

PacPoint Christian



**PACIFIC POINT CHRISTIAN
ATHLETICS**

Parent
Student-Athlete
Handbook
2019-2020

Athletic Department Directory

2220 Pacheco Pass Hwy Gilroy, CA 95020 (408)-847-0111

Athletic Department

Dean of Athletics
Vice-Principal/Asst. HS A.D.
JH A.D./Asst. HS A.D.
District Office Manager
Booster Club President

Ph. 408-847-0111

Drew Snelgrove	asnelgrove@pacpoint.org
Erik Nelson	Enelson@pacpoint.org
Joe Lampkin	jlampkin@pacpoint.org
Amy Graves	agraves@pacpoint.org
Mark Mason	boosterclub@pacpoint.org

Athletic Department

High School

Girls Volleyball
8 Man- Football
Girls Basketball
Boys Basketball
Boys/Girls Track & Field
Baseball

Gwen Prettyman	gprettyman@pacpoint.org
Kyle Venegas	kvenegas@pacpoint.org
John Prettyman	jprettyman@gmail.com
Joe Lampkin	jlampkin@pacpoint.org
Gwen Prettyman	gprettyman@pacpoint.org
Nelson Villanueva	12toenvy@gmail.com

For current sport schedules and information visit:

www.pacpoint.net/athletics

For Pacific Coast Athletic League information visit:

www.pcalathletics.org

Mission Statement

The mission of the Pacific Point Christian High School Athletic Department is to provide an opportunity to develop a nurturing environment to develop potential while offering instruction supported by a strong foundation of Christian Values in partnership with parents, equipping students to become leaders to serve God, their families, and to positively impact their communities and the world.

Philosophy of Athletics

The Pacific Point Christian Athletic program exists for three primary purposes:

1. To teach life lessons that come through true competition: effort, teamwork, sportsmanship, preparation, dignity, worth, and handling adversity.
2. To be an outreach branch of the PPC ministry. We strive to share the gospel message through words and actions with all whom we come into contact with and to provide a Christian environment for entertainment and competition.
3. To provide Christian role models of the highest skill levels in our coaching staff with the intent on forming a Christ-like character in our athletes.

Pacific Point Christian is a proud member of the CIF program Pursuing Victory with Honor (CIF Website).

General Athletic Department Policies & Procedures

In addition to the policies and procedures included below, each team may publish a particular set of rules and/or policies that are an addendum to and governed under the athletic department.

CIF Guidelines: In accordance with the state of California and the California Interscholastic Federation, the following are provisions for participating in an after school sports team:

- A student must not reach their 19th birthday on/or before June 14th of the previous year.
- A student must have attended high school for no more than eight (8) semesters after completing the eighth grade.

*Residency Eligibility: All students who transfer (are admitted) to Pacific Point Christian High School (i.e. do not begin their enrollment at Pacific Point Christian High School on their first day of the ninth grade) must see the Dean of Athletics or the Athletic Director to determine eligibility to play a sport.

*Academic Eligibility:

- The student-athlete must have passed 20 semester periods of schoolwork in the previous grading period.
- The student-athlete must be currently enrolled in 20 semester periods of schoolwork.
- The student-athlete must have attained a 2.0 grade point average on a 4.0 point scale the previous grading period.

After each grading period, the school counselor, registrar will publish to the athletic department a list of students who fall below a 2.0 grade point average in the previous semester. The Athletic Department will communicate to head coaches the ineligible student-athletes for that quarter.

* Procedures for Appeal: If a student-athlete falls below a 2.0 grade point average, they may retain their eligibility, on a probationary basis, if granted by the Principal.

A complete list of all CIF guidelines and bylaws are available at www.cifstate.org. However, parents and students are strongly encouraged to ask the Athletic Director any question about CIF, CCS, PCAL, or PPC guidelines.

Conduct – Code of Ethics:

Student-athletes are expected to represent the highest ideals of the school, both on and off the campus. It is the duty of all concerned to:

- Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
- Stress the values derived from playing the game fairly.
- Show cordial courtesy to visiting teams and officials.
- Respect the integrity and judgment of sport officials.
- Achieve a thorough understanding and acceptance of rules.
- Encourage leadership, use of initiative and good judgment by the players on a team.
- Remember that an athletic contest is only a game, not a matter of life and death for the player, coach, school, officials, fan, or community.

Conflict Resolution:

Our policy regarding conflict resolution are based on Matthew 18. These principles for students and/or parents who have a concern should follow these procedures in order:

1. Student-athlete approaches the head coach and asks for a time to meet to discuss the issue.
2. If resolution is not reached, the parent should contact the head coach to arrange for a meeting.
3. In the rare instance that there is still no resolution to the issue, the parent should contact the Athletic Director and arrange for a meeting with the student-athlete, the parent, the Coach and the Athletic Director.
4. Other administrators are generally involved only to discuss the Athletic Director's handling of the situation.

Evaluations:

At the end of each season of sport, every student-athlete will have an opportunity to evaluate their coaching staff through the Coaches' Performance Evaluation administered by the Athletic Department. Example "**Appendix A**"

Facilities:

Student-athletes may use Pacific Point Christian facilities only with Pacific Point Christian Athletic Department approval and under the supervision of a faculty or staff member.

Facility Rental:

For facility rental information contact the Dean of Athletics or Athletic Director for a facilities request form. The form includes the following information:

- Pacific Point Christian Schools Rules and Regulations of Facilities Renting
- Pacific Point Christian Schools Application for Use of Facilities
- Pacific Point Christian Schools Facilities Rates and Charges
- Pacific Point Christian Schools Rental Agreement

Fundraising:

We are blessed to have a Booster Club that establishes fundraising guidelines and events for Pacific Point Christian athletics. If you feel led to support Pacific Point Christian Athletics, contact the Athletic Director, Joe Lampkin for more information.

No individual fundraising accounts exist for any team or program and individual fundraisers are not allowed without written permission of the Dean of Athletics or Athletic Director. For questions regarding fundraising or contributing to athletics email the Booster Club at boosterclub@pacpoint.org.

Hazing:

Hazing is prohibited. Any attempt to hold a "rookie night" or any other type of initiation, even if held privately, will be cause for dismissal from the team. Pacific Point Christian affirms the dignity of every student. Hazing is unacceptable conduct, as well as illegal, and will not be tolerated.

Informed Consent:

By its very nature, competitive athletics can put students in situations in which serious, catastrophic and perhaps fatal accidents could occur.

Students and parents/guardian must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, participation in athletics is inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated.

By granting permission to your son/daughter to participate in athletic competition, a parent/guardian acknowledges that playing or practicing in any sport can be a dangerous activity involving many risks of injury. Both the athlete and the parent must understand that the dangers and risks of playing or practicing include but are not limited to: death, complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the skeletal system and potential impairment to other aspects of the body, general health and well-being.

Intercollegiate Athletics: The Pacific Point Christian High School administration and coaching staff seeks to encourage student-athletes to set lofty goals and we work diligently to help students reach their goals. In terms of participation in intercollegiate athletics, families should expect the coaching staff to provide honest feedback regarding a student-athlete's potential to participate in college athletics and the proper level for competition.

It is also important to understand that high school athletics do not exist as a minor league system for college athletics. Decisions regarding playing time, systems, scheduling, etc. are not made with college athletics in mind. Instead, our athletic program exists to teach lessons that can only be learned in an educational athletic forum. Coaches are not expected nor required to ensure that students have the opportunity to compete at the collegiate level. Student-athletes interested in competing as a college athlete should make that desire known to coaches and athletic administration early in their high school career in order to have as many options as possible upon graduation.

Participation Fee:

The athletic fee is \$125.00 per sport. If a student-athlete is going to play three sports, they will pay for winter and spring sports, and the fall sport is free. Finance & Business Services will bill this fee to the student's school account in the second half of the season when the rosters are finalized. Please do not pay in advance. The fee helps to partially offset the following athletic costs:

- Coaches
- Uniforms
- Facilities
- Officials
- Equipment
- Awards
- Spirit Items
- Transportation
- Equipment Repair
- Tournament Fees
- CCS Fees
- League Fees
- Coaches' Education

Participation in multiple sports:

The Pacific Point Christian Athletic Department seeks to work cooperatively with students to allow them to pursue interests in as many areas as possible during their time at Pacific Point Christian. All athletes who compete for a Pacific Point Christian team are allowed to try out for a team in the next season of sport upon the conclusion of the previous season. Coaches and teachers will try to work cooperatively with families to allow participation in multiple activities (dance, robotics, band, etc.) when possible. However, coaches have the ability to set the minimum requirements for team membership.

Practice Sessions: A coach may, at their discretion, determine whether practice sessions are open or closed to parents/spectators. Oftentimes the presence of parents puts undue pressure on student-athletes and serves as a distraction to the coaching process. There are no Sunday practice sessions. Morning practice sessions are not mandatory unless approved by the Athletic Director. All student-athletes are expected to be at practice unless released by athletic administration.

Permission to Meet with Student-Athlete:

Various instances arise throughout the school year and during their season of sport that the Athletic Department will need to meet with student-athletes. Permission to meet with student-athletes is at the discretion of the Athletic Department.

Spirit Packs:

Spirit packs are defined as the equipment or clothing that the student-athletes will keep at the end of the season (practice gear, warm-ups, socks, etc.). Spirit packs will be available for purchase and the athletic department will work with coaches to be good stewards of our parents' resources.

Sportsmanship:

Beyond the guidelines and regulations that Pacific Point Christian is obligated to follow, it is the hope that everyone associated with our athletic programs recognize the purpose of our sportsmanship policies; namely that as a Christian community we are called to mirror the love that God has for all people, including those whom we compete against.

Anyone associated with an athletic contest has a responsibility to uphold the highest standards of sportsmanship before, during, and after a contest. Sportsmanship includes, but is not limited, to the following:

- Show respect for teammates, opponents, opponent's fans and parents and officials.
- Treat opponents as guests in your facility.
- Accept both victory and defeat with grace and dignity.
- Refrain from heckling, jeering, or using profane language.
- Be positive in words and actions.

Parents are the primary role models for their children. It is critical that parents set the best example of sportsmanship, particularly when they are spectators at an athletic contest.

Transportation (bus/vans/private vehicle):

In order to travel with a team, student-athletes must be eligible to compete in the contest to which the team is traveling. With rare exception, transportation to and from athletic contests is provided in Pacific Point Christian vehicles. Transportation by any other means is permissible only with the consent of Athletic Administration and permission of the student-athlete's parent or guardian. Any parent wishing to assist in driving a team must fill-out a Drivers Authorization form and Van Guidelines form (available on schools' website).

Transportation to and from practices is the responsibility of the student-athlete and his/her parents. In the case of off-campus practices, Pacific Point Christian will provide transportation whenever feasible. When this is not feasible, it is the responsibility of the student-athlete and his/her parents to secure transportation.

Transportation by Bus:

- Adequate faculty and or adult supervision must be provided for activities when school buses are used. It will be the responsibility of the bus driver to determine adequate supervision.
- Teachers, advisors, and coaches shall assume major responsibility for the maintenance of proper and safe student conduct at all times.
- No unauthorized passengers may ride a school bus.

Transportation by Auto (school van/private vehicle):

- Smaller teams will often be transported by school van or private vehicle.
- Students are allowed to drive themselves to athletic contests only if approved by the Principal and Dean of Athletics or athletic director and parent.
- Students are NEVER allowed to drive other students to and from athletic contests.
- Adults must complete the necessary driver forms and submit a copy of current driver's license and proof of insurance to be cleared to drive students to athletic contests.
- Under no circumstances are those who are driving have more than seven (7) students plus the driver in any vehicle. If there are more than seven (7) students plus the driver a regular bus driver's license is mandatory, Also, NO RECREATIONAL VEHICLES, MOTOR HOMES, or OPEN VEHICLES are to be used regardless of the number of passengers.

All athletes may arrive at an athletic contest without traveling in transportation coordinated by the school is:

- On a Saturday or non-regular school day if school is not in session, when it is the parent's responsibility to provide transportation to the site of the contest.
- The contest is in the evening & it is the responsibility of the parent to provide transportation to the contest.
- Parents have been cleared for transportation of school events during school hours.

Uniforms/Equipment:

Uniforms and any equipment issued to the players must be returned in good condition* within one week of the last competition. Players who do not turn in equipment/uniforms will not be allowed to participate in the next sport until it is received or Pacific Point Christian has been monetarily reimbursed for the cost of replacement. Also, term grades will be held until uniforms are returned.

Those uniforms that have been damaged beyond use determined by the athletic staff,

*(Good condition is defined as usable for the next sports season. Uniforms should not have any tears, rips, holes, or discoloration from improper washing (wash all uniforms in cold water).

Drug, Alcohol, Tobacco and Steroid Policy

Pacific Point Christian High School is a drug, alcohol, tobacco, and steroid free school. As a member of an athletic team, student-athletes will refrain from using alcohol, drugs, and tobacco in accordance with school policy. If a coach or parent becomes aware of any situation involving illegal drug or alcohol use, they should immediately bring the information to the Dean of Athletics, Athletic Director, Principal or Superintendent.

Steroid Policy:

As a condition of membership in the California Interscholastic Federation, the Central Coast Section, and the Pacific Coast Athletic League, Pacific Point Christian Schools has adopted policies prohibiting the use of androgenic/anabolic steroids. As a member school of PCAL, all participating student athletes and their parents, legal guardian/care giver agree that the athlete will not use steroids without the written permission of a fully licensed physician in the State of California recognized by the American Medical Association to treat a medical condition (Bylaw 524).

It is the policy of Pacific Point Christian Schools to oppose the use of performance enhancing supplements such as Creatin and Androstenedione etc. All coaches, teachers, and staff members of Pacific Point Christian Schools will not promote, sell, and/or distribute any supplements marketed as "muscle building". The athletic department takes the position that all student-athletes should make positive lifestyle choices formed by a Christian conscience and a loving responsibility and accountability to coaches and the members of the team. Pacific Point Christian student-athletes will compete and reach their full potential, but will do it based on their natural, God-given abilities, without the introduction of foreign substances into their bodies.

By signing that they have read and understand the Pacific Point Christian Athletic Handbook, the participating student-athlete, parents, legal guardians/caregiver agrees that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician as recognized by the American Medical Association and licensed in the State of California to practice medicine. Under CIF Bylaw 200 D, there could be penalties for providing false or fraudulent information. Pacific Point Christian Schools' policy regarding the use of any illegal drugs or substances and the accompanying disciplinary action will be enforced for any violations of these rules.

Student-athletes will be disciplined and/or dismissed from an athletic team if they participate in the use of drugs, alcohol, tobacco, or steroids. These substances are illegal and may be harmful to your body and personal well-being.

Regulations Governing the Season

Signups and Try-Outs: Any student-athlete who intends to try out for a team must sign-up for that team and attend an informational meeting with the athletic department and coach. The coach will indicate the physical abilities and general skill level required to make the team. All student-athletes must try out for the designated level for their class. Only the varsity coach may invite a student to move up to another level and/or to put a junior on the junior varsity team. Student-athletes will be allowed at least three tryout sessions*. This includes any student-athlete who might begin tryouts late due to an over-lapping commitment to another Pacific Point Christian team. Only in rare situations would a student be allowed to make-up a missed tryout date.

In many cases, making a team at Pacific Point Christian is competitive. While some sports have a no cut policy, many others may have a limited number of positions available. Therefore, student-athletes trying out for a team must realize that they may not make the team. After the tryout period, the coach has the exclusive right to determine if the student-athlete demonstrated the talent, ability, and attitude to successfully compete in the program.

* Student-athletes who are cut from a sport are encouraged to try out for another sport during the same season. Under these circumstances, the student is only guaranteed one try-out session.

Quitting a Team: To emphasize the importance and great degree of commitment that will be asked of the Pacific Point Christian athletes: any student-athlete who quits a team once they have been selected for that team, may not join any other Pacific Point Christian team until the conclusion of that first sport's season. They may be ask to meet with school administration as to understand why the discontinuing of the said sport. This rule may be waived at the sole discretion of athletic administration.

Starting Dates: Organized practices for league seasons shall not begin before the starting dates list on the CCS website www.cifccs.org.

Fall Sports (See CCS start dates per sport at www.cifccs.org)

- Girls Volleyball (V)
- 8 Man-Football (V)
- Girls Golf (Independent-Limited Schedule)

Winter

- Girls Basketball (V)
- Boys Basketball (V)

Spring

- Boys and Girls Track & Field (TBD)
- Boys Golf (Independent-Limited Schedule)
- Baseball (V) (Independent-Limited Schedule)

Medical Procedures

Pacific Point Christian has no certified athletic trainers on staff to assist student-athletes during practice or contests. If a student-athlete suffers an injury during practice or contests, the on-site coach will assess the extent of the injury and call the student-athlete's parents (non-serious injury) and/or 911 for emergency medical treatment.

Medical Clearance - Physical Exam Form:

Students wishing to participate in an interscholastic sport must show evidence of having a physical examination given by a licensed California physician that covers their entire season of sport. *Physical examinations performed by a chiropractor* will not be accepted. The physical form is available on the Pacific Point Christian website.

Doctor's note:

All athletes that have seen a doctor for any reason require a written medical release in order to participate in practice or contests. No athletes under the care of a doctor for an infected wound may participate in practices or contests without a written medical release from their attending physician.

Athletic Participation – Athletic Registration Packet: No student-athlete will be allowed to participate in any pre-season conditioning, tryout or practice until all forms are completed and submitted to the athletic department.

Outside Competition & Summer Leagues

According to CIF rules, no student-athlete may participate on a non-school team of the same sport during the same season. This includes leagues, tournaments, charity games, all-star games, 3-3 tournaments, college classes, etc. Since participation in a non-school event of the same sport will render an athlete ineligible and force the forfeiture of any Pacific Point Christian contest, student-athletes must check with the Athletic Director if there is any doubt as to whether a competition is permissible according to CCS and CIF by-laws.

Pacific Point Christian, PCAL, CCS, and CIF do not sponsor summer league teams. Although participation is allowed, it is not officially or unofficially associated with the above-mentioned groups. The parent assumes full responsibility for medical expenses and any liability that may occur as a result of participation on a summer league team.

Awards

- **The athletic department presents four types of awards:** Letter Awards, Participation Certificates, Team Awards, and Scholar Athlete Awards.
- **Letter Awards:** Each head coach determines which athletes are to receive letters based on criteria that includes playing time, attendance at practice, and exemplary attitude. Letters are available in the athletic office.
- **Participation Certificates:** These certificates are presented to all athletes who were active and consistent members of a particular team on any level.
- **Team Awards:** These awards are chosen by the coaches for each team. Varsity teams are allowed three (3) awards and junior varsity teams are allowed two (2) awards. The awards will be plaques. The Award names are as follows:
 - MVP
 - Most Christ-Like
 - Heart of a Lion
- **Scholar Athlete Awards:** This award is presented to students who have participated in athletics and who have maintained a 3.5-weighted grade point average (with no F's) during the season of sport (determined by last grading period). The GPA from the last grading period during their sport will be used to determine award eligibility.

- **Coaches Awards:** The award names are selected by the coach and recipient of awards will be chosen by the coaches for each team. Coaches are allowed up to, but no more than three (3) of these types of awards. The awards will be printed certificates.

Parent Guidelines:

We are blessed to have a strong, invested and supportive parents in our athletic program. Often, parents are eager to get involved and help but sometimes do not know how to proceed. As a parent of a Pacific Point Christian athlete, there are multiple volunteer and ministry opportunities available. Please contact the Principal or Assistant Athletic Director for further information.

Expectations of parents:

- Attend orientation and informational meetings
- Pray for and encourage your child daily
- Work closely with school personnel to ensure a proper academic progress
- Ensure that your child attends all scheduled practices and athletic contests
- Acknowledge the authority of the coach to determine strategy, player selection and playing time
- Exhibit and promote sportsmanlike behavior from students and parents
- Volunteer

Spectator Guidelines:

Among the many opportunities that Pacific Point Christian parents and students have is the opportunity to be a witness of the love of Jesus Christ. At Pacific Point Christian Schools, we take this obligation very seriously. We believe that our children’s athletic competition should be a significant part of our entire educational program. Everyone involved in our athletic programs has a duty to ensure that our programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship.

The highest potential of sports is realized when all involved consciously Teach, Enforce, Advocate, and Model these values and are committed to the ideal of pursuing Victory with Honor. The parents/guardians of our student athletes must play an important role in this commitment. Our good-faith efforts to honor the words and the spirit of these ideals can dramatically improve the quality of our children’s sports experience.

Parents and spectators at all Pacific Point Christian athletic contests are expected to support these values at all times by displaying good sportsmanship. The following are some of the ways to ensure you are part of a positive youth sports culture:

- Offer supportive encouragement to all the players and coaches on our teams.
- Show respect for the decisions made by the contests officials. Refrain from booing, hissing, or making derogatory remarks towards game officials.
- Respect the fans, coaches, and participants from opposing schools.
- Support the team in prayer and various team ministry opportunities.
- Follow all the rules of the host site and follow the directions and rules set by administrators or designees from either school
- Avoid criticizing the decisions of athletes or coaches at events or in your home
- Attend our parent meetings and be an active member of our parent groups.

The administration and staff at Pacific Point Christian Schools will hold all spectators at our athletic events to the highest ideals of good sportsmanship.

Spectators who are unable to exhibit the necessary sportsmanship to attend our athletic events may be subject to some or all of the following disciplinary action:

- Verbal reminder
- Removal from the site for the remainder of the contest
- Meeting with Pacific Point Christian administration
- Permanent banning from Pacific Point Christian athletic contests
- Child being removed from the team or school.

Should you ever become aware of or concerned about issues of poor sportsmanship on the part of our students, coaches or parents please do not hesitate to contact the supervisory personnel on duty at the game or one of the Assistant Athletic Directors. Thank you for your help in this very important area.

Permission to Play

PARENTAL PERMISSION TO PLAY STUDENT'S INFORMATION (Please Print)

_____	_____	_____
Last Name	First Name	Middle Name
<hr/>		
_____	_____	_____
Date of Birth	Sex:	Grade
<hr/>		
_____	_____	_____
Height	Weight	Last School Attended Prior to Pacific Point Christian

I, the parent/guardian of the above-named student, request Pacific Point Christian Schools to allow my child to participate in after school sports.

PARENT/GUARDIAN TO COMPLETE THIS SECTION

ACKNOWLEDGEMENT OF RISKS: I acknowledge that I have been advised and understand the risks and dangers associated with playing interscholastic sports which include, but are not limited to, personal injury, death, permanent disability, disfigurement, disease, sickness, and other similar dangers which could result in my child failing to return from the sporting event as well as permanent injury and death.

RELEASE AND WAIVER OF LIABILITY: I hereby agree, both on my behalf individually as a parent and on behalf of my child, to hereby release and to indemnify and hold harmless Pacific Point Christian Schools, its agents, officers, directors, employees, and any other organization co-sponsoring the program or activities, from and against any and all injuries or damages which I or my child may suffer for any claims of negligence or alleged negligent act(s) or omission(s) arising out of or in any way connected with my or my child's participation in the program, event(s) or any activities related thereto. **I have read this paragraph and understand and agree that this is a Release and Waiver of claims both on behalf of myself and my child and that I am relinquishing rights by signing this agreement and have done so voluntarily.**

Any dispute between the parties arising out of this agreement shall be submitted to binding arbitration before a retired judge in Santa Clara County under the arbitration provisions of the California Code of Civil Procedure. This arbitrator shall be selected by mutual agreement, or if that is not possible shall select this arbitrator, by the Presiding Judge of the Superior Court. Each party shall bear their own costs and expenses of the arbitration and an equal share of the arbitrator's fees. Any arbitration shall be subject to the same statutes of limitations as would apply in the absence of an arbitration provision. The parties irrevocably waive the right to a court or jury trial. I have read, understand and agree to the above provisions and sign this form individually and on behalf of my child. **I have read and will abide by the policies set forth in the Pacific Point Christian Schools Athlete & Parent Handbook.**

Parent/Guardian's Signature: _____ Date: _____

Parent/Guardian's Signature: _____ Date: _____

STUDENT TO COMPLETE THIS SECTION

I have voluntarily requested to participate in the Pacific Point Christian Schools sport program(s). I have read and will abide by the policies set forth in the Pacific Point Christian Schools Athlete & Parent Handbook.

Student's Signature: _____ Date: _____

CONCUSSION INFORMATION SHEET

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

Symptoms may include one or more of the following:	
Headaches “Pressure in head” Nausea or vomiting Neck pain Balance problems or dizziness Blurred, double, or fuzzy vision Sensitivity to light or noise Feeling sluggish or slowed down Feeling foggy or groggy Drowsiness Change in sleep patterns	Amnesia “Don’t feel right” Sadness Fatigue or low energy 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:
<ul style="list-style-type: none"> • 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

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

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 CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

CIF Bylaw 313.CONCUSSION PROTOCOL

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider.

(Approved May 2010 Federated Council)

Q: What is meant by "licensed health care provider?"

A: The "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

You should also inform your child's coach if you think that your child may have a concussion Remember it's 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/>

CONCUSSION INFORMATION SHEET

Pacific Point Christian Schools
2220 Pacheco Pass
Gilroy, CA 95020

Student-athlete Name Printed

Student-athlete Signature

Date

Parent/Guardian Name Printed

Parent/Guardian Signature

Date

****Return only this page for Concussion Information to Athletic Office****

Athletic Pre-Participation Physical Examination

PART 1: History (to be completed by student and parent or guardian)

Student Name: _____ Grade: _____ Birthdate: _____ Sex: M F

Address: _____ City: _____ Zip: _____

Sport(s): _____

Emergency Contact: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Doctor's Name: _____ Phone: _____

Health Insurance Carrier: _____ Policy #: _____

Health History (must be completed prior to examination)

Has this student had any history of: _____ Date of last known Tetanus shot: _____

Yes	No		
		Hospitalization?	FEMALES ONLY When was your first menstrual period? _____ When was your most recent menstrual period? _____ How much time do you usually have from the start of one period to the start of another? _____ How many periods have you had in the last year? _____ What was the longest time between periods in the last year? _____
		Surgery other than removal of tonsils?	
		Missing organs (eye, Kidney, testicle)?	
		Allergies (medicines, insects, food)?	
		Chest pain or severe shortness of breath?	
		Problems w/blood pressure or heart (heart murmur)?	
		Dizziness or fainting with exercise?	
		Severe or frequent headaches?	
		Concussion or loss of consciousness?	
		Heat exhaustion, heat stroke or other problems with heat?	
		Mononucleosis, hepatitis, hemophilia?	
		Diabetes? Seizures/convulsions?	
		Dislocation of a joint? Catching or clicking of a joint?	
		Broken bones/fractures?	
		Stingers/burners or pinched nerves?	
		Ulcers or hernias?	
		Skin problems?	
		Head injury?	
		Neck or back injury?	
		Chest injury? Shoulder/upper arm injury?	
		Elbow/forearm injury?	
		Hand, wrist, or finger injury?	
		Hip/thigh injury? Knee injury?	
		Shin/calf injury?	
		Ankle/foot injury?	
		Has any family member or relative died of heart problems or of sudden death before age 50?	

Doctor Name Printed: _____

Doctor Signature: _____ Date: _____

Doctor Office Phone: _____ Email: _____

PART 2:

I have reviewed and agree with the information presented on this form. I also understand that this examination is primarily for sports participation screening and is not intended to replace the routine health care visits as recommended by the student's personal physician. I know of no reason why the above-named student should not participate and represent his or her school in supervised athletic activities.

PRINT Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Home Phone: _____ Cell/Pager: _____

Email: _____