

WESTWOOD MIDDLE SCHOOL ATHLETIC PROGRAM

Please read the packet carefully and complete all required forms. Registration for each sport must be complete for a student to be allowed to participate in a sport.

Requirements for Athletic Participation

Checklist

- A Sport's qualifying physical examination clearance form (kept for 3 years)
- Westwood Middle School Emergency Card (blue)
- Participant's Assumed Risk Agreement (blue)
- Student Athlete Participation Agreement (pink)
- Parental Permission Form (yellow)
- School District 16 Policies Form regarding Chemical Use (green)
- Concussion Form (white)
- Annual Sports Health Questionnaire
- Activity Bus (if needed - pink)
- Athletic Fee (see "Athletic Activity Fee" below)
- Release Form to Waive Participation Fees (if needed)

Athletic Activity Fee

The athletic activity fee structure and fee procedure adopted by the school board for all Middle School students (Grades 7 & 8) participating in athletics for the coming school year is as follows:

- First participation of the year \$150.00
- Second participation of the year \$125.00
- Third participation of the year \$100.00
- Fourth participation of the year \$ 75.00

Any student who qualifies for free or reduced lunch shall also qualify for free or reduced activity fee. No fee or ½ fee, respectively. **Documentation is required.**

Middle school athletics will pay the middle school rate for all middle school sports and the high school rate if participating on a high school team. **Registration for a high school team must be done at the High School Athletic office.**

High School Participation

There are several high school sports that allow participation from middle school students.

Fall: Cross Country (co-ed), Boys' Soccer, Girls' Soccer, Girls' Swimming and Girls' Tennis

Winter: Girls' Gymnastics, Boys' Swimming, Nordic Skiing, Girls' Hockey and Boys' Hockey

Spring: Softball, Baseball, Boys' Golf, Girls' Golf and Boys' Tennis

A student shall be considered on a team for the season after two weeks of participation or after the team's first scheduled contest. Refunds will be made or credit allowed toward another sport to students who participate less than two weeks and drop prior to the first scheduled contest. Students shall contact the athletic director at the time of resignation and request a refund or credit. Refunds will be prorated to reflect the number of days of participation compared to the season length. Unusual occurrences such as illness, injury, transfer etc. will be handled by the athletic director.

SCHOOL DISTRICT 16 ACTIVITY PARTICIPATION PHILOSOPHY

- A. School District 16 believes that a dynamic program of student athletics is vital to the educational development of its students. This program should provide a quality experience to aid in the development of favorable habits and attitudes in students that will prepare them for adult life.
- B. Athletics play an important part in the life of students in School District 16. Young people learn a great deal from their participation in inter scholastic athletes. Lessons in sportsmanship, teamwork, competition, and how to succeed and fail gratefully are an integral part of each activity in our athletic program. Athletics play an important part in helping the individual student mold a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students – spectators as well as participants – develop pride in their school and in themselves.
- C. The major objective of the program is to provide wholesome opportunities for students to develop favorable habits and attitudes regarding social and group interaction.
- D. We believe that the opportunity for participation in a wide variety of student selected activities is a vital part of the students' educational experiences. Such participation is a **privilege** that carries with it responsibilities to the school, to the activity, to the student body, to the community, to the coaching staff, to the team members, and to the participants themselves. These experiences contribute to the development of learning skills and emotional patterns that enable students to make maximum use of their education.
- E. The interscholastic athletic program shall be conducted in accordance with existing school Board policies, rules and regulations. While the school board takes great pride in success, it does not condone **“success at any cost”** and discourages any and all pressures which might tend to neglect good sportsmanship and good mental and physical health. At all times, the athletic program must be conducted in such a way as to justify it as an educational activity.
- F. Every effort should be made to support the athletic program with the best facilities and Equipment, and with the most qualified staff available. Coaches and advisors should teach the specific skills necessary for improvement in activities and provide guidance.
- G. The ultimate goal of the athletic program should be to teach students the value of participation and competition, while balancing the importance of winning and the growth of positive traits.
- H. The success of a team and enhancement of team values and objectives shall be a major Consideration, but individuals shall not be demeaned in order to forward the success of the team.
- I. **Respect** for team membership shall be observed by the team members and the coaching staff.

SCHOOL DISTRICT 16 SPORTSMANSHIP CODES

PARTICIPANTS:

1. Show respect for your opponents
2. Know and follow the rules of your sport
3. Accept the decisions of contest officials without inappropriate behavior
4. No unsportsmanlike gestures or language
5. Display modesty in victory and graciousness in defeat

SPECTATORS:

1. Show an interest in the contest by taking part in cheers with the cheerleaders and applauding good performances made by any participant
2. Work cooperatively with contest officials and site supervisors who are there to keep order
3. Refrain from booing, making negative comments, or placing blame on participants, coaches, or contest officials
4. Stay off the playing floor of contest area at all times
5. Show respect for property by not causing damage to equipment of facilities
6. Display modesty in victory and graciousness in defeat

ACTS OF MISCONDUCT:

1. Possessing, dealing, consuming, or being under the influence of chemicals or the use of tobacco
2. Possession of any weapons
3. Loitering on or in the athletic arena.
4. Throwing of any object into the playing surface or in the stands
5. Behavior deemed dangerous or behavior which interferes with the rights of others to observe the game
6. Use of obscene, profane, or abusive language or gestures, posters or banners that show disrespect for the opposing teams, officials, or other performing groups
7. Use of electric or pneumatic noisemakers
8. Entry into the playing surface during play

These acts of misconduct will not be tolerated and will result in automatic removal from the event with a refund of admission. Further disciplinary action may follow in accordance with school and/or district policy.

The commitment to remain free from alcohol, tobacco, and chemicals while a participant in athletics shall be an integral part of participation. The athlete's pledge to do so shall be of the highest regard. The failure to adhere to this pledge will result in severe consequences.

ACTIVITY PARTICIPATION EXPECTATIONS

At each level of the athletic program in the secondary school system, there are different goals, and therefore, different expectations of participation.

Middle school teams emphasize participation, involvement, and the teaching of related skills. Commitment, self-improvement, and sportsmanship are held in highest regard. Participants on middle school teams who practice diligently and show a respect for the values of sportsmanship and team membership should expect to have the chance to participate in scheduled contests. Middle school teams strive to be successful, but **participation** will be the higher consideration.

**MIDDLE SCHOOL ATHLETICS
PARTICIPANTS ASSUMED RISK AGREEMENT**

I am registering for the following athletic activity. Please note separate risk agreements are required for each sport. Both student athlete and parent or legal guardian must carefully read and sign.

FALL: Football _____ Volleyball _____
WINTER 1: Girls' Basketball _____ Wrestling: _____
WINTER 2: Boys' Basketball _____
SPRING: Coed Track & Field _____

I understand that participation of any nature in an athletic activity offered by District 16 can be dangerous and involves the RISK of potential serious injury. I understand these risks, especially those involving contact sports, could involve death, serious head, neck or spinal injuries which may result in partial or complete paralysis. In addition, injuries may occur, which affect all or any part of skeletal, muscular, visual and circulatory systems or may impair my general well being. Such injury could seriously affect my future ability to earn a living or to live a full and productive life.

The use of protective mouth guards is **required** for all participants in football, and is strongly recommended in the sports of volleyball, basketball and wrestling. The decision to use a mouth guard in the recommended sports rests with the participant and guardian.

I understand and am willing to accept responsibility to provide medical insurance protection while a participant in District 16 activities. This may be done by either purchasing an optional medical policy or by having our own medical plan provider. We further understand that in the event we fail to provide such coverage, all expenses related to injury while participation in District 16 activities will be our responsibility.

I have read and fully understand the risk potential indicated above.

Student/Athlete signature

Date

Parent/Guardian signature

Date

STUDENT ATHLETE PARTICIPATION AGREEMENT

Because middle/high school student athletes visibly represent their school, its students, staff, parents and their school community, through Minnesota High School League sponsored activities, and because these athletes serve as an important role model of younger, aspiring athletes and community youth, they must adhere to the following Spring Lake Park High School Athletic Rules.

1. School Attendance
 - The student athlete is expected to follow Westwood Middle School rules regarding regular school attendance
 - The dean of students or the assistant principal shall investigate and notify the athletic director and the coaches any time a student athlete's attendance becomes irregular, excessive or violates school rules.
 - **The student athlete shall not participate in any athletic activity/contest, practice, meeting etc. unless he/she has been in school attendance the entire day of the activity.** Exceptions may be granted only with the prior approval of the athletic director or principal.
 - The student athlete shall not participate in unauthorized functions which cause absence from regular school classes. Such absences may result in suspension from athletic participation.
2. The student athlete shall adhere to the school's athletic scholastic standards; failure to meet them shall result in athletic academic probation and/or exclusion from athletic participation until the scholastic deficiency has been corrected.
3. The student athlete shall comply with all Minnesota State High School League and School District 16 rules and regulations regarding athletic participation. These rules pertain to the use of mood-altering chemicals and tobacco, non-school athletic activity participation, normal progress toward graduation, and fair and sportsmanlike conduct.
4. The student athlete is expected to always conduct him/herself as an exemplary citizen of the school and community and in a positive, sportsmanlike manner.
5. The student athlete shall respect the property of other individuals and the school district. The destruction or theft of personal and/or school property is a most serious offense. Restitution shall be mandatory and suspension from participation in athletic activities may occur.
6. The student athlete is expected to follow and adhere to all approved team rules.
7. The student athlete shall not participate in any illegal activity.
8. The student athlete's participation in an athletic activity is not a right, but a selective honor and a privilege. As such, it requires a high level of commitment and integrity on the part of the participant.

The above statement is provided as a minimum guide for the School District 16 student athletes.

My parent/guardian and I, as a student athlete of School District 16, Westwood Middle School, have read and fully understand the above conditions and agree that I shall conduct myself accordingly. I am fully aware that any violations of the above stated conditions may cause my suspension from participation in athletic activities and may also result in possible forfeiture of my future participation in School District 16 Athletic Activities.

Student/Athlete signature

Date

Parent/Guardian signature

Date

**PARENTAL PERMISSION FORM FOR ATHLETIC
PARTICIPATION IN WMS ACTIVITIES**

(Revised 6/11/10)

Name of Student: _____

Date of Birth: _____ Grade: _____

Minnesota State High School League regulations provide that any student who intends to participate in interscholastic athletics must have on file in this school, a **sports qualifying physical examination performed by a physician within the previous three years.**

The parent or guardian must answer the following questions:

1. The student named above has this record on file? YES NO

2. Do you know of, or believe there is any health reason why this student should not participate in interscholastic athletics? YES NO

The undersigned, herewith,

- Grants the above named student permission to participate in all Minnesota State High School League and Westwood Middle School activities.
- Grants permission to take the student on supervised trips connected with Minnesota State High School League and Westwood Middle School activities.
- Understands that the student must refrain from practice or play during medical treatment until the attending physician gives written permission to resume participation in the activity.

Date _____

Signed _____
Parent/Guardian

**SCHOOL POLICY #531
SCHOOL DISTRICT 16**

**PROHIBITION OF THE USE OR POSSESSION OF ALCOHOL, TOBACCO, OR CONTROLLED
SUBSTANCES BY STUDENTS PARTICIPATION IN SCHOOL DISTRICT ATHLETIC
ACTIVITIES**

All students who participate in athletic activities sponsored by School District 16 shall be required to comply with Minnesota State High School League and District 16 rules and procedures regarding the use of alcohol, tobacco, or controlled substances. District 16 considers the possession of alcohol, tobacco, or controlled substances to be the same violation as the use of these substances. Penalties will be imposed accordingly.

Throughout the calendar year (including the summer break) and not limited to the season or period of the activity, a student whose name appears on a Minnesota State High School League eligibility list shall not use or possess a beverage containing alcohol; use or possess tobacco; use or consume, possess, buy, sell or give away anything defined by law as an illegal drug or a controlled substance.

A student in possession of a legally defined prescription drug specifically prescribed for the student's own use by his/her doctor shall not be deemed in violation of District policy.

The following shall be considered **minimum** penalties and may be increased upon the recommendation of appropriate school district staff.

- A. First Violation:** After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program. **
- B. Second Violation:** After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests or three (3) weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program. **
- C. Third Violation:** After confirmation of the third violation, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests or four (4) weeks of a season in which the student is a participant, whichever is greater. If, after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on his/her own volition becomes a participant in a chemical dependency or treatment program, the student may then be certified for reinstatement in Minnesota State High School League activities after a minimum of six (6) weeks. The director or counselor of a chemical dependency treatment center must issue such certification. **

** In addition to the loss of eligibility as prescribed in Sections A, B, and C, the student will complete five (5) hours of community service for each week of the suspension plus attend two (2) one-hour classes instructed by a licensed chemical health counselor as determined by the School District. The community service hours will be verified by the supervisor in charge and submitted to the Activities Director by the student for final approval. **All of the above must be completed during the period of time in which the penalty is being served. If not, the student will lose eligibility for a nine (9) week period.**

The student shall have the choice of completing the assigned penalty violation or the student may choose a nine (9) week loss of eligibility, which does not include community service or chemical health classes.

Denial Disqualification: A student shall be disqualified from all interscholastic activities for nine (9) weeks beyond the student's original period of ineligibility if the student denies violation of the rule, is allowed to participate and subsequently found to have committed the violation.

A student can serve his/her penalty only during a sport in which the student has previously participated. The student may participate in any sport he/she desires; however, the penalty will not be considered served during any new sport. In order for the penalty to be considered served, the student must finish out the entire season.

Students may be allowed to practice during the serving of their penalty.

An athlete forfeits all post-season awards including the Spring Lake Park letter and All-Conference and Honorable Mention awards with any violation during that season. Other awards may also be affected.

Penalties shall be cumulative beginning with and throughout the student's participation in any level team or activity, or from the time a student's name first appeared on an eligibility list of School District 16 athletic activities.

A complete copy of this policy may be found on the Spring Lake Park School District web page under "School Board Policies".

We have read and understand the above policies. We understand that these policies supersede and are more stringent than Minnesota State High School League rules.

Student/Athlete signature

Date

Parent/Guardian signature

Date

Westwood Middle School Athletic Emergency Card

Must be filled out for each sport. Please fill in card completely. All information will remain confidential.

Participant's Full Name: _____ Age: _____ Grade: _____ Sport _____
Address: _____ Date of Birth: _____

Father/Guardian Name:	Mother/Guardian Name
Home Phone:	Home Phone:
Work Phone:	Work Phone:
Cell Phone	Cell Phone:

Emergency Contact: _____
Home Phone: _____ Alt Phone: _____

Family Physician: _____ ClinicName/phone _____ Hospital _____

Dentist: _____ Phone: _____ Health Ins _____ Policy ID# _____

Please indicate any pertinent previous medical history (illness/injuries) the participant has experienced (heart, breathing, diabetic, joint, neuromuscular, or other condition):

Regular Medications: _____ Allergies: _____

In case of accident or illness, I authorize the head athletic trainer or designee to provide appropriate medical care. If an emergency transport is deemed necessary, I authorize the same to summon an ambulance or arrange for transportation for the participant to the hospital listed above, or to the nearest facility based on the conditions pertaining to the incident. I understand that if immediate ambulance transport is deemed necessary, I may not be notified until after the transport has been initiated.

PARENT/GUARDIAN SIGNATURE _____ **Date:** _____



CONCUSSION MANAGEMENT RECOMMENDATIONS FOR MSHSL ATHLETES

Acute injury

When a player shows any symptoms or signs of a concussion, the following should be applied.

1. The player should not be allowed to return to play in the current game or practice.
2. The player should not be left alone, and regular monitoring for deterioration is essential over the initial few hours after injury.
3. The player should be medically evaluated after the injury.
4. Return to play must follow a medically supervised stepwise process.

A player should never return to play while symptomatic. "When in doubt, sit them out!"

Return to play protocol

Return-to-play decisions are complex. An athlete may be cleared to return to competition only when the player is free of all signs and symptoms of a concussion at rest and during exercise. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before a player can return to competition.

- Each step requires a minimum of 24 hours.
- The player can proceed to the next level only if he/she continues to be free of any symptoms and or signs at the current level.
- If any symptoms or signs recur, the player should drop back to the previous level.

The return to play after a concussion follows a stepwise process:

1. No activity, complete rest until all symptoms have resolved. Once asymptomatic, proceed to level 2.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training.
3. Sport specific exercise—for example, skating in hockey, running in soccer; progressive addition of resistance training at steps 3 or 4.
4. Non-contact training drills.
5. Full contact training after medical clearance.
6. Game play.

The final return to competition decision is based on clinical judgment and the athlete may return only with written permission from a health care provider who is registered, licensed, certified, or otherwise statutorily authorized by the state to provide medical treatment; is trained and experienced in evaluating and managing concussions; and is practicing within the person's medical training and scope of practice.

Neuropsychological testing or balance testing may help with the return to play decision and may be used after the player is symptom free, but the tests are not required for the symptom free player to return to play.

For more information please refer to the references listed below and www.concussionsafety.com.

Signs Observed By Coaching Staff

Appears dazed and stunned
 Is confused about assignment or position
 Forgets sports plays
 Is unsure of game, score, or opponent
 Moves clumsily
 Answers questions slowly
 Loses consciousness (even briefly)
 Shows behavior or personality changes
 Can't recall events prior to hit or fall
 Can't recall events after hit or fall

Symptoms Reported By Athlete

Headache or "pressure" in head
 Nausea or vomiting
 Balance problems or dizziness
 Double or blurry vision
 Sensitivity to light
 Sensitivity to noise
 Feeling sluggish, hazy, foggy, or groggy
 Concentration or memory problems
 Confusion
 Does not "feel right"

2011-2012 MSHSL ELIGIBILITY STATEMENT

CONCUSSION MANAGEMENT ADDENDUM

Statement to be signed by the participant from a MSHSL member school and by the participant's parent or guardian

Please check all items

- I have read, understand, and acknowledge receiving the 2011-2012 MSHSL Eligibility Brochure, which contains only a summary of the eligibility rules of the Minnesota State High School League. I understand that a copy of the Official Handbook of the MSHSL is on file with the senior high school athletic director and or principal and that I may review it, in its entirety, if I so choose. The Official Handbook and MSHSL bylaws are also posted on the MSHSL Web site: www.mshsl.org under Handbook.
- We, the student and parent, have reviewed Concussion Management Recommendations for MSHSL Athletes contained in the Eligibility Brochure and on the following website: www.cdc.gov/concussion**
- I understand that once I sign the eligibility statement all eligibility rules apply:
 - Twelve (12) months of the year;
 - Whether I am currently participating or not;
 - Continuously from the first signing of the statement through the completion of my high school eligibility.
- I further understand that a member school of the MSHSL must adhere to all of the rules and regulations that pertain to the League athletics/activities a school may sponsor and that local rules may be more stringent, and penalties more severe, than MSHSL rules.

STUDENT CODE OF RESPONSIBILITIES

- As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:
 - I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
 - I will be fully responsible for my own actions and the consequences of my actions.
 - I will respect the property of others.
 - I will respect and obey the rules of my school and the laws of my community, state and country.
 - I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing and is ineligible for a period of time as determined by the principal. While a student not in good standing, a student may not serve any penalty for MSHSL Bylaw violations.
- Informed Consent:* By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Herpes and Hepatitis B and others. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN AN MSHSL-SPONSORED ACTIVITY WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN'S SIGNATURE.**
- I consent to the athletic trainer or coach treating injuries and authorize them to discuss those injuries with and release any applicable medical information or records relating to those injuries to coaches, school staff and other qualified health care providers as deemed necessary within their scope of practice.
- I further understand that in the case of injury or illness requiring transportation to a health care facility, that a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.
- By signing this we acknowledge that we have read the information contained in the MSHSL Eligibility Brochure and Statement.
- I/we acknowledge the electronic signature confirms I/we have read and reviewed the information contained in the contents of the Eligibility Brochure and Statement. I/we also acknowledge this electronic signature has the same legal effect, validity, and enforceability as a signature in a non-electronic form.

The student/parent authorizes the release of documents and other pertinent information by the school in order to determine student eligibility. In addition, the student/parent understands and agrees that public information shall include names and pictures of students participating in or attending extra-curricular activities, school events, and High School League activities or events.

Student's Printed Name

Birth Date

Grade in School

Student's Signature

Date

Parent's or Guardian's Signature

Date