

# HMS Travel Athletic Registration Packet

Please note that the online registration process **MUST BE COMPLETED BY PARENTS/GUARDIANS** and should be viewed and discussed with the student-athlete. Please complete the forms with your student-athlete present.

Also, families with multiple student-athletes must complete one online registration process for each of their students.

Travel Athletic Registration requirements:

Athletic Registration requirements: Parents and Student-athletes will be asked to review and agree to the following:

Registration Information  
Travel Sports Selection  
Extra-Curricular Academic Eligibility Policy  
Concussion Information Form  
Code of Conduct  
Expressing Concerns

PLEASE NOTE: At the end of the Registration, there are forms which will need to be printed and returned to the Huntington Office: ATTN: Ms. Kido, Athletic Director.

**Student First Name \***

**Student Last Name \***

**Grade Level \***

- 6
- 7
- 8

**Gender \***

- Male
- Female

**Parent Name \***

**Parent Email Address \***

**Please check the Travel team your student-athlete has been selected on.\***

Only select one.

- Basketball - Boys (Varsity)
- Basketball - Boys (JV)
- Basketball - Girls (Varsity)
- Basketball - Girls (JV)
- Cheerleading
- Cross Country
- Football (Varsity)
- Football (JV)
- Soccer - Boys
- Soccer - Girls
- Softball
- Tennis
- Track
- Volleyball - Boys
- Volleyball - Girls (Varsity)
- Volleyball - Girls (JV)

## EXTRA-CURRICULAR ACADEMIC ELIGIBILITY POLICY

The intent in establishing this academic probationary system is to alter self-destructive student behavior or attendance problems in a positive direction and keeping students participating in extra-curricular activities on track while simultaneously providing for full student participation in extra-curricular activities. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

To be eligible for athletic participation, a student must have met the following requirements during the previous regular grading period.

- The student must have earned a passing grade in all courses.
- The student must have attained at least a 2.0 grade point average in all coursework attempted.
- The student must have earned a passing grade of C in citizenship in all classes and school-wide.

## ACADEMIC REPORTING

Determination of academic ineligibility is as follows.

- The administrator gathers all student athletes GPA's every two weeks, on Friday (If Friday is a holiday or a day without students, the grades shall be pulled the most recent previous school day with students).

- The administrator provides a copy of all student athletes GPA's to the program leaders.
- From the point at which the administrator notifies the program leader, the program leader has 24 hours to notify teachers/coaches of student athlete eligibility.
- From the point at which the program leader notifies the teacher/coach, the teacher/coach has 24 hours to notify students of ineligibility.
- The student athlete remains ineligible for the entirety of the current grading period in which they were notified.

Teachers can make recording and computation errors. Academically ineligible students are encouraged to check with teachers and review posted grades for accuracy. Per California Education Code 49066(a), when grades are given for any course of instruction taught in a school district, the grade earned by each pupil shall be the grade determined by the teacher of the course and the determination of the pupil's grade by the teacher, in the absence of clerical or mechanical mistake, fraud, bad faith, or incompetency, shall be final. As such, the teacher has the right to alter his/her posted grades if a clerical, mechanical, fraud, bad faith, or incompetency mistake is made.

- The only way a student that has below a 2.0 will be eligible to participate is if it is deemed that the computation of the grade was an error. Only the program leader and the administrator can grant permission to participate due to teacher recording error.
- At no time what so ever, will any adult (parent, faculty, etc) be allowed to pressure a faculty member into changing a grade for the sake of playing.

## ACADEMICS

Every two weeks, on Friday (or the most previous school days with students when a Friday is a holiday) grades will be checked. A student whose academic average is below 2.0 and/or has earned an 'F' in any course, will be ineligible for the succeeding reporting period. A student who loses eligibility may continue to practice with the group but may not participate in nor suit up for any contest/performance. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

## CITIZENSHIP

At any point during a season, a report can be made to the administrator and/or program leader, of a student's behavior choices, which lead to a drop in citizenship. However, in order for a student to become ineligible due to citizenship, it is necessary, in accordance with school policy, that a written progress report be issued to and confirmed received by the parent of the student (a phone call and/or a returned confirmation via email will also suffice) at the time the student's grade drops below a "C" in the class. An exception to this may be an instance where a teacher maintains a policy that anyone caught cheating will automatically receive an "F" grade in citizenship and/or a student earns a suspension (in or out of school) via the administration. If at any time a teacher/coach/program leader/administrator shows evidence of conduct unbecoming an HMS Student, with program leader and administrative approval, the teacher/coach can dismiss the player from the group. Prior parent notification of poor behavior must be provided in this instance as well, except in cases where a single behavior or incident is deemed egregious by the teacher/coach, program leader, and administration. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

## PROBATION

If a student is deemed ineligible, a student may apply for academic probation for the succeeding reporting period if he/she has not been on academic probation previously in the school year. Students can access probation only one time within the school year. Students cannot refuse to access the probation in order to access it later. If students who need to apply, because their overall GPA is below a 2.0 (not because their current grade is in question), but do not apply, they forfeit their opportunity to do so. If they apply and are approved (approval will be decided within 24 hours of receipt of all needed documents), they will be able to play and practice, according to the plan submitted, throughout the current grading period. Upon the next grading period they will only become eligible to participate and practice if they are above a 2.0.

The application for academic probation shall consist of a letter written by the student and addressed to the program leader and the administrator or designee, stating

- The reason that probation is being requested.
- Why, in the student's view, he/she has caused the ineligibility to occur.
- How his/her behavior will be changed to avoid unsatisfactory grades and citizenship in the future.

A student granted probation will

- be monitored by their respective teacher/coach for the entire activity season.
- present to the teacher/coach and athletic director an HMS Weekly Academic Evaluation signed by each teacher.

**We have read and understand the Extra-Curricular Academic Eligibility Policy.\***

Parent Agrees

Student-Athlete Agrees

## Concussion Information Form

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:

- Headaches
- "Pressure in head"

- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

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

What can happen if my child keeps on 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 to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s 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 licensed 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 its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:  
[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports).

**We have read and understand the Concussion Information Form\***

- Parent Agrees
- Student-Athlete Agrees

## Code of Conduct

Code of Conduct for Student-Athletes athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This Code applies to all student athletes involved in sports at HMS. I understand that, in order to participate in HMS athletics, I must act in accord with the following:

### TRUSTWORTHINESS

- Trustworthiness — Be worthy of trust in all I do.
- Integrity — Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what’s right even when it is unpopular or personally costly.□
- Honesty — Live and compete honorably; do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.□

- Reliability — Fulfill commitments; do what I say I will do; be on time to practices and games.□
- Loyalty — Be loyal to my school and team; put the team above personal glory.

## RESPECT

- Respect — Treat all people with respect all the time and require the same of other student-athletes.
- Class — Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct — Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Respect Officials — Treat contest officials with respect; do not complain about or argue with official calls or decisions during or after an athletic event.

## CARING

- Concern for Others — Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.□
- Teammates — Help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

## FAIRNESS

- Be Fair — live up to high standards of fair play; be open-minded; always be willing to listen and learn.

## CITIZENSHIP

- Play by the Rules — Maintain a thorough knowledge of and abide by all applicable game and competition rules.□
- Spirit of Rules — Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

## RESPONSIBILITY

- Importance of Education — Be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or□playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- Role Modeling — Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
- Self-Control — Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

- □Healthy Lifestyle — Safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game — Protect the integrity of the game; don't gamble. Play the game according to the rules.

Rule violations will be dealt with in the following manner:

1. The staff supervisors will take immediate action for any rule violation.
2. The staff supervisors will notify the principal of the violation and the action taken and make a recommendation for disciplinary action.
3. Violators will have the opportunity to state their version of what happened.
4. The principal or other SMUSD administrator will make the formal decision as to the penalty imposed based on all evidence presented.
5. The penalties may include the following
  - a. Reprimand
  - b. Probationary period
  - c. Disqualification from future activities
  - d. Recommendation for suspension from school

"I have read, understand, and agree to adhere to the letter and spirit of the requirements of the Huntington Middle School Pursuing Victory with Honor Student Athlete Code of Conduct. I understand that I am expected to perform according to this code and I understand that there may be sanctions or penalties if I do not."

**I understand the behavior expectations and the consequences of violating the Student Code of Conduct. I have read this code and agree to comply with all of the rules and regulations as outlined by the HMS Administration.\***

Student Agrees

**I understand and support the behavior expectations and the consequences if my child Violates the Student Code of Conduct. My child has read this form and will comply with all of the rules and regulations as outlined by the HMS Administration..\***

Parent Agrees

## EXPRESSING CONCERNS ABOUT A STUDENT'S ATHLETIC EXPERIENCE

If a parent has a concern, express it at the appropriate time and place. Below is the HMS Athletic Chain of Command. We request that parents refrain from confronting coaches immediately after games or at practices. It is expected that concerns will be addressed first with the coaches involved before proceeding through the Athletic Chain of Command.

Parents and athletes are asked to follow these steps in order until they feel the issue is resolved.

1. Have the athlete speak to the coach. Sometimes the coach is unaware of the athlete's concerns or feelings.
2. Arrange an appointment to speak with the coach. Coaches will respond to parents as quickly as possible.

3. If either parent or coach is not satisfied, call or write the Athletic Director and follow the Chain of Command.
4. Keep all oral and written communications professional and avoid being verbally abusive to anyone.
5. Use email with discretion. When emotions are involved, direct communication is usually more appropriate.

**I have read and agree to the HMS Athletic Chain of Command \***

Parent Agrees

## Basketball Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Recognize the possible danger from such actions as "undercutting" a player, hanging on the net, or throwing a "wild" pass.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the basketball program.

I am aware that basketball is a high-risk sport and that practicing or competing in basketball will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in basketball include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in basketball may result not only in serious

injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of basketball, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, \_\_\_\_\_, am the parent/legal guardian of \_\_\_\_\_ (student). I have read the above warning and release and understand its terms. I understand that basketball is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school basketball team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in basketball, I hereby assume all the risks normally associated with basketball and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

**My signature shows proof that as the student-athlete of Huntington Middle School, I have read the Basketball Consent Form. \***

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

**My signature shows proof that as the parent/guardian of my student of Huntington Middle School, I have read the Basketball Consent Form. \***

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

## Cheerleading Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

Most cheerleading practice areas are constructed with extremely hard surfaces. Athletes who fall during participation risk potentially dangerous injury – especially to knees, elbows or head. Injury may include damage to joints, broken bones, or serious head or eye injury.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Practice stunts prior to the event that you will perform in. Stunts can be dangerous if not spotted correctly.
8. Lead cheers at the appropriate time so you will be aware of the balls and players' positioning to prevent possible injury.
9. Be aware of the supervisory staff of both teams and where they can be located, so they may be contacted in case of an emergency or an undesirable crowd control situation.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the cheerleading program.

I am aware that cheerleading is a high-risk sport and that practicing or competing in cheerleading will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in cheerleading include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in cheerleading may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of cheerleading, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, \_\_\_\_\_, am the parent/legal guardian of \_\_\_\_\_ (student). I have read the above warning and release and understand its terms. I understand that cheerleading is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school cheerleading team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in cheerleading, I hereby assume all the risks normally associated with cheerleading and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

**My signature shows proof that as the student-athlete of Huntington Middle School, I have read the Cheerleading Consent Form. \***

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

**My signature shows proof that as the parent/guardian of my student of Huntington Middle School, I have read the Cheerleading Consent Form. \***

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

## Cross Country Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the direction of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Run only on the course prescribed by the coach.
8. Run in pairs in unfamiliar territory or in areas where there are few people.
9. Watch for objects being thrown by passing cars.
10. Approach dogs with caution.
11. Be familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle, or other runner-related injuries.
12. Face the oncoming traffic when running on roads. Be cautious at intersections and be acutely aware of erratic drivers.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the cross country program.

I am aware that cross country is a high-risk sport and that practicing or competing in cross country will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in cross country include, but are not limited to,

death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in cross country may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of cross country, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, \_\_\_\_\_, am the parent/legal guardian of \_\_\_\_\_ (student). I have read the above warning and release and understand its terms. I understand that cross country is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school cross country team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in cross country, I hereby assume all the risks normally associated with cross country and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

**My signature shows proof that as the student-athlete of Huntington Middle School, I have read the Cross Country Consent Form. \***

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

**My signature shows proof that as the parent/guardian of my student of Huntington Middle School, I have read the Cross Country Consent Form. \***

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

## Football Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.

## BLOCKING AND RUNNING THE BALL

Blocking techniques are basically the same. Contact is to be made above the belt, but not initially at the head. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head and the target area as near to the body as possible with the hands and/or forearms. When properly blocking the opponent, contact with your hands or forearms will naturally result. Therefore, technique is most important in order to prevent or reduce the likelihood of injury.

Blocking without keeping hands and arms as close to the body as possible may result in injury to the blocker and/or the blockee. Injuries as a result of improper techniques can range from minor to severe.

## BASIC HITTING (CONTACT) POSITION AND FUNDAMENTAL TECHNIQUES

Strained muscle injuries can range from ankle to knee injuries. The rules have made blocking below the waist illegal at any time.

There is no tackling. Flags are to be pulled by one or two hands. Grabbing of any clothing is illegal.

## EQUIPMENT

An athlete is required to wear uniforms. Players must wear jerseys with numbers and shorts without any belt, belt loop, exposed drawstrings, or pockets. A regulation three-flag belt system will be supplied. Use of molded rubber or multi-purpose shoes is recommended. Screw-in or metal cleats are illegal. Personal protective equipment, such as knee guards, arm guards and mouth pieces shall be inspected by officials prior to each game.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the flag football program.

I am aware that flag football is a high-risk sport and that practicing or competing in flag football will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in flag football include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in flag football may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of flag football, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, \_\_\_\_\_, am the parent/legal guardian of \_\_\_\_\_ (student). I have read the above warning and release and understand its terms. I understand that flag football is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school flag football team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in flag football, I hereby assume all the risks normally associated with flag football and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

**My signature shows proof that as the student-athlete of Huntington Middle School, I have read the Football Consent Form.**

\*

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

**My signature shows proof that as the parent/guardian of my student of Huntington Middle School, I have read the Football Consent Form.**

\*

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

## Soccer Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.

6. Be alert for any physical hazards in or around the participation area. Advise the coach of any hazard.
7. Use equipment that complies with league rules, e.g., footwear, shin guards.
8. Comply with soccer rules with special attention given to avoiding such violations as:
  - a. Kicking or attempting to kick an opponent.
  - b. Tripping an opponent.
  - c. Jumping at an opponent.
  - d. Charging an opponent from behind.
  - e. Charging violently at an opponent.
  - f. Striking or attempting to strike an opponent.
  - g. Holding an opponent.
  - h. Pushing an opponent.
  - i. Playing in a manner considered by the referee to be dangerous such as kicking at a shoulder-high ball when an opponent is trying to head it.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the soccer program.

I am aware that soccer is a high-risk sport and that practicing or competing in soccer will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in soccer include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in soccer may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of soccer, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, \_\_\_\_\_, am the parent/legal guardian of \_\_\_\_\_ (student). I have read the above warning and release and understand its terms. I understand that soccer is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school soccer team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in soccer, I hereby assume all the risks normally associated with soccer and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

**My signature shows proof that as the student-athlete of Huntington Middle School, I have read the Soccer Consent Form. \***  
By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

**My signature shows proof that as the parent/guardian of my student of Huntington Middle School, I have read the Soccer Consent Form. \***

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

## Softball Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of an illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room, in or around the participation area.
7. Advise the coach of any hazard.
8. Recognize your surroundings, i.e., batters warming up, thrown bats, batted or thrown balls.
9. Familiarize yourself with surroundings and grounds, i.e., fences, field conditions such as holes, lips on infield edges, etc., when playing on away fields.
10. Be aware of the potentially serious injuries to your ankles, knees, and legs if you do not follow correct procedures in base running. Sliding head first into bases should be avoided.
11. Follow instructions regarding communication between players, i.e., talking and calling each other off on "pop flies" etc.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the softball program.

I am aware that softball is a high-risk sport and that practicing or competing in softball will be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of practicing and competing in softball include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to

virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in softball may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of softball, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, \_\_\_\_\_, am the parent/legal guardian of \_\_\_\_\_ (student). I have read the above warning and release and understand its terms. I understand that softball is a HIGH-RISK SPORT involving many RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school softball team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in softball, I hereby assume all the risks normally associated with softball and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

**My signature shows proof that as the student-athlete of Huntington Middle School, I have read the Softball Consent Form. \***  
By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

**My signature shows proof that as the parent/guardian of my student of Huntington Middle School, I have read the Softball Consent Form. \***  
By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

## Tennis Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.

3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Before swinging a racquet, make certain that the area around you is clear of others.
8. Familiarize yourself with court surface/obstacles on courts before beginning play.
9. Be conscious of our partner's position on the court in doubles play.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the tennis program.

I am aware that tennis is a high-risk sport and that practicing or competing in tennis will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in tennis include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in tennis may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of tennis, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, \_\_\_\_\_, am the parent/legal guardian of \_\_\_\_\_ (student). I have read the above warning and release and understand its terms. I understand that tennis is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school tennis team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in tennis, I hereby assume all the risks normally associated with tennis and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

**My signature shows proof that as the student-athlete of Huntington Middle School, I have read the Tennis Consent Form. \***  
By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

**My signature shows proof that as the parent/guardian of my student of Huntington Middle School, I have read the Tennis Consent Form. \***  
By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

## Track and Field Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Recognize the safety rules for restricted area, e.g., shot put. These areas must be supervised.
8. Stay on the designated running courses.
9. Check equipment, apparatus, field and pits thoroughly before each use, e.g., debris in jumping pits, placement of standards.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the track program.

I am aware that track is a high-risk sport and that practicing or competing in track and field will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in track and field include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in track and field may result not only in

serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of track and field, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, \_\_\_\_\_, am the parent/legal guardian of \_\_\_\_\_ (student). I have read the above warning and release and understand its terms. I understand that track and field is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school track and field team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in track and field, I hereby assume all the risks normally associated with track and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

**My signature shows proof that as the student-athlete of Huntington Middle School, I have read the Track and Field Consent Form. \***

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

**My signature shows proof that as the parent/guardian of my student of Huntington Middle School, I have read the Track and Field Consent Form. \***

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

## Volleyball Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.

5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Be aware of court surroundings, e.g., obstacles, projections, bleachers, standards, etc.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the volleyball program.

I am aware that volleyball is a high-risk sport and that practicing or competing in volleyball will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in volleyball include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in volleyball may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of volleyball, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, \_\_\_\_\_, am the parent/legal guardian of \_\_\_\_\_ (student). I have read the above warning and release and understand its terms. I understand that volleyball is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school volleyball team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in volleyball, I hereby assume all the risks normally associated with volleyball and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

**My signature shows proof that as the student-athlete of Huntington Middle School, I have read the Volleyball Consent Form. \***

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

**My signature shows proof that as the parent/guardian of my student of Huntington Middle School, I have read the Volleyball Consent Form. \***

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.