



**Morse High School**  
**6905 Skyline Dr.**  
**San Diego, CA 92114**  
**(619) 262-0763**

**SAN DIEGO UNIFIED SCHOOL 2011-2012 ATHLETIC PARTICIPATION FORMAL PHYSICAL EXAMS**  
**MUST BE COMPLETED ON THE ATTACHED FORM; NO OTHER PHYSICAL EXAM FORMS WILL BE ACCEPTED**  
**(SDUSD policy) PHYSICAL EXAM FOR THE 2011-2012 SCHOOL YEAR MUST BE DATED MAY 1, 2011 OR LATER**

Complete all fields. Please print clearly

STUDENT-ATHLETE'S LAST NAME	STUDENT-ATHLETE'S FIRST NAME	MI
HOME ADDRESS (where student-athlete legally resides)		CITY
		ZIP
PRINTED PARENTS/GUARDIAN/CAREGIVER NAMES (person(s) student-athlete legally resides with)		HOME TELEPHONE (with area code)
PARENT EMAIL ADDRESS		

<b>FEMALE</b>	<b>MALE</b>						
GENDER (circle)	STUDENT BIRTHDATE	AGE ON JUNE 15, 2011	2011-12 GRADE LEVEL (circle)				
SCHOOL OF ATTENDANCE IN THE 2010-11 School Year	SCHOOL YEAR YOU STARTED 9 <sup>TH</sup> GRADE (check)		NAME OF SCHOOL YOU STARTED 9 <sup>TH</sup> GRADE				
ANTICIPATED FALL SPORT	ANTICIPATED WINTER SPORT		ANTICIPATED SPRING SPORT				
<input type="checkbox"/> Cross Country <input type="checkbox"/> Girl's Tennis <input type="checkbox"/> Field Hockey <input type="checkbox"/> Girl's Volleyball <input type="checkbox"/> Football <input type="checkbox"/> Boy's Waterpolo <input type="checkbox"/> Girl's Golf	<input type="checkbox"/> Boy's Basketball <input type="checkbox"/> Girl's Soccer <input type="checkbox"/> Girl's Basketball <input type="checkbox"/> Girl's Waterpolo <input type="checkbox"/> Roller Hockey <input type="checkbox"/> Wrestling <input type="checkbox"/> Boy's Soccer		<input type="checkbox"/> Badminton <input type="checkbox"/> Softball <input type="checkbox"/> Baseball <input type="checkbox"/> Swimming <input type="checkbox"/> Boy's Golf <input type="checkbox"/> Boy's Tennis <input type="checkbox"/> Boy's Volleyball <input type="checkbox"/> Track & Field				

**CIF PHILOSOPHY ON STUDENT ELIGIBILITY FOR INTERSCHOLASTIC ATHLETIC COMPETITION**

The California Interscholastic Federation (CIF), as the governing body of high school athletics, affirms that athletic competition is an important part of the high school experience and that participation in interscholastic athletics is a privilege. The privilege of participation in interscholastic athletics is available to students in public or private schools who meet the democratically established standards of qualification as set forth by the CIF Federated Council. CIF bylaws governing student eligibility are a necessary prerequisite to participation in interscholastic athletics because they:

- A. Keep the focus on athletic participation as a privilege, not a right;
- B. Reinforce the principle that students attend school to receive an education first; athletic participation is secondary;
- C. Protect the opportunities to participate for students who meet the established standards;
- D. Provide a fundamentally fair and equitable framework in which interscholastic athletic competition can take place;
- E. Provide uniform standards for all schools to follow in maintaining athletic competition;
- F. Serve as a deterrent to students who transfer schools for athletic reasons and to individuals who recruit student-athletes;
- G. Serve as a deterrent to students who transfer schools to avoid disciplinary action;
- H. Maintain an ethical relationship between high school athletic programs and others who demonstrate an interest in high school athletes;
- I. Support the Principles of "Pursuing Victory with Honors."

**A SUMMARY OF CIF RULES**

1. **AGE**—High school students become ineligible if they reach their 19th birthday before June 15 of the current school year. (Bylaw 202)
2. **PHYSICAL EXAMINATION**—Schools require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. This statement must be on a school board-approved form and be for the current school year. (Bylaw 307)
3. **SCHOLASTIC ELIGIBILITY**— Students must have a 2.0 GPA, on a 4.0 scale in all enrolled classes. Students must have passed at least the equivalent of 20 semester periods (four classes) of work at the completion of the most recent grading period and currently be enrolled in at least 20 semester periods (four classes) of work. (Bylaw 205)
4. **RESIDENTIAL ELIGIBILITY** – A student generally has residential eligibility upon initial enrollment in the 9th grade of any CIF member high school. Any student entering from the 8th grade must have achieved a 2.0 GPA on a 4.0 scale in all the enrolled courses at the conclusion of the previous grading period. (Bylaw 204)

5. **SEMESTERS OF ENROLLMENT**—A student may be eligible for athletic competition during a maximum amount of time that is not to exceed eight consecutive semesters following initial enrollment in the 9th grade of any school. (Bylaw 204)
6. **TRANSFER STUDENTS**— A student in grades 9 through 12 who participates in an interscholastic athletic contest or is enrolled in and/or attends a school for 15 school days or more shall be considered to have been “enrolled” in that school and be classified as a transfer student if the student changes/enrolls in another school. There are several classifications of transfer students. (Bylaw 207)

**Valid change of residence** - When a student and the entire family changes residence, the student may be granted unlimited eligibility allowing him/her to play all sports at any level at the new school. Other rules do apply; consult your administrator.

**One transfer before 10th grade** – A new CIF bylaw allows students to transfer one time without a valid change of residence and retain varsity eligibility. This transfer must occur BEFORE the first day of the student’s third consecutive semester (typically the first day of the 10th grade). Other rules do apply; consult with your school administrator. For more detailed information, please contact the Athletic Director. (Bylaw 207) **Students and parents anticipating a change of schools should first seek advice from their high school administration.**

**Transfer without a valid change of residence** - A 9<sup>th</sup> grade student who is transferring for the 2nd time or any 10th, 11th or 12th grade student who transfers without a valid change of residence may or may not be granted “Limited Eligibility.” Students granted “Limited Eligibility” are limited for one year (from the date of transfer) to non-varsity competition in CIF sports they participated in during the previous 12 calendar months but may participate in varsity competition in all other CIF sports. (Bylaw 207)

If a student changes schools and the parent(s) or legal guardian(s) do not move to the attendance area of the new school, eligibility could be restricted for one year unless qualifying for a hardship. A hardship is defined as an unforeseeable, unavoidable, or uncorrectable act, condition, or event, which causes the imposition of a severe and non-athletic burden upon the student or his/her family. The three considerations for hardship may be financial considerations, medical considerations, and/or family circumstances. Contact the athletic director before changing schools to determine whether it will affect athletic eligibility. Eligibility information available from CIF San Diego at [www.cifsd.org/eligibility](http://www.cifsd.org/eligibility).

7. **UNDUE INFLUENCE/RECRUITING**—The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one year and subject the school to severe sanctions. Also, students may be prohibited from participation when they participated on a non-school team (i.e., AAU, Club, Travel Ball, Camps) and then transfers to the school that is associated with that non-school team. (Bylaw 510)
8. **PARTICIPATION ON AN OUTSIDE TEAM** – A student on a high school team becomes ineligible if the student competes in a contest on an “outside” team in the same sport during the student’s high school season of sport. The student’s school team may also be forced to forfeit contests. Some CIF Sections may have restrictions that include a prohibition of practice with an “outside” team. Please consult with your school administrator prior to participating with a non-school team. (Bylaw 600)
9. **PROFESSIONAL TRYOUTS** – A student shall become ineligible for CIF competition if he/she participates in a tryout for a professional team in any CIF-approved sport from September 15 to June 15 unless: His/Her principal has given written approval to a request for such participation from a professional team, AND (2) The tryout is limited to five students or less.

**CAUTION:** Compliance with this bylaw does NOT ensure your eligibility with other athletic organizations, i.e., NCAA, NAIA or other governing bodies.

**PARENT PERMISSION:** I give my consent for the above named to compete in sports and to travel with the team to various events using transportation that qualifies under the Board of Education regulations. I have read the above stated CIF Philosophy and CIF Rules and I certify my son or daughter meets all eligibility criteria. In case of injury I hereby give consent for my son/daughter to have first aid administered by school personnel and to be transported to a doctor or hospital for further treatment if deemed necessary. I recognize that my son or daughter will also be subject to district and school site policies and procedures, current training rules and that failure to abide by these policies and rules may result in his/her being declared ineligible to participate in and/or be dropped from the athletic program. In addition, should my son/daughter participate in interscholastic sports, including football, I understand that no helmet or other protective equipment can prevent all head, neck, or other catastrophic injuries a player might receive while participating in interscholastic sports, including football. I give my permission to release/publish my student’s name or picture for athletic purposes (e.g., school or team website, school newspaper, Media All-Stars poster, PTSA newsletter, or sport specific programs/media guides) which will be available for public viewing. I will contact the Athletic Director and inform them if I do not want my student’s name or picture used in any way.

	X
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Date

Signature of Parent or Guardian

**PARENT'S INSURANCE SECTION:** The California Education Code requires that every student have at least \$1500 medical/hospital expense insurance in order to participate in interscholastic athletics (Education Code Sections 32220-32224). My medical insurance covers the above named student for a least \$1500 and is issued by:

Name of Medical Insurance Company

Policy/Certificate Number (**required**)

I further assure that the insurance policy or policies I have will cover and remain current and in force during the time the above named student performs any function within the scope of Education Code Section 32220-32224 during the current school year. I also assure that I will notify the school should my insurance coverage change during the current school year.

**Student Accident Insurance**

Student Accident Insurance, made available by the San Diego Unified School District, provides minimum coverage at a low premium, however coverage by policy could result in additional out of pocket expenses. Additional coverage is strongly recommended. A separate information brochure and application is available from the school. Return the completed application and premium, to the school. The completed application is required before any athletic participation can occur.

PLEASE COMPLETE THIS SECTION BY CHECKING THE APPROPRIATE BOX(ES):

Sports Only Coverage (excludes tackle football)

Tackle Football Coverage (football only)

School Use Only  
School Verification by: \_\_\_\_\_

I also agree to indemnify and hold the San Diego Unified School District harmless against responsibility for insurance coverage required under the aforementioned legal sections. By signing this statement, I agree to accept responsibility for all medical costs for injuries sustained by the above-named student while participating in the school athletic program. Note: Some insurance policies exclude tackle football. Please check your policy.

I declare under penalty of perjury that the above is true and correct:

**X**

Parent/Guardian Signature

Printed Parent/Guardian Name

Date

**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. The insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses (Education code Section 32221.5).**

**Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by calling:**

- (1) The Healthy Families Program: 1-800-880-5305; [www.healthyfamilies.ca.gov](http://www.healthyfamilies.ca.gov)
- (2) MediCal: 1-800-541-5555
- (3) San Diego Kids Health Assurance Network (SD-KHAN): 1-800-675-2229; [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)  
3851 Rosecrans Street, Suite 522  
San Diego, CA 92110-3115
- (4) Child Health and Disability Prevention Program: 1-800-675-2229 for Homeless or Foster Youth free medical and dental check ups.

**PARENT'S RESIDENCE STATEMENT (RESIDENTIAL/ TRANSFER ELIGIBILITY):**

Residential eligibility is required of all student-athletes. Compliance with residential eligibility rules is mandatory to avoid forfeiture of contests in which your son/daughter participates (SDUSD Procedure 4172 & CIF Rule 211-223). Indicate below the status of your residency.

check all that apply

- 3.1a We presently live within the boundaries of the school site's residential attendance area.
- 3.1b We presently **DO NOT** live within the boundaries of the school site's residential attendance area.  
 Name of special attendance program (e.g., seminar, choice, VEEP, NCLB)

- 3.2a My student has been continuously enrolled at the school site since initially entering 9<sup>th</sup> grade.
- 3.2b My student has NOT been continuously enrolled at the school site since entering 9<sup>th</sup> grade (also complete 3.2c below).  
  - List all high schools attended since entering 9<sup>th</sup> grade
  - List ALL sports and level (varsity, JV, frosh) of participation at previous school(s)
  - Why did you leave your former school? Were you required to leave?
  - Can you return to your former school?
  - Was your last school a charter, alternative or anything other than a comprehensive high school?

- 3.2c If 3.2b is checked, The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents/guardians of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the CIF. WE CERTIFY THAT THERE HAS BEEN NO UNDUE INFLUENCE IN OUR DECISION TO ATTEND THIS SCHOOL SITE.

- 3.3a My student has been legally living with the same parent(s)/guardian(s) since entering 9<sup>th</sup> grade.
- 3.3b My student is living with somebody different than when they entered the 9<sup>th</sup> grade. (if yes, please contact the site Athletic Director)

I declare under penalty of perjury that the above information is true, the address listed on page one is our legal residence, and we are legally residing at that address.

	<b>X</b>
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Date Signature of Parent or Guardian

**STUDENT-ATHLETE'S AGREEMENT** (Signature below) I understand that my participation in athletic programs is a privilege. Student-athletes are expected to conduct themselves in an exemplary manner at all times. I understand that I have to establish and maintain athletic eligibility including passing at least 4 subjects in the grading period prior to my participation with a grade point average, in scholarship and citizenship, of 2.0 or above (for complete Athletic Program Eligibility Requirements see SDUSD Administrative Procedure 4172 and [www.cifsd.org/eligibility](http://www.cifsd.org/eligibility)).

I agree to abide by CIF and City Conference policies and rules including the CIF Ethics in Sports and Pursuing Victory with Honor policy.

I agree to abide by the San Diego Unified School District and City Conference Policy Against Hazing (SDUSD Administrative Procedure 6240).

I agree to abide by the S.D. Unified School District's Zero Tolerance Policy, Policy on Alcohol, Tobacco and Other Drugs (SDUSD Administrative Procedure 6298) including the Graduated Sanctions and Interventions for Student Substance Abuse.

I understand that the Athletic Department does not condone the use of alcohol, tobacco or drugs, including performance-enhancing substances. I also understand possession or use of these controlled substances will jeopardize my continued participation in the athletic program.

I agree to abide by and to comply with the rules and code of conduct established by the coach.

Because of the dangers of participating in sports, I recognize the importance of listening to, and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of reading and adhering to written instructions and written warnings regarding playing techniques, training methods, rules of the sport, and other team rules.. In addition, should I participate in interscholastic sports, including football, I understand that no helmet or other protective equipment can prevent all head, neck, or other catastrophic injuries I might receive while participating in interscholastic sports, including football.

**ATHLETIC TRANSPORTATION** (Signature below) SDUSD will take every precaution to assure the welfare and safety of each student participating in athletics. However, it is important that you understand that the school district cannot assume financial or legal liability in the case of injury or accident. Parents are offered the opportunity to buy student insurance, but this insurance does not cover transportation to and from school events or field trips. Such transportation will be by chartered bus and sometimes by private cars driven by parents, students, or school employees. The following are instructions for parents and students who use their car or other vehicles to transport other students on field trips, or to and from school athletic events (SDUSD Procedure 4586):

- a) Check to see that you have a current driver's license (students with "Restricted" driver's licenses are NOT allowed to transport others).
- b) Check safety of vehicle: tires, brakes, lights, horn, suspension, etc. A safety check of the type conducted by the California Highway Patrol is recommended. Also, School Safety Division of the San Diego Police Dept. can be of assistance.
- c) Check adequacy of your liability insurance. You are liable in event of illness, accident, injury or death resulting from such use of your vehicle. State law states that "all persons making any field trip or excursion shall be deemed to have waived all claims against the district (its employees) or the State of California for injury, accident, illness or death occurring during or by reason of the field trip or excursion." (Ed. Code 35330)
- d) Carry only the number of passengers for which your vehicle was designed. Number of occupants in a sedan, passenger vehicle, station wagon, or van, including the driver, may not exceed eight. (Ed. Code 39830) Each passenger should be required to use a safety belt.
- e) The number of occupants in a pickup or motor truck may not exceed more persons than can safely sit in the passenger compartment. Motor homes may not be used to transport students. Students are expressly forbidden to ride in the cargo area of pickups or motor trucks whether or not camper shells or other protective coverings enclose these areas. (Ed. Code 39830)
- f) If appropriate, travel caravan style if more than one vehicle is used for a trip.

**SAN DIEGO UNIFIED SCHOOL DISTRICT - ATHLETIC POLICY AGAINST HAZING** (Signature below) San Diego Unified School District strives to maintain a healthy athletic program in which all students feel safe and welcome and can be proud of the school and athletic programs they represent. SDUSD Administrative Procedure 6240C3F states in part "*hazing, in any form, is strictly prohibited. Violation of the law prohibiting hazing is a misdemeanor.*" (Education Code 32050-52)

Education Code 32050. Hazing As used in this article, "hazing" includes any method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university or other educational institution in this state; but the term "hazing" does not include customary athletic events or other similar contests or competitions.

Education Code 32051. Hazing: prohibition; violation; misdemeanor. No student, or other person in attendance at any public, private, parochial, or military school, community college, college, or other educational institution, shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution. The violation of this section is a misdemeanor, punishable by a fine of not less than one hundred dollars (\$100), nor more than five thousand dollars (\$5000), or imprisonment in the county jail for not more than one year, or both.

Persons violating this policy shall be subject to site/District discipline including forfeiture of athletic eligibility.

I understand that hazing of any kind is not allowed on this campus and in the athletic program. This includes mental, verbal, and physical acts. I further understand that it is my duty to report any acts of hazing that I see to a coach or administrator on campus. (Hazing Policy 5/29/99)

**SAN DIEGO UNIFIED SCHOOL DISTRICT - POLICY on ALCOHOL, TOBACCO AND OTHER DRUGS, INCLUDING PERFORMANCE ENHANCING SUBSTANCES** (Signature below) SDUSD Administrative Procedure 6298 outlines general legal requirements and administrative procedures governing substance abuse policies and programs for students. It also includes consequences for alcohol, tobacco, and/or drug possession, use, sale, or provision on district school campuses. Procedure 6298 also outlines the Graduated Sanctions and Interventions for Student Substance Abuse. Specific items of Procedure 6298 that directly relate to athletic participation include:

C. General, paragraph r (pg 4): **Performance enhancing substances:** The possession, use, and abuse of androgenic/anabolic steroids and other performance enhancing substances by students is strictly prohibited in compliance with Education Code provisions, Health and Safety Code requirements, and CIF Rule 524. Medical exceptions are defined in Administrative Procedure 6372.

Graduated Sanctions (AP 6298, pg 7) First Offense: **Loss of Eligibility** to participate in interscholastic activity for thirty (30) school days. Summer vacations or holiday breaks do not count towards the 30-school day loss of eligibility requirement. The second offense results in a ninety (90) school day loss of eligibility. These graduated sanctions are based on the grade-level span of the school (e.g., 9-12 for high school) and are cumulative for the student-athlete's high school career. Students are not permitted to start at step one each year. Example: student serves step one (30 days ineligibility) as a freshman and has a repeat offense as a senior. The senior-year offense results in a 90 school day loss of eligibility.

These Graduated Sanctions can be found in the Student Handbook and the entire Administrative Procedure 6298 can be viewed on the SDCS website, <http://prod021.sandi.net/proceures/pdf/pp6298.pdf> and <http://prod021.sandi.net/proceures/pdf/pp6298att2.pdf>

**PROCEDURE FOR CONCERNS WITHIN THE ATHLETIC PROGRAM AT THE SCHOOL SITE** Discussions about your child's attitude, work ethic, behavior, eligibility, efforts to improve, how a coach treats the child, both physically and verbally, and your child's safety are all appropriate topics for discussion with coaches. Playing time, techniques, strategies, practice organization, and play selection are not appropriate topics for parents to discuss with coaches. Conversations should be confined to your child and should exclude other students, players, and parents. Your child should be included and be present when meeting with the coach. It is not appropriate to speak with at coach immediately before or after a practice or game. The following procedure should be used for contacting coaches:

1. Player speaks directly to position coach
2. Player speaks directly to head coach,
3. Parent may talk to the head coach (by appointment)
4. Parent may contact the athletic director (by appointment)
5. Parent may contact the Vice Principal for Athletics (by appointment)
6. Parent may contact the Principal (by appointment)

A parent contacting a school administrator without following this procedure will be referred back to the coach.

I fully understand the regulations and instructions stated above (Student-Athlete's Agreement, Athletic Transportation, Athletic Policy against Hazing and Policy on Alcohol, Tobacco and Other Drugs, Procedure for Concerns Within the Athletic Program). By signing below, I agree to support these District and school policies and understand that failure to comply could result in dismissal from participating in the athletic program at the school site. Further disciplinary action, as outlined in District policy and procedures, could occur as well. We certify that on every field trip throughout the season our son/daughter will comply as directed. I understand transportation to several away contests is by student vehicles. I realize that failure to comply could result in dismissal from participation in the athletic program at the school site. I have read this information and will allow my son/daughter to try-out for and participate on the school's athletic team.

Printed Student-Athlete's Name

Student-Athlete's Signature

Date

Printed Parent/Guardian Name

Parent/Guardian Signature

Date

CIF SAN DIEGO SECTION - ETHICS IN SPORTS



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

ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2011-11
(Revised 3/09)

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...
It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated...
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...
Participation in interscholastic athletics and section playoffs is a privilege.
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. 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
Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.

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. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
I. Win with character; lose with dignity.

Accept consequences of conduct deemed inappropriate or in violation of rules.

Parent/Guardian Initials

Student-Athlete's Initials

# 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.

Parent/Guardian Initials

Student-Athlete's Initials

## 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 <u>school administration, coach, player, and custodial parent(s)/guardian(s)</u> 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 or 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.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory With Honor, the Violations, Minimum Penalties, and the Appeal Process 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.

### ANY PARENTS/GUARDIANS/CAREGIVERS RESIDING WITH THIS STUDENT MUST SIGN THIS PAGE

	<b>X</b>	
Printed Student-Athlete's Name	Student-Athlete's Signature	Date
	<b>X</b>	
Printed Parent/Guardian/Caregiver Name (e.g., mother)	Parent/Guardian/Caregiver Signature	Date
	<b>X</b>	
Printed Parent/Guardian/Caregiver Name (e.g., father)	Parent/Guardian/Caregiver Signature	Date
	<b>X</b>	
Printed Parent/Guardian/Caregiver Name	Parent/Guardian/Caregiver Signature	Date

**PARENT'S MEDICAL STATEMENT AND EMERGENCY INFORMATION (This information is duplicated on the Emergency Card)**

FATHER'S WORK PHONE:	( )	FATHER'S CELL PHONE or PAGER	( )
MOTHER'S WORK PHONE:	( )	MOTHER'S CELL PHONE or PAGER	( )
FAMILY DOCTOR:		DR. PHONE:	( )
EMERGENCY CONTACT NAME:		RELATIONSHIP:	
EMERGENCY CONTACT PHONE:	( )	CELL PHONE or PAGER:	( )

**Brief Medical History:**

Please answer the following questions regarding your son/daughter/ward:

1. Has had injuries requiring medical attention.	Yes	No
2. Has had an illness requiring hospitalization.	Yes	No
3. Is under physician's care at this time.	Yes	No
4. Has had coughing, wheezing, or trouble breathing during or after activity.	Yes	No
Has had asthma.	Yes	No
Has had seasonal allergies that require medical treatment.	Yes	No
5. Are you currently taking any prescription or non- prescription (over the counter) medications or pills or using an inhaler?	Yes	No
Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	Yes	No
6. Have you ever passed out during or after exercise?	Yes	No
Have you ever been dizzy during or after exercise?	Yes	No
Have you ever had chest pain during or after exercise?	Yes	No
Do you get more tired quickly than your friends do during exercise?	Yes	No
Have you ever had racing of your heart or skipped heartbeats?	Yes	No
Have you ever been told that you have a heart murmur?	Yes	No
Has any family member or relative died of heart problems or of sudden death before age 55?	Yes	No
Have you had a severe viral infection (for example, myocarditis, or mononucleosis) within the last month?	Yes	No
Has a physician ever denied or restricted your participation in sports for any heart problems?	Yes	No

7. Have you ever had a head injury or concussion?	Yes	No
Have you ever been knocked out, become unconscious, or lost your memory? .	Yes	No
Have you ever had a seizure?	Yes	No
Do you have frequent or severe headaches?	Yes	No
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	Yes	No
Have you ever had a stinger, burner, or pinched nerve?	Yes	No
8. Have you ever become ill or felt light headed from exercising in the heat?	Yes	No
9. Is hearing impaired, has glasses / contact lenses.	Yes	No
10. Has fixed or removable appliances in mouth.	Yes	No
11. Is there a reason for this individual to avoid participation on a certain sport?	Yes	No

Please explain if yes response: \_\_\_\_\_

12. Record the dates of your most recent immunizations (shots) for:

Tetanus \_\_\_\_\_ Measles \_\_\_\_\_  
 Hepatitis B \_\_\_\_\_ Chickenpox \_\_\_\_\_

In case of injury I hereby give consent for my son /daughter to have initial first aid administered by school personnel in charge and to be transported to a doctor or hospital for further treatment if necessary.

**X** \_\_\_\_\_

Parent/Guardian Signature

\_\_\_\_\_

Date



## Pursuing Victory With Honor Code of Conduct for Parents/Guardians

Athletic Competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship (the "Six Pillars of Character"). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good- faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

### TRUSTWORTHINESS

- Trustworthiness—Be worthy of trust in all you do.
- Integrity - Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what's right even when it's unpopular or personally costly.
- Honesty - Live honorably. Don't lie, cheat, steal or engage in any other dishonest conduct.
- Reliability - Fulfill commitment. Do what you say you will do.
- Loyalty - Be loyal to the school and team; Put the interests of the team above your child's personal glory. **RESPECT**
- Respect - Treat all people with respect at all times and require the same of your student -athlete.
- Class - Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre and post game rituals.
- Disrespectful Conduct - Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boasting celebrations, or other actions that demean individuals or the sport.
- Respect for Officials - Treat game officials with respect. Don't complain or argue about calls or decisions during or after an athletic event.

### RESPONSIBILITY

- Importance of Education - Support the concept of being a student first. Commit our child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- Role Modeling - Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.
- Self-Control - Exercise self-control. Don't fight or show excessive displays of anger or frustration.
- Healthy Lifestyle - Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game - Protect the integrity of the game. Don't gamble or associate with gamblers.
- Sexual Conduct - Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the authorities.

### FAIRNESS

- Fairness and Openness - Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

### CARING

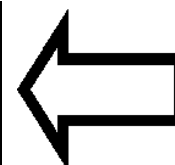
- Caring Environment - Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

### CITIZENSHIP

- Spirit of the Rules - Honor the Spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

**I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.**

<b>Print Name of Parent/Guardian</b>	<b>Signature of Parent/Guardian</b>	<b>Date</b>
<b>Print Name of Parent/Guardian</b>	<b>Signature of Parent/Guardian</b>	<b>Date</b>




**MORSE HIGH SCHOOL  
STUDENT-ATHLETE EXPECTATIONS  
2010—2011 SCHOOL YEAR**

As a student-athlete at Morse High School, I understand and know I must follow all school rules and expectations. I have read and understand all of the information in the Athletic Packet.

- I will follow the student-athlete responsibilities and strive to do my best with my academics, attendance, attitude, communication and sportsmanship.
- I will do my best to positively contribute to the Morse Learning Community.
- I will make good decisions in the classroom, on campus and during interscholastic sports, and I will refrain from inappropriate behavior and use of technology (including threats or negative remarks) that may impact students and/or staff.
- I will maintain my scholastic and citizenship eligibility.
- I understand and will follow CIF rules.
- I will always pursue victory with honor.
- I will store my athletic equipment in the locker room.
- I understand that at Morse High School, there is **ZERO TOLERANCE** for students who cause major disruptions at school or school activities. Any student who causes such a disruption may receive a five (5) day suspension, possible suspension from extra-curricular activities (up to 30 days), a possible new school placement, and may be placed under arrest.


I understand that violations of these expectations may result in disciplinary actions and removal from a sport. My signature acknowledges that I have read and understand the contents of the Student-Athlete Expectations.

 Student Name (print) \_\_\_\_\_ Student Signature \_\_\_\_\_ Grade \_\_\_\_\_  
Parent Name (print) \_\_\_\_\_ Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

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**PROCEDURES FOR STORING ATHLETIC EQUIPMENT**

When students arrive on campus they are required to place their athletic equipment in the locker room in a locked locker. Teachers are not to store equipment in the classrooms. Both car and classroom storage have had a series of complications associated with them. If a student needs a locker to store athletic equipment, they should see a coach or staff member in the locker room. No athletic equipment can be carried, stored or played with during the school day except in the Physical Education areas. All equipment found with a student can be taken and held in the office for a parent to pick-up. It is the responsibility of the student to allow enough time to lock the equipment in the locker room before school starts. My signature acknowledges that I have read and understand these procedures for storing athletic equipment.

 Student Name (print) \_\_\_\_\_ Student Signature \_\_\_\_\_ Grade \_\_\_\_\_  
Parent Name (print) \_\_\_\_\_ Parent Signature \_\_\_\_\_ Date \_\_\_\_\_


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**ISSUING AND RETURNING SCHOOL ATHLETIC EQUIPMENT**

The Morse High School Athletic Program issues equipment and uniforms to all athletic teams. Each team member is responsible for the items that are issued and will sign for all items at the time the items are issued. The equipment and uniform is for the season of sport only. Upon completion of the last game or contest, all school issued items must be returned within one week to the head coach or designee assigned by the head coach. Any items that are not returned must be paid for in full. If items are withstanding the following will take place:

- Athlete will be put on the indebted list
- Athlete will not be allowed to play any sport
- Athlete will not be able to participate in any extra curricular events at Morse High School

My signature acknowledges that I have read and understand these procedures for issuing and returning school athletic equipment.

 Student Name (print) \_\_\_\_\_ Student Signature \_\_\_\_\_ Grade \_\_\_\_\_  
Parent Name (print) \_\_\_\_\_ Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**SAN DIEGO UNIFIED SCHOOL DISTRICT  
AUTHORIZATION FOR STUDENT PARTICIPATION  
ONE-DAY OR SEASONAL ACTIVITY**

\_\_\_\_\_ wishes to participate in  
(Student's name)

\_\_\_\_\_ (Activity)

on \_\_\_\_\_ from \_\_\_\_\_ or  
(Date)

during \_\_\_\_\_ from \_\_\_\_\_ to \_\_\_\_\_  
(Semester or Season) (Date) (Date)

Transportation will be by \_\_\_\_\_  
(Chartered bus, private car driven by school employees, parents, or students)

It is necessary that the parents specifically authorize that their child be included in the activity. Supervision for this event will be furnished by the school, but parents should understand that supervision will end at the time slated above. The school will take every precaution to assure the welfare and safety of your son/daughter participating in this activity. However, it is important that you understand that the school cannot assume financial or legal liability in case of injury or accident. Low cost student accident insurance is available; also, additional low cost insurance is available for students participating in interscholastic athletics. Please call or write the school office for information.

Cold sack lunches are available from the school cafeteria. Students who qualify may receive meals free or at reduced price.

If you wish your son/daughter to participate in the above described activity, please complete the request for participation form below, and return it to the school immediately.

\_\_\_\_\_ Activity Sponsor  
Principal Harry Shelton

**PARENT AUTHORIZATION FOR PARTICIPATION**

I, the undersigned, authorize my son/daughter \_\_\_\_\_  
(Name of student)

to participate in \_\_\_\_\_  
(Name of activity)

scheduled for \_\_\_\_\_ from \_\_\_\_\_, or  
(Date)

during \_\_\_\_\_ from \_\_\_\_\_ to \_\_\_\_\_  
(Semester or Season) (Date) (Date)

**California law (Education Code Section 35330) provides that any person making a field trip or excursion waives all claims against the school district and the State of California for injury, accident, illness, or death occurring during or by reason of the field trip or excursion.**

\_\_\_\_\_  
Date Signed Signatures of Parent(s) or Guardian(s)

**DISTRITO ESCOLAR UNIFICADO DE SAN DIEGO  
AUTORIZACIÓN PARA LA PARTICIPACIÓN DEL ESTUDIANTE EN UNA  
ACTIVIDAD DE TEMPORADA O DE UN DÍA**

\_\_\_\_\_ desea participar en  
(Nombre del estudiante)

\_\_\_\_\_ (Nombre de la actividad)

del \_\_\_\_\_ de las \_\_\_\_\_ a.m. a.m.  
p.m. a las \_\_\_\_\_ p.m.  
(Fecha)

o durante \_\_\_\_\_ del \_\_\_\_\_ a \_\_\_\_\_  
(Semestre o Temporada) (Fecha) (Fecha)

El medio de transportación será por \_\_\_\_\_

(Autobús alquilado, automóvil particular manejado por algún empleado escolar, padre de familia o estudiante.)  
Es necesario que los padres de familia o tutores específicamente autoricen la inclusión de su hijo/a en esta actividad. La escuela supervisará este evento pero deben estar enterados los padres que dicha supervisión terminará en la fecha y hora indicada. La escuela tomará las precauciones necesarias para garantizar el bienestar y la seguridad de su hijo/a durante esta actividad. Sin embargo, es muy importante aclarar que la escuela no tendrá responsabilidad legal o financiera en caso de lesiones o accidentes. Si los padres desean pagar por un seguro escolar económico que cubre accidentes, está a su disposición, lo mismo que un seguro económico para los estudiantes que participan en deportes interescolares. Favor de llamar o escribir a la oficina de la escuela si desea información.  
Los alumnos pueden comprar cajitas con almuerzos en la cafetería. Los alumnos elegibles podrán recibir almuerzo gratuito o a precio reducido. Si desea que su hijo/a participe en la actividad descrita arriba, llene la solicitud de participación de abajo y envíela a la escuela inmediatamente.

\_\_\_\_\_  
Patrocinador de la actividad

\_\_\_\_\_  
Principal *Harry Shelton*

**AUTORIZACIÓN FAMILIAR PARA PARTICIPACIÓN DEL ESTUDIANTE EN UNA ACTIVIDAD ESCOLAR**

Por este medio autorizo que mi hijo/hija \_\_\_\_\_ Participe  
(Nombre del estudiante)

En \_\_\_\_\_  
(Descripción de la actividad)

programada para \_\_\_\_\_ de las \_\_\_\_\_ a.m. a.m.  
(Semestre) (Fecha) p.m. a las \_\_\_\_\_ p.m.,  
(Fecha)

o durante \_\_\_\_\_ de \_\_\_\_\_ a \_\_\_\_\_  
(Semestre o Temporada) (Fecha) (Fecha)

**La ley de California estipula (Código de Educación 35330) que cualquier persona que participe en un viaje de estudios o excursión se desista de todas las demandas o quejas en contra el distrito escolar o el estado de California como consecuencia de cualquier lesión, accidente, enfermedad o muerte que pudiera ocurrir durante o por la actividad.**

\_\_\_\_\_  
Fecha de la firma(s)

\_\_\_\_\_  
Firma(s) del padre(s) de familia o tutor(s)

