



Saint Joseph Notre Dame High School

2009-2010
ATHLETIC CHECKLIST

Name: _____ Grade: _____

Address: _____ City/Zip: _____

Phone: (____) _____ Birth Date: _____

I am interested in participating in the following Interscholastic Sports at SJND:

FALL

WINTER

SPRING

___ CREW

___ MEN'S BASKETBALL

___ BASEBALL

___ CROSS COUNTRY

___ WOMEN'S BASKETBALL

___ MEN'S GOLF

___ WOMEN'S GOLF

___ MEN'S SOCCER

___ SOFTBALL

___ WOMEN'S TENNIS

___ WOMEN'S SOCCER

___ SWIMMING

___ WOMEN'S VOLLEYBALL

___ CHEERLEADING

___ TRACK

___ MEN'S TENNIS

___ MEN'S VOLLEYBALL

To be completed by the Athletic Department:

_____ Physical

_____ NCS Ejection Policy

_____ Emergency Card/Consent for Treatment

_____ Informed Consent

_____ Academic Eligibility

_____ NCS Steroid Policy



Saint Joseph Notre Dame High School
Athletic Department
EMERGENCY CARD

Name _____ Phone (____) _____ Grade _____

Address _____ City/Zip _____

Father's Name _____ Business Phone _____

Mother's Name _____ Business Phone _____

In the event of apparent serious illness or accident, when I cannot be reached, I wish one of the following to be notified by telephone. They are authorized to act in my absence, and will be informed that their names have been used on this card.

1. Name _____ Phone (____) _____

2. Name _____ Phone (____) _____

In the case of a minor injury. I authorize that first aid be administered by a person qualified to render such services. In the case of an accident may we contact your family doctor or dentist?
YES _____ NO _____

Family Doctor _____ Phone (____) _____

Family Dentist _____ Phone (____) _____

Parent's Signature _____ Date _____

Relationship to Child _____

CONSENT FOR TREATMENT

(I)(We), the undersigned parent(s) or legal guardian of _____, a minor, do hereby authorize a representative of Saint Joseph Notre Dame High School as agent(s) for the undersigned to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care that is deemed advisable by, and it is to be rendered under the general or specific supervision of any physician and surgeon licensed under the provisions of the California Medicine Practice Act, on the medical staff of an accredited hospital, whether such diagnosis of treatment is rendered at the office of said physician or at said hospital. It is understood that the authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of the above-mentioned agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care that the above mentioned physician in the exercise of his best judgment may deem advisable.

This authorization shall remain effective until June 30, 200 __, unless sooner revoked in writing and delivered to the above-mentioned agent(s).

Mother's signature _____ Date _____

Father's signature _____ Date _____

Legal Guardian's signature _____ Date _____



Saint Joseph Notre Dame High School

**BAY SHORE ATHLETIC LEAGUE
North Coast Section Ejection Policy**

The following rules and minimum penalties are applicable to players as adopted by the North Coast Section (NCS) Board of Managers on April 21, 1995. This policy will be in effect beginning with the 1995-96 school year, (and will include non-league, league, invitational tournaments/events, post-season; league, and section or state playoffs, etc).

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament/event, post season play whether it be league, section or state).
2. Illegal participation in the next contest by a player ejected in a previous contest.
Penalty: The contest shall be forfeited and the player shall be ineligible for the next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
Penalty: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench (or dugout, etc.) to begin or participate in an altercation.
Penalty: The player(s) shall be ejected from the contest-in- question-and become ineligible for the next contest, non-league, league, invitational tournament/event, post-season play including league, section, state playoffs (matches/events).

Appeals

Only appeals related to the factual situation of the player's ejection will be heard. Such appeals will only be made to penalties related to the subsequent penalties after the ejection, they will not have jurisdiction to change the status of the player's ejection from the game in question. No appeal will be heard related to official's judgment (other than an incorrect identification).

Appeals shall be heard initially through the ejected student's league, subsequent appeals may be made through the applicable North Coast Section, CIF and State CIF appeals procedure.



Saint Joseph Notre Dame High School

**BAY SHORE ATHLETIC LEAGUE
North Coast Section Ejection Policy (cont.d)**

Notice

Every player and coach must read and sign a copy of the NCS Ejection Policy rule. The copies will be maintained by each school's administration. Each school's principal must send copies of the signed statement to the NCS office prior to the first contest of the season verifying that all players and coaches for the respective season (fall, winter, spring) have read and signed the NCS Ejection Policy rule and that any further additions (either players or coaches) will also do so prior to participating in an inter-scholastic contest.

Signature Page

I have read and understand the rules and regulations of the Ejection Policy. Athletes may not participate in any contest until this document is filed with the school.

Sport

VAR JV FS Fr
(Circle one)

Student's Name-Please print

Date

Student's Signature

Date

Parent's Signature

Date

Coach's Signature

Date



Saint Joseph Notre Dame High School

SPORTSMANSHIP CODE

Saint Joseph Notre Dame High School, a member of the Bay Shore Athletic League (BSAL), requires that all athletic contests played under its jurisdiction be exhibitions of sportsmanlike and ethical behavior. All contests must be safe and orderly. Athletes, coaches, game officials, and spectators must demonstrate courteous and controlled actions. Conduct of athletes and coaches comes under the immediate jurisdiction of game officials. Any disruptive behavior of spectators, such as yelling at officials and taunting opponents, could result in removal from the premises and/or forfeiture of the contest. Complete cooperation with school and game officials by student and adult spectators is expected. Athletic contests should be enjoyable experiences for athletes, coaches, and spectators.

EXPECTATIONS OF COACHES/PLAYERS

Attention is given to sportsmanlike and ethical behavior because the BSAL is making this a priority for the safety of our players and spectators, and because the example of professional and college sports is not the standard to follow.

Instances when game officials enforce the rules of the game as they effect sportsmanship and acceptable conduct are to be supported by the coaches; therefore, coaches are to subscribe to this code in principle and action. Within the rules of each sport consequences follow unsportsmanlike conduct. It will be necessary for each coach and player to understand not only the rules of the game, but what constitutes acceptable behavior in that sport and the consequences of unacceptable behavior.

The following are examples of unacceptable behavior and are intended to be illustrative and not exhaustive. Although the consequences of enforcement of the rules are subject to review, it will be the expected outcome at SJND that the ejection of any player or coach from a contest will result in his/her ineligibility to play or coach in the following contest. The coach will enforce player ineligibility. The athletic director will enforce coach ineligibility. The taunting of opponents or exhibitions of "in you face" attitudes are not acceptable and should result in the removal of the player from the contest until the coach reasonably feels this action will not be repeated. Players called for technical fouls in basketball or yellow flags in soccer that are not ejected by the game's officials should be removed from the game by the coach immediately until "heels are cooled." The manner in which coaches explain and reprimand their players for unsportsmanlike behavior is important.

The athletic director and/or principal will review any breach of sportsmanship that results in severe consequences, such as ejection from a game.



Bylaw 524 Signature Requirement

Name of Student-Athlete (please print)

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524).

By signing below, both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student will not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize that under the CIF Bylaw 200.D., there could be penalties for false or fraudulent information. We also understand that the Saint Joseph Notre Dame High School policy regarding the use of illegal drugs will be enforced for any violation of these rules.

Signature of Student Athlete

Date

Signature of Parent/Caregiver

Date



Saint Joseph Notre Dame High School

To all athletes and parents:

Saint Joseph Notre Dame High School has a responsibility to make you aware of the dangers of participation in any form of athletic competition. I am asking that you carefully read the statement below with your son or daughter, sign it, and return it to school. In addition, your signature indicates that you have also reviewed the school handbook section pertaining to athletics. A sports handbook may also be issued at a later date by your son's/daughter's coach.

I am aware of the potential danger of participation in interscholastic athletics--both practice and competition. I realize that there is a risk of being injured in all sports, no matter how many precautions are taken. I further realize that this risk of injury may be severe, including varieties of fractures, sprains, contusions, brain injuries, PARALYSIS, OR EVEN DEATH. I also realize that my son/daughter needs to follow carefully all the guidelines given by the coaching staff regarding training rules, safety procedures, proper use of equipment, legal and safe playing techniques, and any and all other safety procedures. I understand that even if all of the above is done, my son/daughter may still incur injury through participation in athletics.

Understanding the above, I give my permission for my son/daughter to participate in the sport of _____

Student's Name - please print

I have read and do understand the above _____
Student's Signature Date

I have read and do understand the above _____
Parent's Signature Date

We will be happy to answer any questions you may have regarding this or other matters. Please call the Athletic Director's office at 510-995-9434. We are looking forward to a safe and successful athletic year at Saint Joseph Notre Dame High School.

Sincerely,

Dan Curry
Director of Athletics