

O.L.S.S.
2022-2023

Athletic Handbook
and Forms



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I. ***Mission Statement of Our Lady of Sorrows School:***

Our Lady of Sorrows School’s mission is to embrace Catholic faith, respect diversity, promote community, provide a quality education for all, and prepare for a lifetime of service centered on Jesus Christ.

Mission of Our Lady of Sorrows School Athletics:

Our Lady of Sorrows School Athletic Program dedicates itself to the pursuit of excellence in athletics within the framework of a Catholic community and in accordance with its primary role as an educator and spiritual guide. The athletics program is committed to providing opportunities for each individual student-athlete to reach his/her highest potential while developing the qualities and spirit of a Catholic Christian.

II. ***Philosophy:***

“Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one.”

Corinthians 9:24-25

We recognize that the imperishable crown offered by Jesus Christ far exceeds any of the perishable crowns or trophies offered by this world. As a Catholic school, Our Lady of Sorrows upholds Christian values and principles. Though our athletic teams strive to win in the sense of having the best score, we recognize the real value of Catholic school athletics is realized only if it fosters the development of the human person—both in spirit and in body—by cultivating Christian character, strengthening personal integrity and responsibility, and promoting the pursuit of excellence in all endeavors.

Participation on a team is a privilege. With this privilege come responsibilities in the areas of preparation, attitude, sportsmanship, and academics. These responsibilities exist both in and out of school, both in athletic and non-athletic settings. We recognize the need for God’s support and guidance in meeting these responsibilities.

III. 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 for both girls and boys athletics (Cross-Country, Basketball, Volleyball, Track and Field and Soccer). 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 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 student/athlete who is ejected for unsportsmanlike conduct during a game will be automatically suspended for the next contest.

-Any student/athlete who receives a discipline referral (FACTS) during a given week of a game, will sit out the first half of a game.

-Any student/athlete who receives a detention during a given week of a game, will be suspended for the next contest.

-If a student/athlete misses practice without a medical excuse, can be sat down at the discretion of the coach

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 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.

-Coaches will not discuss playing time with parents at any time. Collaboration on how we can both support a student/athletes growth in skill development is acceptable

VI. Sports Offered

Athletic Teams at Our Lady of Sorrows

Our Lady of Sorrows School offers the following sports to students in grades 5 - 8 (unless otherwise noted):

SEASON	GIRLS	BOYS
Fall	Volleyball Cross-Country	Cross-Country
Winter	Basketball → Varsity – 5 th through 8 th Grade → Junior Varsity – 5 th through 7 th grade Spring League Basketball: Jr High 6 th Grade through 8 th grade Elementary 4 th grade through 6 th grade	Basketball → Varsity – 5 th through 8 th Grade → Junior Varsity – 5 th through 7 th grade Spring League Basketball: Jr High 6 th Grade through 8 th grade Elementary 4 th grade through 6 th grade
Spring	Spring League Basketball: Jr High 6 th Grade through 8 th grade Elementary 4 th grade through 6 th grade <i>Track and Field</i>	Spring League Basketball: Jr High 6 th Grade through 8 th grade Elementary 4 th grade through 6 th grade <i>Track and Field</i>

Practices:

- Boys and Girls Cross-Country: M-TH, 3:15 pm - 4:30 pm; Meets are on Saturdays, and will be announced.
- Girls Volleyball: M-W, 3:15 pm - 5:15 pm; A seasonal scheduled will be provided for games and tournaments will be announced. Tournaments take place on Friday and Saturday.

- Boys and Girls Winter and Spring League Basketball : M-W, 3:15 pm – 5:30 pm; Games are on Mondays/Thursdays, tournaments will be announced. Tournaments take place on Saturdays.
- Boys and Girls Track: M-TH, 3:15 pm - 5:00 pm; Meets on Saturday, and will be announced.
- Boys and Girls Soccer: M-W, 3:15 pm - 5:00 pm; Games on Thursday, Tournaments will be announced. Tournaments take place on Saturdays.

Levels of Competition

Development of the skills fundamental to each sport receives primary emphasis on each athletic team offered at Our Lady of Sorrows. Each team experience, however, may be slightly different depending on the level at which the team is competing.

LEVEL	Varsity (6-8th Grade) Teams at this level strive to prepare students for high school athletics	Junior Varsity Volleyball and Basketball (5-8th Grade) Teams at this level serve as transitions from the developmental level to varsity level teams.	Developmental Teams Volleyball-5 th -5 th Winter Basketball 5 th -6 th Spring League: Jr High 6 th -8 th Elementary 4 th -6 th grade
Development COMMITMENT REQUIRED	<i>High</i> Attendance is required at all practices and games. A signed letter from a parent must be received by the coaching staff if students will be unable to attend practice. Absences from practice may affect competitive time play.	<i>Moderate</i> Attendance is required at all practices and games. A signed letter from a parent must be received by the coaching staff if students will be unable to attend practice. Absences from practice may affect competitive time play.	<i>Low</i> Students should make their best effort to be at practice in order to gain the skills necessary for higher level play
TRYOUTS	Yes. For Volleyball and Basketball	Yes. For Volleyball and Basketball	Varies according to interest and capacity Only for Volleyball
COMPETITION	Officiated games against other CIAL schools as well as occasional non-conference games. Season ends with a conference tournament.	Officiated games against other CIAL schools as well as occasional non-conference games.	Intramural games provide participating athletes opportunities to practice learned skills in informal, competitive game situations. These intramural games may be within-team games or played against other developmental teams. Intramural games are often officiated by the coaches and stopped occasionally for instruction
PLAYING TIME	At discretion of teams' coach (es).	Coaches will make every effort to play every team member in each game.	Participate in practice/very limited competition Only for Volleyball
SKILLS EMPHASIZED	-Advancing game strategies -Leadership skills on and off the field/court -Individual fundamentals reinforced and extended	-Importance of team cohesion -Individual fundamentals introduced and reinforced -Formal game strategies introduced	Basic individual fundamentals -Introduction to team dynamics and rules of formal competition Only for Volleyball

VII. Conference Affiliations:

Our Lady of Sorrows School participates in the Catholic Interscholastic Athletic League, a league comprised of area Catholic and public schools. Our Lady of Sorrows School plays under the adaptation of VIL, as amended by the bylaws of the CIAL. In addition to playing conference games, Our Lady of Sorrows teams often play other schools in the area. Thus, Our Lady of Sorrows athletes play students from diverse backgrounds and skill levels.

VIII. ELIGIBILITY REQUIREMENTS – 5TH, 6TH, 7TH, & 8TH GRADE

Participation in athletics is a privilege, not a right. Students 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.

Fees: Late pick up fees are charged for students picked up more than 15 minutes after the conclusion of practice (as per *Practice Attendance Policy* below).

Academic Eligibility for All Extracurricular Participants:

Students participating in Extra-Curricular activities are evaluated approximately every three weeks. Any student receiving a failing mark in any subject will be ineligible for extra-curricular activities until the student can show proof from the failing class teacher that the grade has been raised to passing, after which the student will recover his/her eligibility. Continued participation in any activity is contingent on behavior and compliance with school policies and the Code of Conduct. Grounds for removal from an activity can include, but are not limited to, serious violation of the Code of Conduct, behavior contract, excessive discipline slips, and suspension.

Conduct Eligibility: Students are expected to maintain satisfactory conduct in all classes. 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.

If a student is suspended, or the transgression warrants as denoted by the administration, a student may be excluded from practice or a game(s). All decisions by the administration will be final and noted on a case-to-case basis.

If a student receives detention (usually held Thursday after school) students will be excluded from practice and games completely until the date that the detention occurs, regardless of dismissal from detention.

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

- Please check Parent, Student, Teacher handbook.

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 5, 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 OLSS. Disappointments are inevitable when teams are selected and it is very important that students feel the support of teammates, parents and coaches. As for basketball and soccer if the student numbers are over our limited of compliance, our programs will stay in position to hold tryouts at the different levels of competition.

Commented [IM1]: Do up need to add 5th grade?

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.

Volunteers: 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. 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.

X. 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.

XI. 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.

XII. 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.

XIII. SCHEDULES

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

XIV. 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 and in a respectful manner when visiting opponents gyms/fields. 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.

XV. WEATHER

In case of bad weather, a decision regarding practice or games will be made by 2:00 pm 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.

XVI. 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

XVII. CELL PHONE STATEMENT

While the staff of Our Lady of Sorrows understands the comfort a cell phone provides to parents and students traveling, students and parents must be made aware that staff chaperoning away game travel possess cell phones, and it is unnecessary for students to bring their own. Consequently, no cell phones are permitted for our student athletes.

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 *

____ **SPRING LEAGUE BASKETBALL**

BOYS

____ CROSS-COUNTRY *

____ BASKETBALL *

____ TRACK & FIELD *

____ **SPRING LEAGUE BASKETBALL**

Parent's Signature _____ Date _____

Receipt # _____ 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? _____			Females Only		
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.