



FESTUS SCHOOLS

ATHLETIC PARTICIPATION PACKET

Checklist is for your use only. Do not submit to office:

- Physical Form (Pages 1 & 2)-Completed after February 1 of the preceding spring in order to be valid
- Student Agreement Form (Page 3)-Regarding conditions for participation.
- Parent Permission Form (Page 4)-Authorization for Treatment, Release of Medical Information and Insurance Information
- Festus Extra-Curricular and Co-Curricular Code of Conduct (Page 5)
- Parental Activities Contract (Page 6)
- Student Activities Contract (Page 6)
- Emergency Information List (Page 7)
- Make copies of all the completed forms in this packet for your records.***

****THIS PACKET MUST BE TURNED INTO THE AD/MIDDLE SCHOOL OFFICE ONLY !**

***Coaches will not accept physicals on the first day of practice.

****DO NOT STAPLE PACKET TOGETHER





PRE-PARTICIPATION PHYSICAL EVALUATION



PHYSICAL EXAMINATION FORM

Name: _____ Date of Birth: _____

Physician Reminders:

- 1. Consider additional questions on more sensitive issues.
• Do you feel stressed out or under a lot of pressure?
• Do you ever feel sad, hopeless, depressed, or anxious?
• Do you feel safe at your home or residence?
• Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
• During the past 30 days, did you use chewing tobacco, snuff or dip?
• Do you drink alcohol or use any other drugs?
• Have you ever taken anabolic steroids or used any other performance supplements?
• Have you ever taken any supplements to help you gain or lose weight or improve your performance?
• Do you wear a seat belt, use a helmet, and use condoms?
2. Consider reviewing questions on cardiovascular symptoms (Questions 5-14).

EXAMINATION

Height: _____ Weight: _____ [] Male [] Female
BP: _____ / _____ (_____ / _____) Pulse: _____ Vision: R 20/ _____ L 20/ _____ Corrected: [] Yes [] No

MEDICAL NORMAL ABNORMAL FINDINGS

Table with 3 columns: Medical, Normal, Abnormal Findings. Rows include Appearance, Eyes/Ears/Nose/Throat, Lymph Nodes, Heart*, Pulses, Lungs, Abdomen, Genitourinary (males only)**, Skin, Neurologic***.

MUSCULOSKELETAL NORMAL ABNORMAL FINDINGS

Table with 3 columns: Musculoskeletal, Normal, Abnormal Findings. Rows include Neck, Back, Shoulder/arm, Elbow/forearm, Hip/thigh, Knee, Leg/ankle, Foot/toes, Functional.

* Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam; **Consider GU exam if in private setting. Having third party present is recommended.
***Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

[] Cleared for all sports without restriction.
[] Cleared for all sports without restriction with recommendations for further evaluation or treatment for:
[] Not Cleared
[] Pending further evaluation [] For any sports [] For certain sports (please list):
Reason: _____

Recommendations:

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

Name of Physician (type/print): _____ Date: _____
Address: _____ Phone: _____
Signature of Physician (MD/DO/ARNP/PA/Chiropractor*): _____

*NOTE: Please refer to the MSHSAA Sports Medicine Manual, Page 2.

Missouri State High School Activity Association (MSHSAA) Eligibility and Authorization Statement

STUDENT AGREEMENT (Regarding Conditions for Participation)

This application to represent my school in interscholastic athletics is entirely voluntary on my part and is made with the understanding that I have studied and understand the eligibility standards that I must meet to represent my school and that I have not violated any of them.

I have read, understand, and acknowledge receipt of the MSHSAA brochure entitled "How to Maintain and Protect Your High School Eligibility," which contains a summary of the eligibility rules of the MSHSAA. (I understand that a copy of the *MSHSAA Handbook* is on file with the principal and athletic administrator and that I may review it in its entirety, if I so choose. All MSHSAA by-laws and regulations from the *Handbook* are also posted on the MSHSAA website at www.mshsaa.org).

I understand that a MSHSAA member school must adhere to all rules and regulations that pertain to school-sponsored, interscholastic athletics programs, and I acknowledge that local rules may be more stringent than MSHSAA rules.

I also understand that if I do not meet the citizenship standards set by the school or if I am ejected from an interscholastic contest because of an unsportsmanlike act, it could result in me not being allowed to participate in the next contest or suspension from the team either temporarily or permanently.

I understand that if I drop a class, take course work through Post -Secondary Enrollment Option, Credit Flexibility, or other educational options, this action could affect compliance with MSHSAA economic standards and my eligibility.

I understand that participation in interscholastic athletics is a privilege and not a right. As a student athlete, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and laws of my community, state, and country.
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state, and country.

I have completed and/or verified that part of this certificate which requires me to list all previous injuries or additional conditions that are known to me which may affect my performance in so representing my school, and I verify that it is correct and complete.

Signature of Athlete:

Date:

PARENT PERMISSION (Authorization for Treatment, Release of Medical Information, and Insurance Information) Informed Consent: By its nature, participation in interscholastic athletics includes risk of serious bodily injury and transmission of infectious disease such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS, OR STUDENTS WHO MAY NOT WISH TO ACCEPT RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN MSHSAA-SPONSORED SPORT WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN/S SIGNATURE.**

I understand that in the case of injury or illness requiring transportation to a health care facility, a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student athlete will be transported via ambulance to the nearest hospital. We hereby give our consent for the above student to represent his/her school in interscholastic athletics. We also give our consent for him/her to accompany the team on trips and will not hold the school responsible in case of accident or injury whether it be en route to or from another school or during practice or an interscholastic contest; and we hereby agree to hold the school district of which this school is a part and the MSHSAA, their employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of every kind and nature whatsoever which may arise by or in connection with participation by my child/ward in any activities related to the interscholastic program of his/her school.

If we cannot be reached and in the event of an emergency, we also give our consent for the school to obtain through a physician or hospital of its choice, such medical care as is reasonably necessary for the welfare of the student, if he/she is injured in the course of school athletic activities. We authorize the release of necessary medical information to the physician, athletic trainer, and/or school personnel related to such treatment/care. We understand that the school may not provide transportation to all events, and permit / do not permit (CIRCLE ONE) my child to drive his/her vehicle in such a case.

To enable the MSHSAA to determine whether the herein named student is eligible to participate in interscholastic athletics in the MSHSAA member school, I consent to the release of the MSHSAA any and all portions of school record files, beginning with seventh grade, of the herein named student, specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, academic work completed, grades received, and attendance data.

We confirm that this application for the above student to represent his/her school in interscholastic athletics is made with the understanding that we have studied and understand the eligibility standards that our son/daughter must meet to represent his/her school and that he/she has not violated any of them. We also understand that if our son/daughter does not meet the citizenship standards set by the school or if he/she is ejected from an interscholastic contest because of an unsportsmanlike act, it could result in him/her not being allowed to participate in the next contest or suspension from the team either temporarily or permanently.

I consent to the MSHSAA's use of the herein named student's name, likeness, and athletic-related information in reports of contests, promotional literature of the Association and other materials and releases related to interscholastic athletics.

We further state that we have completed that part of this certificate which requires us to list all previous injuries or additional conditions that are known to us which may affect this athlete's performance or treatment and we certify that it is correct and complete.

The MSHSAA By-Laws provide that a student shall not be permitted to practice or compete for a school until it has verification that he/she has basic health/accident insurance coverage, which includes athletics. Our son/daughter is covered by basic health/accident insurance for the current school year as indicated below:

Name of Insurance Company:	Policy Number:
Signature of Parent(s) or Guardian:	Date:

PARENT AND STUDENT SIGNATURE (Concussion Materials - http://www.mshsaa.org/resources/pdf/ConcussionPacketHB300_Final.pdf)

We have received and read the MSHSAA materials on Concussion, which includes information on the definition of a concussion, symptoms of a concussion, what to do if you have a concussion, and how to prevent a concussion.

Signature of Athlete:	Date:
Signature of Parent(s) or Guardian:	Date:

EMERGENCY CONTACT INFORMATION

Parent(s) or Guardian	Address	Phone Number
Name of Contact	Relationship to Athlete	Phone Number
Name of Contact	Relationship to Athlete	Phone Number



**FESTUS R-VI SCHOOL DISTRICT
EXTRA-CURRICULAR AND CO-CURRICULAR CODE OF CONDUCT**

Date _____

Student's Name _____

Sport or Activity _____

Year in School (Please Circle) 7th Grade 8th Grade FR SO JR SR

We acknowledge receipt and have studied and understand the Festus R-IV School District Extra-Curricular Code of Conduct

Signature of Student _____

Print Name _____

Signature of Parent _____

Print Name _____

This sheet must be signed and name printed by the parties and returned to the coach/sponsor of the appropriate sport/activity prior to the student being allowed to participate for that season.

Student Activities Contract

As a member of the Missouri State High School Activities Association it is our belief that interscholastic activities are an integral part of the secondary curricular program and an extension of the classroom. Our school's program shall supplement the curricular program of the school and shall provide the most worthwhile experiences possible. These expectations shall result in learning situations that contribute to the development of the attributes necessary for good citizenship.

Fundamentals of High School Activities:

When hosting an event, the opponent should be treated as guests and treated cordially. Officials should be recognized as impartial arbitrators who are trained to do their job with the best of their ability. Familiarity with the current rules of the game and the recognition of the necessity for a fair contest are essential. Sportsmanship requires one to understand his or her own bias and the ability to prevent the desire to win from overcoming rational behavior. Applause for an opponent's good performance is a demonstration of generosity and good will and should not be looked at negatively.

Expectations of Students:

Your enthusiasm as a participant or spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon our school and community. Students are expected to:

- Know and demonstrate the fundamentals of good sportsmanship.**
- Respect, cooperate and respond to cheerleaders.**
- Respect school property and authority.**
- Show respect for opponents and opposing coaches and fans.**
- Show respect for players who are injured.**
- Respect the judgment and strategy of the coach (even if you disagree).**
- Respect the judgment of game officials (even if you disagree).**
- Avoid profane language and obnoxious behavior at all times.**
- Avoid applauding errors or penalties of the opponents.**
- Refrain from heckling, jeering or distracting opponents, including distracting behavior during the shooting of free throws.**
- Refrain from being critical of players, coaches or officials for a loss.**
- Refrain from throwing objects on the playing area or in the bleachers.**
- Avoid stomping of bleachers or the use of artificial noisemakers.**
- Refrain from using cheers that taunt or ridicule opposing players, coaches, cheerleaders or spectators.**
- Refrain from booing or showing displeasure with game officials or game activities.**

I certify that I have read and understand the above expectations and information related to sportsmanship. I understand that if I do not comply with the above listed responsibilities that I may forfeit my privilege of participating in the school's activities program.

Date

Student's Signature

Parental Activities Contract

As a member of the Missouri State High School Activities Association it is our belief that interscholastic activities are an integral part of the secondary curricular program and an extension of the classroom. Our school's program shall supplement the curricular program of the school and shall provide the most worthwhile experiences possible. These expectations shall result in learning situations that contribute to the development of the attributes necessary for good citizenship.

Fundamentals of High School Activities:

When hosting an event, the opponent should be treated as guests and treated cordially. Officials should be recognized as impartial arbitrators who are trained to do their job with the best of their ability. Familiarity with the current rules of the game and the recognition of the necessity for a fair contest are essential. Sportsmanship requires one to understand his or her own bias and the ability to prevent the desire to win from overcoming rational behavior. Applause for an opponent's good performance is a demonstration of generosity and good will and should not be looked at negatively.

Expectations of Parents:

Your enthusiasm as a spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon our school and community. Parents are expected to:

- Know and demonstrate the fundamentals of good sportsmanship.**
- Respect, cooperate and respond to cheerleaders.**
- Respect school property and authority.**
- Show respect for opponents and opposing coaches and fans.**
- Show respect for players who are injured.**
- Respect the judgment and strategy of the coach (even if you disagree).**
- Respect the judgment of game officials (even if you disagree).**
- Avoid profane language and obnoxious behavior at all times.**
- Avoid applauding errors or penalties of the opponents.**
- Refrain from heckling, jeering or distracting opponents, including distracting behavior during the shooting of free throws.**
- Refrain from being critical of players, coaches or officials for a loss.**
- Refrain from throwing objects on the playing area or in the bleachers.**
- Avoid stomping of bleachers or the use of artificial noisemakers.**
- Refrain from using cheers that taunt or ridicule opposing players, coaches, cheerleaders or spectators.**
- Refrain from booing or showing displeasure with game officials or game activities.**

I certify that I have read and understand the above expectations and information related to sportsmanship. I understand that I am a role model for my son/daughter and that I represent our school and our community when I attend an activities function. I also understand that if I do not comply with the above listed responsibilities that I may forfeit my privilege of attending future activities involving our school.

Date

Parent's Signature

Emergency Information

Athlete's Name _____
Last First

Parent's Name _____
Last First

Home Phone _____ Cell Phone _____ Work Phone _____

Please list two additional persons that we should contact if you are not available at the time of injury

Name	Phone #	Relationship
_____	_____	_____
_____	_____	_____

In case of an emergency, athletes will be sent to the nearest hospital.

Doctor _____

Insurance _____

Parent's Signature _____ Date _____

Coach _____ Sport _____

