

Dillon Middle School

2016 - 2017

Athletic & Activities Participation Information and Forms

DMS

Before you are eligible to participate in athletics/activities,
you and a parent/guardian must:

- **READ** entire 'DMS Athletic and Activities Participation and Forms' packet,
- **SIGN and RETURN** Athletic Participation Permission form, p. 13
- **SIGN and RETURN** Concussion Statement acknowledgement form, p. 14
- **SIGN and RETURN** Packet acknowledgement form, p. 15
- **SIGN and RETURN** Acknowledgement of Risk form, p. 16
- **SIGN and RETURN** Physical Exam form, p. 17 (completed and signed by a physician, physician's assistant, or nurse practitioner **AND** parent/guardian)

TO: Parents/Guardians of DMS Student-Athletes
FROM: Randy Shipman, Activities Director
RE: Activities Participation Forms
DATE: August 2016

We are extremely pleased that your son/daughter has decided to participate in the activities program(s) offered at Dillon Middle School. Those programs are for the student-athletes' enjoyment and educational development. The coaches, advisors, and I look forward to working with the students participating in one or more of our activities.

Each new school year all student-athletes are required to complete a new set of participation forms prior to the start of their participation in our programs. The following pages are copies of those forms that are required to be read and/or signed.

With your son or daughter, please read all the attached information carefully and sign in all the appropriate places. At the top left of each page requiring a signature (pages 13, 14, 15, 16, 17) is also a space to PRINT the student-athlete's name. The physical examination form at the end of this packet must be completed and signed by your family physician, a physician's assistant (PA), or a nurse practitioner (NP).

If you have any questions, please call the Dillon Middle School Office at 683-2368.

Forms to be completed, signed, and returned prior to participation in extracurricular activities:

Page 13	Athletic Participation Permission form
Page 14	Concussion Statement acknowledgement form
Page 15	Packet acknowledgement form
Page 16	Acknowledgement of Risks form
Page 17	Physical Examination form signed by MD, PA or NA and a parent/guardian

IMPORTANT: PLEASE READ CAREFULLY BEFORE SIGNING:

Dillon Middle School offers a wide range of athletics and extra-curricular activities for both boys and girls. Participation in such activities is voluntary. DMS recognizes that participation in athletic and extra-curricular activities can bring the student many rewards.

The school district will provide properly trained coaches, safe equipment, and appropriate facilities as well as teaching proper techniques and making reasonable efforts to see that the athletic or extra-curricular program is safe for your child. However, because athletic activity can involve injury to the participants, we must warn you of those potential dangers.

These activities require that the student make a commitment to the sport or other activity, submit to the discipline of the coach/advisor, and develop the self-discipline necessary for successful participation. Along with adherence to training rules and regimens, considerable physical exertion and physical conditioning may be required.

The purpose of this warning is to aid you in making an informed decision about your student's participation in the athletic or other extra-curricular activity/program. Additionally, the warning is to make you aware that it is the responsibility of the student-athlete and the parent or guardian to learn about the sport involved and to voice any concerns regarding athletic safety and the school district's athletic program to coaches, physicians, and/or other knowledgeable persons.

Athletic injuries can impair the student's general physical and mental health, the ability to earn a living, the ability to engage in social or recreational activities, and the capacity for the general enjoyment of life. Such injuries can include death or serious physical injury and a possibility of emotional injury as well. Injuries can arise from training room procedures, the administration of first aid, or failing to follow game, training, safety, or other team rules. The use of transportation provided or arranged by the school district to and from games/contests also involves the risk of injury or death.

Dillon Middle School strives to protect each student from possible injury while engaging in school activities. The guidelines and sport-specific injury warning information is listed on the following pages. The parents and student/athlete should read the information provided for each sport in which the student plans to participate. The parents and student/athlete should also read all other information carefully and sign in all the appropriate places.

It is the responsibility of the parent and/or guardian and student/athlete to read and understand the information in this athletics/activities packet. Your signatures indicate that you have read, understand, and agree to allow your child to participate in our programs. Your signature also states that you understand and assume the many risks involved with participating in athletic and extra-curricular activities. ***Please remember to have your family physician, physician's assistant (PA), or nurse practitioner (NP) complete and sign the physical exam form before practice begins.***

**** BASKETBALL ****

Basketball is a sport that involves contact, and because of that contact, participation in this sport involves the risk of serious injury to **every part** of the body.

The risk of injuries include minor injuries such as contusions, muscle strains, cramps, fractures, joint dislocations, and joint sprains, which are all common types of injuries sustained by basketball players. However, this sport also includes catastrophic injuries involving the head, neck, and spinal cord that can cause paralysis and/or death. Basketball injuries can result from contact with other participants, the basketball, the playing surface, and other solid objects in and around the court during practices, scrimmages, warm-ups, or games.

****CROSS COUNTRY****

Cross country is a competitive running sport. The risks of injury sustained to cross country participants include, but are not limited to, joint sprains, muscular strains, cramps, Achilles tendonitis, and other overuse problems to the shins, ankles, feet, calves, and the musculature system.

Common causes of injury to runners are training errors, differences in leg lengths, improperly fitting shoes, and running surfaces. Other possible causes of injury include heat stroke or congenital body defects. Injuries can also result from correct or incorrect performance and occur during tryouts, warm-ups, practices, and meets.

****FOOTBALL****

Tackle football is a violent contact sport. Possible injuries sustained while participating in football include virtually every part of the body: nerves, blood vessels, internal organs, reproductive organs, bones, joints, ligaments, muscles and tendons. Catastrophic injuries may affect the head, neck, and spinal cord, resulting in eye damage, dental loss, hearing loss, paralysis, brain damage, and/or death.

Other football injuries may include heat stroke, heart failure, asthmatic attack and/or the additional strain the sport may place on an already existing physical condition. Common injuries include knee injuries, strains to the muscular system, shin splints, and/or ankle, shoulder, back, and torso injuries. Dislocations and fractures are also common. Injury may result from contact with other players, bystanders, the playing surface, training equipment, goal posts, or other objects in and around the playing and/or practice field. Injury may result from misfitted or worn equipment. Injuries may also result from correct or incorrect performance and occur during tryouts, practices, warm-ups, scrimmages, or games. Athletes should perform only those skills and techniques as instructed and/or supervised by the coaching staff. Those skills include such things as tackling, blocking techniques, basic hitting positions, etc.

By rule, the helmet is not used as a "RAM". Initial contact **is not** to be made with the helmet. Tackling and blocking techniques are basically the same **in that contact is not initiated with the helmet.** The player should always be in a position of balance, knees bent, back straight; body slightly bent forward, **HEAD UP**, and the **TARGET AREA AS NEAR TO THE BODY AS POSSIBLE WITH THE MAIN CONTACT BEING MADE WITH THE SHOULDER.** When properly tackling and blocking an opponent, contact with the helmet will naturally result. Therefore, technique is most important key to preventing injuries.

**** TRACK AND FIELD ****

Track and field is a sport involving sprinting, running, jumping, and other activities such as pole vaulting, high jumping, and discus throwing. Common injuries sustained as a result of participation in track and field are to the thighs, and hamstring muscles. Shin splints, muscle and tendon injuries of the legs, and inflammation of the knees are also common. Head and neck injuries, including death, can occur as a result of being struck by a discus, shot put, or javelin. The most common times for injury to occur are during warm-ups, practices, or meets. Injuries can result from correct or incorrect performances of techniques and skills.

**** VOLLEYBALL ****

Volleyball is a competitive net and power ball sport. Common injuries sustained as a result of participation in volleyball include, but are not limited to, the arms, hands, legs, feet, ankles, knees, lower back, shoulders, and elbows. Contusions, abrasions, strains, sprains, fractures, ligament and/or cartilage damage, concussions, paralysis and/or death are also possible.

Volleyball injuries can result from correct or incorrect performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercises, or matches. Injury to the head and mouth, nose, teeth, eyes, ears, and other parts of the body can result from contact with the ball, players, the playing surface, and other solid objects in and around the playing area.

**** WRESTLING ****

Wrestling is a strenuous, physical, **CONTACT** sport. Because it is a contact sport and, as a result of the athlete's participation, there is a risk of serious injury to virtually every part of the human anatomy. Injuries include, but are not limited to, dislocations, fractures, knee and ankle sprains, torn cartilage, hands and wrists, back sprains, elbow injuries, rib injuries, contusions, abrasions, and skin infections. Catastrophic injuries may affect the head, neck, and spinal cord, resulting in eye damage, dental loss, hearing loss, paralysis, brain damage, and/or death.

Wrestling injuries can result from correct or incorrect performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercises, or matches. Injury to the head or other parts of the body can result from contact with other competitors, bystanders, the wrestling surface, training equipment, and other solid objects in and around the playing and/or practice area.

ACTIVITY ELIGIBILITY INFORMATION

TO: CANDIDATES FOR DILLON MIDDLE SCHOOL ACTIVITY TEAMS AND THEIR PARENTS AND GUARDIANS.

This bulletin contains basic regulations from the Dillon Middle School (DMS) Student Handbook which students and parents/guardians should read and understand. Dillon Elementary School District #10 school board policy and/or administrative directives set other rules and regulations.

DILLON MIDDLE SCHOOL ACTIVITIES

The basic premise of Dillon Middle School is that all students should be allowed to participate in a variety of activities in order to discover and to explore their skills and talents. The activities program will allow students to acquire knowledge, to discover strengths, to learn new skills, to develop awareness, and to establish new relationships. Through participation in the activities program, students also achieve a sense of accomplishment and can gain recognition.

Dillon Middle School's activities program focuses on a balance of the developmental and competitive needs of the students. DMS activities are meant to be developmental in nature with a competitive element. Through the DMS activities program, all students will have opportunities to:

- Select activities based on interest.
- Participate in activities that are physical or academic in nature.
- Increase experience beyond those in the academic curricula.

With the above goals in mind, DMS offers an activities program for all students. Grouping of students by ability levels in activities promotes confidence and encourages growth.

Activities are offered for Dillon Middle School students only. Out of district students may be allowed on a case by case basis. Private School and Home School students are not eligible for participation. The DMS activities include, but are not limited to the following:

6th, 7th, & 8th grade Cross Country
6th, 7th, & 8th grade Girls Basketball*
6th, 7th & 8th grade Boys Basketball*
6th, 7th, & 8th grade Girls Volleyball*
6th, 7th, & 8th grade Wrestling
7th & 8th grade Girls Cross Training
7th & 8th grade Girls and Boys Track
7th & 8th grade Boys Football
Yearbook
Morning Computer Lab
Jazz Band
Craft Club
Math Counts/Science Fair/Spelling Bee/Geography Bee
Spanish Club
Student Council/TEAM
Academic Olympics

*If enough students participate two travel teams for 7th grade and two travel teams for 8th grade will be created, based on the ability, performance, and attendance during the intra-school/pre-season. The travel team roster will consist of no more than 20 student athletes. The travel team practice schedule will be set by the coach and administration and will include only students on the travel team.

PHYSICALS

Dillon Middle School does require student athletes to have a sports physical before participation in any extra-curricular activities. Physicals will be considered current for a 12-month period. Forms are available in the school office.

COACHING /ADVISING GUIDLINES

Coach/Advisor

- Operates within the philosophy of the activity program and upholds the philosophy and integrity of Dillon Middle School.
- Supervises and oversees their activity.
- Hand out and check-in equipment. Be responsible for uniforms and roster of those who have not turned in equipment.
- Stay knowledgeable in coaching/advising strategies and drills.
- Be at all scheduled practices, games, or meetings, or designate a responsible party with administrative approval.
- Keep attendance at practice and games.
- Attend activities meetings.
- Set up and take down equipment needed for all activities.
- Communicate with parents as needed.
- Report all accidents or problems to the Principal.
- Fill out roster for trips.
- Take role on the bus before departing, and again on the return trip.
- Supervise at all times.

Although activity participation varies as explained above, coaches will make every effort to do the following in their respective activities:

- All who wish to participate will.
- All participants will be given opportunity to play, practice, and be involved. Some variations in participation may occur, for example: ability, the student's health, attendance, behavior and effort.
- Whenever possible, teams will have an equal number of contests.

STUDENT GUIDELINES

ATTENDANCE- Students must be in attendance the full day of an activity in order to participate in either a practice, meeting, or competition. If the competition is during the day the student athlete must be in attendance for the previous 7 periods of school before departure. For a Saturday contest the student must be in school on the Friday preceding the event for all day. An unavoidable absence from school, as determined by the administration, such as a medical appointment, funeral, or emergency, will not be considered an absence by the coach/advisor. Any decisions regarding questionable attendance will be answered by the administration.

Students must be at practice prior to a game to be able to participate in that game or event unless excused per coach discretion.

Attendance at practice, meetings, and contests are required, but considering the age and nature of the middle school student, absences for other activities (for example, piano, dance, family trip) may be excused. The deciding factor is PRIOR ARRANGEMENT and coach/advisor discretion.

ELIGIBILITY/GRADES-As per the DMS handbook students involved in activities must:

- Maintain a passing grade academically and behaviorally in all classes.
- Maintain a 2.0 GPA academically and behaviorally.
- Must obtain weekly eligibility updates from classroom teachers
- Academic ineligibility will result in suspension of participation of the activity for the following week. Behavioral write-ups will result in suspension from the activity for one week from the time of the infraction.

Students who have below at 2.0 GPA at any time will be ineligible to participate. If the student has raised his/her grades to or above a 2.0 GPA, the student is then eligible for activities. The rationale behind this rule is that students who have less than a 2.0 GPA need to concentrate on their academic life to improve grades.

CELL PHONES – In order to protect personal privacy cell phones are generally not necessary on, and therefore discouraged from, activity trips. In the event they are necessary the student is responsible for checking them in to the advisor and they may only be used appropriately. If they are not checked in or if they are used inappropriately the violation will result in a write-up and dealt with severely.

DRESS- Students representing Dillon Middle School in competition or meetings will be expected to be well groomed in accordance with prevailing style and coaches/advisors wishes. Dress for home and away trips in a manner which will bring credit to the team, school, and community. Clothing with alcohol or drug advertising, sexual harassment insinuations, etc., will not be allowed.

TRAVEL- Travel to and from activities must be with the team/group on transportation provided by the district. The only exceptions are as follows:

- Injury to a participant which would require alternate transportation.
- Prior arrangements IN WRITING made with the coach/advisor by the parent before leaving the event.
- Students will be released only to their parents/legal guardians, no exceptions.

STUDENT CONDUCT- Students involved in activities with the Dillon Middle School are to conduct themselves in a manner which represents the school, their team, and themselves well. The school's disciplinary policies are the same for activities after school as for school time. Severe issues such as the following will affect eligibility:

- Use of or in association with alcohol, tobacco, marijuana, drugs or narcotics (except by prescription).
- Stealing or malicious destruction of any school or individual equipment or property.
- Unsportsmanlike conduct toward an opponent or official or use of profanity during a practice, meeting, or contest (at home or out of town).

All district drug and alcohol policies and Dillon Middle School rules apply to extracurricular activities as well as those specifically listed above.

1st INFRACTION - Meeting with coach, parent, and building administrator, and possible referral for counseling. Removal from the activity including practice, meetings, contests, etc. for a length of time as determined by the administration and coach/advisor, based on attendance in counseling and required referral programs.

2nd INFRACTION – Meeting with coach, parent, and the building principal; notification to the superintendent. Suspension from the activity for the season, and possible referral for counseling.

Students that are disruptive during the school day and disciplined under the school handbook will have the following corrective actions for activity participation (the student's record for activity participation will be cleared at the end of each quarter).

CORRECTIVE ACTIONS

FIRST SEVERE DISRUPTION – Student will be removed from the game or contest(s) for one week.

SECOND SEVERE DISRUPTION – Student may be removed from the activity or sport.

A student assigned detention and/or Saturday school must serve this obligation before attending practice and/or a game.

Students have a right to due process and can also request a hearing with a committee consisting of the: coach/advisor, building principal, a teacher of the student's choice, and a representative, if requested.

This policy will be reviewed and updated annually.

A Fact Sheet for ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- **Get a medical checkup.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:

- > The right equipment for the game, position, or activity
- > Worn correctly and fit well
- > Used every time you play

Remember, when in doubt, sit them out!
It's better to miss one game than the whole season.

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems

- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Remember, when in doubt, sit them out!
It's better to miss one game than the whole season.

Be Prepared

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS	SYMPTOMS REPORTED BY YOUR CHILD OR TEEN	
<ul style="list-style-type: none"> •Appears dazed or stunned •Is confused about events •Answers questions slowly •Repeats questions •Can’t recall events prior to the hit, bump, or fall •Can’t recall events after the hit, bump, or fall •Loses consciousness (even briefly) •Shows behavior or personality changes •Forgets class schedule or assignments 	<p><u>Thinking/Remembering:</u></p> <ul style="list-style-type: none"> •Difficulty thinking clearly •Difficulty concentrating or remembering •Feeling more slowed down •Feeling sluggish, hazy, foggy, or groggy <p><u>Physical:</u></p> <ul style="list-style-type: none"> •Headache or “pressure” in head •Nausea or vomiting •Balance problems or dizziness •Fatigue or feeling tired •Blurry or double vision •Sensitivity to light or noise •Numbness or tingling •Does not “feel right” 	<p><u>Emotional:</u></p> <ul style="list-style-type: none"> •Irritable •Sad •More emotional than usual •Nervous <p><u>Sleep*:</u></p> <ul style="list-style-type: none"> •Drowsy •Sleeps less than usual •Sleeps more than usual •Has trouble falling asleep <p><i>*Only ask about sleep symptoms if the injury occurred on a prior day.</i></p>

LINKS TO OTHER RESOURCES

- CDC –Concussion in Sports
 - <http://www.cdc.gov/concussion/sports/index.html>
- National Federation of State High School Association/ Concussion in Sports - What You Need To Know
 - www.nfhslearn.com
- Montana High School Association – Sports Medicine Page
 - <http://www.mhsa.org/SportsMedicine/SportsMed.htm>

PRINT student's last name, first name

Student-Athlete & Parent/Legal Guardian Concussion Statement

Because of the passage of the Dylan Steiger's Protection of Youth Athletes Act, schools are required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. Montana law requires that each year, before beginning practice for an organized activity, a student-athlete and the student-athlete's parent(s)/legal guardian(s) must be given an information sheet, and both parties must sign and return a form acknowledging receipt of the information to an official designated by the school or school district prior to the student-athletes participation during the designated school year. The law further states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at the time of injury and may not return to play until the student-athlete has received a written clearance from a licensed health care provider.

Student-Athlete Name: _____

This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal Guardian Name(s): _____

We have read the *Student-Athlete & Parent/Legal Guardian Concussion Information Sheet*.

If true, please check box

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Guardian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or licensed health care professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a licensed health care professional to return to play or practice after a concussion.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion fact sheet.	

Signature of Student-Athlete

Date

Signature of Parent/Legal Guardian

Date

PRINT student's last name, first name

EXTRA-CURRICULAR ACTIVITY PACKET ACKNOWLEDGEMENT FORM

I/We have read, understand, and agree to abide by the Extra-Curricular Packet Contents. I have furnished a copy to my parents or guardian and have secured my parent or guardian's signature hereon, which acknowledges reading of this copy.

No student will be allowed to participate in extra-curricular activities until he/she completes and returns the following:

Page 13	Athletic Participation Permission form
Page 14	Concussion Statement acknowledgement form
Page 15	Packet acknowledgement form
Page 16	Acknowledgement of Risks form
Page 17	Physical Examination form signed by MD, PA or NA and a parent/guardian

The following signatures indicate that the parent/guardian and student/athlete have read and reviewed pages 1 through 17 of the Dillon Middle School Activity Handbook. Signatures below indicate the parent/guardian and student-athlete agree to participate under the guidelines, policies, rules, and procedures set forth by Dillon Middle School and the Dillon Elementary School District #10 Board Policies.

Parent or Guardian Signature

Date

Student/Athlete Signature

Date

PRINT student's last name, first name

ACKNOWLEDGEMENT OF RISKS

I/We hereby certify that I/we have read the foregoing **ATHLETIC/ACTIVITY PARTICIPATION INFORMATION AND THE WARNINGS ABOUT THE RISKS OF INJURY INHERENT IN EACH ACTIVITY/SPORT.** I/We hereby give permission for my/our son/daughter named in this booklet to engage in approved athletic activities as a representative of his/her school, except in those activities indicated by the licensed medical professional who signed the physical exam form. I/We realize that all activities/sports involve the potential for injuries which are inherent in all activities/sports. I/We acknowledge that even with competent coaching, the use of appropriate protective equipment, and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be severe, resulting in total disability, paralysis, quadriplegia, or death. Because of the dangers of participating in the activities/sports outlined in this booklet, I/we recognize the importance of following the coaches' instructions regarding playing techniques, training, other team rules, etc., and I/we agree to obey such instructions

In consideration of the Dillon Middle School permitting my son/daughter or ward to participate in its athletic/activities/sports program and engage in all activities relating to those activities/sports, I/we recognize and assume the risks of injuries outlined, but not limited to, in this packet that are inherent to the activities/sports in which my son/daughter may choose to participate.

I/WE HEREBY CERTIFY THAT ALL INFORMATION IN THE REQUIRED SIGNED DOCUMENTS IS TRUE AND CORRECT.

BOTH PARENTS OR LEGAL GUARDIANS MUST SIGN this form and all other required signature forms prior to their son/daughter participating in his/her first practice. If only one parent/guardian is living or has sole legal custody, then only one person need sign. The signing parent/guardian, however, is ***OBLIGATED TO NOTIFY*** the noncustodial parent/guardian of the contents of this document.

STUDENT'S SIGNATURE

1) PARENT/LEGAL GUARDIAN SIGNATURE

HOME ADDRESS

2) PARENT/LEGAL GUARDIAN SIGNATURE

HOME PHONE: _____

