



NAPA VALLEY
UNIFIED SCHOOL DISTRICT

**STUDENT-ATHLETE
AND
PARENT
HANDBOOK**

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APPENDIX - APPROVED FORMS

- [Form #1 Agreement for Team Participation \(Board Approved 12/1/11\)](#)
- [Form #1 Acuerdo de Participacion en Equipos \(Board Approved 12/1/11\)](#)

- [Form #2 Agreement for Parent Support](#)
- [Form #2](#)

- [Form #3 NVUSD Sports Physical Form \(Board Approved 12/1/11\)](#)
- [Form #3 NVUSD Formulario de Examen Fisico Para Deportes](#)

- [Form #4 NVUSD Emergency Consent to Treat Form \(Board Approved 12/1/11\)](#)
- [Form #4 NVUSD Distrito Escolar Unificado Del Valle de Napa](#)

- [Form #5 Concussion and Head Injury Information Sheet \(Board Approved 3/1/15\)](#)
- [Form #5 Hoja de Informacion Para Commocion Cerebral y Lesiones en la Cabeza](#)

- [Form #6 Social Media Contract for Student-Athletes](#)
- [Form #6](#)

- [Form #7 NVUSD Student Alternate Transportation Form \(Annual\)](#)
- [Form #7 NVUSD Formulario Para Transporte Alternativo Del Estudiante \(Annual\)](#)

- [Form #8 NVUSD Student Personal Automobile Use Form \(Annual\)](#)
- [Form #8 Formulario Para Uso de Automovil Personal Del Estudiante \(Annual\)](#)

- [Form #9 NVUSD Volunteer Automobile Use Form \(Annual\)](#)
- [Form #9 NVUSD Fornulario Para Uso de Automovil Personal \(Annual\)](#)

SECTION I: PHILOSOPHY, GUIDELINES & PROTOCOLS

PHILOSOPHY OF STUDENT ATHLETICS

The Governing Board of the Napa Valley Unified School District recognizes that the athletic program enhances students' feelings of connectedness with the schools and helps to build a positive school climate. The athletic program also promotes the physical, social, and emotional well-being and character development of participating students. The district's athletic program is designed to meet student interests and abilities and is varied in scope to attract wide participation. The district encourages and supports student participation in the athletic program without compromising the integrity and purpose of the educational program. (BP 6145.2-Athletic Competition) The District recognizes that athletics is an important component of a student's complete educational development. As such, we believe that all students should have an opportunity to participate in some form of interscholastic athletics and that such participation should encourage positive scholastic and social growth and achievement. All participants and teams will represent the school and community in a positive manner. Student-Athletes will reflect the dedication and hard work that will be required to compete and be successful. Success will be measured by the knowledge that each participant gave his/her best effort and prepared for each contest to the best of his/her ability rather than the records achieved by teams or individuals. The District realizes that an effective interscholastic athletic program is the product of responsible cooperation between its four major components: each high school's parents, the student-athlete, coaching staff, site/district administration.

COMMUNICATION (In the event there is a concern)

In our continuing effort to establish and maintain clear lines of communication between the school Athletic Department Staff and the parents/guardians of our student-athletes, the coaching staff has establish a process for communication. *Do not attempt to confront a coach before or after a contest or practice.* Those can be emotional times for both the parent and the coach. Meetings of that nature, and at those times, do not promote positive communication or resolution. A 24 hour cool down period is expected by all associated with the athletic program. The following guidelines will help make the communication process a productive and positive experience.

STUDENT-ATHLETE, PARENT, COACH SUPPORT GUIDELINES

It is the intent of the school Athletic Department to provide an avenue for meaningful dialogue and positive communication between coaches, student-athletes and parents. Working together, we can and will accomplish many great things.

STUDENT-ATHLETE, PARENT, COACH COMMUNICATION PROTOCOLS

The protocol when resolving an issue between student-athlete and coach is as follows;

- **First Step** > Student-athlete will make an appointment and meet with the coach;
- **Next Step** > Student-athlete and parent will make an appointment and meet with coach;
- **Third Step** > Student-athlete and parent will make an appointment to meet with coach and athletic director; and
- **Final Step** > Student-athlete and parent will make an appointment to meet with coach, athletic director, and administrator in charge of athletics.

PARENT SUPPORT GUIDELINES

- All meetings with coaches are to be made BY SCHEDULING AN APPOINTMENT. Coaches will make their work numbers and / or email addresses available to parents. Parents will refrain from calling coaches at their homes, unless absolutely necessary.
- The District will not allow spontaneous meetings between parents and coaches on the athletic fields, in the gyms, or locker rooms.
- Coaches WILL NOT discuss other student-athletes with parents.
- Parents/guardian/fan who shows misconduct at athletic events that warrant intervention by a school administrator at home or away events will be asked to leave. If a second offense occurs the parent/guardian/fan will be suspended from a game and must complete the online course - NFHS "Positive Sport Parenting" <https://nfhslearn.com/courses/18000>. On the third offense the parent/guardian/fan will be expelled from all school athletic events for the remainder of the school year and/or the following year.
- Parents who verbally abuse a coach may be subject to possible criminal charges.

SECTION II: ATHLETIC GUIDELINES

RESIDENTIAL ELIGIBILITY

District Inter-district Transfer Request:

State law governing school districts requires that each district ensures the placement of students living within its residential borders first. Students on inter-district transfers can only be accepted on a “space available” basis and only after local students have been enrolled. For this reason, Napa Valley Unified School District *may not* be able to place inter-district transfer students until all resident students are placed. (NVUSD BP/AR 5117 – Inter-district Transfer) The California Interscholastic Federation Bylaws require that students who participate on a school team must be living with parents or legal guardians who reside within the school’s attendance boundaries. All exceptions to this rule require that special permission forms and letters of approval be on file before a student can be declared eligible. Any transfer student (except entering 9th graders) must obtain and fill out the necessary C.I.F. forms and receive C.I.F. clearance before he/she may participate in any contests. ***Inter-district Transfers do not guarantee athletic eligibility.*** Questions about residential eligibility should be directed to the Athletic Director.

State “Open Enrollment” Transfer Option:

A California law called the “*Open Enrollment Act*” was enacted January 7, 2010. This law provides an opportunity for parents/guardians of students attending one of California’s 1,000 identified “Open Enrollment Schools” the option to enroll in a different school having a higher *Academic Performance Index (API) within NVUSD*. (See NVUSD BP/AR 5118 - Open Enrollment Act Transfer)

Note regarding athletic eligibility: A student admitted to a district school through the Open Enrollment process is be deemed to have fulfilled district residency requirements and meets the CIF requirement for athletic eligibility.

District Open Enrollment or Intra-district Transfer:

State law requires school districts to adopt policies allowing District residents to apply for open enrollment or intra-district transfer to schools within the District but outside their resident attendance area. An open enrollment period is designated annually and any student may apply. Acceptance is based on established priorities (e.g. siblings, etc.) and a random unbiased lottery. (NVUSD BP 5116 - Open Enrollment and Intra-district Transfer and AR 5116.2 - Open Enrollment) Intra-district transfers are limited to specific reasons, including Serious Medical Condition of the Student, Hardship – Family and legitimate change of residence to remain at original school of residence. (NVUSD AR 5116.3)

CIF Bylaw 206.C.10 Athletically-Motivated Valid Change of Residence

If a student completes a valid change of residence as provided in Bylaw 206.C.(1-5), a student-athlete may not be eligible to participate at the varsity level if there is evidence the move was athletically motivated or the student enrolled in that school in whole or in part for athletic reasons (CIF Bylaw 200; 510.B.-E.) Because the penalty for allowing an ineligible athlete to participate is severe (forfeiture of all contests in which the athlete participated), any athlete living outside of their assigned school attendance boundaries’ must notify the athletic director of his/her residence at the beginning of the season, so that the athletic director can make sure all of the appropriate forms and approvals are on file. An athlete who is dishonest about his/her residence places an entire team in jeopardy. Any athlete known to be using a false address or otherwise not being honest about a residence should be immediately reported to the coach to avoid penalizing the entire team. If a student and his/her parents move out of the attendance area, but the student remains in the school, the student must immediately report his/her change of residence to the appropriate administrator.

School site administrator, or designees, may verify a student-athlete’s residential eligibility by performing any of the following procedures: a phone call, a home visit, or any other appropriate measure to ensure verification consistent with NVUSD AR 5111.1 and AR 5116 District and attendance area residency verification procedures

TRYOUTS PROCEDURES:

CIF Bylaw 201.4.b

States that eighth graders who have not graduated from the eighth grade may not participate in any athletic meetings, practices or competition of any kind at any high school.

The following is an outline of some of the basic guidelines/timelines that the NVUSD Athletic Departments follows prior to and at the start of a sport season. There are three sport seasons: fall, winter and spring.

Because of the unique nature of each individual sport, this outline may include or exclude some items that the coaching staff does or does not use.

1. Pre-season sign-up meetings: One to three months prior to the start of the season
 - a. Fall, winter, and spring seasons begin according to the C.I.F. calendar
2. Pre-season conditioning: Four to six weeks prior to the start of the season
3. Necessary forms and paperwork handed out / turn in to Athletics
4. Mandatory Student / Parent Meeting
5. Eligibility: Refer to Academic Eligibility.
6. Try-outs:
 - a. Cuts may be made following each of the three day tryout sessions.
 - b. Head Coaches will make the decision in determining the final roster.
 - c. Student- Athletes may make an appointment with the Head Coach to obtain feedback as to why they did not make the team.

ELIGIBILITY AT TEAM TRYOUTS:

- **Fall Sports** – The minimum 2.0 Grade Point Average is determined by the previous “End of Term” grading period.
- **Winter Sports** – The minimum 2.0 Grade Point Average is determined by “Fall Progress Report #2” grading period.
- **Spring Sports** – The minimum 2.0 Grade Point Average is determined by the previous “End of First Semester” grading period.

ACADEMIC ELIGIBILITY:

All student-athletes who wish to participate in an athletic activity in any of the District’s High School must meet the following requirements:

1. Have earned a 2.0 GPA for the grading period prior to their participation and for each succeeding grading period during participation.
2. Meet standards of satisfactory citizenship.
3. Have a satisfactory attendance record as defined by Board Policy
4. Passed 20 credits the semester prior to their season of sport.

NON-DISCRIMINATION

All students have access to athletic opportunities regardless of race, color, ancestry, national origin, nationality, ethnicity, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics. (NVUSD BP/AR - Athletic Competition and BP/AR 5145.3 - Nondiscrimination/Harassment)

CONTINUING ACADEMIC ELIGIBILITY

All students who wish to continue to participate in athletics may remain eligible if: On any grade of record the student has maintained a minimum academic 2.0 GPA and pass 20 semester credits.

PHYSICAL EXAMS

Athletes must have a yearly physical from a qualified physician (MD) who completes the medical examination report. In order to be accepted for athletics, the physical must be completed *after* May 1 of the school year in which the athlete plans to compete. **Completed papers should be given to the athletic director/athletic support staff.**

GENERAL BEHAVIOR

Student-athletes must comply with all rules and regulations as specified by California Education Code, California Penal Code, and NVUSD Board Policies, CIF Bylaws, and the CIF/NVUSD Code of Conduct. In addition:

1. Profanity, unsportsmanlike conduct, and disrespect to any person or institution will not be tolerated.
2. Athletes accept responsibility for their behavior both on and off the field or at school. Examples of inappropriate behavior include, but are not limited to:

- a. An athlete's language and behavior should not embarrass himself/herself, the team, the school, the district, or the community.
- b. Defiant behavior toward any coach, school official, or game official.
- c. Profanity, throwing of equipment or any similar display.
- d. Misuse of social media at all times as defined by the NVUSD Social Media Guidelines for Students.

Violation of any of the above behavior guidelines may result in one or more of the following sanctions: suspension or dismissal from the team.

SCHOOL ATTENDANCE

Attending all classes is a high priority for all student-athletes: many athletic events require students to miss classes during the week making it very important for all student-athletes to establish good attendance patterns and communicate with their teachers about assignments to be done. Students must attend 60% (minimum) of the school day, excluding lunch, in order to participate in practice or competition that day. Subject to the discretion of the athletic director.

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SECTION III: GENERAL RULES

TRAINING RULES

For health and safety reasons, students should understand that the NVUSD believes that the use of tobacco, alcohol, drugs, and performance enhancing drugs and supplements is not acceptable for high school athletes. Any violation of these training rules may also result in school disciplinary action according to NVUSD Board Policies and California Education Code. (NVUSD BP/AR 5144-5144.4 - Suspension and Expulsion)

The following information concerning tobacco, alcohol, drug, and performance enhancing drug and supplement use is the policy adopted by the Napa Valley Unified School District. It is a policy designed to be supportive and helpful to students/athletes, not just punitive. Students and parents must realize that it is their responsibility to follow this cumulative policy, and repeated offenses during the season or at offseason team activities will result in progressive consequences.

ANDROGENIC/ANABOLIC STEROIDS The use of androgenic/anabolic steroids or dietary supplements including synephrine to expedite the physical development and to enhance the performance level of Athletes presents a serious health hazard to student athletes. (NVUSD BP 5131.63 - Steroids) The student shall not use androgenic/anabolic steroids without the written permission of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition. The student's violation of District policy regarding steroids or dietary supplements shall result in discipline against the student, including, but not limited to, restriction from athletics, suspension or expulsion from school.

USE OF ALCOHOLIC BEVERAGES OR DRUG USE Any student that is suspended from school for the use/possession/sale/purchase of alcohol or drugs while at school or any school activity during his/her season will automatically be suspended from the sport in which s/he is currently participating. Further the student will not be able to participate in any other sport during the duration of the season for which s/he was suspended. (NVUSD BP/AR 5131.6 - Tobacco, Alcohol and other Drugs)

TOBACCO – SMOKING (E-cigarettes) CHEWING POLICY

Any student who is suspended from school for the use of tobacco, or possesses tobacco in any form while at school or any school activity during the season will suffer the following consequences.

- ***1st OFFENSE:*** The student-athlete will be ineligible to participate in any interscholastic contests for **two** weeks from the date of the infraction. In addition he/she must agree to a parent, coach, student conference. With the coach's permission, the student-athlete may continue to practice with the team. The student/athlete may also incur sanctions per NVUSD Board policy.
- ***2nd OFFENSE:*** The student-athlete will be ineligible to participate in any interscholastic contests for **four** weeks from the date of the infraction. In addition, he/she must successfully complete a tobacco abuse program that is approved by the athletic director. With the coach's permission the student-athlete may continue to practice with the team. The student/athlete may also incur sanctions per NVUSD Board policy.
- ***3rd OFFENSE:*** The student-athlete is ineligible for **one** calendar year. The student/athlete may also incur sanctions per NVUSD Board policy.

HAZING / BULLYING

Any form of hazing, bullying, initiation, or rites of passage will not be tolerated. Violations will be addressed according to NVUSD student behavior expectations. (NVUSD BP 5131.2 - Bullying and BP/AR 5144 - Suspension and Expulsion) Additional penalties may be enforced by the athletic program/team.

SOCIAL MEDIA

Social Media Guidelines for Students

If a student-athlete's online profile and/or its comments violate Napa Valley Unified School District's social media guidelines as adopted by the governing Board or Superintendent in a published policy, the student athlete may be subject to discipline as may be warranted based on the severity of the offense, the harm to another party, and/or the number of violations that exist. Possible consequences may have school and/or athletic consequences.

Examples of possible athletic consequences may include:

- May be removed from a practice.
- The student athlete may be suspended from 1 contest, parent contacted, and administrative referral.

- The student athlete may be suspended from 2 contests, parent, student, coach meeting, and an administrative referral.
- The student athlete may be removed from the team, parent, student, coach, athletic director meeting and an administrative referral.
- Other school disciplinary actions may also apply.

Social Media Guidelines for Coaches

The use of social media by all coaches should be restricted to supplying information about meetings, practice times, and other team or school related information. It is also the responsibility of the all coaches to model and develop moral intelligence on the cyber-field. Demonstrating and reminding student-athletes there is such a thing as cyber-integrity, cyber-responsibility, and cyber-respect. All coaches will follow the same guidelines as adopted by the governing Board or Superintendent in a published policy and will sign an agreement as part of their contract.

TRAVEL

The district provides transportation to selected away contests.

1. Bus departure times are determined by a collaborative effort between site Athletic Department & NVUSD Transportation Department.
2. At the coach's discretion, students may be signed off the return bus by their parents/guardians.
3. At the discretion of the Principal or designee; prior to leaving for the game, students may be signed off the return bus by an approved adult driver that has been cleared by the NVUSD Transportation Department and has a permission slip with prior approval signed by the parent.
4. All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for proper attire.
5. Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.
6. Students are expected to follow all rules set forth by the bus driver and/or coach, to be courteous and respectful at all times.

Students are required to travel on school transportation. Under special circumstances, with Principal or designee and coach prior approval, students may be transported to the event by their parent/guardian or other designated adult drivers cleared by the NVUSD transportation Department.

SECTION IV: CRISIS CONTROL

CRISIS CONTROL RATIONALE

According to CIF Bylaw 503.3 any player ejected or any player who leaves the confines of the bench or team area during a fight that may break out or has broken out shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. This bylaw also applies to a fight that may occur after the game before the teams have vacated the playing area.

With regard to CIF Bylaw 503.3, NVUSD Code of Conduct and California Education Code it is imperative that a "Crisis Control Plan" be developed to manage the behavior of all athletes in these situations.

CRISIS CONTROL UNREST PLANS

If a physical altercation should occur on the playing field/court during a contest, the following action will take place:

- All athletes in the sideline/bench area will remain there, and all athletes on the field/court are to move immediately to the sideline/bench area.
- All parents/guardians, fans, etc. are to remain in the stands or in the sideline/bench area if there are no stands.
- No unsportsmanlike words or actions are to come from members of any NVUSD athletes in contests.
- Coaches will periodically rehearse how to behave if a conflict should occur in a contest.

CRISIS CONTROL CONSEQUENCES

Student-athletes, performers or competitors involved in a fight, while in uniform and/or at a performance/competition will have the following consequences:

- **1st OFFENSE:** The game/performance where incident occurred and the next game/performance suspension/school suspension.
- **2nd OFFENSE:** Complete removal from the team and school suspension.

Each situation will be evaluated on an individual basis by the administration. Input will be provided by the appropriate coach or advisor. When available video will be viewed.

SECTION V: MISCELLANEOUS

EQUIPMENT

The Napa Valley Unified School District provides a great deal of money to maintain and purchase proper equipment. Equipment is to be handled properly for safety and financial reasons and also to teach students responsibility.

1. All equipment will be inventoried, numbered, and checked out by coaches.
2. Students are responsible for the security of their equipment and uniforms. In some cases, particularly with game uniforms, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform.
3. Students are expected to turn in the same piece(s) of equipment checked out to them.
4. Equipment should be returned in the same condition as it was received. Equipment and uniforms should be cleaned before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it into the coach.
5. All equipment must be returned within one week of the last contest.
6. No awards (letters, trophies, etc.), grades or transcripts will be issued until all equipment is returned and/or paid for by the student-athlete.
7. Students must return or pay for all equipment before they can practice or participate in another sport. In unusual circumstances when a significant amount of money is owed, arrangements for repayment can be made with the coach and the administrator in charge of athletics.
8. Students who leave a team prior to the end of the season must turn in their equipment and uniform within one week.
9. Personal athletic equipment purchased by the athlete/athletes' family (non-school) must meet all CIF, NFHS, and NVUSD requirements for safety. **Any alteration of equipment is not allowed.**

LEAVING A TEAM

Students are encouraged to try a variety of sports and students may leave a team prior to the first contest, excluding scrimmages, without penalty, by personally notifying the Head Varsity Coach that they no longer wish to participate. After this "try-out" period, students may leave a team under the following conditions:

1. It is the student's responsibility to notify the Head Varsity coach that he/she no longer wishes to participate after the first contest. The coach may request that the student explain the reason(s) for leaving the team. If the coach and student agree that the student can leave the team, the student may leave without penalty. If there is no agreement, the student may not begin practicing another sport until the season (including play-offs if applicable) has ended. This includes any off-season programs.
2. If a student-athlete is dismissed from a team, the student may not begin practicing another sport until the season (including play-offs if applicable) has ended. This includes any off-season programs.
3. If a student communicates with a coach, but no agreement can be reached, the student may appeal to the athletic director.

PARENT MEETING SCHEDULE

The Napa Valley School District holds an all sports preseason meeting at each high school for the purpose of involving families and the schools in creating partnerships to support the athletic program and student-athletes. Through such involvement and partnership, the opportunity for optimal growth and development of students is enhanced. Preseason meetings provide a forum for students and their parents, school activities staff and other adult leaders to openly discuss a variety of issues, such as sportsmanship, school policy, risk of injury/ failure to warn and healthy lifestyles, including the use of tobacco, alcohol and other drugs. These meetings represent an extraordinary opportunity to foster a dialogue among students, their parents and school staff—a dialogue that lays the groundwork for real collaboration towards healthier high school students and strong schools and communities.

1. Parents will sign in and must attend one time per year.
2. Dates will be independently determined by each school.
3. A make-up meeting will be scheduled will be independently determined by each school for each season of sport.
4. The student- athlete will not be eligible to play in any official contests until the parent has attended a mandatory sport night / team meeting.

MULTI-SPORT ATHLETES

The multiple-sport athlete is a key component to all high school athletic programs. In order for Napa Valley Unified School District athletic programs to be as successful as possible, we need the best athletes competing in a variety of sports. Our coaches understand that talented athletes bring fantastic skills, a competitive spirit and a drive to success. Therefore we have set standards to allow our student athletes the ability to focus on their season and have the most positive experience as multi-sport athletes as possible. Student athletes are expected to only commit to the season currently in session. Off season coaches may not expect student athletes to participate in any skill or conditioning sessions when playing another interscholastic sport that is in-season. During the off season, student athletes should never miss a competition (passing league over basketball skills session or a basketball summer league game over a baseball hitting session). When a conflict arises, the closest season of sport should take precedent. Communication between the student athlete and coaches is most important.

SECTION VI: “PURSUING VICTORY WITH HONOR”

CIF/NVUSD CODE OF CONDUCT

CODE OF CONDUCT FOR PARENTS/GUARDIANS

The role of the parent in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.

There is a value system—established in the home, nurtured in the school – that young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness and respect are lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a parent/guardian of a student-athlete at our school, your goals should include:

1. Promote a healthy lifestyle that does not include the use of performance enhancing drugs or supplements;
2. Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
3. Encourage our students to perform their best, just as we would urge them on with their class work;
4. Participate in positive cheers that encourage our student-athletes; discourage any cheers that would redirect that focus – including those that taunt and intimidate opponents, their fans and officials;
5. Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
6. Respect the task that our coaches face as teachers; and support them as they strive to educate our youth;
7. Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and
8. Develop a sense of dignity and civility under all circumstances.

You can have a major influence on your student’s attitude about academics and athletics. The leadership role you take will help influence your child, and our community, for years to come.

Violation of the above code of conduct could result in one or more of the following consequences: a warning, removal from the venue, suspension, or further discipline to be determined by the administration (per P.C. 602.1, 653g, and P.C. 6476).

CODE OF CONDUCT FOR INTERSCHOLASTIC STUDENT-ATHLETES

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUSTWORTHINESS

1. Trustworthiness – be worthy of trust in all I do.
 - A. Integrity – live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what’s right even when it’s unpopular or personally costly.
 - B. Honesty – live and compete honorably; don’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
 - C. Reliability – fulfill commitments; do what I say I will do; be on time to practices and games.
 - D. Loyalty – be loyal to my school and team; put the team above personal glory.

RESPECT

2. Respect – Treat all people with respect all the time and require the same of other student-athletes.
3. Class – Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. Disrespectful Conduct – Don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

5. Respect Officials – Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

6. Importance of Education – Be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. Role-Modeling – Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
8. Self-Control – Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. Healthy Lifestyle – Safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
10. Integrity of the Game – Protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

11. Be Fair – Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

12. Concern for Others – Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
13. Teammates – Help promote the wellbeing of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

14. Play by the Rules – Maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. Spirit of Rules – honor the spirit and the letter of rules; avoid temptations to gain a competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

Suspension or termination of the participation privilege is within the sole discretion of the school administration.

AGREEMENT FOR TEAM PARTICIPATION

[Including Waivers and Releases of Potential Claims and Statement of Other Obligations]

All sections of this Agreement must be completed, with the signed original delivered to the NVUSD School Athletic Office, before a Student will be allowed to participate in any manner in the Team Activities defined below.

A separate Agreement is required for each Team in which the Student may participate.

Print Student's Name	Address:
Grade:	City, State, Zip:
School:	Telephone:

In Consideration for the Student's ability to participate in the Team [including any Sport, Cheerleading, Dance, or Marching Band], including try outs for the Team, participation in Team practices or training sessions, receiving coaching, training, and direction, participating in Team events, shows, performances, and competitions, and traveling to and from any of the foregoing activities ("Team Activities"), the Student and the Parent or Legal Guardian ("Adult") signing this Agreement agree as follows:

1. It is a privilege, not a right, to participate in extracurricular activities, including Team Activities. The privilege may be revoked at any time, for any reason, that does not violate Federal, State or Napa Valley Unified School District (henceforth known as NVUSD) laws, policies or procedures. There is no guarantee that the Student will make the Team, remain on the Team, or actively participate in Team events, shows, performances, or competitions. Such matters shall remain exclusively within the judgment and discretion of the NVUSD school and its employees.
2. The Student and the Adult understand the nature of the Team, including the inherent or potential risks of Team Activities. The Student is in sufficiently good health and physical condition to participate in Team Activities, and voluntarily wishes to participate in Team Activities. Before participating in a Team Activity, a medical clearance shall be submitted (valid for one calendar year), signed by a medical doctor (nurse practitioners, chiropractors or other non-California licensed medical doctors are not acceptable), stating that the Student has been physically examined and is deemed to be in sufficiently good health and fitness so that the Student may fully participate in Team Activities.
3. The Student shall comply with the instruction and directions of Team Activity teachers, coaches, supervisors, chaperones, and instructors. During the Student's participation in Team Activities, as well as academic and/or other school activities, the Student shall comply with all applicable Codes of Conduct. The Student shall also generally conduct himself/herself **at all times** in keeping with the highest moral and ethical standards so as to reflect positively on himself/herself, the Team and NVUSD. Failure to meet these obligations may, in the discretion of the NVUSD school, result in immediate removal from Team Activities and a prohibition against any future involvement in Team Activities or other extra-curricular activities. Should the violation of these obligations also result in bodily injury or property damage during a Team Activity, the Adult will (a) pay to restore or replace any property damaged as a result of the Student's violation, (b) pay any damages caused to bodily injury to an individual, and (c) defend, protect and hold NVUSD harmless from such property damage or bodily injury claims.
4. Team Activities contain potential risks of harm or injury, including harm or injury that may lead to permanent and serious physical injury to the Student, including paralysis, brain injury, or death ("Injuries") Injuries might arise from the Student's actions or inactions, the actions or inactions of another Student or participant in a Team Activity, or the actual or alleged failure by NVUSD employees, agents or volunteers to adequately coach, train, instruct, or supervise Team Activities. Injuries might also arise from an actual or alleged failure to properly maintain, use, repair, or replace physical facilities or equipment available for Team Activities. Injuries might also arise from undiagnosed, improperly diagnosed, untreated, improperly treated, or untimely treated actual or potential Injuries, whether or not caused by the Student's participation in Team Activities. All such risks are deemed to be inherent to the Student's participation in Team Activities. By this Agreement, the Student and Adult are deemed to fully assume all such risks and, in consideration for the right of the Student to participate in Team Activities, understand and agree that to the fullest extent allowed by law they are waiving and releasing any potential future claim they might otherwise have been able assert against NVUSD, or any employee, agent or volunteer of NVUSD ("Released Parties") by or on behalf of the Student or any parent, administrator, executor, trustee, guardian, assignee or family member, and further understand that transportation to or activities at another location are "field trips" or "excursions" for which there is complete immunity pursuant to Education Code § 35330.
5. If the Student believes that an unsafe condition or circumstance exists, or otherwise feels or believes that continued participation in Team Activities might present a risk of Injury, the Student will immediately discontinue further participation in Team Activities, notify School personnel of the Student's belief, and notify a parent or guardian of the Student's belief. Any parent or guardian of the Student shall, thereafter, not allow the Student to participate in Team Activities until the unsafe condition or

circumstance is remedied, with any question or concern regarding the alleged existence of the unsafe condition or circumstance addressed to their satisfaction.

- 6. Emergency medical information regarding the Student is on file with NVUSD school and is current. The Adult agrees to provide updated medical information during the course of the Student’s participation in Team Activities. If an injury or medical emergency occurs during Team Activities, NVUSD employees, agents or volunteers have my express permission to administrator or to authorize the administration of urgent or emergency care, including the transportation of the Student to an urgent care or emergency care provider. In such circumstances, notice to me and/or the Emergency Contact of the injury or medical emergency may be delayed. Therefore, any urgent or emergency care provider has my express authority to conduct diagnostic or anesthetic procedures, and/or to provide medical care or treatment (including surgery), as they may deem reasonable or necessary under all existing circumstances. All costs and expenses associated with such care are solely my responsibility. Education Code Section 32221.5 requires us to notify you that: **Under state law, school districts are required to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses.** Education code section 32221 requires that such insurance cover medical and hospital expenses resulting from bodily injuries in one of the following amounts: (a) a group or individual medical plan with accident benefits of at least \$200 for each occurrence and major medical coverage of at least \$10,000, with no more than \$100 deductible and no less than 80% payable for each occurrence; (b) group or individual medical plans which are certified by the Insurance Commissioner to be equivalent to the required coverage of at least \$1,500; or (c) at least \$1,500 for all such medical and hospital expenses. By signing below, the Adult is certifying that the Student is presently covered, and will remain covered during the length of the Team season, under the Policy, and the Policy complies with Section 32221.
- 7. Employees, agents or volunteers of NVUSD, members of the press or media, or other persons who may attend or participate in Team Activities, may photograph, videotape, or take statements from the Student. Such photographs, videotapes, recordings, or written statements may be published or reproduced in a manner showing the Student’s name, face, likeness, voice, thoughts, beliefs, or appearance to third parties, including, without limitation, webcasts, television, motion pictures, films, newspapers, yearbooks, and magazines. Such published or reproduced items, whether or not for a profit, may be used for security, training, advertising, news, publicity, promotional, informational, or any other lawful purpose. I hereby authorize and consent to any such publications or reproductions, without compensation, and without reservation or limitation.
- 9. By signing below the Adult understands and agrees to follow the prescribed policies presented in the “Parent Support Guidelines” as well as the “Strategies for Parent and Student-Athlete Participation”. The Student and the Adult understand and agree to follow the prescribed policies presented in the “Student-Athlete and Parent Handbook” including any and all of the following: School Attendance, Residential Eligibility, Academic Eligibility, Eligibility at Team Tryouts, Academic Waivers, Continuing Academic Eligibility, Athletic Eligibility, General Behavior, Travel, Crisis Control Unrest Plans, Crisis Control Consequences, School Attendance, Leaving a Team, Training Rules, Tobacco – Smoking & Chewing Policy, Drugs, Alcohol & Performance Enhancing Drugs, Try-Out Procedures and the CIF “Pursuing Victory With Honor”. Failure to meet these obligations may, in the discretion of the NVUSD, result in immediate removal from Team Activities and a prohibition against any future involvement in Team Activities or other extra-curricular activities.
- 10. This Agreement shall be governed by the laws of the State of California. This Agreement is to be broadly construed to enforce the purposes and agreements set forth above, and shall not be construed against the Released Parties solely on the basis that this Agreement was drafted by NVUSD. If any part of this Agreement is deemed invalid or ineffective, all other provisions shall remain in force. No oral modification of this Agreement, or alleged change or modification of its terms by subsequent conduct or oral statements, is allowed. This Agreement contains the sole and exclusive understanding of the parties, with no other representation relied upon by the Adult or Student in determining whether to execute this Agreement or in agreeing to participate in Team Activities.

BY SIGNING BELOW: (1) I AM GIVING UP SUBSTANTIAL ACTUAL OR POTENTIAL RIGHTS IN ORDER TO ALLOW THE STUDENT TO PARTICIPATE IN TEAM ACTIVITIES; (2) I HAVE SIGNED THIS AGREEMENT WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND WITH FULL APPRECIATION OF THE RISKS INHERENT IN TEAM ACTIVITIES; (3) I HAVE NO QUESTION REGARDING THE SCOPE OR INTENT OF THIS AGREEMENT; (4) I, AS A PARENT OR LEGAL GUARDIAN, HAVE THE RIGHT AND AUTHORITY TO ENTER INTO THIS AGREEMENT, AND TO BIND MYSELF, THE STUDENT, AND ANY AND ANY OTHER FAMILY MEMBER, PERSONAL REPRESENTATIVE, ASSIGN, HEIR, TRUSTEE, OR GUARDIAN TO THE TERMS OF THIS AGREEMENT; (5) I HAVE EXPLAINED THIS AGREEMENT TO THE STUDENT, WHO UNDERSTANDS HIS/HER OBLIGATIONS.

Printed Name of Parent/Guardian	Signature	Date

As the Student, I understand and agree to all of obligations placed on me by this Agreement.

Printed Name of Student	Signature	Date

AGREEMENT FOR TEAM PARTICIPATION

Original to be signed and held on file in the School’s Athletic Office for 1-year & copies distributed to each and every sport the Athlete participates in for that year.

NVUSD Student-Athlete and Parent Handbook Form

NVUSD Adopted 12/1/11

AGREEMENT FOR PARENT SUPPORT

All sections of this Agreement must be completed, with the signed original delivered to the School Athletic Office, before a Student will be allowed to participate in any manner in the Team Activities defined below. A separate Agreement is required for each Team in which the Student may participate.

Print Student's Name	Address:
Grade:	City, State, Zip:
School:	Telephone:

BY SIGNING BELOW: **(1)** I AM GIVING UP SUBSTANTIAL ACTUAL OR POTENTIAL RIGHTS IN ORDER TO ALLOW THE STUDENT TO PARTICIPATE IN TEAM ACTIVITIES; **(2)** I HAVE SIGNED THIS AGREEMENT WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND WITH FULL APPRECIATION OF THE RISKS INHERENT IN TEAM ACTIVITIES; **(3)** I HAVE NO QUESTION REGARDING THE SCOPE OR INTENT OF THIS AGREEMENT; **(5)** I, AS A PARENT OR LEGAL GUARDIAN, HAVE THE RIGHT AND AUTHORITY TO ENTER INTO THIS AGREEMENT, AND TO BIND MYSELF, THE STUDENT, AND ANY AND ANY OTHER FAMILY MEMBER, PERSONAL REPRESENTATIVE, ASSIGN, HEIR, TRUSTEE, OR GUARDIAN TO THE TERMS OF THIS AGREEMENT; **(6)** I HAVE EXPLAINED THIS AGREEMENT TO THE STUDENT, WHO UNDERSTANDS HIS/HER OBLIGATIONS.

COMMUNICATION

In our continuing effort to establish and maintain clear lines of communication between the school Athletic Department Staff and the parents/guardians of our student-athletes, the coaching staff has established a process for communication. Do not attempt to confront a coach before or after a contest or practice. Those can be emotional times for both the parent and the coach. Meetings of that nature, and at those times, do not promote positive communication or resolution. A 24 hour cool down period is expected by all associated with the athletic program. The following guidelines will help make the communication process a productive and positive experience.

PARENT SUPPORT GUIDELINES

It is the intent of the Athletic Department to provide an avenue for meaningful dialogue and positive communication between coaches and parents. Working together, we can and will accomplish many great things.

- Parents can use this process to ask questions and obtain information.
- The coach will discuss what the student-athlete needs to work on in order to improve.
- The coach will only talk to a parent/guardian about his/her own child.
- If the guidelines are not adhered to, the discussion will be end.

If a resolution is not reached, the parent/guardian should then contact the head varsity level coach in that particular sport or the athletic director if the discussion already involves the head varsity coach.

Parents / guardian / fan who show misconduct at athletic events that warrant intervention by a school administrator at home or away events will be asked to leave. If a second offense occurs the parent / guardian/ fan will be suspended from a game and must complete the online NFHS "Positive Sport Parenting" <https://nfhslearn.com/courses/18000>, On the third offense the Parent / Guardian / fan will be expelled from all school athletic events for the remainder of the school year and/or the following year.

Parents who verbally abuse a coach may be subject to possible criminal charges.

GUIDELINES FOR PARENT AND STUDENT-ATHLETE PARTICIPATION

1. All meetings with coaches are to be made BY SCHEDULING AN APPOINTMENT. Coaches will make their work numbers and / or email addresses available to parents. Parents will refrain from calling coaches at their homes, unless absolutely necessary.
2. There will be no spontaneous meetings between parents and coaches on the athletic fields, gyms, or locker rooms.
3. Coaches will not discuss player position, playing time, offensive, defensive or game philosophy/decisions with parents.
4. The protocol when resolving an issue between student-athlete and coach is as follows;
 - A. First Step > student-athlete will make an appointment and meet with the coach,
 - B. Next Step > student-athlete and parent will make an appointment and meet with coach,
 - C. Third Step > student-athlete and parent will make an appointment to meet with coach and athletic director,
 - D. Final Step > student-athlete and parent will make an appointment to meet with coach, athletic director, and administrator in charge of athletics.
5. There will be no establishment of parent groups, websites, athlete groups, etc., without the written consent of the head coach, the athletic director, and the principal of the school.
6. The sole purpose of an extracurricular parent booster group is for positive reinforcement and support of the athletes, the athletic program, and to assist in the fund-raising for that program. This is the sole purpose of booster support.
7. Any student-athlete that makes the decision to leave the team will make an appointment with the head coach to notify him/her of their decision, and hand in any school issued equipment.
8. Each coach will give a deadline date for school issued equipment to be turned in. Failure to turn in equipment by that date will result in a \$50.00 fine from the athletic department. In the case of equipment not returned or returned in unusable condition, the student-athlete will be charged for the replacement of this equipment.
9. Each athlete will have NO part in any incidents of hazing, initiation, harassment, disorderly conduct toward, intimidation of, bullying of, or discriminating against any other student, parent, or coach from Napa Unified School District, or any of our opponents. Failure to follow this policy will result in sanctions per NVUSD board policy

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Printed Name of Parent/Guardian

Signature

Date

As the Student, I understand and agree to all of obligations placed on me by this Agreement.

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Printed Name of Student

Signature

Date

**Napa Valley Unified School District
SPORTS PHYSICAL EXAMINATION**

PART 1 (TO BE COMPLETED BY A PARENT OR LEGAL GUARDIAN)											
Last Name					First Name					Grade	
Birthdate		Fall Sport		Winter Sport		Spring Sport		Student ID			

PART 1 -- HEALTH HISTORY (Must be Completed by Parent/Guardian Prior to the Examination)														
	Yes	No	Has this student had:					Yes	No	Has this student had:				
1.	<input type="checkbox"/>	<input type="checkbox"/>	Chronic or recurrent illness?				16.	<input type="checkbox"/>	<input type="checkbox"/>	Injuries requiring medical care or treatment?				
2.	<input type="checkbox"/>	<input type="checkbox"/>	Illness lasting over 1 week?				17.	<input type="checkbox"/>	<input type="checkbox"/>	Neck or back pain or injury?				
3.	<input type="checkbox"/>	<input type="checkbox"/>	Hospitalizations or Surgeries?				18.	<input type="checkbox"/>	<input type="checkbox"/>	Knee pain or injury?				
4.	<input type="checkbox"/>	<input type="checkbox"/>	Nervous, psychiatric, or neurologic condition?				19.	<input type="checkbox"/>	<input type="checkbox"/>	Shoulder or elbow pain or injury?				
5.	<input type="checkbox"/>	<input type="checkbox"/>	Loss or nonfunctioning of organs (eye, kidney, liver, testicle) or glands?				20.	<input type="checkbox"/>	<input type="checkbox"/>	Ankle pain or injury?				
6.	<input type="checkbox"/>	<input type="checkbox"/>	Allergies (medicines, insect bites, food)?				21.	<input type="checkbox"/>	<input type="checkbox"/>	Other joint pain or injury?				
7.	<input type="checkbox"/>	<input type="checkbox"/>	Problems with heart or blood pressure?				22.	<input type="checkbox"/>	<input type="checkbox"/>	Broken bones (fractures)?				
8.	<input type="checkbox"/>	<input type="checkbox"/>	Chest pain or significant or severe shortness of breath during or after exercise?						Yes	No	Does this student presently:			
9.	<input type="checkbox"/>	<input type="checkbox"/>	Dizziness or fainting with exercise?				23.	<input type="checkbox"/>	<input type="checkbox"/>	Wear eyeglasses or contact lenses?				
10.	<input type="checkbox"/>	<input type="checkbox"/>	Fainting, bad headaches or convulsions?				24.	<input type="checkbox"/>	<input type="checkbox"/>	Wear dental bridges, braces or plates?				
11.	<input type="checkbox"/>	<input type="checkbox"/>	Potential concussion or loss of consciousness?				25.	<input type="checkbox"/>	<input type="checkbox"/>	Take any medications? (List below):				
12.	<input type="checkbox"/>	<input type="checkbox"/>	Heat exhaustion, heatstroke, or other problems managing or responding to heat?						Yes	No	Further history:			
13.	<input type="checkbox"/>	<input type="checkbox"/>	Racing heartbeat, skipped or irregular heartbeats, or heart murmur?				26.	<input type="checkbox"/>	<input type="checkbox"/>	Birth defects (corrected or not)?				
14.	<input type="checkbox"/>	<input type="checkbox"/>	Seizures or seizure disorders?				27.	<input type="checkbox"/>	<input type="checkbox"/>	Death of a parent or grandparent less than 40 years of age due to medical cause or condition?				
15.	<input type="checkbox"/>	<input type="checkbox"/>	Severe or repeated instances of muscle cramps				28.	<input type="checkbox"/>	<input type="checkbox"/>	Parent or grandparent requiring treatment for heart condition less than 50 years of age?				
						29.	<input type="checkbox"/>	<input type="checkbox"/>	Been seen by a physician on an emergency or urgent basis in the last 12-months?					

Date of last known tetanus (lockjaw) shot:		Date of last complete physical examination:	
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Explain all "YES" answers. Describe any other fact that should be disclosed prior to the examination (use reverse of form if needed):

PARENT/GUARDIAN'S AUTHORIZATION: I authorize the health care provider to perform a Sports Physical Evaluation on the student. The information set forth above is complete and accurate. I presently know of no reason why the student cannot fully and safely participate in the listed sports. For Sports Physical Evaluations that may be performed by District volunteers, I understand the evaluation is a screening evaluation only, and that I must address all health care concerns with the Student's personal physician or health care provider.

Print Name of Parent or Guardian:		Signature of Parent or Guardian:	
Regular Physician's Name:		Office Phone:	
Address	Work Phone	Home Phone	Date

PART 2 – MEDICAL EVALUATION (TO BE COMPLETED BY THE EXAMINING HEALTH CARE PROVIDER) This Evaluation Can Only be Performed by Medical Doctors (MDs), Doctors of Osteopathy (DOs), Physician's Assistants (P.A.s), and Nurse Practitioners (N.P.s)

	Normal	Abnormals (Describe)	May be contained on Provider's Form	
Eyes/Ears/Nose/Throat			Height	Weight
Heart, Lungs, Pulmonary function			Pulse:	After Ex:
Abdomen, genital/hernia (males)			BP:	
Neur				

NAPA VALLEY UNIFIED SCHOOL DISTRICT

Student Name _____ Date _____

Address _____ Phone _____

_____ Birth Date _____

Is Covered under
Medical & Hospital _____ Medical Number _____

Name of insurance company

Will policy be in force during the current full school year? Yes No

Maintaining said policy or policies in force shall be a parent/guardian responsibility

Medical/Hospital coverage may be purchased through the school insurance program.

**AUTHORIZATION TO CONSENT TO TREATMENT OF A MINOR
PLEASE CHECK YOUR INSURANCE PLAN & DESIGNATED HOSPITAL**

QUEEN OF THE VALLEY

KAISER FOUNDATION HEALTH PLAN MEMBERS (see note below)*

(We), the undersigned, parents of _____, a minor, do hereby authorize _____ School as agent(s) for the undersigned to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and surgeon licensed under the provisions of the Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which aforementioned physician in the exercise of his/her best judgment may deem advisable. This authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California.

(We) hereby authorize any hospital which has provided treatment to the above named pursuant to the provisions of Section 25.8 of the Civil Code of California to surrender physical custody of such minor to (my) (our) above-named agent(s) upon the completion of treatment. This authorization given pursuant to Section 1283 of the Health and Safety Code of California.

These authorizations shall remain effective until _____, 200____, unless sooner revoked in writing or delivered to said agent(s).

***NOTE:** The Kaiser Clinic in Napa does not provide medical services after 5:00 p.m. In case of emergency illness or injury in Napa after 5:00 p.m., the student will be referred to the Emergency Department of the Kaiser Foundation Hospital in Vallejo. However, if in the judgment of the coach-in-charge or team physician the student should be referred to a closer Emergency Department, the student will be referred to the Emergency Department at the Queen of the Valley Hospital. In the latter case, Kaiser Foundation Health Plan will determine whether expenses incurred will be borne by the Health Plan or the member.

However, if Kaiser Foundation Health Plan services are not readily available because of time or location, as stated in the Note above, I request that available medical facilities and emergency services be utilized instead.

AT OUT OF TOWN GAMES

Emergency cases as determined by the coach-in-charge or team physician will be referred to the nearest available emergency medical facility.

Date _____ Parent/Legal Guardian _____

white copy to school with student yellow copy retained by physician

NAPA VALLEY UNIFIED SCHOOL DISTRICT
CONCUSSION AND HEAD INJURY
INFORMATION SHEET

Student		Address			
Grade		Telephone			
School		School Year		DOB	

Pursuant to Education Code Section 49475, before a Student may try-out, practice, or compete in any District-sponsored athletic program, including interscholastic, intramural, or other sport or recreation programs (including cheer/dance/marching band, but excluding PE courses for credit), the student and his/her parent/guardian must review and execute this Concussion and Head Injury Information Sheet (“HIIS”). The HIIS is good for one academic year (Fall - Spring) and is applicable to all athletic programs in which the Student may participate.

IMPORTANT INFORMATION REGARDING CONCUSSIONS

If a Student is suspected of sustaining a concussion or head injury during an athletic activity, the Student shall be immediately removed from the activity. The Student will not be allowed to resume any participation in the activity until he/she has been evaluated by a licensed health care provider (MD or DO for CIF-governed interscholastic sports; MD, DO, nurse practitioner, or physician’s assistant for all other sports/athletic activities), who must affirmatively state (1) that he/she has been trained in concussion management and is acting within the scope of his/her licensed medical practice, and (2) the student has been personally evaluated by the health care provider and has received a full medical clearance to resume participation in the activity. By law, there can be no exceptions to this medical clearance requirement. In addition, if the medical care provider determines the Student suffered a concussion or a head injury, the Student shall complete a graduated return-to-play protocol of no less than seven days in duration under the supervision of a licensed health care provider.

Depending on the circumstances of a particular practice or game, a supervising referee/umpire, coach/assistant coach, athletic trainer, or attending health care provider may determine that a student should be removed from an activity based on a suspected or potential concussion or head injury. The following guidelines will be used: (1) in the case of an actual or perceived loss of consciousness, the student must be immediately removed from the activity; (2) in all other cases, standardized concussion assessment tools (e.g., Sideline Concussion Assessment Tool (SCAT-II), Standardized Assessment of Concussion (SAC), or Balance Error Scoring System (BESS) protocol) will be used as the basis to determine whether the student should be removed from the activity. For the safety and protection of the student, once a supervising individual makes a determination that a student must be withdrawn from activity due to the potential existence of a concussion or head injury, no other coach, player, parent or other involved individual may overrule this determination.

Once a student is removed from an activity, the parent/guardian should promptly seek an evaluation by a licensed health care provider even if the student does not immediately describe or show symptoms of a concussion (headache, pressure in the head, neck pain, nausea/vomiting, dizziness, blurred vision, sensitivity to light/sound, feeling “slow”/“foggy,” difficulty with balance, concentration, memory, confusion, drowsiness, irritability, emotionality, anxiety, nervousness, or falling asleep). A student with any of these symptoms should be taken immediately to a health care facility. If a parent/guardian is not immediately available to make healthcare decisions, the District reserves the right to take the student to an emergency/urgent care provider for evaluation or treatment in keeping with the medical care authorization contained in the Agreement for Team Participation

Date		Date	
Student		Parent	
Signature		Signature	

Original to be held on file for a period of three (3) years after the end of the Academic Year

SOCIAL MEDIA CONTRACT FOR STUDENT-ATHLETES

Social Media Guidelines for Student Athletes:

Student-athletes of the Napa Valley Unified School District are held in the high regard and are seen as role models on campus and in the community. As leaders you have the responsibility to portray yourselves, your team and your school in a positive manner at all times.

Facebook, Twitter, Instagram and other social media sites have increased in popularity, and are used by a majority of student and student athletes of the NVUSD.

Student-athletes should be aware of third parties, including students, faculty, future employers, colleges and officials who may easily access your profiles and view all personal information. This includes pictures, videos, comments, and posters. You are what you post. Inappropriate material found by others can affect the perception of the student-athlete, the school athletic program and NVUSD. This can also be detrimental to a student athlete's future scholastic or employment opportunities.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the use of alcohol, drugs and tobacco. (e.g. no holding cups, cans, shot glasses, bong, pipes, vaporizer pens and other paraphernalia).
- Photos, videos, comments that are of sexual nature. Such as links to websites containing adult content.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward an individual, or entity, (e.g. derogatory comment toward a school, student, player, coach, faculty, administration, community member or taunting a race or gender).
- Content online that depicts or encourages violence or illegal acts (e.g. hazing, harassment, assault, gambling, fighting, vandalism, academic dishonesty, illegal drinking or drug use)
- Content online that violates the NVUSD student code of conduct.

If a student-athlete's online profile and its comments are found to be inappropriate in the accordance with the NVUSD social media guidelines for student athletes he/she will be subject to the following consequences:

1. The student athlete will be suspended from 1 contest, parent contacted, and administrative referral
2. The student athlete will be suspended from 2 contests, parent, student, coach meeting, and an administrative referral.
3. The student athlete will be removed from the team and the parent, student, coach, athletic administrator, administrator meeting.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects the values and ethics of Napa Valley Unified School District or your high school athletic department. Remember, always present a positive image and don't do anything to embarrass yourself, your family, your team, your school and the Napa Valley Unified School District.

I understand the NVUSD social media guidelines for student athletes and that I must adhere to these as a student athlete throughout the school year. I affirm that failure to adhere to these guidelines will result in the consequences listed above including suspension and/or removal from a team. I also understand if I violate a social media act that is determine to be so egregious it may not be deemed necessary to follow the interventions listed above, but may result in immediate dismissal from an athletic team.

Print Student-Athlete Name	Student-Athlete Signature	Date
Print Parent/Guardian Name	Parent/Guardian Signature	Date

STUDENT ALTERNATE TRANSPORTATION FORM

Students participating in off-campus District-sponsored activities, including, but not limited to, practices, games, meetings, competitions, and conferences (“Events”), are required to travel on school buses or by other District designated methods of transportation. Under special circumstances, with the District’s prior written approval, Students may be transported to and from Events (a) by a parent/guardian or other designated adult, or (2) by himself/herself. Under no circumstances may Students be transported in a vehicle driven by another student or anyone under 21 years of age.

Before the District grants a request for alternate transportation, this Student Alternate Transportation Form must be submitted to the School Office after it has been signed by the Student, the Student’s parent/ legal guardian, and the District employee supervising the Event. Before the Student Alternate Transportation Form will be accepted and approved by the School Office, the individual who will transport the Student must also complete and file with the School Office an acceptable (a) Personal Automobile Use Form (for parents/ guardians/designated adults) or (b) Student Personal Automobile Use Form (if the Student intends to drive himself/herself to Events).

If the required Forms are not submitted to and accepted by the School Office 48-hours before an Event, the Student must be transported to and from the Event through normal District-sponsored methods. A Student not complying with these provisions will not be allowed to attend or participate in the Event.

Name of Student:	
Event(s): Each approved Event or series of Events must be listed:	
Reason for Request:	
Name of Designated Driver:	

****NVUSD requires Liability Coverage Limits of: Bodily Injury; \$100,000 per claim/\$300,000 aggregate & Property Damage of \$100,000.****

I/we agree that the designated drivers and vehicles to be used are not covered under the District’s automobile liability coverage. The Student, his/her parent(s)/guardian(s), and/or the driver of the vehicle are solely responsible for damage or injury to others. I/we also agree anyone else in the vehicle assume their own risk of harm, injury or death arising from this choice for alternate transportation. The Student, his/her parent(s)/legal guardian(s), and/or the vehicle driver further agree to hold the District and its officers, employees and volunteers free from any liability arising from this alternate transportation, agreeing also to defend and indemnify them against any resulting claim.

Printed Name of Student	Signature	Date
Printed Name of Parent/Guardian	Signature	Date
Printed Name of Supervising Employee	Signature	Date

Date Received by District: _____ **Received by:** _____