



**Athletics Department
Guidelines and Policies**

&

Student-Athlete Registration Packet

2019-2020 Athletics Department Guidelines and Policies & Student-Athlete Registration Packet

Dear Parents/Guardians,

Welcome to the St. Mary's Cathedral School Athletic Department (SMCSAD)!

The St. Mary's Cathedral School Athletic Department and Administration would like to thank you for all your support and sacrifice during our athletic seasons. We are very grateful for the time and effort your child puts in to our sports, and the time and effort you put in with the various duties of being a "sports parent". We all wish to see the students strive and succeed while simultaneously keeping them out of harm's way. All of us at St. Mary's wish to thank you for your understanding, cooperation, and we acknowledge the tremendous sacrifices you make for your child every day.

We are all deeply vested in our children's athletic endeavors. As parents, we know you want to see them do well and excel. At this age level, we are trying to teach these young athletes and lay the foundation for them to perhaps play competitively at the high school level. Throughout the athletic season, we want the athletes to grow spiritually, mentally, and physically while improving upon their skills in their chosen sport. We want the athletes to have fun, forge team bonds, and learn real-world skills that help with communication, group dynamics, leadership and service. Parents/guardians should not let their desires, emotions, or dreams interfere with the experience for their child(ren).

As a school and Athletic Department, St. Mary's strives to create the most favorable environment for our athletes and parents. We also uphold the rules and guidelines set forth by the All Catholic Conference (ACC). It is our hope and full intention that the policies contained herein will benefit all parties involved, especially our student-athletes.

We sincerely hope we can all give our athletes, your children, a truly positive learning and spiritual experience that will last them for years to come.

Yours in Christ,

Mr. Flor, Principal

Coach Moses, Athletic Director

St. Mary's Athletic Department: Uniform Return Policy

Each athlete competing in any sport(s) is issued a regulation St. Mary's Cathedral School athletic uniform. The uniform is an "INVENTORY ITEM," and is the property of St. Mary's Cathedral School Athletic Department (SMCSAD). Because uniforms are very expensive, we try to get several seasons of use from them.

- Therefore, uniforms will be handed out/assigned to athletes for ONE season's competitions.
- The uniform MUST be returned at the end of that particular season.
- Coaches reserve the right to collect uniforms at the end of each game as well.
- Some uniform items are considered "personal attire" and are purchased individually by the athlete (knee pads, arm sleeves, braces, etc...). These items are the personal property of the athlete.
- Other items may be gifted to the athletes by the Athletic Director or Coaches, and the athletes will be allowed to keep these (headbands, t-shirts, wristbands, etc...).
- The Athletic Director and/or Coaches will provide detailed instructions on the washing and drying procedures for uniforms (some uniforms can NOT be put in the dryer), or each uniform package will contain instructions on proper care and maintenance of the garment.
- The Athletic Director and/or Coaches will provide detailed instructions on how the uniform is to be returned at the end of the season.

The return of uniforms is crucial and will allow us to guarantee the maximum participation in each sport.

- Athletes and their families who have failed to return their uniform will be notified by the SMAD.
- Athletes will return the uniform to the St. Mary's Athletic Director or designated Coach(es) at the end of the season unless otherwise noted.
- Athletes who do not return the uniform within the designated time will be charged for the uniform.
- The athlete will have a "flag" placed on his or her file/transcript until the uniform is returned or the item has been paid for. This means transcripts and other school documentation may be withheld. The student may not be able to participate in any school event(s) or participate on any St. Mary's athletic team(s).
- Future participation will require a uniform deposit.

Enforcement of this policy will begin the moment your child joins a sport team for St. Mary's and will continue for his or her time at SMCS. If your child has any uniform belonging to St. Mary's from the most recent seasons or any past seasons, please return them immediately. Thank you for your cooperation, continued support, and the sacrifices you make every day for your child/children.

St. Mary's Athletics Department: Concussion Course for Students

In light of recent concerns and issues centering on concussions, we all need to be informed on this subject. All student-athletes at St. Mary's may be asked take the very informative "Concussion Course for Students" provided by the National Federation of State High School Associations (NFHS). The course only takes approximately 30 minutes to complete and will be done with Coach Moses in the school Computer Lab.

St. Mary's Athletics Department: Sports Fees & Equipment

1. The fee to participate in any sport is \$30 per sport. Payment of the \$30 per sport fee is a requirement for your son and/or daughter to play sports here at St. Mary's Cathedral School. Your child/children will not be allowed to participate in the sport he or she signed up for if the fee is not paid in a timely fashion, or an agreement has been discussed between you and Coach Moses.
2. Please purchase any necessary equipment in a timely fashion. A week or more before needed is recommended.
3. With regards to a football mouthpiece, please boil your mouthpiece before use. This will prevent any possible infection and allow your son or daughter to mold the mouthpiece to his or her teeth.

SPORTS PROGRAM: Student Guidelines & Policies

St. Mary's Cathedral School provides a sports program for students in grades 5-8, which are designed to meet the needs of, and to develop the talents of our students, and are provided for student enrichment.

Sports Offered:

| Sport | Level | Gender | Grades |
|---------------|--------------|--------------|--------|
| Basketball | Varsity | Girls | 7 – 8 |
| | JV | Boys | 4 – 6 |
| | Varsity | Boys | 7 – 8 |
| Cheerleading | Primary & JV | Girls | 2 – 5 |
| Flag Football | Varsity | Boys & Girls | 7 – 8 |
| Soccer | Intramural | Boys & Girls | K – 4 |
| | JV | Boys & Girls | 5 – 6 |
| Track & Field | Primary | Boys & Girls | 2 – 4 |
| | JV | Boys & Girls | 5 – 6 |
| | Varsity | Boys & Girls | 7 – 8 |
| Volleyball | Varsity | Girls | 7 – 8 |

Parents acknowledge that participation in these sports, activities, or clubs may be inherently dangerous and, the school cannot ensure the safety of all students involved in its activities and programs.

Prior to participation in any sport, each student must complete the Athletics Registration Packet, Parent Consent and Release of Liability form and a physician's certificate to the effect that the student is physically fit for participation in the sport. Participation includes pre-season conditioning, open gym, tryouts and practice. **Parents, by executing this acknowledgement of receipt of this Handbook, HEREBY RELEASE the school, the Archdiocese of Miami, and their corporate members, officers, employees, and agents, from any claims or liabilities that allegedly arise from or are related to participation in any sports, leagues, clubs or activities.**

The school is not responsible for student participation in any sports, leagues or clubs not identified above. Parents hereby acknowledge that students who participate in any such program or activity do so at their own risk. Parents further acknowledge that the school does not control or sanction any such program or activity and that it shall not be held liable for any injuries or damages sustained by students or others arising from participation in such program or activities.

Tryouts

Student athletes must have a minimum of a 2.0 cumulative GPA on their current report card or Plus Portal Grades to try out. If a student is absent during a sports tryout, they will not be able to tryout later unless it is an extreme emergency or illness, and the Athletic Director has been notified. It is the responsibility of the student/parent to notify the Athletic Director immediately. The Athletic Director and/or coach may allow a tryout at their discretion if the tryout is warranted.

Necessary medical forms must be on file with the Athletic Director before a student can try out or participate in a sport.

General Information

Student athletes at St. Mary's Cathedral School are representatives of the school and must maintain high standards of excellence. Extra-curricular activities, specifically, athletic activities are, an essential part of a student's experience at school. There is an abundance of research indicating that participating in athletics promotes student achievement. Coaches, teachers, and the administration must work together to be certain that all athletes excel. We strongly believe that the daily academic work of the student must always remain the priority.

For a student to be eligible to participate in a sport, the following criterion must be met:

- Student athletes must have a minimum of a 2.0 cumulative GPA on their current report card or Plus Portal Grades to try out.
- Student athletes must have a minimum of a 2.0 cumulative GPA to participate in all sports. Student athletes may not participate in sports if GPA is below 2.0.
- Student athletes who receive any grade lower than a "C" may not be able to participate in sports at the discretion of the coach, Athletic Director and/or administration. Student athletes having grades lower than a "C" will need to complete a progress report that will need to be filled out by each teacher of the student to be considered for participation in the sport.
- Any student athlete having 3 or more detentions during a sport season may be benched for 1 or more games. Student athletes may be benched at any time even if they have less than 3 detentions on a case by case basis.
- Students athletes may not have 9 or more demerits during the sports season. Any athlete having 9 or more demerits during a sport season may be benched for 1 or more games. Students may be benched at any time even if they have less than 9 demerits on a case by case basis.
- A student participating in athletics **must attend a full day of school on the day of the activity.**
- Missed practices and games need to have approval from the coach or Athletic Director or student will sit out a game for each practice missed.
- Any student athlete who is removed from a sports team due to disciplinary reason, or who quits a sports team anytime during the school year may not be permitted to try out for another sport during the remainder of the academicschool year. If a student quits a sport, it will be up to the Athletic Director and coach of the sport if he or she can participate in another sport.

Archdiocese of Miami Athletic Consent and Release from Liability Certificates, SMCS Athletics Registration Packet, and Athletic Pre-Participation physical evaluation forms will be sent home with students. These forms must be turned in to the Athletic Director the first weeks of school prior to any tryouts or participation. A student may be placed on academic or behavior probation at the discretion of teacher, coach, and/or administration. Students must be putting forth their best effort in order to remain on a school team. All sports/extracurricular activities have a faculty/staff moderator. A student may be removed from a team for just cause, which would include any infractions as outlined above or any un-sportsmanship-like behavior or a D or F average (below 2.0 GPA). There is a fee per athlete per sport due at the beginning of each sport season once a student has been selected to be on a St. Mary's team. This fee covers league registration fees, gym rental fees, referee fees, etc.

St. Mary's Athletics Department: Parent Code of Conduct

As we embark on a new athletic calendar year, we are looking forward to a year filled with excitement, enthusiasm, and energy. We want our athletes to engage in team sports in a competitive league with other teams who share the same religious views, values, ethics, and goals as we do.

The St. Mary's Cathedral School Athletic Department strives to provide a positive youth sport experience by encouraging parents, coaches, officials, and other league players to demonstrate good sportsmanship at practices and games. All parents and their guests are to conduct themselves in an orderly and positive fashion towards all players, coaches, officials and city staff. Failure to meet or abide by these rules may be cause for removal from the game/practice, field, or court at the discretion of the St. Mary's Athletic Director, Coaching Staff and/or Administration.

The following outlines the expectations that the St. Mary's Administration, Athletic Director, and Coaching Staff have put in place to guarantee a positive and fun environment for our parents and guests when attending an athletic event:

1. Parents, guardians and their guests will be positive role models for their child(ren) and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice, or any other related event.
2. Parents, guardians and their guests will not encourage any unsportsmanlike conduct with any official, coach, player or parent, such as booing and/or taunting, or using profane language or gestures. Parents and guardians will also allow the coaches from St. Mary's to coach without interference and distraction to the St. Mary's players and coaches.
3. Parents, guardians and their guests will ensure that their child's playing environment is free from drugs, tobacco, and alcohol, and will refrain from their use at the sports event, including at or within the vicinity of the playing or practice fields and courts. Failure to do so will result in immediate removal by the proper authorities.
4. Parent, guardians and their guests will respect the officials and their authority during games and will never question, discuss or confront coaches at the game field, court, etc. If needed, parents or guardians will request time to speak with coaches at an agreed-upon time and place. If parent/guardian find they are not satisfied after speaking with my coach, they understand they should then contact the St. Mary's Athletic Director responsible for the program.
5. Parent, guardians and their guests will ensure their child(ren) treats other players, coaches, officials and spectators with respect regardless of race, creed, color, gender or ability.
6. Parent, guardians and their guests will promote the emotional and physical well-being of the athletes and the team ahead of any personal desire they may have for their child and in the desire to win.
7. Parent, guardians and their guests will emphasize practices and skill development and how they benefit their child by ensuring they arrive and are retrieved in a timely fashion at all scheduled practices and games.
8. Parent, guardians and their guests will inform the St. Mary's Cathedral School administrative office, its officials, and coach, of any physical disability or ailment that may affect the safety of their child and/or the safety of others.
9. Parent, guardians and their guests will teach their child to play by the rules and to resolve conflicts in a sportsmanlike manner.
10. Parent, guardians and their guests will teach their child that doing one's best is most important, so that their child will never feel defeated by the outcome of a game or by his/her performance.

St. Mary's Athletics Department: Play Like A Champion Today Parent Training

As mandated by the Archdiocese of Miami, all students who participate in athletics in the All Catholic Conference of Miami (ACC) must have a parent or guardian take the Play Like a Champion Today training course. This course originated at Notre Dame University. The course is designed to educate parents and guardians on how to exhibit sportsmanship, and how to incorporate religion, morals, and ethics into their experience as spectators of sports while setting a positive example for their children. The course will be offered six times in early September. At least one parent or guardian is required to take the course in order for the student to be allowed to participate in sports in the ACC. The cost for the course is \$15. Information on the sessions will be distributed and available on our school's Plus Portals site.

St. Mary's Athletics Department: Parent Participation Guidelines

SMCSAD guidelines for parent involvement with the Athletic Department, the athletes, and while attending sporting events.

- St. Mary's athletes will be held in a designated area by Administration, the Athletic Director, or the head coach and/or assistant coaches. Parent or guardian access to this area and the athletes will be limited based on approval by the SMCS Staff.
- If a parent wishes to speak to his or her child/children, the parent may take his or her child for a short period of time with SMCS staff approval. This may be done so long as it does not disrupt what the representative from St. Mary's (Administration, AD, or Coach) is doing with the team. Please be respectful and let the representative know you need to briefly speak with your child.
- Per the All Catholic Conference (ACC) rules, any parent or guardian wishing to coach (if hired/approved by SMCS), be a "Team Mom or Dad," or be in close proximity of the student-athletes for an extended period of time must:
 1. Complete VIRTUS training. VIRTUS is a program created by the National Catholic Risk Retention Group in the United States with a "Protecting God's Children." VIRTUS is a Diocesan program focused on protecting our children. This program is required of any adult who wishes to volunteer his or her time in a Catholic school for all school-related activities.
 2. Pass an extensive Archdiocese of Miami background check.
 3. Sign a Diocesan Code of Conduct as well as a St. Mary's Code of Conduct.

Those wishing to coach must also attend and pass a "Play Like a Champion Today" workshop. The "Play Like a Champion Today" Educational Workshop provides leadership in a worldwide effort to promote an inclusive, developmentally-oriented youth sports culture. It does this by mainly educating ethically responsible sports leaders, coaches, parents, athletic administrators, and athletes. These people will in turn, reach millions of people. These workshops are held at various times throughout the year.

Note: Hiring of Coaches, assistant coaches, and parental or guardian involvement in the SMCS athletic program is at the discretion of administration, the Athletic Director, and Coaches who may already be in place in the program.



Athletics Department & Program Policy Receipt & Acknowledgement Form

I, as Parent or Legal Guardian, acknowledge that I have read the entire contents of the St. Mary's Athletic Department Guidelines & Policies packet and that of the St. Mary's Cathedral School Parent-Student Handbook and understand the consequences of any violations of the rules and policies of the school.

I agree to cooperate with the school in the interpretation and enforcement of the policies outlined in the Parent-Student Handbook and the St. Mary's Athletic Department Guidelines & Policies packet. I also understand that the school has the ultimate authority over the administration of the school and the interpretation of the school's rules and policies. Moreover, I further understand that all of the school's policies whether written or verbal are only guidelines and are subject to change at the sole discretion of the school with or without notice.

I also hereby acknowledge that I have read and agree to the terms of the RELEASES outlined in the School-Sponsored Events Policy, the Participation in School Athletics or Organizations Policy, and the Use of Photos Policy.

I, (parent/guardian printed name) _____, acknowledge I have read the St. Mary's Cathedral School Athletics Registration Packet in its entirety. I will abide by its rules without issue or incident. Failure to comply may have consequences including up not limited: withholding of grades, dismissal from game/practice, removal from an athletic event, and/or denial of participation in any future St. Mary's sporting events.

I, (student athlete printed name) _____, have read and been informed about the content, requirements, and expectations of the St. Mary's Athletics Department Guidelines and Policies for St. Mary's Cathedral School. I have received a copy of the policy and agree to abide by the policy guidelines as a condition of my participation in the St. Mary's Athletic Program.

(Print Parent/Legal Guardian Name)

(Date)

(Signature Parent/Legal Guardian)

(Print Student Name)

(Grade)

(Signature Student)

(Date)



DESCRIPTION OF FIELD TRIP/ACTIVITY

| | | | |
|---|---|---|--|
| I give my child permission to participate in: | | ST. MARY'S ATHLETICS PROGRAM 2019-2020 | |
| Date/Time of Event: | As listed on school schedule | Transportation Provided By: | School |
| Location of Event: | As listed on school schedule | Lunch/Snacks: | Provided by parent/guardian unless otherwise noted. |
| Attire: | School Sports Uniform <u>MUST</u> be worn. | Notes / Cost: | \$30 per sport. [If playing 3 or more, \$30 for 1 st sport. \$20 per each additional sport. Other equipment costs may apply.] See Coach Moses with any questions. |

STUDENT INFORMATION

| | | | |
|-------------------|--|----------|--|
| Participant Name: | | Grade: | |
| Date of Birth: | | Teacher: | |
| Home Address: | | | |
| City, State Zip: | | | |

PARENT/GUARDIAN INFORMATION

| | | | |
|--------------------|--|--------------------|--|
| Parent/Guardian 1: | | Parent/Guardian 2: | |
| Home Phone: | | Home Phone: | |
| Cell Phone: | | Cell Phone: | |

EMERGENCY CONTACT (DIFFERENT FROM THE PERSONS LISTED ABOVE)

| | | | |
|--------------------|--|---------------|--|
| Emergency Contact: | | Relationship: | |
| Address: | | Home Phone: | |
| City, State Zip: | | Cell Phone: | |

MEDICAL INFORMATION

| | | | |
|---------------------|--|----------|--|
| Doctor's Name: | | Phone: | |
| Insurance Provider: | | Policy#: | |

Allergies/Medical Conditions: (Medication: If you are taking medication regularly, please bring a supply in the official **LABELED** container)

I, the undersigned, have read this consent/release (Page 1 & 2) and understand all its terms and execute it voluntarily and with full knowledge of its significance. In the event of an emergency, if I cannot be contacted, I hereby authorize medical treatment be administered. I acknowledge that a student placed on the school's merit/demerit probation contract or a student with outstanding financial and/or graduation obligations may not be allowed to register for or participate in any extracurricular events/activities.

All tuition and fees must be up-to-date to register for and participate in this event/activity. Any monies paid or deposited for a student event/activity are non-refundable. I also understand that if my balance is not paid in full and/or my child is not able to attend this event/activity, I am still responsible for paying any fees for which St. Mary's Cathedral School is liable for whether or not my child attends the event/activity.

| | | | |
|----------------------------|--|-------|--|
| Parent/Guardian Signature: | | Date: | |
|----------------------------|--|-------|--|

**** PLEASE READ AND SIGN PAGE 2 OF THIS FORM. ****



I hereby freely and voluntarily consent to participation in the field trip/activity described on page 1. I agree to assume all financial responsibility for participation in the field trip/activity and hold St. Mary's Cathedral School, Archdiocese of Miami, Inc., and all of their corporate members, affiliated entities, employees, officers, directors, and agents ("Sponsors") harmless for all costs incident to my participation in this field trip/activity.

I, the undersigned, a participant in the field trip described on page 1, do waive and release Sponsors from liability for any injury, accident, or damages caused by any vehicle, weather, sickness, or otherwise stemming from any act or omission of any individual. I also release Sponsors and agree to indemnify them with regard to any financial obligations incurred by my acts or omissions.

I understand that all travel involves some risk, and I hereby agree to assume and consent to such risk. I hereby waive and release Sponsors for any injuries, damages, or losses incurred in connection with actions, omission or conditions or developments, or any other actions, omissions or conditions within or outside Sponsors' control. By my participation in this program, I voluntarily assume all risks involved in such travel, whether expected or unexpected. I hereby acknowledge that I have been warned of such risks, and that I have been advised to take appropriate action and to govern myself accordingly. I am also aware that certain insurance companies do offer insurance against some of the many perils noted and that I may opt to insure myself should I so choose.

I hereby grant Sponsors full authority to take whatever actions they may consider in their sole discretion to be warranted under the circumstances concerning my health and safety and I specifically and fully release each of them from any liability for such decisions or actions as may be taken in connection therewith. I authorize Sponsors at their discretion to place me, at my own (or my parents' or my guardians') expense and without further consent, in a hospital that is readily available, and to place me in the hands of a local physician for treatment should the need arise at my expense.

I agree to comply fully with the rules of Sponsors and any travel company and I agree that Sponsors have the right to enforce their standards of conduct as determined and interpreted in their sole discretion, and that, should I fail to comply with them, Sponsors have the right to terminate my participation in the program. In the event of termination, I agree to be sent home at my parent(s)/guardian(s) expense. I understand that this is an organized program and that group standards must be observed. I hereby waive and release Sponsors from any claim arising out of my failure to remain under such supervision. In addition, I acknowledge the right of Sponsors to terminate my participation at any time of failure to maintain standards or for any actions or conduct for which Sponsors deem incompatible with the interest, harmony, comfort, and welfare of other students. I specifically agree not to bring any weapons or illegal drugs with me on the field trip/activity.

If I violate any rules, I understand that Sponsors will apply the school consequences in addition to any consequences incurred by law enforcement. Any additional expenses, including legal expenses, incurred due to breaking any international, national or state laws and/or of the school rules will be my responsibility or that of my parents or guardians.

I acknowledge that Sponsors are not responsible either for any injury or loss whatsoever suffered by me during periods on independent travel or during any absence from the program of Sponsors. I also acknowledge that I am responsible for my own belongings including electronics. Sponsors are not responsible for loss or damage to any of my personal property.

All references in this release to Sponsors shall also include all of their chaperones, group leaders, faculty members, administrators, volunteers, and agents. All references to the "parents" of the participant include the legal guardians or other adults responsible for the participant.

I hereby grant to Sponsors the right to photograph and/or videotape me and further to use my name, face, likeness, voice, and appearance in connection with exhibitions, publicity, advertising, and promotional materials without any reservation, limitation, or consideration. This waiver specifically releases any common law causes of action or claims under Fla. Stat. 540.08 and expressly constitutes written consent for publication of my name, face, likeness, voice and appearance.

I have read the terms and conditions set forth by Sponsors and I agree that this constitutes a part of any agreement with Sponsors. I understand and agree to all of Sponsors' terms as set forth in the descriptive information and in this Release. I agree that if any portion of this document is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

| | |
|----------------------------------|--|
| Signature of Participant: | |
| Print Name: | |
| Date: | |

I certify that I am the parent or legal guardian of the above-signed participant, and that I have read the foregoing release and examined the information in the description. I hereby join in each and every part of this Consent and Release (including such part as may subject me to personal financial responsibility) and hereby relinquish any claims that I may have against Sponsors as set forth above, both in my own behalf and in my capacity as legal representative (as applicable) of the participant, including without limitations any claims arising as a result of the participant's leaving the supervision of Sponsors. I agree that if any portion of this document is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

| | |
|--|--|
| Signature of Parent(s)/Guardian(s): | |
| Print Name(s): | |
| Date: | |



Archdiocese of Miami
Department of Schools
Athletic Pre-participation Physical Evaluation (Page 1 of 2)
This completed form must be kept on file by the school

Part 1. Student information (to be completed by the parent).

Student Name: _____ Sex: _____ Age _____ Date of Birth _____ / _____ / _____
School: _____ Grade in School _____ Sport(s) expected to play _____
Home Address: _____ Home Phone () _____
Name of Parent/Guardian: _____
Person to Contact in Case of Emergency: _____
Relationship to Student: _____ Home Phone: () _____ Work Phone: () _____
Personal Family Physician: _____ City/State: _____ Office Phone: () _____

Part 2. Medical History (to be completed by parent). Explain "yes" answers below. Circle questions for which you do not know the answer

| | Yes | No | | Yes | No |
|--|-------|-------|--|---------------|-----------------|
| 1. Has child had a medical illness or injury since the last check up or sports physical? | _____ | _____ | 26. Has child ever become ill from exercising in the heat? | _____ | _____ |
| 2. Does child have an ongoing chronic illness? | _____ | _____ | 27. Does child cough, wheeze or have trouble breathing during or after activity? | _____ | _____ |
| 3. Has child ever been hospitalized overnight? | _____ | _____ | 28. Does child have asthma? | _____ | _____ |
| 4. Has child ever had surgery? | _____ | _____ | 29. Does child have seasonal allergies that require medical treatment? | _____ | _____ |
| 5. Is child currently taking any prescription or nonprescription (over the counter) medications or pill or using an inhaler? | _____ | _____ | 30. Does child have any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? | _____ | _____ |
| 6. Has child ever taken any supplements or vitamins to help gain or lose weight or improve performance? | _____ | _____ | 31. Has child had any problems with his/her eyes or vision? | _____ | _____ |
| 7. Does child have any allergies (for example to pollen, medicine, food or stinging insects)? | _____ | _____ | 32. Does child wear glasses, contacts, or protective eye wear? | _____ | _____ |
| 8. Has child ever had rash or hives develop during or after exercise? | _____ | _____ | 33. Has child ever had a sprain, strain, or swelling after injury? | _____ | _____ |
| 9. Has child ever passed out during or after exercise? | _____ | _____ | 34. Has child broken or fractured any bones or dislocated any joints? | _____ | _____ |
| 10. Has child ever been dizzy during or after exercise? | _____ | _____ | 35. Has child had any other problems with pain or swelling in muscles, tendons, bones, or joints? | _____ | _____ |
| 11. Has child ever had chest pain during or after exercise? | _____ | _____ | <i>If yes, check appropriate blank and explain below:</i> | | |
| 12. Does child get tired more quickly than friends during exercise? | _____ | _____ | _____ Head | _____ Elbow | _____ Hip |
| 13. Has child ever had racing of the heart or skipped heartbeats? | _____ | _____ | _____ Neck | _____ Forearm | _____ Thigh |
| 14. Has child had high blood pressure or high cholesterol? | _____ | _____ | _____ Back | _____ Wrist | _____ Knee |
| 15. Has child ever been told he/she has a heart murmur? | _____ | _____ | _____ Chest | _____ Hand | _____ Shin/Calf |
| 16. Has any family member or relative died of heart problems or sudden death before age 50? | _____ | _____ | _____ Shoulder | _____ Finger | _____ Ankle |
| 17. Has child had severe viral infection (for example, myocarditis or mononucleosis) within the last month? | _____ | _____ | _____ Upper Arm | _____ Foot | |
| 18. Has a physician ever denied or restricted child's participation in sports for any heart problems? | _____ | _____ | 36. Does child want to weigh more or less than child weighs now? | _____ | _____ |
| 19. Does child have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | _____ | _____ | 37. Does child lose weight regularly to meet weight requirements for a sport? | _____ | _____ |
| 20. Has child ever had a head injury or concussion? | _____ | _____ | 38. Does child feel stressed out? | _____ | _____ |
| 21. Has child ever been knocked out, become unconscious, or lost his/her memory? | _____ | _____ | 39. Record the dates of his/most recent immunizations (shots) for: | | |
| 22. Has child ever had a seizure? | _____ | _____ | Tetanus _____ Measles: _____ | | |
| 23. Does child have frequent or severe headaches? | _____ | _____ | Hepatitis B _____ Chickenpox: _____ | | |
| 24. Has child ever had numbness or tingling in his/her arms, hands, legs, or feet? | _____ | _____ | | | |
| 25. Has child ever had a stinger, burner, or pinched nerve? | _____ | _____ | | | |

Explain "Yes" answers here: _____

I hereby state, to the best of my knowledge, that my answers to the above questions are complete and correct.

Signature of Parent/Guardian _____

Date: _____



Archdiocese of Miami
Department of Schools
Athletic Pre-participation Physical Evaluation (Page 2 of 2)
This completed form must be kept on file by the school

Part 3. Physical Examination (to be completed by physician).

Student Name: _____ Date of Birth: ____/____/____

Height: _____ Weight: _____ % Body Fat (optional): _____ Pulse: _____ Blood Pressure: ____/____ (____/____, ____/____)

Visual Acuity: Right 20/____ Left 20/____ Corrected: Yes No Pupils: Equal _____ Unequal _____

| FINDINGS | NORMAL | ABNORMAL FINDINGS | INITIALS* |
|--------------------------|--------|-------------------|-----------|
| MEDICAL | | | |
| 1. Appearance | _____ | _____ | _____ |
| 2. Eyes/Ears/Nose/Throat | _____ | _____ | _____ |
| 3. Lymph Nodes | _____ | _____ | _____ |
| 4. Heart | _____ | _____ | _____ |
| 5. Pulses | _____ | _____ | _____ |
| 6. Lungs | _____ | _____ | _____ |
| 7. Abdomen | _____ | _____ | _____ |
| 8. Skin | _____ | _____ | _____ |
| MUSCULOSKELETAL | | | |
| 9. Neck | _____ | _____ | _____ |
| 10. Back | _____ | _____ | _____ |
| 11. Shoulder/Arm | _____ | _____ | _____ |
| 12. Elbow/Forearm | _____ | _____ | _____ |
| 13. Wrist/Hand | _____ | _____ | _____ |
| 14. Hip/Thigh | _____ | _____ | _____ |
| 15. Knee | _____ | _____ | _____ |
| 16. Leg/Ankle | _____ | _____ | _____ |
| 17. Foot | _____ | _____ | _____ |

* - Station-based examination only

ASSESSMENT

____ Cleared without limitation

____ Cleared after completing evaluation/rehabilitation for: _____

____ Not cleared for: _____ Reason: _____

Recommendations: _____

Name of Physician (print or type): _____ Date: _____

Address: _____

Signature of Physician: _____, MD or DO

Based on recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.

ARCHDIOCESE OF MIAMI

Catholic Athletic League of the Archdiocese of Miami

Consent to Play

Student: _____ School: _____

Sports for which the student plans to participate: _____

-
- 1 I/we hereby give consent for our child/ward to participate in interscholastic sports listed above.
 - 2 I/we am/are aware of the potential danger of concussion and /or head and neck injuries in athletic participation. I also have knowledge about the risks associated with heat related illness during athletic participation and have received information as to the risk of continuing to practice or play once a concussion or head injury is sustained without proper medical clearance
 - 3 I/we know of and acknowledge that my child/ward knows of the risks involved in athletic participation , understands that serious injury and even death, is possible in such participation and choose to accept any and all responsibility for his/her safety and welfare while participating in athletics. With full understanding of the risks involved I/we release and hold harmless my child's/ward's school against which it competes, the contest officials and coaches and the Archdiocese of Miami including all of its affiliated entities and agents of any legal responsibility and liability for any injury or claim resulting from such athletic participation I/we agree to take no legal action against my child/ward's school, the schools against which he competes, the contest officials, coaches and the Archdiocese of Miami because of any claim, cost, or cause of action arising in any way from athletic participation of my child/ward. I further authorize emergency medical treatment for my child/ward should the need arise for such treatment while my child is under the supervision of the school.

I/we have read this document carefully. I/we understand the contents of the document and I/we are aware that it contains a release of liability. I/we understand that the student may not practice or compete in any sport until this document is on file with the principal.

_____ Date: _____
Parent/Guardian Parent/Guardian

Note: This document must be completed and endorsed by the parents or guardian and kept on file at the school. When received, the document should be date stamped and initialed by the athletic director or the principal.

CAL Athletes' Responsibilities and Code of Conduct

ATHLETES MUST:

- Demonstrate respect for the Roman Catholic Church, its culture, traditions, and rituals.
- Remember that school work must remain the highest priority.
- Understand and abide by the rules and philosophy of the CAL, their Catholic school and the coaches
- Attend all practices and events for the duration of the season unless excused by the coaches.
- Be on time for practices and games and come prepared to play.
- Show respect at all times for the people, property and equipment involved in the CAL athletic program. This includes teammates, coaches and referees and your opponent.
- Do not argue with the officials. The head coach should be the only person talking with the officials. If you have an issue, discuss it with your coach.
- Practice good sportsmanship with the players and coaches from the opposing team. Win or lose.
- Remember to have fun. It is a game.

ACKNOWLEDGE AND AGREED TO:

Athlete's Name (Print): _____

Athlete's Signature: _____ Date: _____