have Fun.** Embrace every aspect of your experience. Improve yourself as a student, a person and as an athlete each and every day. Your heart must be in it and you must like what you are doing. Have fun without being funny!
2. **Work Hard Everyday.** The opportunity to prove you are the best will not be available to you unless you're willing to work hard. Practice is expected to be treated very seriously, understanding that practice is the place to prove your skills and therefore your position on the team. There is no substitute for hard work. Worthwhile things come from working hard.
3. **Worry about the things you can control.** Don't get distracted by what is outside of your control. Focus your energy on the things within your control. You can't do anything about yesterday or tomorrow, however tomorrow is determined by what you do today. Make today your masterpiece because you have control over that.
4. **Accept your role on the team.** Remember your role can change, but it's necessary to strive to be the very best at your role all the time. If you desire to have a more effective role on the team, you must work and earn it. You don't have to be satisfied with your role, but you must accept it.
5. **Play as a team.** Team members should be dependent on each other. Team Spirit = eagerness to lose yourself for the sake of the group/team. No one player or person is bigger than the team. Everyone's role is important and needs to be fulfilled to reach the team's potential.
6. **Be a positive representative.** Being a member of this team you represent this community, school, and program, so conduct yourselves appropriately and be respectful of those around you.

#### **Varsity Level Philosophy (7<sup>th</sup>/8<sup>th</sup> Grade)**

There is no guarantee of playing time at the varsity level. The opportunity to prove your skills will be available during practice, but actual court time will not be equal. No position or line-up is written in stone and all players will be evaluated on a continual basis throughout the season. The most effective student-athletes, regardless of grade level, will be given the opportunity to further develop their athletic abilities and to work together to develop a strong desire to attain the highest possible levels of team success.

#### **JV Level Philosophy (5<sup>th</sup>/6<sup>th</sup> Grade)**

The JV level is different. Each player will be given an opportunity to participate during competitions, although actual playing time might not be equal. At this level, instruction and the development of individual skills for all athletes will be emphasized. However, team success in inter-school competition is also valued.

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Parent/Guardian Signature

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Student Signature

# FRESHWATER SPORTS UNIFORM CONTRACT

I understand that by being issued a Freshwater sports uniform, that I will::

1. Take care of the uniform, launder it regularly, and return it to the Athletic Director at the end of the sports season (volleyball, cross country, basketball, and track & field).
2. Failure to return the uniform in good condition (no stains, tears or other damage) shall result in a missing uniform charge of \$50.

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

Athlete Signature \_\_\_\_\_ DATE \_\_\_\_\_

# Acknowledgement and Assumption of Potential Risk

## Voluntary Sports Activity

(Student Name) \_\_\_\_\_ has my permission to participate in the activity listed below. I fully understand the following:

(Circle appropriate activities) Football, Basketball, Volleyball, Cheerleading, Track & Field, Baseball, Soccer, Wrestling, Tennis, Cross Country, Golf, Other \_\_\_\_\_ by its very nature, poses some inherent risk of a participant being seriously injured. These injuries could include, but are not limited to, the following:

- |                    |                    |                             |
|--------------------|--------------------|-----------------------------|
| 1. Sprains/strains | 4. Unconsciousness | 7. Head injuries/Concussion |
| 2. Fractured bones | 5. Paralysis       | 8. Loss of eyesight/hearing |
| 3. Cuts/abrasions  | 6. Disfigurement   | 9. Death                    |

All participants in this activity should understand that the participation is voluntary and is not required by the school district.

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 Freshwater 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 further relieve the FW School District, its employees, officers, agents, or volunteers from any liability for loss or damage to any personal property that may be damaged, lost or stolen.

List any medical conditions, allergies or other limiting factors:

\* Medical examination release has been completed: Yes No (Circle one)  
Family physician name: \_\_\_\_\_ Phone # \_\_\_\_\_

Health insurance/MEDI-CAL per Education Code 32220-32224: Yes No (Circle one)  
Plan name and number: \_\_\_\_\_

In the event of illness or injury, I do hereby consent to medical/hospital treatments that are determined necessary in the best judgement of the attending physicians or dentists. I acknowledge that I have carefully read this Voluntary Sports Activities Form and that I understand and agree to its terms.

Parent/legal guardian (if under 18) \_\_\_\_\_

Date \_\_\_\_\_

Student signature \_\_\_\_\_

Date \_\_\_\_\_

\* Medical exams are required for all athletic participants (including cheerleaders) of any school sports team (K-12). Participation includes: tryout (except cheerleading tryouts that only have standing cheers), practice and competitive play. Band members and team managers - i.e., non-playing field participants are exempt.