

O.L.S.S.

Athletic Handbook  
and Forms



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## ATHLETIC HANDBOOK

### I. MISSION STATEMENT

The mission of OLSS Athletic Program is to provide the student athletes opportunities to develop their full human potential and to practice their Christian values in a competitive setting.

### II. GOALS

In order to ensure this quality athletic program, OLSS will:

- Conduct the athletic program so that educational objectives are achieved, highest details of sportsmanship are upheld, and no single phase of the athletic program is promoted at the expense of other programs.
- Provide broad and varied athletic programs with an opportunity for equitable competition for all students.
- Require that participants are properly examined, approved, equipped, classified, instructed, and supervised.
- Administer a program so that there will be a minimum loss of school time, proper but minimal publicity, competent officiating, limited awards, and the program kept in its proper perspective.
- Provide qualified faculty leadership who understand this adolescent age group, the objective of this modified sports program, and the emphasis on the safety and welfare of the student.
- Foster proper respect for authority and avoidance of all evidences of undesirable athletic mannerisms.
- Compete within the spirit of the rules, giving every opponent due credit and respect, and making every effort to be gracious in victory or loss.

### **III. Objectives.**

The purpose of the interscholastic athletics at OLSS is to advance the educational philosophy of the school in the arena of competitive athletics. Specifically, OLSS seeks to provide interested students with the opportunity to participate in its program of interscholastic athletics and is committed to the following:

- To offer a well-balanced and varied program of interscholastic athletics;
- To teach the value of competition
- To foster the development of athletic skills;
- To encourage commitment to a sport and a team;
- To teach the value of teamwork;
- To encourage the development of judgment, character, and leadership;
- To teach the value of ethical conduct, sportsmanship and fair play; and
- To help students develop strong work ethic.

The athletic department expects the following of each participant in the school's athletic program.

- To be a worthy representative of teammates and coaches, abiding by school and community expectations;
- To maintain health and fitness levels by following the training rules prescribed by the coach;
- To reflect the knowledge that commitment to victory is nothing without commitment to hard work during practice sessions;
- To understand that athletics is just one part in the big picture with the cornerstone being that at OLSS student strives to achieve excellence in all arenas;
- To express feelings intelligently and appropriately;
- To accept the responsibilities of team membership: support of teammates, cooperation, positive interaction, and mutual respect and;
- To help athletes learn how to balance a demanding academic schedule with an arduous athletic training schedule.

### **IV. PHILOSOPHY**

We believe that an exemplary athletic program is an extension of the classroom. As such, athletics offer students an opportunity to develop and grow physically, intellectual, emotionally, socially, and spiritually. The positive benefits that participation in athletics offer include, but are not limited to, self discipline, self confidence, and the development of team spirit. At all times the athletic program should be conducted in such a way so as to justify it as an educational activity.

## V. **Responsibilities**

### **1. Head Coach:**

-The Head Coach is responsible for administering the athletic program at OLSS. His/Her duties include, coordinating the athletic budget, recommending for hiring and appointing assistant coaches, scheduling transportation, officials and approving game schedules for all teams. He /She will advise the staff, teams, and parents of any changes and communicate the needs of the Athletic Department to the administration.

-The Head Coach is available to assist in resolving conflicts that may arise within the Athletic Department. Problems arising in a particular sport should be addressed first by the individual coach and reported to the Head Coach. The Administration and the Head Coach will assist if a satisfactory solution cannot be obtained.

### **2. Coaches:**

-The coach is responsible for creating a fun , safe and challenging environment in which his/her athletes will receive a high level of instruction and competition. The head coach is responsible for scheduling competition for his /her particular sport and confirming schedules, referees and bus schedules.

-Coaches will complete team rosters and turn in to the Head Coach prior to the first game of the season or meets. Coaches will also update the Head Coach throughout the season concerning game results, injuries, conflicts, assignments and any other matters that may occur.

-Coaches are expected to develop each athlete to his /her fullest potential. He/She is expected to maintain high personal standards, motivate the players, and promote sportsmanship at all times.

***-Any coach who is ejected from a game will automatically be suspended for the next Athletic Contest.***

### **3. Athletes:**

-Student-athletes will be representing OLSS on and off the playing field and are expected to conduct themselves in a matter that will reflect positively upon our program and school. Athletes are expected to give their best effort in class, in practice, in games and in the community. If an athlete fails to conduct himself/herself properly, he/she may be subject to penalties which may include game suspensions or ineligibility.

***-Any player who is ejected for unsportsmanlike conduct during a game will be automatically suspended for the next contest.***

### **4. Parents:**

-Parents play a vital role in the OLSS athletic program. Parents model attitudes and behavior for their children. Parents should come to as many games and meets as possible, to support the team, and encourage their children to practice and play hard. If problems arise, parents should contact the head coach at an appropriate time for both parties. Honest, respectful communication will go a long way in assuring a successful experience for everyone. In regard to games, parents are expected to conduct themselves in a manner that will bring honor and respect to our teams and school. At no time should a parent display inappropriate behavior toward any official or coach involved in an athletic contest.

***-Any spectator/parent who acts in a disruptive manner will cause a game to be suspended until the situation is resolved or spectator is removed.***

## VI. Sports Offered

	<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Boys	Cross Country Tennis	Basketball Tennis	Track Tennis Soccer
Girls	Cross Country Tennis Volleyball	Basketball Tennis	Track Tennis Soccer

Practices: Boys and Girls cross-country M-W 3:15pm-4:15pm - Meets all on Saturdays

Girls Volleyball M-W 3:15pm -5:15pm - Games are on Thursday, Tournaments will be announce. Tournaments will take place on Saturdays

Boys and Girls Basketball M-W 3:15-5:30-Games are on Mondays/Thursdays, Tournaments will be announce. Tournaments will take place on Saturdays.

Boys and Girls Track M-TH 3:15pm-5:00pm - Meets on Saturday

Boys and Girls Soccer M-W 3:15pm-5:00pm - Games on Thursday, Tournaments will be announce. Tournaments will take place on Saturdays.

Boys and Girls Tennis Friday 3:15pm-6:00 at Memorial High School

## VII. Conference Affiliations:

OLSS athletic teams compete in the South Texas Jr. High League and 3A district schools for cross country, tennis and track. The purpose of the STJL is to promote , develop, direct, protect, and regulate amateur interscholastic relationships between public and parochial middle schools members and stimulate fair play, friendly rivalry, and good sportsmanship among schools. The member school are:

- San Isidro Public School
- Immaculate Parochial
- St. Josephs Parochial
- OLSS Parochial
- Idea Quest Charter School
- Brewster Public School

## VIII. ELIGIBILITY REQUIREMENTS – 6<sup>TH</sup>, 7<sup>TH</sup>, & 8<sup>TH</sup> GRADE

Participation in athletics is a privilege, not a right. Student can earn the privilege through hard work, dedication, desire, and self – discipline. Students must be currently enrolled and attend OLSS to be eligible to participate. Students in grade five are not eligible to participate in interscholastic athletics, with the exception described in section IX below.

**Academic Eligibility:** Students are expected to maintain passing grades in all classes. Any student receiving a failing mark in any subject will be placed on probation and ineligible for competition (i.e. games, tournaments, meets, etc.) for (a) two weeks after a progress report or (b) four weeks after a report card. If, after this time period all grades are passing, the student will recover his/her eligibility. Any student that receives failing grades for two consecutive quarters in ANY subject will be ineligible for the participation in athletics for the duration of the academic year. Students who are placed on academic probation may practice with the team during the two week and four week probation periods and may travel with the team to the contest at the discretion of the head coach and/or administration.

**Conduct Eligibility:** Students are expected to maintain satisfactory conduct in all classes. Any student who receives more than 14 demerits through the year will be ineligible for competition. Each member of our athletic program is viewed as a model in the eyes of the student body and faculty. Therefore, each athlete should adhere to the OLSS Code of Conduct as stated in the parent Student Handbook. Student behavior contracts, in-school suspension, out-of-school suspension or any other major violation of the Code of Conduct will place the student in conduct violation. A meeting with administration, head coach, student and parents will be scheduled to determine further action. If student continues inappropriate behavior where he/she are in violation of the Code of Conduct he/she will be declare ineligible for competition for the remainder of the academic year.

**School Attendance:** The athletic program complies with the school attendance policy as stated below.

- 7 tardies or more- Elimination from extra-curricular activities (Count each Quarter)
- 5 unexcused Absences – Elimination from extra-curricular activities(Count each Quarter)
- 16 Absences (Excused OR Unexcused) – Exclusion from extra-curricular activities(Count for full year)
- Students attending school for less than four periods will not be allowed to practice or participate in games for that day.

**Documents:** Documents concerning a complete physical, valid health insurance (school health insurance) and parental approval must be on file before a student will be allowed to attend the first practice session.

**Membership:** All students in grades 6, 7, and 8 are eligible to participate in the interscholastic sports program offered by the school. We are committed to provide student interested in competitive athletics the opportunity to participate on an athletic team. This commitment means that in some sports there will be more than one team per grade level. In sports for which there are more students coming out than can be accommodated on one team, we will customarily evaluate all players at the beginning of the season and then allocate all students to the different teams on basis of skill and experience level. We recognize that middle school athletics provides the introduction to competitive sports. Because it is important to have players learn the fundamentals correctly, the emphasis of our school athletics is directly related to skills developed. It is our goal in team placement to find the opportunities not only for participation but, more importantly, for success. Placing each student at the level where she/he can contribute physically and gain positive feelings from his/her efforts is important to us at OLLS. Disappointments are inevitable when teams are selected and it is very important that students feel the support of teammates, parents and coaches.

We evaluate the talent and physical development of individual students with considerable thought and sensitivity. During team selections both the athletic talent and potential improvement will be judged. In making decisions regarding team placement, the following factors will be among the considerations: speed, dedication, skill, aggressiveness, physical conditioning, past experience and coach ability.

Hopefully, our students will learn the value of being on a team and the contribution each must make. Team members have a responsibility to themselves, their teammates, coaches and their school to learn the role on the team. Teamwork requires the development of many interpersonal skills such as listening, following directions, accepting constructive criticism, and supporting teammates and coaches. Athletes have an obligation to participate in practice sessions and games with full commitment and enthusiasm. The situation may arise that there are too many players to make one team, but not enough to make two teams. In this situation, the coach will institute the use of rotational rosters. The team will have a core set of players who contribute in each game, while the remaining role players on each team are filled on a rotational basis. Players who play on a rotational basis will be notified which games they will dress for and which games they will not dress for. Students should plan to be at each game, but only play in those which they are told to dress for. All players, including rotational players, will have the same responsibilities in regard to practice and team meetings.

**Practice Attendance:** Attendance at all practice sessions is essential. All team members of each sport will attend all scheduled practice and meetings. If the student will not be attending a practice, meeting or athletic contest, the coach should be notified PRIOR to the event missed. Excessive absence may result in removal from the team. Practice is held rain or shine unless otherwise noted by the coach. If the student is absent from school or arrives after 10:00am, he/she will not be able to practice or play in a game that day. Practices are closed to outside audiences other than Our Lady of Sorrows School Staff. If a parent would like to observe one of our practices, permission must be requested in writing from the principal. You must specify the reason for your observation. We appreciate the interest in volunteering. Should volunteers become necessary, an orientation (rules and expectations) will be provided. We are required to screen applicants and conduct a criminal background check.

*A late fee of \$20.00 will be applied to a parent who is more than 15 minutes late to pick up a child from practice or a game. An additional \$5.00 will be charged for each 5 minute increment beyond 15 minutes.*

**Tutorials:** During the course of the school year, it may be necessary for an athlete to attend after school tutoring sessions in order to maintain academic eligibility. In the event that an athlete needs to miss practice in order to attend tutorials, the coach must be notified in advance, and written permission may be required. Missing practice in order to attend tutorials will not excuse the athlete from learning the information covered during practice. If an athlete misses excessive practice due to tutorials, he/she may face decreased playing time or other consequences. Every effort should be made to schedule tutorials around practice and game schedules.

**Illness and Injury:** All injuries should be reported to the coach at the time they occur so further injury can be avoided. In the rare event that an athlete sustains an injury remember the following:

1. tell the coach that you are injured before leaving practices
2. no matter how small the injury get treatment
3. A doctor's excuse is required to miss practice due to an injury.
4. Athletes should attend team practices each day that they attend school. Exceptions will be made for students completing academic make-up work or undergoing rehabilitation.
5. a second notice from doctor should be given to the coach to end physical restrictions
6. During the early, hot practices, anyone who becomes sick, nauseated, dizzy, and very hot should notify the coach immediately. A player knows better than anyone else if he/she is becoming overheated.

## IX. FIFTH GRADE

Fifth grade students do not participate in interscholastic athletic competition. Fifth grade students may practice with or against Junior High students.

Exceptions - A fifth grader is eligible to compete against other schools only if:

- Her/his participation is vital to field a team (volleyball, basketball, soccer, and track). The 5<sup>th</sup> grader must have the skills and ability to compete at a comparable level to the rest of the Jr. High athletes. This will be based on the Coaching Staff's assessment of the child's ability.

## X. SUSPENSIONS

- Suspensions from the team will occur in the following instances:
  - Misconduct that is directly associated with the student's participation in the sport,
  - As a goal-oriented, temporary inducement to correct the student's failing grades,
  - Being placed on Academic OR Behavioral Contract during a season, (check section VIII) OR
  - Missing practices without notification from parents to Coaching Staff
- Suspension includes the student's active participation in practices, scrimmages, and games. The length of the suspension will be until that time that the student has raised his/her grade average to the level of passing and/or has improved his/her behavior. (check section VIII)
- Expulsion from a school-sponsored team will occur in the event of blatantly gross and/or illegal conduct associated with the student's participation in sports.
- Any athlete found to be in violation of the school's substance abuse policy will automatically be suspended from participation on any athletic team for the remainder of the school year.
- OLSS Athletic Department prohibits the use of any substance (such as creatine or anabolic steroids) that is not approved by the United States Food and Drug Administration, by the Surgeon General of the United States, or the American Medical Association for use by children or adolescents for the purpose of increasing physical development strength or athletic performance.

## **XI. HARASSMENT , HAZING, AND BULLYING**

- The Coaching Staff will periodically examine practices and routines to see if there are times and places that bullying and harassment are more likely to occur and will make plans to minimize the likelihood of occurrence.
- The Coaching Staff will educate student athletes and will show in word and deed that demeaning behavior is not appropriate.
- The Head Coach will investigate complaints and concerns: if a student expresses discomfort, the Head Coach will investigate the situation carefully. The information will be reported to the Principal and appropriate action will be taken.
- OLSS forbids any form of hazing. Hazing is defined as any forced, required, intentional or negligent action, situations or activity which recklessly places any person at risk of physical injury, mental distress or personal indignity, or which encourages via lotion of any federal state, local, or school law for the purpose of initiation into or affiliation with any organization affiliated with OLSS. This applies regardless of the willingness of the participant. Hazing with or without the consent of a student, is prohibited by OLSS, and a violation of that prohibition renders both the person inflicting the hazing and the person submitting to the hazing subject to discipline.

## **XII. EQUIPMENT AND UNIFORMS**

- If an athlete quits the team the parents will be notified of the Return Uniform procedure.
- The Coaching Staff will direct the business office to send a bill to the parents for payment of lost or unreturned items.
- All uniform fees will be handled through the business office. An athlete will not be issued equipment for the next sport until all equipment is turned in or paid for.
- Uniforms can be turned in to the Coaching Staff. Once the uniform is turned in the business office will be notified and the student's name will be removed from the payment list.

## **XIII. GAME, SPORTSMANSHIP AND BENCH BEHAVIOR**

Every person on the bench is important to the team and must assume a positive attitude at all times. Enthusiasm is encouraged and greatly aids team spirit when directed properly. When a player comes out of the game he/she is expected to go immediately to the vacant seat by the Coach for instructions. The use of profanity or any type of disrespectful remarks to an official or opponent is strictly forbidden. Any player, coach, parent, or fan speaking or acting in a way deemed unacceptable by the coaches, officials, or administrators on-site will be asked to leave and may be subject to further consequences.

Each player, in the game or on the bench, is an integral part of the team's success and must be prepared to participate to the best of their ability. The entire bench will stay focused on the game at all times. When a player comes out of the game he/she is expected to go immediately to the vacant seat by the Coach for instructions.

## **XIV. SCHEDULES**

Schedules will be posted on our school web site and provided at the beginning of each season. Schedules are subject to change.

## **XV. TRAVELING AND DINING**

While traveling we are witnessing to everyone we come in contact with. The only impression most people have of us is when we pass through their city. We will reflect the general appearance and attitude of a CATHOLIC COMMUNITY at all times. Good manners and good behavior will be displayed while dining. This includes offering a *prayer of thanksgiving before meals*.

All players are expected to conduct themselves as young adults. Foul language and inappropriate actions will not be tolerated. School assignments will not be missed; arrangements should be made with teachers especially if a test is taking place the following day. Remember, every school assignment is important. Strive always to be first in appearance, conduct, and performance in school and on the court.

## **XVI. WEATHER**

In case of bad weather, a decision regarding practice or games will be made by 2:00pm if possible. We will notify the players as soon as possible and have each player call their parents if possible. However, if you have a question regarding practice or game status, please call the athletic cell number 956-821-3254 or check the athletic page on the schools website.

## **XVII. BUS RULES**

- A coach or his designee approved by the administration must be present on bus trips.
- The Coaching Staff is responsible for the conduct of the students on the bus.
- No students other than the student athletes are allowed to travel in the bus. No parents or relatives will be allowed to travel in the bus unless approved by the principal in case of an emergency.
- Any student who travels to an event on the bus must return on the bus unless the student provides to the Coaching Staff written notification, signed by a parent or guardian, PRIOR TO DEPARTURE.
- Athletes will not be allowed to leave the group with anyone other than a parent unless parental written permission is received prior to departure from school.
- Food and drink are usually not permitted on the bus. As a practical matter, students will want to bring consumable items on long trips. The Coaching Staff is responsible to make certain that trash is cleaned up at the conclusion of the trip. No glass drink containers are to be allowed.
- Be on time to leave for each trip, whether it is a regular game or a tournament
- No horse play on the school bus
- Be responsible for your own belongings and equipment
- Travel time is a good time for homework
- Boys will sit across from girls
- Absolutely no cell phones permitted.

# FORM A

## OUR LADY OF SORROWS SCHOOL Athletic Participation Agreement

Date: \_\_\_\_\_

I hereby request permission for my child to participate in Our Lady of Sorrows School athletics. I understand that my child and I are entering into a voluntary contract with Our Lady of Sorrows School for participation in school-sponsored athletic activities.

As a player, my child understands that he/she must fulfill all religious and academic responsibilities to Our Lady of Sorrows School and Parish and to conduct himself/herself as a committed Christian both in and out of school, in particular at any activity involving athletic competition representing Our Lady of Sorrows School. My child agrees to be bound by the rules and regulations regarding athletics, and to submit himself/herself voluntarily to the application of the rules.

As the parent of an athletic participant from Our Lady of Sorrows School, I understand my responsibility and obligation to see that my child fulfills his/her religious and academic responsibilities (including school work and homework assignments) and complies with the rules and regulations for participation in Our Lady of Sorrows School athletics. I agree to cooperate with, support, and be governed by the rules and regulations of Our Lady of Sorrows School as set forth by the Administration of Our Lady of Sorrows School, as published in the Parent/Student Handbook and the Athletic Handbook. I understand that I must be familiar with and accountable for these rules and regulations and the policies and procedures which govern participation in athletics representing Our Lady of Sorrows School.

I further agree that as an adult I will show respect for authority, and will avoid any activity or conduct which is in any way disrespectful, combative or confrontational, or questions the authority of the school Administration, the Coaching Staff, or the Officials.

As a player and parent, we acknowledge that a violation of the rules and regulations may result in forfeiture of eligibility to participate in athletics representing Our Lady of Sorrows School.

Our signatures indicate that we understand and accept these conditions for the participation of our student and family, which are binding through our child's completion of the current school year at Our Lady of Sorrows School.

Student Name (PRINT NEATLY): \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent Name (PRINT NEATLY): \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# FORM B

## ATHLETIC REGISTRATION FORM FOR STUDENTS IN GRADES 5 – 8

STUDENT'S NAME \_\_\_\_\_ GRADE \_\_\_\_\_  
(PRINT NEATLY)

*I plan to participate in the following sports at Our Lady of Sorrows School:*

### GIRLS

\_\_\_\_\_ VOLLEYBALL

\_\_\_\_\_ CROSS-COUNTRY

\_\_\_\_\_ BASKETBALL

\_\_\_\_\_ TRACK & FIELD

\_\_\_\_\_ SOCCER

\_\_\_\_\_ TENNIS

\_\_\_\_\_ CHEERLEADING

### BOYS

\_\_\_\_\_ CROSS-COUNTRY

\_\_\_\_\_ BASKETBALL

\_\_\_\_\_ TRACK & FIELD

\_\_\_\_\_ SOCCER

\_\_\_\_\_ TENNIS

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Forms must be turned in before the sport season begins.**

# FORM C

## SPORTS INSURANCE WAIVER

I do not wish to utilize the School Sports Insurance Program.

My child, \_\_\_\_\_,

is covered by \_\_\_\_\_  
(Name of Health Insurance)

POLICY NUMBER \_\_\_\_\_

HOME PHONE NUMBER \_\_\_\_\_

EMERGENCY PHONE NUMBER \_\_\_\_\_

I will not hold Our Lady of Sorrows School responsible for any injury incurred during practice sessions and/or during athletic events.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

# Form D

## PRE-PARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Student's Name: \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_

Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_

*In case of emergency, contact:*

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

**Explain "Yes" answers on an additional sheet. Circle questions you don't know the answers to. Any Yes answer to questions 1, 2, 5, 7, 11, or 17 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in Our Lady of Sorrows School practices, games or matches.**

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical? .....	<input type="checkbox"/>	<input type="checkbox"/>	10. Have you had any problems with your eyes or vision? .....	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year? .....	<input type="checkbox"/>	<input type="checkbox"/>	11. Are you missing any paired organs? .....	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery? .....	<input type="checkbox"/>	<input type="checkbox"/>	12. Do you use 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)? .....	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? .....	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever had a sprain, strain, or swelling after injury? .....	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? .....	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints? .....	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever passed out during or after exercise? .....	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? .....	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been dizzy during or after exercise? .....	<input type="checkbox"/>	<input type="checkbox"/>	If yes, check appropriate box and explain on separate page.		
Have you ever had chest pain during or after exercise? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Hip <input type="checkbox"/> Neck		
Do you get tired more quickly than your friends do during exercise? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Forearm <input type="checkbox"/> Thigh <input type="checkbox"/> Back <input type="checkbox"/> Wrist		
Have you ever had racing of your heart or skipped heartbeats? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Knee <input type="checkbox"/> Chest <input type="checkbox"/> Hand <input type="checkbox"/> Shin/Calf		
Have you had high blood pressure or high cholesterol? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder <input type="checkbox"/> Finger <input type="checkbox"/> Ankle <input type="checkbox"/> Upper Arm		
Have you ever been told you have a heart murmur? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Foot		
Has any family member or relative died of heart problems or of sudden unexpected death before age 50? .....	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you want to weigh more or less than you do now? .....	<input type="checkbox"/>	<input type="checkbox"/>
Has any family member been diagnosed with enlarged heart, hypertrophic cardiomyopathy, long QT syndrome, Marfan's syndrome, or abnormal heart rhythm? .....	<input type="checkbox"/>	<input type="checkbox"/>	Do you lose weight regularly to meet weight requirements for your sport? .....	<input type="checkbox"/>	<input type="checkbox"/>
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? .....	<input type="checkbox"/>	<input type="checkbox"/>	15. Do you feel stressed out? .....	<input type="checkbox"/>	<input type="checkbox"/>
Has a physician ever denied or restricted your participation in sports for any heart problems? .....	<input type="checkbox"/>	<input type="checkbox"/>	16. Record the dates of your most recent immunizations (shots) for:		
6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? .....	<input type="checkbox"/>	<input type="checkbox"/>	Tetanus _____ Measles _____		
7. Have you ever had a head injury or concussion? .....	<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis B _____ Chickenpox _____		
Have you ever been knocked out, become unconscious, or lost your memory? .....	<input type="checkbox"/>	<input type="checkbox"/>	17. Are you under a doctor's care? .....	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how many times? _____			<b>Females Only</b>		
When was the last concussion? _____			18. When was your first menstrual period? _____		
How severe was each one? (Explain on separate page)			When was your most recent menstrual period? _____		
Have you ever had a seizure? .....	<input type="checkbox"/>	<input type="checkbox"/>	How much time do you usually have from the start of one period to the start of another? _____		
Do you have frequent or severe headaches? .....	<input type="checkbox"/>	<input type="checkbox"/>	How many periods have you had in the last year? _____		
Have you ever had numbness or tingling in your arms, hands, legs, or feet? .....	<input type="checkbox"/>	<input type="checkbox"/>	What was the longest time between periods in the last year? _____		
Have you ever had a stinger, burner, or pinched nerve? .....	<input type="checkbox"/>	<input type="checkbox"/>			
8. Have you ever become ill from exercising in the heat? .....	<input type="checkbox"/>	<input type="checkbox"/>			
9. Have you ever gotten unexpectedly short of breath with exercise? .....	<input type="checkbox"/>	<input type="checkbox"/>			
Do you cough, wheeze, or have trouble breathing during or after activity? .....	<input type="checkbox"/>	<input type="checkbox"/>			
Do you have asthma? .....	<input type="checkbox"/>	<input type="checkbox"/>			
Do you have seasonal allergies that require medical treatment? .....	<input type="checkbox"/>	<input type="checkbox"/>			

**An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question five above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.**

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. *Our Lady of Sorrows School* assumes no responsibility in case an accident occurs. If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by *Our Lady of Sorrows School*.**

Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**

## Form E

### PRE-PARTICIPATION PHYSICAL EVALUATION – PHYSICAL EXAMINATION

Student's Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_ ( \_\_\_\_\_ / \_\_\_\_\_, \_\_\_\_\_ / \_\_\_\_\_ )  
 Vision R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected: Y N Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high athletic participation each year. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side.

MEDICAL	NORMAL	ABNORMAL FINDINGS	INITIALS *
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS	INITIALS *
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

\*station-based examination only

**CLEARANCE**

- Cleared
- Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

Not cleared for (circle): **Basketball**      **Soccer**      **Track & Field**      **Volleyball**      **Cross-Country**      **Tennis**

Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

*The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.*

Name (print/type) \_\_\_\_\_ Date of Examination: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.