

CHECK SPORT TO BE PLAYED.

This form is for one sport per season. If participating in two sports, separate forms must be filled out.

<p>Girls' Fall</p> <p>☐ Cross Country</p> <p>☐ Field Hockey</p> <p>☐ Golf</p> <p>☐ Volleyball</p>	<p>Girls' Winter</p> <p>☐ Basketball</p> <p>☐ Soccer</p> <p>☐ Water Polo</p> <p>☐ Wrestling</p>	<p>Girls' Spring</p> <p>☐ Gymnastics</p> <p>☐ Lacrosse</p> <p>☐ Softball</p> <p>☐ Swim/Dive</p> <p>☐ Track</p>
<p>Boys' Fall</p> <p>☐ Cross Country</p> <p>☐ Football</p> <p>☐ Water Polo</p>	<p>Boys' Winter</p> <p>☐ Basketball</p> <p>☐ Soccer</p> <p>☐ Wrestling</p>	<p>Boys' Spring</p> <p>☐ Baseball</p> <p>☐ Lacrosse</p> <p>☐ Swim/Dive</p> <p>☐ Volleyball</p> <p>☐ Track</p> <p>☐ Golf</p>
<p>Other Activities</p> <p>☐ Cheer</p> <p>☐ Marching Band</p> <p>☐ Drill Team</p>	<p>Other Activities</p> <p>☐ Choir</p> <p>☐ Academic Decathlon</p> <p>☐ Other</p>	

SPORTS WARNING STATEMENT (Athletes Only)

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 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.

ELIGIBILITY

Academic Eligibility: Students must be enrolled in five (5) credit classes during the regular school day. Students must maintain a 2.0 ("C") grade point average for all courses taken in which letter grades are given. Students must pass at least four (4) classes during each grading period, regardless of grade point average.

Citizenship Eligibility: Students may not receive "Unsatisfactory" conduct/grade from more than one teacher. There is an appeal procedure to this requirement. The student and a parent may meet with the vice principal for probation.

Residential Eligibility: Each extracurricular participant must live within his/her high school attendance area or have the residence eligibility approved by school administration.

Students who do not meet the above residential eligibility requirement will not be eligible to participate in extracurricular activities. Students who do not meet one or more of the requirements for citizenship or academics will not be eligible to participate for the duration of the subsequent grading period. If the students have met the academic and citizenship requirements listed above at the end of the subsequent grading period, eligibility to participate will be restored.

GROSSMONT DISTRICT BEHAVIOR CODE

All extracurricular participants will be expected to behave in a manner that is acceptable to the parents, the school, and activity supervisor. Behavior that will not be tolerated and may result in a suspension from the activity is listed below:

1. Use of Alcohol or non-prescription drugs, including marijuana.
2. Use of any form of tobacco.
3. Use of profanity at practice or during a contest.
4. Truancy from a class or classes.
5. Stealing.

PARENT PERMISSION

I desire that (physician's name) _____ (phone) _____ be called, if possible, in case of injury. I also give my consent for my student to compete in extracurricular activities and to travel with a representative of the school on any trips. In case of injury, the school representative is authorized to have him/her treated or hospitalized by one of the doctors cooperating with the school program, and I will not hold the Grossmont Union High School district or its representatives responsible for payment as the result of any accident or injury.

In case of accident, notify:

(name) _____

Circle one: Parent/Guardian/Caregiver

Address _____

Phone _____

I have read and completed the extracurricular registration material and certify that to the best of my knowledge all the information that I have provided is correct.

I have read and understand the Grossmont Behavior Code and eligibility standards. I will comply with these standards and accept my responsibility as a student participant.

Signature of Parent/Guardian/Caregiver

Date

Signature of Student

Date



CIF-San Diego Section
 6401 Linda Vista Road, Room 504
 San Diego, CA 92111
 Phone 858-292-8165/Fax 858-292-1375
 www.cifsd.org

ATHLETIC ELIGIBILITY VERIFICATION

Athlete's Name _____ Grade _____ ID# _____ Class of _____

What year did you start high school? _____ At what school? _____

List the names and relationship of everyone you lived with in the ninth grade _____

Sport(s) in which you are planning to participate? _____

PLEASE ANSWER THE FOLLOWING QUESTIONS

YES

NO

- | | | |
|---|-------|-------|
| 1. You are entering your third consecutive semester of high school. | _____ | _____ |
| 2. Your transfer to this school is during, or immediately following, your first ninth grade year. | _____ | _____ |
| 3. You are living at a different address than last school year? | _____ | _____ |
| 4. You moved into this school's attendance area? | _____ | _____ |
| 5. You moved into this school's attendance area with all of the family members you lived with at your previous address? | _____ | _____ |
| 6. You were enrolled in at least four (4) classes at your previous school during the last grading period. | _____ | _____ |
| 7. You had a 2.0 grade point average in those four (4) classes in which you were enrolled at your previous school during the last grading period. | _____ | _____ |
| 8. You did not have any "F" grades during the last grading period. | _____ | _____ |
| 9. You are taking at least four (4) classes at this school? | _____ | _____ |
| 10. Your former school verified that no disciplinary action was taken or pending. | _____ | _____ |
| 11. Your former school verified that a valid change of residence occurred. | _____ | _____ |
| 12. Your former school has not alleged undue influence or recruiting issues. | _____ | _____ |
| 13. Your former school did not object to limited eligibility at this school (See 510). | _____ | _____ |
| 14. You currently reside in this school's attendance area? | _____ | _____ |
| 15. You were allowed to attend this school because of the district choice or magnet program? | _____ | _____ |
| 16. The district's written policy grants you athletic eligibility as an intradistrict transfer student. | _____ | _____ |
| 17. You were not transferred here involuntarily from another school? | _____ | _____ |
| 18. Your former school will allow you to return in good standing at any time. | _____ | _____ |
| 19. You were never advised or told that you would not be allowed to return to your previous school? | _____ | _____ |

20. Are you now living with the same family members that you lived with in the ninth grade? _____
21. You have not repeated any grades since entering the ninth grade and will graduate on time. _____
22. You have not been in high school or alternative school for more than eight (8) semesters? _____
23. You did not play any sports at your previous school during the previous twelve months. _____

If no, what school(s)/ Grade(s)? _____

Which sport(s)? _____

24. You did not play a sport for another school while not living with your parents, this guardian, or this caregiver? _____
25. You did not stop attending high school after you first enrolled in the ninth grade. _____
26. You will not turn 19 years of age prior to June 15 of your junior year in high school? _____

List your birth date: Month _____ Day _____ Year _____

27. You do not participate on a non-high school team in the same sport during the high school season for that sport? _____
28. You did not play any of the sports that you are interested in playing at this school for your previous school already this school year. _____
29. You have not already played four seasons of any one sport in high school that you are interested in playing at this school. _____

List the full address where you live with your parents/guardians/caregiver (including number, street, city, state, and zip)

Address _____ City _____

State _____ Zip _____ Phone _____

We acknowledge and certify that all of the information above is correct and true. We understand that the falsification or misrepresentation of any of the above information to gain athletic eligibility will result in penalties to the school, the team, the individual, the conference, and the individual will be ineligible to participate in interscholastic athletic competition at any level in any sport for a period of up to 24 calendar months from the date the determination was made that false information was provided.

We further certify that there has been no undisclosed pre-enrollment contact, undue influence, or inducement by the school or anyone acting on behalf of the school (expressly or impliedly) to attend _____ High School.

Athlete's Signature/Date

Parents'/Guardian's/Caregiver's Signature/Date

Print name of athlete

Print name of parent/guardian/caregiver



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ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – REVISED 3/19/07

I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life.
- It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, and spectators.
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association as a guide to govern their behavior. Penalties for failure to submit a signed Code of Ethics are:
 1. Athlete Ineligibility for participation in CIF-San Diego Section athletics.
 2. Coach Restricted from coaching in CIF-San Diego Section contests.
 3. Officials Association Not approved to officiate in the CIF-San Diego Section.
 4. Parent Prohibition/Removal from attendance at CIF or CIFSDS event.

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

- A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
- B. Be courteous at all times with school officials, opponents, game officials, and spectators.
- C. Exercise self-control.
- D. Know all rules of the contest of CIF State and the CIFSDS and agree to follow the rules.
- E. Show respect for self, players, officials, coaches, and spectators.
- F. Refrain from the use of foul and/or abusive language at all times.
- G. Respect the integrity and judgment of game officials.
- H. Abstain from the use of illegal and nonprescription drugs, alcohol, or any substance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or the American Medical Association.
- I. Not use at any time any androgenic/anabolic steroid except with the written prescription of a fully licensed medical doctor by the American Medical Association to treat a diagnosed medical condition.
- J. Only permit use, at any time, non-muscle building, nutritional supplement(s) and only for the purpose of providing additional calories and electrolytes. For the purpose of this policy, permissible non-muscle building nutritional supplements are identified according to the following classes: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, and vitamins and minerals.
- K. Only permit use non-muscle building nutritional supplements for the purpose of providing additional calories and electrolytes.
 NOTE: The Food and Drug Administration (FDA) using regulations from the Federal Food Drug and Cosmetic Act requires labeling for food products, prepared foods such as bread, cereals, canned and frozen foods, snacks, desserts, drinks, etc., food product labels will be titled: "Nutritional Facts." The Dietary Supplement Health and Education Act (DSHEA) of 1994 requires that manufacturers and distributors of dietary supplements list their ingredients. The labels will be titled "Supplement Facts" and must also include a disclaimer from the FDA stating, "These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent a disease.)
- L. **Win with character; lose with dignity.**

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory With Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or spectating at CIFSDS athletic events regardless of contest site or jurisdiction.

 Signature – Athlete

 Printed Name

 Date

 Signature – Parent/Guardian/Caregiver

 Printed Name

 Date

PURSUING VICTORY WITH HONOR

SIX PILLARS OF CHARACTER

TRUSTWORTHINESS

RESPECT

RESPONSIBILITY

FAIRNESS

CARING

GOOD CITIZENSHIP

SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents, and school sports leadership - including coaches, athletic administrators, program directors, and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressure to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid and CPR. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.

VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

(Applicable to players and coaches from time of departure for contest until time of return.)

ACT

MINIMUM PENALTIES*

1. Behavior resulting in ejection of athlete or coach from contest
“Any coach, player, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (sight and sound) any sports contest, until a meeting is scheduled between the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s). Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner’s decision. Telephonic and electronic meetings are not permitted. Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (sight and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Effective July 1, 2005, approved Board of Managers on June 7, 2005.)
2. Illegal participation in next contest by athlete ejected in previous contest.
Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.
3. Illegal placement of ejected athlete in next contest or illegal participation by coach ejected in previous contest.
Green Book procedure for coach who knowingly violates a CIF or San Diego Section rule. Penalty may include a sanction to the school, coach, or suspension of membership.
4. Second ejection of athlete or coach from contest during one season.
Ineligibility of athlete for remainder of season of suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner. Official to make report by the next school day to the commissioner. The decision by the commissioner may include suspension of any length up to and including the remainder of the season or the next season.
5. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.
Ejection from the contest for those designated by the official, ineligibility for the next contest, and player(s) to be placed on probation for balance of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner.

A similar infraction of this act by the same athlete(s) during the same season will result in cessation of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.
6. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.
Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probationary status for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner.

If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.
7. Other acts committed by individuals or teams or acts committed at end of season.
Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.

NOTE: In cases of violations during a regular season tournament, tournament management will necessarily act upon any appeal regarding subsequent game suspensions. Report will still be required of official to the commissioner.

*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.

West Hills High School

COACH'S EMERGENCY CARD (PLEASE PRINT)

Student Name _____ I.D. Number _____
Parent/Guardian _____ Home Phone _____
Address _____ Work Phone _____
Other Contact _____ Phone _____

Doctor _____ Phone _____ Hospital _____
Medical Insurance _____ Policy No. _____
Dentist _____ Phone _____ Dental Insurance _____
Dental Policy No. _____ Height _____ Weight _____ BP _____
Date of Physical _____ Allergies to Medicine _____
Other Allergies _____
Medications _____

In case of emergency and if parent/guardian and above medical doctor cannot be reached, permission is given to school authorities to seek emergency medical treatment at a hospital or medical facility.

Parent/Legal Guardian Signature _____
Date Signed _____ Sport _____