

TO: Parents/Guardians

RE: Athletic packets for participation in High School/Middle School athletics

Enclosed with this letter are documents needed by the Ash Fork High School/Middle School Athletic Department to ensure that your son/daughter will be able to participate in sports at Ash Fork Schools. Please note the following items are enclosed.

1. Health Services form (complete, parent signature required) **Page 2**
2. Shared Responsibilities Letter (parent/student initials required) **Page 3**
3. Athlete/Parent contract (student/parent signature required) **Page 4**
4. Ash Fork Athletic Program Guidelines (parent/student signature required) **Page 5 - 7**
5. Copy of insurance card or school insurance (submit to Athletic Director/Office) **Page 8**
6. Participation Fee (sign by parent and return) **Page 8**
7. AIA Position Statement (parent/student initials required) *Form 14.13* **Page 9**
8. AIA Concussion Statement (form 15.7-C) pg. 10
9. CDC fact sheet for athletes **pg. 11-12**
10. CDC fact sheet for parents **pg. 13-14**
11. Parent or Legal Guardian Consent Rule & Student Signatures (student/parent signature required) **Page 15-16**
12. Annual Pre-participation physical evaluation (parent/student signature required) *Form 15.7A* **Page 17**
13. Annual Pre-participation physical examination (Completed by Physician) *Form 15.7 B* **Page 18**

Please note: If any of the above items are not on file at the district office or the athletic director's office, your child will not be allowed to practice or participate in contests until all pertinent information is provided and on file. **This includes having ALL parts of these forms signed or initialed by the appropriate parties.**

Respectfully,

Brian Pereira
Athletic Director/Student Services

July 2012

Health Services for Athletics

Student Name: _____ Grade: _____

Emergency Contact Name and Phone #: _____

Directions to your home: _____

During the course of the school year, we often find it advisable to use medications taken by mouth or applied to the skin when treating minor illnesses or injuries. A few such conditions are sore throats, coughs, headaches, scratches, blisters, and stomach aches. Arizona State Law prohibits us from treating any condition without written permission from the parent. Please sign one of the lines below to indicate which, if any, medications we may administer to your child with your permission.

I give my permission for my child to receive the following over the counter medications:

Tylenol ___ Antacid ___ Ibuprofen ___ Cough drops ___ Midol ___

Toothache/cold sore gel ___ Eye wash/drops ___ Imodium AD ___

(it should be noted that we only carry Advil Liqui-gels {ibuprofen} as our # 1 pain reliever)

Please list any allergies: _____

_____ Date _____
Parent/Guardian signature

I ***do not*** want my child to receive any over the counter medications through the athletic department.

_____ Date _____
Parent/Guardian signature

The following section must be signed in order for your child to participate in any athletic sport or contest.

I give permission for the school district to provide emergency medical treatment for my child. I give permission for my child to be transported by whatever means necessary, as determined by the school district, to the nearest emergency medical facility for treatment.

I give consent to the rendering of such medical service for my child as shall be deemed necessary in the opinion of my family doctor or the doctor rendering such service.

Hello parents and/or guardians:

This letter is to inform parents/guardians of the shared responsibilities for the young student-athletes participating in the Ash Fork High School/Middle School Athletic Programs. The three parties involved in the athletic programs are the student-athletes, the parents, and Ash Fork Schools. Running a successful program depends on the firm cooperation between the three parties.

Ash Fork Schools shall:

1. Provide the very best coach/sponsor we have to offer.
2. Provide, within reason, proper supervision during all practices and game situations.
3. Provide adequate transportation to and from away contests. **(NOTE: All students are required to travel with their teams to all away contests. Parents may not drive their children to any out of town games!)**
4. Provide adequate uniforms/game gear for our student-athletes.

The student-athlete shall:

1. Attend all practices and games to the best of their abilities.
2. Keep a positive attitude toward teammates, coaches, and staff.
3. Maintain adequate grades to remain off grade check.
4. Respect the property (i.e. uniforms, equipment, facilities, etc.) and employees of Ash Fork Schools and conduct themselves in a proper manner when visiting other schools.

The parents/guardians shall:

1. Provide basic equipment necessary for the sport (i.e. shoes/cleats, shorts, socks, etc).
2. Provide a sack lunch/money for snacks, drinks, and after game meals as needed.
3. Provide insurance (school or private) for their son/daughter.
4. Take time to get an athletic physical for their son/daughter prior to the school year.
5. Provide support for all participants in any other capacity not listed.
6. Ensure their student-athlete maintains academic eligibility and attends all practices.

Thank you,

Brian Pereira
Athletic Director/Student Services

Ash Fork Schools expects each student to exhibit: good citizenship, character, academic performance, attendance, and behavior at all times. We expect each student-athlete to represent the school to the public in an exemplary manner. In order to promote this, each student who participates in an organized team sport will sign the following contract and agree to follow its requirements. We also request that parents or guardians sign the contract, agreeing to support the school in enforcing the rules set forth in the contract.

Athlete-Parent Contract

Each student-athlete agrees to the following rules, understanding that violations of the rules may result in the student being dismissed from the team or suspended for a specified portion of the season. Extreme behavior may result in the student losing all athletic participation privileges.

I agree to:

1. Exhibit exemplary behavior that represents the values of good sportsmanship and citizenship that Ash Fork expects of its student-athletes.
2. Continue as a member of a team once selected, understanding that failure to do so, may result in disbanding of the team and Ash Fork being unable to meet its agreed upon responsibilities to other schools.
3. Refrain from smoking, drinking alcoholic beverages, chewing tobacco, or abuse of any other drugs, whether legal or illegal.
4. Refrain from any activities or behaviors that violate the law.
5. Remain academically eligible. I understand that failing a grade check will make me ineligible to participate in any games or other athletic events and hurts my team and teammates. This may also create problems for my coach, and may cause forfeiture of games.
6. I will attend as many practices as possible. If a student is at school he/she is expected to be at practice. If an athlete has an injury and attends school, he/she is expected to attend practice, support the team, and learn from the coach BUT will not be expected practice until ready.
7. Exhibit behavior that promotes teams' harmony and promotes team morale. This especially includes following directions of the coaches without unnecessary comments or arguments and being supportive of other team members.
8. Exhibit proper dress as outlined by Ash Fork Schools or as prescribed by the Athletic Administration and Coach during practice, the day of a contest, or the Thursday prior to the weekend.
9. Adhere to guidelines concerning travel to away contests. (**NOTE**: **ALL** students are required to travel with their teams to all away contests).

I/He/She agree that I/he/she will live up to the terms of this contract established by the Athletic Department of Ash Fork High School. I understand that failure of my child/self to live up to the contract may result in his or her being suspended from 1 or more games, loss of playing time, or being dismissed from the team.

TO: Student-athletes and their parents/guardians

RE: Athletic eligibility and athletic policies pertaining to student participation in athletics.

Background: Arizona Interscholastic Association (AIA) requires that students be enrolled in at least three classes (for three credits) each semester (for a modified program such as ours). Ash Fork is requiring all Student-Athlete's to be enrolled in a minimum of 4 classes each semester of participation. Ash Fork has a "no pass, no play" policy. This means that any student who is failing one or more of their classes is ineligible to participate in athletics until cleared by the teacher and athletic director.

ASH FORK ATHLETIC PROGRAM GUIDELINES:

1. Any ninth grade student is eligible to participate in the Ash Fork Athletic Program.
2. High School students (enrolled at Ash Fork, transfer students, or home school students) are eligible to participate if they are on schedule to graduate in no more than four years. This means high school 5th year students, are ineligible to participate.
 - a. Tenth grade students must have earned six credits before the Fall semester and nine credits by the Spring semester.
 - b. Eleventh grade students must have earned twelve credits before the Fall semester and fifteen credits before the Spring semester.
 - c. Twelfth grade students must have earned eighteen credits before the Fall semester and twenty credits before the Spring semester. (rationale: students may be on track for graduation and only have to take 4 classes in the fall).
3. Ash Fork School students and home school students only have 1 week after the official start date of the season to join an athletic team. Transfer students have up to 3 weeks after start of season to join. After 3 weeks, no student will be eligible to join the team under any circumstances. Students with extenuating family circumstances (as determined by Ash Fork Administration) will be permitted to join athletic teams and will be given the 3 week window to join athletic team. For Volleyball and Football, students and home school students have 1 week to join after the first official day of school and any transfer students will have up to 3 weeks after the start of school to join football or volleyball.
4. Grade & behavior checks will be conducted weekly for the first three weeks. There after they will be conducted bi-weekly. A student reported as having less than a 70% in a class or as having unacceptable behavior by any teacher will be ineligible to compete until grades are above 70% and behavior is corrected. Students who receive a grade below 70% will have to attend after school tutoring or student t hall for 30min. every day until their grade is above 70%. Any ineligible student who is reported as academically or behaviorally deficient for two consecutive grade checks will be placed on Athletic

Probation for an additional 2 weeks. If athlete is found to be ineligible after the Athletic Probation period in the same sport, they will be dismissed from that team.

5. If a student is at school he/she is expected to be at practice. If an athlete has an injury and attends school he/she is expected to attend practice, support the team, and learn from the coach BUT will not be expected to participate until ready. Student-Athletes who miss one or more practices between competition will lose athletic competition playing time up to and not to exceed , half of one game on disciplinary reason. Missing practices will also result in their loss of their “Starter” status on the team for 1 game. Repeated offenses may result in Student-Athlete being suspended from competition for up to 2 weeks or dismissed from the athletic team.
6. The day of competition, Student’s must attend a minimum of 3 full class periods to participate in their team’s competition, regardless of reason.
7. No Jewelry is permitted to be worn during practices or competition under any circumstances. Tape will not be permitted to be worn over jewelry.
8. All student-athletes will wear athletic clothing appropriate for their sport as identified by the Athletic Administration and Coaches. If wearing shorts for practice, they must be of mid-thigh length.
9. If a student enters Ash Fork High School after the beginning of the Ninth grade, he/she will be held to the equivalent of the above standards.
10. **Quitting:** A student is allowed 8 school days after a particular season begins to determine if the sport is right for them. If the students quits on or before the eighth day they will not be held responsible for the consequences concerning quitting. On or after the eighth day, ALL athletes who quit will be held to the following consequences.
 - A. If a student quits one sport, they **may** not be able to participate in any sport of the following season. This includes from one school year to the next. Example # 1: Sherrilynn has an argument with her coach and quits basketball. She may not be allowed to play softball that year.
Example # 2: Cornhusker, the baseball’s best pitcher, decides not to play baseball anymore. He may not be allowed to play football next fall.
 - B. **Quitting concurrent sports.** Ash Fork High School is large enough to have a great variety of sports to offer our youth, but small enough to have difficulties filling squads from season to season. If a student is involved in concurrent sports (cheer and football or volleyball, dance and basketball) and quits one sport they must quit the second sport as well. Quitting one concurrent sport and not the other harms the morale of the players, coaches, and the school student body who has come to rely on those athletes to fill particular roles on and off the field. NOTE: Quitting one sport will also affect Guideline # 6; section A. Quitting one sport will cause an athlete to miss the next sport.

11. Quitting due to illness/medical/family problems:

A student, along with his/her family, may request a meeting with the committee to review exclusions from Guideline #6; section A and B based on prolonged illness, medical difficulties, and certain family problems that, in most cases, are unexpected. The committee will include the coaches from the level at which the athlete participates and the Athletic Director, who will serve on both committees.

High School coaches will serve on the committee for high school students and Middle School coaches will serve on the committee for middle school students.

- 12.** From time to time, situations, which are totally unexpected, arise and must be dealt with quickly and efficiently. At these times, **the Athletic Director and Head Coaches reserve the right to make decisions** that he/she feels are in the best interest of the Athletic Program and Ash Fork Schools.

In signing below, I/we acknowledge that I/we have read and understand the above-mentioned policies; however, it does not necessarily mean I/we agree with the policies.

INSURANCE INFORMATION:

Please check one of the following types of coverage.

1. _____ Private Insurance
2. _____ AHCCCS Health Insurance
3. _____ School Insurance

If you have selected #'s 1 or 2 – please have your insurance card copied and brought to the office with the rest of the paperwork.

If you have selected # 3, your son/daughter becomes eligible to begin play as soon as we receive payment in the office along with the rest of the paperwork.

Participation Fee

As of July 1, 2011, all athletes participating in Ash Fork School's sports programs will be required to pay a participation fee. For high school the fee will be \$20 per sport, per athlete. For middle school, the fee will be \$10 per sport, per athlete. However, if a family has more than one child participating in sports at Ash Fork Schools, the fee for the first athlete will be the original amount and half the fee for any additional athletes.

Example: If a family has three children participating in sports and two are in high school and the other is in middle school, one high school student will pay \$20, the second high school student will pay \$10 and the middle school athlete will pay \$5. The minimum fee for a child will not be any lower than \$5. This fee is being assessed to allow the usage of Tax Credit monies for the sports programs. The money collected will be put into the Auxiliary Fund and will be used to help with costs of officials, travel accommodations and other expenses. **This fee allows your child/children to participate in athletics at Ash Fork Schools. It does not guarantee that your child will get play time, especially at the high school level.** This fee must be paid prior to the athlete(s) stepping on the field or court for practice. All athletes must pay the participation fee within 1 week of practice beginning; after that the athlete will not be able to join the team.

By signing below, you acknowledge that you have read and understand the participation fee program for Ash Fork Schools.



Arizona Interscholastic Association, Inc.

ARIZONA INTERSCHOLASTIC ASSOCIATION, INC.
7007 North 18th Street, Phoenix, Arizona 85020-5552
Phone: (602) 385-3810 Fax: (602) 385-3779

AIA POSITION STATEMENT SUPPLEMENTS, DRUGS AND PERFORMANCE ENHANCING SUBSTANCES

PURPOSE OF FORM: All AIA Member schools are required to **ANNUALLY** communicate this AIA

Position Statement on the use of supplements, drugs and performance enhancing substances to every participant in interscholastic activities. (See Article 14, Section 14.13.2)

The Arizona Interscholastic Association (AIA) views sport, and the participation of student-athletes in sport, as an activity that enhances the student-athlete's well-being by providing an environment and stimulus that promotes growth and development along a healthy and ethically based path.

- It is the position of the AIA that a balanced diet, providing sufficient calories, is optimal for meeting the nutritional needs of the growing student-athlete.
- It is the position of the AIA that nutritional supplements are rarely, if ever, needed to replace a healthy diet.
- Nutritional supplement use for specific medical conditions may be given individual consideration.
- The AIA is strongly opposed to “doping”, defined as those substances and procedures listed on the World Anti Doping Agency’s Prohibited List (www.wada-ama.org).
- It is the position of the AIA that there is no place for the use of recreational drugs, alcohol or tobacco in the lifestyle of the student-athlete. The legal consequences for the use of these products by a student-athlete are supported by the AIA.

In pursuit of **Victory with Honor**, the AIA promotes the use of exercise and sport as a mechanism to establish current fitness and long-term healthy lifestyle behaviors. It is the position of the AIA that the student-athlete, who consumes a balanced diet, practices sport frequently and consistently, and perseveres in the face of challenges, can meet these goals.

FORM 14.13
6/13

Parent & Student Signature Page

Student Name: _____ Grade: _____

Emergency Contact Name and Phone #: _____

- I understand that Ash Fork Schools, my student-athlete and me as a parent all have responsibilities to live up to as outlined on page xx in the athletic handbook.
Parent/Guardian Initials: _____ Student Initials: _____

- I agree to adhere to the Athlete & Parent Contract as outline on page xx in the athletic handbook or my child will not be able to participate in athletics at Ash Fork Schools.
Parent/Guardian Initials: _____ Student Initials: _____

- I have read and understand the **AIA Position Statement** about supplements, drugs, and performance enhancing substances as outlined on pages xx
Parent/Guardian Initials: _____ Student Initials: _____

- I have read, understand, and agree to adhere to the Athletic Program Guidelines as outlined on page xx or my child will not be able to participate in athletics at Ash Fork Schools.
Parent/Guardian Initials: _____ Student Initials: _____

- I have read and agree to pay the participation fee as outlined on page xx or my child will not be able to participate in athletics at Ash Fork Schools.
Parent/Guardian Initials: _____ Student Initials: _____

- I understand and agree to maintain health insurance for my student athlete or my child will not be able to participate in athletics at Ash Fork Schools
Parent/Guardian Initials: _____ Student Initials: _____

- I understand and agree that my child cannot participate in athletics at Ash Fork Schools unless they have a current athletic physical on file for the current school year.
Parent/Guardian Initials: _____ Student Initials: _____

- I have read & understand the AIA's Mild Traumatic Brain Injury (MTBI) Concussion statement
Parent/Guardian Initials: _____ Student Initials: _____

Parent & Student Signature Page

Parent or Legal Guardian Consent Rule

I/We give our permission for _____ to participate in organized interscholastic athletics, **realizing that such activity involves the potential for injury, which is inherent in all sports. I/We acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of the rules, injuries are still a possibility.** On rare occasions, the injuries can be so severe as to result in total disability, paralysis, quadriplegia, or even death.

I/We acknowledge that I/We have read and understand this warning.

Parent/Guardian

Date

Student-Athlete

Date