

# HANDBOOK

**CHEERLEADER**

*PARENT*

*Middle School*

*2018-2019*





**HERITAGE CHRISTIAN SCHOOL  
9825 WOODLEY AVENUE  
NORTHRIDGE, CA 91343  
(818) 894-5742**

## **CHEERLEADER-PARENT HANDBOOK**

This handbook has been compiled for the benefit of both athletes and parents. It contains major expectations for athletes at Heritage Christian School. Both parent and athlete are to read the handbook.

In order that you may become informed, please go over each part carefully, discuss it, and stress the importance of abiding by the standards given.

Please complete, sign and return the following forms to the coach.

- **Signature Statement Form**
- **Sports Release**
- **Athletes' Code of Ethics**
- **Pre-participation Physical Clearance**

Both custodial parents (single signature for a parent with sole custody) must sign the forms. Your response indicates awareness of our expectations.

**Please keep this handbook for constant reference during the year.**

Thank you for your cooperation.



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**(Return the following forms to the Athletic Office)**

Athlete/Parent Signature Statement Form

Sports Release

Delphic League Code of Ethics

Pre-participation Physical Clearance



## **MISSION STATEMENT**

It is the Mission of Heritage Christian School's Athletic Program to:

1. Honor God with our actions, words and talents both on and off the playing field.
2. Provide memorable experiences through the building of character, teamwork, and athletic ability.
3. Encourage students to play in a competitive sport, while achieving academic standards, engaging in physical activity, and displaying proper sportsmanship.
4. Provide coaches who are strong believers in Christ and examples to their players while creating character-driven and coachable athletes.

## **OUR PERSPECTIVE ON SPORTS**

We believe the Lord has gifted each young person and coach in unique ways that can be enjoyed and developed fully through the sport of their choice. "Whatever you do, do it enthusiastically, as something done for the Lord and not for men, knowing that you will receive the reward of an inheritance from the Lord— you serve the Lord Christ." Colossians 3:23

We believe that winning can be a natural result of hard work. The Bible specifically encourages excellence in all things. "Run in such a way that you may win...however, they do it to receive a perishable crown, but we an imperishable one." 1 Corinthians 9:24-25. Therefore, while we will "run to win" we will also teach our athletes how to compete in a way that pleases the Lord and develops eternally significant character qualities.

## **PURPOSE**

1. To please God and bring Him honor.
2. To demonstrate a positive attitude towards the school, its rules, teachers, and Christian standards.
3. To represent Heritage Christian School and the athletic program, promote and uphold school spirit, and demonstrate good sportsmanship.
4. To develop discipline in individual lives and leadership skills.
5. To have respect for authority, learn to work as a team and develop a sense of responsibility.
6. To exhibit maturity and the attributes of a Christ-centered life, both on and off the campus.
7. To be positive, support our teams, and refrain from any negative attitudes.

## **KEYS TO SPIRITUAL AND ATHLETIC SUCCESS**

1. Be Committed to your sport, to your coach, to your team, to your school, and most of all, to Christ. Matthew 6:33
2. Be Intense - Giving a "total release" in all areas: spiritually, mentally, emotionally, and physically. Colossians 3:17, 23
3. Promote Team Play and Unity - Have a common purpose. Philippians 2:2
4. Be Self-Controlled and Self-Disciplined - Punctuality is important. I Corinthians 9:25
5. Be Obedient to Authority - Recognize God as the supreme authority. Romans 13:1, 2
6. Uphold the Highest Integrity - Uphold the rules of fair play. Proverbs 10:9, II Timothy 2:5
7. Be Courteous and Respectful to parents, teachers, coaches, teammates, opponents, officials, and spectators. Matthew 7:12
8. Sacrifice for God and Others - Be holy and strive to please God. Romans 12:1, 10 and Philippians 2:3
9. Continue to Strive for Excellence - Work hard everyday. Colossians 3:23
10. Strive to Grow as Leaders - Exhibit the character traits of sacrifice, going the extra mile, and having a servant's heart. Galatians 5:13, Romans 12:1-2, Matthew 5:38-42
11. Show Humility - Be humble in victory and defeat; offer congratulations in public-win or lose. Deuteronomy 8:2, 16
12. Use Appropriate Language - Honor God with the use of words and encourage others. James 1:26

## **CHEERLEADER'S RESPONSIBILITY/CONDUCT**

1. Always be prompt to practices and games.
2. Notify the coach of any practices or games that you will be missing at least 24 hours in advance.
3. Athletes missing school for more than two class periods, for any reason other than a school sponsored or approved activity, may not participate in any school function or activity that day.

## **SCHOOL YEAR COMMITMENT**

1. Cheerleading is a demanding time commitment and should come before ALL other non-academic activities.
2. Fall Season - Cheer supports Boys' Football.
3. Winter Season - Cheer supports for Boys' and Girls' Basketball.
4. During fall season practices are held 1-3 times a week from 3:15-5:30 and games are on Saturdays.
5. During winter season practices are held 1-3 times a week from 3:15-5:00 and games are 1-2 times per week with varying times.

## **SUMMER COMMITMENT**

1. Summer practices will begin in May/June.
2. Practices will be held 2-3 times per week until cheer camp at the end of June (practices times to be determined).
3. Date and location to be determined for the mandatory cheer camp.

## **COMMITMENT AND ATTENDANCE RESPONSIBILITIES**

1. Cheerleaders are expected to attend all summer practices, summer camp, after school practices, games, and all other events identified and communicated as mandatory.
2. If needed, extra practices or extended practices may be called anytime during the summer or school year. Advance notice will be given.
3. Schedule doctor and dentist/orthodontic appointments around practice dates and times.
4. Illness will be the only excused absences.
  - If a cheerleader has an excused absence during the practice before a game or when halftime preparation takes place, they must sit out that halftime.
  - If a cheerleader has an excused absence on a game day, they may not cheer in the game.
5. **Cheerleaders or parents must contact the coach as soon as they know they are not going to be in attendance to any game or practice for ANY reason.**
6. An unexcused absence will result in a benching of the entire game.
7. If a problem persists, the cheerleader will be removed from the team.
8. All disciplinary action regarding attendance will be reported to the Athletic Director.

## **FINANCIAL RESPONSIBILITIES**

1. In addition to the time commitment, being on Middle School Cheer is a financial commitment.
2. Once chosen as a member of the team, cheerleaders and families are financially responsible for all monies owed whether or not they complete the year on the team, as camp fees are non-refundable and uniforms specific to the individual.
3. The cost for camp is approximately \$500.00
4. The cost for uniforms, camp/practice gear, and other miscellaneous items can run between \$600.00 and \$800.00 and may be paid in payments.
5. A standard athletic participation fee applies to all middle school sports teams.

## **PRACTICE RESPONSIBILITIES**

1. All practices are mandatory.
2. Cheerleaders should arrive with proper practice clothes, hair pulled back, and cheer shoes.
3. No jewelry is to be worn.

## **GAME DAY RESPONSIBILITIES**

1. Arrive at the game in FULL uniform.
2. Uniforms are to be kept clean and presentable.
3. Hair is to be neat and combed into the hairstyle previously determined for each game.
4. No jewelry is to be worn.
5. Bring accessories such as cheer bag with pom poms, bodyliner, and jacket to every game.
6. During the game, maintain a professional demeanor and project a good attitude.
7. Show respect toward the visiting opponents and opposing coaches and fans.
8. When hosting, meet and pray with the visiting cheerleaders; make them feel welcome, and answer any questions they may have.
9. Violations of these responsibilities will result in discipline at the discretion of the coach.

## **PARENT/FAN RESPONSIBILITY AND CONDUCT**

1. Show proper respect to the players on both teams. Remember that each one of them is someone's son or daughter.
2. Show proper respect for the visiting crowd. Treat them just as you would like to be treated in their gym or at their field.
3. Show proper respect for officials and to their legitimate position of authority over the game.
4. Remember that the other team's players, coaches and fans are not our enemies. They are merely our opponents in a game.
5. Please do not "BOO" or otherwise show a negative reaction to an official's decision or to a player's performance.
6. Remember that the Lord sees our actions and knows our thoughts and the intents of our hearts.



## **ARE YOU A GOOD SPORT?**

### **A checklist for parents and players:**

1. Always play by the rules.
2. Control your temper.
3. Cheer good plays made by either team.
4. Don't talk trash, tease or taunt opponents.
5. Demonstrate good sportsmanship at all times.
6. Don't yell at teammates for making a mistake. Never criticize teammates or coaches on the sideline.
7. Admit your mistakes instead of making excuses or blaming others.
8. Try your hardest on every cheer, even if the team is losing by a lot.
9. Don't use profanity of any kind.
10. Don't show off.
11. Have fun!!!

### **ADVICE FROM COACHES TO PARENTS**

#### **◆ Don't question the coach's decision in front of the players.**

If a coach does something during a performance or practice that you disagree with, please speak with the coach privately, away from the cheerleaders. Confrontations in front of the cheerleaders can lead to loss of respect toward coaches and/or parents. (Always speak directly with the coach, not to others. Matthew 18)

#### **◆ Don't verbally abuse officials.**

Officials are unbiased individuals hired to officiate an athletic event. Although at times we may disagree with an official's call, we need to understand that they are human and that they are doing the best they can. Any disputes in calls should be dealt with by the coaches.

#### **◆ Let the coaches coach their team.**

Within each parent there is a natural tendency to want to see their children do well. During the excitement of the game parents can often become "sideline coaches." Please allow the coach to do the coaching. Too many voices instructing the players at one time only leads to confusion.

#### **◆ Be supportive.**

Encourage your daughter. Help them to find something positive about their performance. Help them to evaluate their performance and ways to improve. Even if they lose, try to get them to acknowledge that they did their best and that alone makes them winners. Remember to pray often with your daughter. Pray that they will do their best unto the Lord.

### **ACADEMIC ELIGIBILITY FOR SPORTS**

The following eligibility rules apply to participation in sports during the regular school year, not to summer sports.

A student's GPA includes all grades listed on the report card. Grades used to determine eligibility are those listed on the report card at the end of the grading period.

**Students are required to maintain a minimum GPA of 2.0 and have no more than one "fail" or two D's for each of the previous two grading periods to be eligible to participate in games during the next grading period.** However, if a student does not maintain a minimum GPA of 2.0 or has more than one "fail" but it is not the second consecutive grading period doing so, then the student is placed on "probation" for the next grading period. During the probationary grading period the student is permitted to participate in practices and games. Students who still do not meet the academic eligibility requirement at the end of their probationary grading period are not permitted to participate in games during the next grading period effective the day listed on the school calendar as the end of the grading period; and, they may not participate in practices until the mid-period progress grades indicate that the student meets the eligibility requirement. Students who meet the academic eligibility requirement at the end of their probationary grading period are removed from probation having now regained full eligibility for the next grading period.

Summer school grades may be averaged in with second semester grades to recalculate the second semester GPA.

Participation fees will not be refunded in the event an athlete becomes ineligible during the season.

***Before a student can participate in tryouts, he/she must be currently enrolled for the following school year and have the following items on file in the school or athletic office:***

1. Proof of medical insurance
2. Pre-participation Physical Exam Form
3. Three (3) Teacher Evaluations
4. Permission to tryout and financial/time commitment acknowledgement

***Before a student can participate in practices or games, the following items must be on file in the school office:***

1. Sports Participation Fee, paid in full by the first day of school.
2. Athlete/Parent Handbook Signature Statement Form signed by parent(s) and student.
3. Sports Release signed by parent(s).
4. Delphic League Athletes' Code of Ethics signed by parent(s) and student.

***To participate in games or practices, an athlete must attend at least five class periods on the day of the game or practice.***

## **ATHLETIC PARTICIPATION**

Athletic participation at Heritage Christian School is a privilege that is earned through academic study, adherence to school policy, and athletic performance. Information concerning athletic eligibility is in this Handbook.

## **MAKING THE TEAM**

Heritage Christian School encourages participation in all school activities. However, because of a sport's popularity, or league rules, the number of students on any particular team may be limited. The coach carries as many players as the limitations and rules will accommodate. Because of these limitations and the differing athletic abilities of our students, some students trying out for teams will not make the team. The coach's decision on who makes the team is final. Both parents and student athletes should remember that athletic skills and abilities vary depending upon age and practice. Many successful student-athletes did not make the team on the first try.

## **QUITTING A TEAM**

After being selected to a position on any team, any athlete that quits the team for personal reasons will not be refunded any portion of the participation fee, nor be allowed to participate in any sports the following intended sport season. Exceptions will be heard only by the administration.

Once chosen as a member of the team, cheerleaders and families are financially responsible for all monies owed whether or not they complete the year on the team.

## **DISMISSAL FROM A TEAM**

Coaches are responsible for the conduct and discipline of their team. The method of discipline of athletes depends on the severity of the infraction and past disciplinary history. Coaches will use many methods of discipline in attempting to correct an athlete's conduct. These include counseling, communicating with parents, assigning additional work, suspension from practice and/or games, and dismissal from the team. Usually, dismissal from the team, depending on the violation, is the last step the coach will take, however, some infractions are so serious that dismissal may be warranted without prior disciplinary action. The coach's decision on imposing discipline, including suspension and dismissal is final. Conduct warranting dismissal includes:

1. Major school infractions leading to suspension or expulsion from school
2. Consistent absenteeism from practices or contests without legitimate excuses
3. Insubordination to coaches or other school personnel
4. Use of alcohol, drugs, or tobacco on or off campus
5. Inappropriate use of social media

## **INJURY**

If an athlete is injured at a practice or game, he/she is responsible to make the coach aware of the injury. When an injury involves a follow-up evaluation from a doctor, information regarding release to return to school/sports or restriction from sports must be submitted the first day the athlete returns to school. This information is submitted to the health attendant. Athletes on restriction from their doctor due to injury WILL NOT be allowed to participate in practice or games. A doctor is the only one who can release an athlete to return to play/activity.

## **TRANSPORTATION**

1. Transportation will be provided and or arranged by the school for all weekday games and events, however, transportation is not provided for Saturday football games.

## **RELEASING ATHLETES TO PARENTS AFTER GAMES**

Student athletes who were transported to sporting events/activities by bus or school van do not have to return to school on the bus/ school van if the parent notifies the coach. Each coach will have a roster in his/her possession for each athletic event that the parents can sign indicating that the athlete will go home from the game with a parent. A coach can also release a child to ride with another parent if the child has a note from his/her parents giving that parent permission to take the child. Any parental notes must have dates.

## **ATHLETIC FEES**

1. There is a (*per sport*) fee assessment for each student desiring to participate in any interscholastic sport.
2. Once the school year has begun athletes may not participate in practices or games until the athletic fee is paid in full.
3. Participation fees will not be refunded in the event an athlete becomes ineligible during the season.

## **ATHLETIC PRECAUTIONARY & CONSENT TO PARTICIPATE STATEMENT**

Participation in competitive athletics may result in severe injury, including paralysis or death. Changes in rules, improved conditioning programs, better medical coverage, and improvement in equipment have reduced the risk, *BUT IT IS IMPOSSIBLE TO TOTALLY ELIMINATE SUCH OCCURRENCES FROM ATHLETICS.*

Players can reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches, following a proper conditioning program, and inspecting their equipment daily. *DAMAGED EQUIPMENT MUST BE REPORTED AND REPLACED IMMEDIATELY.* Even if all the requirements are met, and even if the athlete is using excellent protective equipment, a serious accident may still occur.

## **MEDIATION AND ARBITRATION OF DISPUTES**

1. HILLCREST CHRISTIAN SCHOOL a California nonprofit corporation dba HERITAGE CHRISTIAN SCHOOL (the "School") is a Christian institution which believes that the Bible commands individuals to make every effort to live at peace and resolve disputes with one another in private and within the parameters set by the Christian Church (see Matthew 18:15-20; 1 Corinthians 6:1-8). Therefore, the School, and the parents, legal guardians, and legal representatives of its students (hereinafter the parties) agree that except as expressly exempted from these provisions, any and all claims or disputes which would otherwise be the basis for legal or court action, which arise from or are related to the School and its operation, including all aspects of a student's relationship with the School, its administrators, faculty, and staff, shall be settled by biblically based mediation and, if necessary, legally binding arbitration.
2. The parties hereto agree to mediate any dispute or claim as above described arising between them before resorting to arbitration. Mediation is a process by which parties attempt to resolve a dispute or claim by submitting it to an impartial, neutral mediator, who is authorized to facilitate the resolution of the dispute, but who is not empowered to impose a settlement on the parties.
3. The mediation shall be conducted in accordance with the **Rules of Procedure for Christian Conciliation** contained in the booklet **Guidelines for Christian Conciliation** promulgated by the Institute for Christian Conciliation a division of Peacemakers Ministries (or its successor), whose address is P.O. Box 81130, Billings, MT 59108. (406) 256-1583. A copy of the Rules of Procedure are available in the school office or online at [www.Peacemaker.net](http://www.Peacemaker.net) under the Institutes button. The mediation shall be conducted at a location, in the San Fernando Valley, as determined under the Rules. The parties to the dispute may mutually agree to the selection of an alternative method of mediation and/or a mutually acceptable alternative mediator to resolve the dispute.
4. If any party commences an arbitration or court action based on a dispute or claim to which the mediation provision applies without first attempting to resolve the matter through mediation, then in the discretion of the arbitrator(s) or judge, that party shall not be entitled to recover attorney's fees, even if they would otherwise be available to that party in any such proceeding.
5. The parties hereto agree that any dispute or claim in law or equity arising between them which is not settled through mediation, as above provided, shall be decided by neutral, binding arbitration and not by court action, except as provided by California law for judicial review of arbitration proceedings.
6. The dispute shall be submitted to binding arbitration in accordance with the **Rules of Procedure** promulgated by the Institute for Christian Conciliation, whose address, telephone number, and web address are provided above. In the event the arbitrator or arbitrators selected pursuant to the **Rules of Procedure** above decline to act, either party may submit the dispute to arbitration in accordance with the Rules of Procedure of ADR Services, Inc. (ADR) or Judicial Arbitration and Mediation Services, Inc. - Endispute (JAMS-Endispute). The selection between ADR and JAMS-Endispute shall be made by the claimant first filing for arbitration. The parties to an arbitration may agree in writing to use different rules and/or arbitrator(s). The cost of mediation and/or arbitration shall be governed by the Rules of Procedure. The parties shall have the right to discovery in accordance with Code of Civil Procedure Section 1283.05. In all other respects, the arbitration shall be conducted in accordance with Part III, Title 9 of the California Code of Civil Procedure. Judgment upon any arbitration award may be entered in any court having jurisdiction thereof.
7. Exempted from the provisions of these mediation and arbitration provisions is the collection of monies due the School for tuition or other charges. Such collections may be enforced directly by legal action. The mediation and arbitration provisions created herein are not intended and do not give parents, guardians, or other legal representatives standing to arbitrate matters arising from the administration and implementation of the School's educational functions. Also exempted from the provisions of this Mediation and Arbitration of Disputes Agreement are any disputes which by law are required to be resolved by a governmental agency or are by law expressly exempted from arbitration.
8. If a dispute or claim involves an alleged injury or damage to which the School's insurance applies, the School's insurer may elect not to submit the dispute or claim to mediation or arbitration as described in this Agreement, in which event unless the parties otherwise agree, this Mediation and Arbitration of Disputes Agreement shall no longer be binding with regard to that part of the dispute or claim to which the School's insurance applies. Except as otherwise provided herein, the parents, legal guardians and legal representatives of their student agree that this Mediation and Arbitration of Disputes Agreement shall provide the sole remedy for any dispute between them, their children, or students, and the School and do hereby waive, on behalf of themselves, their children and students, the right to file any legal action against the School in a civil court or agency, except to enforce an arbitration award.

**HERITAGE CHRISTIAN SCHOOL**

**MIDDLE SCHOOL  
ATHLETE-PARENT HANDBOOK**

**SIGNATURE STATEMENT FORM**

As a condition of participation by \_\_\_\_\_ (student's name), in the \_\_\_\_\_ school year, we acknowledge that we have read and understand the following:

**Middle School Athlete-Parent Handbook Acknowledgment**

We have carefully read the Athlete-Parent Handbook and have discussed its importance with our student athlete. We understand that there is a participation fee to be paid and medical insurance to be provided, *before* the athlete may participate in the sports program. We have also read the *Mediation/Arbitration agreement* and agree to be bound by it.

**Athletic Precautionary/Consent Statement**

We have carefully read and understand the *Athletic Precautionary Statement* and hereby consent to allow the above mentioned athlete to participate in athletics at Heritage Christian School for the current school year. We understand that athletic participation at Heritage Christian School is a *privilege* that is earned through academic study, adherence to school policy, and athletic performance. Information concerning athletic eligibility is in the Parent-Student Handbook.

\_\_\_\_\_  
Parent/Guardian Printed Name

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Printed Name

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Printed Name

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

\_\_\_\_\_  
Date



**SPORTS RELEASE**

*HERITAGE CHRISTIAN SCHOOL  
9825 Woodley Avenue, Northridge, California 91343  
(818) 894-5742*

**Sports Activity:** \_\_\_\_\_

**Sponsor:** Hillcrest Christian School, a California nonprofit corporation, dba Heritage Christian School and its officers, directors, trustees, employees, agents, volunteer workers, promoters, and affiliates.

**Name of Sports Participant:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Permission and Release:** I represent that I am a parent or guardian having legal custody or the legal guardian of the above minor child (Sports Participant). In consideration for my child’s participation in the sports activity stated above, the undersigned makes the following representations and enters into the following binding contractual agreements. I acknowledge that by signing this document I am releasing Sponsor from liability as hereinafter described. This document is a contract with legal consequences. I acknowledge I have been advised to read it carefully before signing and have done so.

I acknowledge that sporting activities in general are inherently dangerous and may result in serious bodily injury and/or death which no amount of care, caution, instruction, supervision, or expertise can eliminate. I further acknowledge that I am aware of the nature and extent of the Sports Activity listed above and the dangers inherent in that Sports Activity, and that I am further aware that the Sports Activity listed above is an inherently dangerous activity. I further acknowledge that my child’s participation in this Sports Activity is a personal choice and is not required by Sponsor.

I, on behalf of my child, myself, our heirs, assigns, and personal representatives, freely assume the full responsibility and the risk of bodily injury, property damage, or death to my child due to the ordinary negligence of Sponsor and the ordinary negligence, gross negligence, or willful misconduct of any third party including others participating in the Sports Activity or any equipment defect whatsoever.

I give my permission for my child to participate in the Sports Activity described above, which may include transportation and supervision by volunteers and staff. The activity may include related events or functions such as meals after games and banquets. I hereby, on behalf of my child, myself, our heirs, assigns, and personal representatives, waive, release and forever discharge Sponsor, from any and all claims, including but not limited to claims for bodily injury, property damage, or death arising directly or indirectly from my child’s participation in the Sports Activity, including injuries or losses caused by the ordinary negligence of Sponsor and the ordinary negligence, gross negligence, or willful misconduct of any third party including others participating in the Sports Activity, or any equipment defect whatsoever. I further agree not to sue Sponsor with respect to any claim for bodily injury, property damage, or death as a result of my child’s participation in the sports activity.

I, on behalf of my child, myself, our heirs, assigns, and personal representatives, agree to indemnify, defend and hold harmless, at my sole cost, the Sponsor from any and all claims against sponsor arising out of my child’s participation in the sports activity.

Any provision or portion of this Sports Release found to be invalid by a court having jurisdiction shall be invalid only with respect to such provision or portion thereof, and then only to the extent necessary to avoid such invalidity. The offending provision or portion shall be modified to the maximum extent possible to confer upon the parties the benefits intended thereby. The provision or portion as modified and the remaining provisions or portions hereof shall be construed and enforced to the same extent as if such offending provision or portion thereof had not been contained herein, to the maximum extent possible.

I further represent that I maintain private health and/or accident insurance or HMO coverage sufficient to cover bodily injury and/or damage resulting from my child’s participation in the Activity. I further represent that the information provided by me in the Proof of Insurance portion of the Emergency Treatment Authorization on file or submitted herewith is current and correct.

**Continued on Reverse Side**

**Emergency Treatment Authorization and Medical Release:** I affirmatively state that my child is in good health and has no known physical or mental conditions which would impair or restrict his/her participation in the Sports Activity.

\_\_\_\_\_ I have on file with Heritage Christian School a current Emergency Treatment Authorization the provisions of which are incorporated herein by reference. All information contained therein including my minor child's medical and health information is current.

\_\_\_\_\_ I enclose herewith an updated Emergency Treatment Authorization with current medical and health information on my minor child, the provisions of which are incorporated herein by reference.

**Mediation/Arbitration:** I further agree that any claim or dispute arising from or related to my child's participation in the Sports Activity or to this Sports Release or otherwise shall be settled by mediation and, if necessary, legally binding arbitration in accordance with the Mediation and Arbitration of Disputes Agreement as set forth in the Athlete-Parent Handbook which is incorporated herein by reference and is attached hereto. I agree that this Mediation and Arbitration of Disputes Agreement shall provide the sole remedy for any disputes arising between me, my children, and the school or its employees or agents and do hereby waive on behalf of myself and my children, the right to file any legal action against the school or its employees or agents in a civil court or agency, except to enforce an arbitration decision.

**Print Name:** \_\_\_\_\_ **Relationship to Minor:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_ **Relationship to Minor:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

My child takes the following medication on a daily basis: \_\_\_\_\_





## **Athlete's Code of Ethics** **2018-2019**

Athletics is an integral part of a school's total educational program. The purpose of the League shall be to offer an educational experience for 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students of private/independent schools through interscholastic athletics. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social, and moral development of its students. The League strives to promote good standards of sportsmanship and friendly relations among member schools. It is within this context and in accordance with Title V of California Administrative Code that the following Athlete's Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, spectators, coaches, and the integrity and judgment of game officials.
3. Exhibit fair play, sportsmanship, and proper conduct on and off of the competitive site.
4. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
5. Adhere to the established rules and standards of the competition.
6. Respect all equipment and use it safely and appropriately.
7. Refrain from the use of alcohol, tobacco, illegal and non-prescription drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
8. Win with character, lose with dignity.

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Parent/Guardian's Signature

Parent/Guardian's Name Printed

Date

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Athlete's Signature

Athlete's Name Printed

Date

*JHDL Athletic Directors will hold a signed copy of the Athlete's Code of Ethics for the entire school year.*



## **Parent/Legal Guardians' Code of Ethics** **2018-2019**

Athletics is an integral part of the school's total educational program. The purpose of the league shall be to offer an educational experience for 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade students of private/independent schools through interscholastic athletics. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral developments of its students. The league shall strive to promote good standards of sportsmanship and friendly relations among member schools. It is within this context and in accordance with Title V of California Administrative Code that the following Parent/Legal Guardian's Code of Ethics is presented.

As a Parent/Legal Guardian, I understand that it is my responsibility to:

1. Understand that athletes participate in sports to have fun and learn new skills. I will do my best to make sure that the competitions are a positive and safe experience for all participants.
2. Remember that I am a spectator and that the competitions are for the student/athletes and not the adults. Accordingly, I will encourage my student/athlete and all other athletes, to participate in sports by providing a supportive atmosphere.
3. "Honor the Game" by making positive comments, showing respect for players and coaches, and the integrity and judgment of game officials.
4. Be a role model of good sportsmanship and character. I will help my student athlete meet his/her responsibilities to the team, coach, school, and League.
5. Not interfere or coach from the sidelines.
6. Refrain from the use of alcohol, tobacco, illegal and non-prescription drugs at any school or league event.
7. Understand that as a parent/legal guardian, I am responsible for any family members and/or friends who attend games to support my student/athlete. These family members and/or friends are expected to adhere to the same standards.

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Parent/Guardian's Signature	Parent/Guardian's Name Printed	Date
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Parent/Guardian's Signature	Parent/Guardian's Name Printed	Date
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*JHDL Athletic Directors will hold a signed copy of the Parent's Code of Ethics for the entire school year.*