



**BONITA UNIFIED SCHOOL DISTRICT**  
**Ed Jones Educational Center**  
**AFTERSCHOOL SPORTS PROGRAM**  
**PARENT RELEASE FORM**  
**2016 - 2017**

\_\_\_\_\_ has my permission to participate in the Ed Jones Educational Center Afterschool Sports program. My child and I agree to follow all the rules and regulations set forth by the school, the league, the coaches and the officials.

In consideration of this participation, I hereby release and hold blameless, the Bonita Unified School District, their employees, and any volunteers who may assist with said program, from any and all liability which may occur by reason of their involvement with the program.

My child has permission to be transported by school bus or by private transportation to any away games during the season in which they are participating.

In order to be eligible to participate in any extra-curricular activity at the Ed Jones Educational Center, a student must maintain a "C" grade (2.0) point average and have no "U's" (unsatisfactory) or 2 or more "N's" in their citizen grades.

In case of injury, my child may \_\_\_ or may not \_\_\_ receive medical attention from a licensed physician or paramedic.

My child may \_\_\_ or may not \_\_\_ be admitted to a hospital in case of an emergency.

\_\_\_\_\_  
*(Signature of parent or guardian)*

\_\_\_\_\_  
*(Date)*

\_\_\_\_\_  
*(Signature of student)*

\_\_\_\_\_  
*(Date)*

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Phone Number: (     ) \_\_\_\_\_





**BONITA UNIFIED SCHOOL DISTRICT  
Ed Jones Educational Center  
STUDENT INSURANCE VERIFICATION**

If your son/daughter is a team player in any sport or plans to join the Ed Jones Educational Center Athletic Association at Ed Jones Education Center, please complete the following and return it to the office.

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**Student's Name**

**School**

**Grade**

1. My student is covered by our own insurance. My insurance company is:

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2. I have taken the insurance as offered by the District. The policy was paid and mailed on: \_\_\_\_\_.

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**Signature of Parent/Guardian**

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**Date**



## **Student Athlete Contract**

I understand that a fulfilling educational sport experience requires the exercise of responsibilities on the part of both personnel associated with the athletics program and student-athletes. As a student-athlete, I understand my responsibility to commit to the principles of self-discipline, collaborative effort and team building, and to be an ambassador for the institution.

### **Academic Standards**

I understand that all student-athletes must exhibit behaviors that demonstrate a commitment to maximizing academic success as their first priority. I understand that Chaparral and Vista High Schools have created the following standards, strategies, and policies to maximize the possibility of student-athletes meeting their academic goals. I understand that I am obligated to comply with these standards:

- Student-athletes must adhere to all academic requirements (class attendance, GPA of 2.0)
- Student-athletes are expected to submit a progress report to the coach every two weeks.
- Student-athletes are not permitted to miss any regularly scheduled classes for activities other than scheduled athletics competitions.
- Student-athletes are expected to meet all deadline dates for class assignments and are required to make pre-arrangements with instructors when quizzes, tests or special assignments conflict with contest dates.

### **Behavioral Expectations**

I understand that student-athletes are visible representatives of the institution both on campus and off-campus. Student-athlete behavior affects public perception of the school, athletic standards, and the character of the student body. Therefore, it is an expectation that student-athletes will demonstrate consistent role model behavior, sportsmanship and self-control. More specifically:

- Student-athletes must be committed to fair play. Intentional acts of unsportsmanlike behavior or cheating will not be tolerated.
- When representing their teams during competition, student-athletes will exercise self-control in all ways including, but not limited to, resisting the use of profanity, demonstrating unnecessary aggression or hostility towards others, making inappropriate physical gestures, taunting or excessively celebrating, and disrespecting coaches, officials, teammates or opponents.
- The ability to play in a school supported athletics program is a privilege, not a right.
- The goal of the athletic program is to foster a better understanding of what it means to be a part of a team, through teamwork and commitment. The goal is NOT to win every game.

### **Practice and Participation Expectations**

I understand that practice is an important aspect of being on a team. My attendance at all practices is important and my absence from practice may affect my playing time during games and may result in dismissal from the team. Participation during practices is just as important as attendance. It is important for me to give full effort at each and every practice. Therefore, I understand the need for and accept the following practice and participation responsibilities:

- *Report to my coach any change in my physical, mental or emotional well-being that may affect my ability to participate safely.*
- **Commit to completing all conditioning activities and practice session I am asked to perform to ready me for the physical, mental, and emotional stress associated with my sport.**
- **Report to my coach any time I will be absent from practice. I am allowed to miss two (2) practices without giving the coach notice before being dismissed from the team.**

### Teamwork and Team Expectations

**I understand that team unity and team chemistry are key variables for a positive and successful athletics experience. Commitment to team goals is essential which, at times, may take precedence over individual goals. Under these conditions, I understand that student-athletes are expected to exhibit a level of selflessness that promotes team goals.**

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**(read/sign and return bottom portion to coach)**

**I confirm that I have read and understand the Student Athlete Contract and affirm that I will follow all the requirements of the Student Athlete Contract.**

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**Student**

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**Date**

## Chaparral and Vista High Schools

### Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications, including prolonged brain damage and death, if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

#### Symptoms may include one or more of the following:

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| <ul style="list-style-type: none"><li>• Headaches</li><li>• "Pressure in head"</li><li>• Nausea or vomiting</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Amnesia</li><li>• "Don't feel right"</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul> |
|--|---|

#### Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Chaparral and Vista High Schools  
Concussion Information Sheet

What can happen if my child keeps playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teen athletes will often under report symptoms of injury. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day."

and

"A student-athlete who has been removed may not return to play until the athlete is evaluated by a licenced health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider."

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. When in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

# SPORTS

<b>DO THE RIGHT THING</b>	<b>Give Your Best Effort</b> <b>Play By The Rules</b> <b>Be A Team Player</b> <b>Encourage Others</b> <b>Show Good Sportsmanship</b> <b>Practice Safety</b>
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<b>OWN YOUR ACTIONS</b>	<b>Accept Defeat Gracefully</b> <b>Stay Committed</b> <b>Accept Consequences</b> <b>Be Coachable</b> <b>Maintain Your Eligibility</b>
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<b>GIVE RESPECT</b>	<b>Use Appropriate Language</b> <b>Take Direction</b> <b>Be A Gracious Winner</b> <b>Congratulate Others Success</b> <b>Honor The Game</b>
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<b>SHOW PRIDE</b>	<b>Represent Our School Positively</b> <b>Wear School Colors</b> <b>Wear Appropriate Attire</b> <b>Cheer For Your Team</b>
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**BE A BULLDOG!**

