



**HIGH SCHOOL ATHLETICS
PARTICIPATION PACKET
2017 – 2018**

The following sports are offered for SCS high school students:

Fall Sports: August 21, 2017 – November 10, 2017

- Soccer (Boys' Varsity - girls can participate)
- Volleyball (Girls' Junior Varsity and Varsity)

Winter Sports: November 13, 2017 – March 3, 2018

- Basketball (Boys' and Girls' Junior Varsity and Varsity)

Spring Sports: March 5, 2018 – May 26, 2018

- Baseball (Boys' Varsity) – if we have enough players
- Golf (Boys' and Girls' Varsity)
- Track & Field (Boys and Girls' Varsity)

Inside this packet:

- What You Need to Know for 2017 – 2018 Athletics
- Athletic Department Policy Packet
- Medical Emergency Authorization Form
- Insurance Form
- Fee Form
- Risk Form
- Parent-Athlete Concussion Form
- Physical Form

Contact Information:

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HIGH SCHOOL ATHLETICS WHAT YOU NEED TO KNOW 2017 – 2018

To participate in sports at SCS, the following steps need to be taken before a student is declared eligible. The student will receive a clearance card once they have turned in all the forms and paid the fee or have made arrangements regarding the fee. The student will give the clearance card to the coach on the first day of practice. The student can not practice until a card has been given to the coach.

The due dates to complete the items on the following checklist are:

- Monday, **August 14, 2017** for Fall Sports
- Monday, **November 6, 2017** for Winter Sports
- Monday, **February 26, 2018** for Spring Sports

Check List:

- Athletic Participation Fee paid (\$200) or fee arrangements made and approved by the athletic director (one fee per sport season) along with Fee Form signed and turned in to the athletic director (one form per sport season)
- Medical Emergency Authorization Form filled out and turned in to athletic director (one form per school year)
- Risk Form filled out and turned in to athletic director (one form per school year)
- Insurance Form filled out and turned in to athletic director (one form per school year)
- Parent-Athlete Concussion Form (is required by state law, one form per school year)
- Physical Form from the athletic packet filled out by a physician and turned in to the athletic director. **This physical will fulfill the medical requirement for 24 months following the date the physical is performed. You can not try out or practice if the school does not have a valid physical on file** (one form required every 24 months).
- Clearance Card Received (a clearance card will be received after all forms are turned in and the card must be given to the coach before you will be allowed to practice)

You can mail the forms to Shoreline Christian School, scan and email them to the athletic director, or turn them in to the school office by the above due dates. The forms are also available on the school website, www.shorelinechristian.org .

Please read the entire athletic packet. Take special note of the academic and attitudinal eligibility section in the blue athletic packet. Please remember, a student does not receive a letter award if they are deemed ineligible at any time during the course of the season. If a student receives a failing quarter grade (not semester), the student is ineligible for the duration of the following quarter, even from one school year to the next.

If you have any additional questions, please contact Paul Hopkins, athletic director (phopkins@shorelinechristian.org). Please pray for the safety of all participants in Shoreline Christian School athletic programs.



HIGH SCHOOL ATHLETICS PHILOSOPHY, GUIDELINES, AND POLICIES 2017 - 2018

I. Interscholastic Athletics Philosophy at SCS:

A. Shoreline Christian School exists alongside Christian parents/guardians and their church to help children develop their gifts and talents in responsive obedience to God. Athletics and other extracurricular activities are parts of that development process. The purpose of the athletics program is to provide an opportunity for as many students as is reasonably possible to develop, through their experience in athletics, greater skills and community. This program is especially for those students who want to be challenged in their higher level of aptitude than that provided in physical education class. Emphasis is on the development of an attitude of self-discipline, self-motivation, and cooperation gained through experience in teamwork, on the ability to win and lose graciously; and on favorable attitudes and feelings which will help them function better in the world God has placed them. To achieve these goals, the program places emphasis on the quality of the performance of each participant whether it is the athlete, spectator, or supporting persons. Each person should be aware of the potential God has given him or her to improve individual performance and develop better community cooperation by consistent effort and dedication.

The secondary purpose for athletics at Shoreline Christian School is to promote a sense of school spirit among the students and school community, and to provide wholesome and constructive activities in which young people can expend their physical energy and enthusiasm. In summary, the focus of athletics at Shoreline Christian School is on the developing of young people, not on win-loss records.

B. Characteristics of SCS Student-Athletes: Participation in the athletics program is an earned privilege that is open to any person who meets the standards established. Since the athletics program is extra-curricular and since Shoreline Christian seeks to educate the whole person - his/her spiritual, intellectual, physical, and emotional dimensions. Students participating in SCS athletics should:

1. Possess or strive for a higher skill level in sport, and want to have fun together
2. Show evidence of effort in the curricular (academic) aspects of the high school program
3. Show by their attitude and behavior evidence of spiritual and emotional development commensurate with their age level and the school standards
4. Meet the standards set by the Washington Interscholastic Activities Association (WIAA), Northwest District One (NWIAA), and the Northwest 1A/2B League.

C. Sports Offered: The following sports will be offered if there is sufficient interest

1. Fall Sports:
 - a) Soccer: Boys – Varsity only – Girls allowed to participate
 - b) Volleyball: Girls – Junior Varsity and Varsity
2. Winter Sports:
 - a) Basketball: Boys and Girls – Junior Varsity and Varsity
3. Spring Sports:
 - a) Baseball: Boys - Varsity only
 - b) Golf: Boys and Girls – Varsity only
 - c) Track & Field: Boys and Girls - Varsity only

II. School and State Policies:

A. Conduct Code

1. No student participating in extra-curricular athletics at Shoreline Christian is permitted during the sport season to:
 - a) smoke or use tobacco products or inhalants of any kind at any time
 - b) use non-prescribed drugs of any kind at any time
 - c) drink alcoholic beverages at any time
 - d) engage in any practice that could prove detrimental to his/her own health or the health of another
 - e) conduct him/herself in such a way as to bring dishonor to Christ or the school
2. Five Minute Rule: When in the presence of any of a. – d. above, the student has five minutes to absent himself/herself from the premises. Failure to do so will be construed as participating in same. NOTE: Parental/Guardian permission does not abrogate any of the rules with respect to the school.
3. Student-athletes must display at all times a positive attitude toward other students and team members, school in general and schoolwork in particular. Regarding a positive attitude, failure in this area to be determined by at least two teachers of the student or staff members and discipline. A positive attitude shall include but not be limited to respect for authority of ALL school staff personnel, responsible care of school property and equipment, working up to ability with proper motivation in classroom work or subject matter. No student is to treat other students, coaches, or teachers, in a condescending, abusive or demeaning way.
4. Each coach may establish rules and/or policies for his/her individual sport in addition to the above.
5. Discipline Procedure:
 - a) Coach - for infraction of a., the athlete's coach will enforce the code in consultation with the Director of Athletics and/or Principal.
 - b) Committee - for infraction of b., a three member committee consisting of the Principal, Director of Athletics, and faculty member shall decide the appropriate penalty. However, no coach may serve on this committee during the season in which they are coaching.
 - c) The Principal may decide in all cases to pursue other avenues dealing with situations based on each case.
 - d) Penalties for a. and/or b. above: first infraction – 10 day ineligibility. "Day" to mean any day school is in session plus any non-school days on which competition is held, i.e. a week of school would count for five days plus a Saturday of competition would count as the sixth day.

B. School Eligibility

1. School requirements for academic and attitudinal eligibility: Take at least 5 solid courses per semester unless specifically reduced by the Principal.
 - a) Obtain passing grades (at least D-) in all subjects taken
 - b) If an "F" is recorded as a quarter grade, the student is ineligible for the next nine week period (even from one school year to the next)
 - c) If an incomplete is recorded as a quarter grade, the student will be deemed ineligible. When the incomplete is satisfactorily erased and a passing grade results, the student shall become immediately eligible, and shall not lose lettering privileges unless forced to miss a match, game, or meet due to the incomplete.
 - d) At the 3 week, 6 week, or quarter ending check, a student will have one week of probation and then become ineligible for the two weeks if any of the following are true:

- (1) The student is failing any one course.
- (2) The student has one or more outstanding assignments which the teacher deems necessary for the student to be considered eligible.
- (3) The student's attitude is as listed in the conduct code above is unacceptable.

e) Erasing an incomplete or raising a grade to passing does not necessarily make one immediately eligible; this is determined at end of the probationary week and again at the end of the two weeks following the probationary period. In this probationary period, a student may be allowed to participate in practices or contests. They may not participate in practices or contest in the two weeks following the probationary period if deemed still ineligible at that time.

f) Once a student is deemed ineligible, he/she remains so until declared eligible and informed of same by the Director of Athletics; and ineligible, he/she remains so until declared eligible by the Director of Athletics.

g) A student must have attended class by or be involved in school activity by at least 11:00AM on any given school day in which extracurricular activities will be participated.

h) Paperwork—the following forms need to be recorded to the Directory of Athletics by the Monday before the first day of practice for each season:

- (1) Athletics Participation Fee (APF) - must be turned in and fee paid or arrangements made with the Director of Athletics regarding fee payment or waiver
- (2) Risk Form
- (3) Insurance Form
- (4) Medical Emergency Authorization Form
- (5) Physical Form

2. Appeal Process: When students are denied eligibility by the school for a violation of school conduct policy, academic and attitudinal eligibility, they may be appealed to the Principal who may establish a rules committee for that purpose. Some appeals are made directly to the education committee (i.e. quarterly failure ineligibility).

3. Eligibility when Participating at Other Schools: If a sport is not offered at SCS and the student is competing at the school designated by the WIAA eligibility process, the student will still have to meet all SCS eligibility requirements.

4. Non-school Participation - During any sport season after joining a school squad, students may participate in non-school athletics activities provided they do not miss a team practice or scheduled contest. Exception may be allowed if such an activity does not adversely affect the performance of the athlete in practice and/or competition, in the judgment of the coach and/or school Principal.

a) A student is not to be given special treatment or privileges on a regular basis to enable him/her to participate in non-school athletics activities, such as reduced practice times, special workouts, late arrivals, or early dismissals.

b) Students shall not be permitted to participate on any college, junior college, or university athletics team. Students shall not compete in the uniform of their school at non-school events.

5. WIAA Appeals Process: When students are denied eligibility by the school, NWIAA eligibility committee, or NWA/2B League for violation of any of the WIAA rules, they may appeal under a procedure identified in the WIAA handbook available in the athletics office

6. Students must abide by the WIAA Code of Ethics which states that students need

- a) To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
- b) To eliminate all possibilities which tend to destroy the best values of the game.

- c) To stress the values derived from playing the game fairly.
- d) To show cordial courtesy to visiting teams and officials.
- e) To establish a happy relationship between visitors and hosts.
- f) To respect the integrity and judgment of sports officials.
- g) To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- h) To encourage leadership, use of initiative, and good judgment by the players on the team.
- i) To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- j) To remember that an athletics contest is only a game - not a matter of life or death for player, coach, school, official, fan, community, state or nation.

C. School Responsibilities

1. Transportation:

- a) School transportation is to be used by all participants when provided, by all athletes and support personnel unless excused by the Director of Athletics, coach, or Principal. Such excuses must be with written parental approval and/or request.
- b) Infraction and Penalties - For any infraction of posted bus rules (on the buses and in the student planner), the student will be given only one warning. Further infractions could result in the student being refused bus transportation and possible restriction from school athletics activities. Such refusal and/or restriction shall be in consultation and agreement among bus driver, Director of Athletics, and Principal.

2. Awards: are given for participation in the various programs. Letter awards are earned by meeting the following criteria:

a) Student-athletes must:

- (1) Abide by all training rules
- (2) Be eligible both academically and by team rules to participate throughout the course of the season (probationary periods do not automatically disqualify a student from earning a letter).
- (3) The coach shall decide the amount of playing time and/or practice time and/or attendance at team meetings and/or participation level and/or or level of effort in order for a student to earn a letter award.

b) Student support personnel must:

- (1) Be eligible for managerial duty at all times during the sport season.
- (2) Perform all duties as outlined by the coach and/or for that sport.



**HIGH SCHOOL ATHLETICS
MEDICAL EMERGENCY AUTHORIZATION FORM
2017 - 2018**

Student's Name _____ Grade: 9 10 11 12
 Address _____ School Year _____ 2017 – 2018
 _____ Student Phone # _____

As Parent or Legal Guardian, I authorize the team physician or in his absence, a qualified physician, to examine the above-named student and in the event of injury to administer emergency care and to arrange for any consultation by a specialist, including a surgeon he/she deems necessary to insure proper care of any injury. Every effort will be made to contact parent or guardian to explain the nature of the problem prior to any involved treatment.

Name _____ Date _____
 (Signature of Parent or Legal Guardian)

Parent's or Guardian's Home Phone # _____ Work Phone _____

Cell # / Other Numbers _____

Parent's or Guardian's E-Mail Address _____

Extra E-Mail Addresses _____

Student's Birth Date _____

Emergency Contact Person _____ Phone # _____
 (in event above can not be reached)

Family Physician's Name _____ Phone # _____

Name of Company Insuring the Student for all school activities participated in:

_____ Policy # _____

DEADLINE: This form must be turned in to the athletic director by the Monday before the first turnout date. One form per school year.



**HIGH SCHOOL ATHLETICS
INSURANCE FORM
2017 - 2018**

Date: _____

To: Principal and Athletic Director:

I understand that my son or daughter cannot participate in boys' or girls' extra-curricular activities unless he/she is covered by adequate insurance in the event of an accident. Our son/daughter is covered by insurance as checked in 1) or 2) below.

1) Name of Insurance Company _____
 Phone number of agent or company _____

2) We have school insurance coverage

My student athlete, _____, is covered by this insurance and I will
(Name of Athlete)
 continue to keep it in force throughout the sport or activity season.

The Principal is authorized to contact the Company named above to verify coverage.

As required by law*, I verify and attest accident coverage is provided by our policy and I accept full responsibility for the cost of treatment for any injury which he/she may suffer while taking part in the program. Please permit him/her to participate in extra-curricular activities sponsored by Shoreline Christian High School and the WIAA.

Signature of Parent/Guardian _____ Date: _____

*As amended RCW28A.58420 – AN ACT Relating to health insurance for students participating in extra-curricular activities.

DEADLINE: This form must be turned in to the athletic director by the Monday before the first turnout date. One form per school year.



**HIGH SCHOOL ATHLETICS
PARTICIPATION FEE FORM
2017 - 2018**

Officials' costs and travel costs are significant. Due to these costs, the fee is \$200.00 per sport. Please contact the athletic director if you would prefer to make multiple payments or if you need to make arrangements for a waiver.

Please circle which fee(s) you are paying. Turn in this form with payment or after making arrangements for payment with the athletic director.

Student Name _____

Payment Date _____

FEE STRUCTURE
(circle fee that is being paid at this time)

Soccer	\$200.00
Volleyball	\$200.00
Basketball	\$200.00
Baseball	\$200.00
Golf	\$200.00
Track & Field	\$200.00
Manager / Statistician – any sport	no fee

TOTAL being paid at this time: _____

Agreement:

1. I have read the High School Athletics Packet (blue) and agree to abide by and support the policies established for the above indicated sports/activities.
2. I hold the school, its teachers and staff, coaches and administrators free and clear of all responsibility for my child(ren) between the regular school day and time of practice and/or team travel to games if they are not on campus.

Parent / Guardian signature

Student signature

DEADLINE: No student can practice or try out without having made fee arrangements or fee payment with the athletic director by the Monday before the first turnout. This form must be turned in with the fee. One form per sports season unless paid all at once.



**HIGH SCHOOL ATHLETICS
RISK FORM
2017 - 2018**

Not to alarm, but to inform, parents are being informed that participation in competitive athletics may result in severe injury, including paralysis or death. Changes in rules, improved conditioning programs, better medical coverage, and improvements in equipment have reduced these risks, but it is impossible to totally eliminate such occurrences from athletics.

Players can reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches, following a proper conditioning program and inspecting their own equipment daily. Damaged equipment must be replaced immediately.

Even if all these requirements are met, and even if the athlete is using excellent protective equipment, a serious accident may still occur.

As a condition of participation in athletics by

(Name of Athlete)

we acknowledge that we have read and understand this warning statement and any attachments dealing with the specific sport.

We hereby give our permission for our student athlete to participate in any of the listed sports below not crossed out. Such participation is to be during the regular sports season at the school for that sport. We also give our permission for him/her to take scheduled trips as a member of the school team. While I expect school authorities to exert reasonable precaution to avoid injury, we will not hold the school or its employees financially responsible for accidents or injuries incurred during these school-sponsored activities except as provided by law.

Date: _____

Signatures: _____

Sports: Soccer
Volleyball
Basketball
Golf
Baseball
Track & Field

Student Athlete

Parent/Guardian

Parent/Guardian

DEADLINE: This form has to be turned in to the athletic director by the Monday before the first turnout date. One form per school year.



CONCUSSION FORM

Player and Guardian/Parent **MUST** sign the back

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
|--|---|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed	Student-athlete Signature	Date
Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date



Pre-participation Physical Evaluation Clearance Form

Name _____ Sex M F Age _____ Date of birth _____

- Cleared for all sports without restriction
- Cleared for all sports without restriction but recommendations for further evaluation or treatment for

-
- Not cleared
 - Pending further evaluation
 - For any sports
 - For certain sports _____
- Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

EMERGENCY INFORMATION

Allergies _____

Other information _____

Athletics Transportation Permission Form

Shoreline Christian School can not provide transportation to all of the away athletic events and some practice facilities. For Middle School athletics, transportation is most often arranged using parent carpools. For High School athletics we generally provide a school bus for all the away athletic events. But for some sports, the practices are at near by facilities and our athletes need to arrange carpool transportation with the coaches, other students and parents.

These transportation permission forms(s) allows your student/athlete to ride with other parents and/or students. The form needs to be filled out before your student can start practicing with the team. You can choose not to sign the form(s), at which time you will become personally responsible for transporting your child to and from athletic events and/or practices when a school bus is not provided.

One transportation form per school year is required.

TRANSPORTATION PERMISSION FORM(S) FOR Shoreline Christian School Athletics

1) I, the undersigned, give my consent for my student enrolled at Shoreline Christian School, namely _____ (student's full name) to be transported in a private car **driven by an adult driver** to and from school sports activities during the 2017-2018 school year. I will hold Shoreline Christian School, its Athletic Director, Administrator, staff and/or volunteers harmless during participation of or transportation to athletic events.

Signature of Responsible Party

Date

2) I, the undersigned, give my consent for my student enrolled at Shoreline Christian School, namely _____ (student's full name) to be transported in a private car **driven by a student driver** to and from school sports activities during the 2017-2018 school year. I will hold Shoreline Christian School, its Athletic Director, Administrator, staff and/or volunteers harmless during participation of or transportation to athletic events.

Signature of Responsible Party

Date

3) I, the undersigned, give my consent for my student enrolled at Shoreline Christian School, namely _____ (student's full name) **to transport other students** to and from school sports activities during the 2017-2018 school year. I will hold Shoreline Christian School, its Athletic Director, Administrator, staff and/or volunteers harmless during participation of or transportation to athletic events.

Signature of Responsible Party

Date