



Dear Parents,

I welcome your daughter's interest in Carondelet's comprehensive Interscholastic Sports Program. Our students have the opportunity to participate in the following fall sports:

**Tennis-** Junior Varsity & Varsity  
**Cross Country-** Frosh/Soph, Junior Varsity & Varsity  
**Water Polo-** Junior Varsity, Varsity  
**Volleyball-** Freshmen, Junior Varsity, Varsity  
**Golf-** Varsity

In order to provide this competitive program, we need support in two areas:

- **Financial:** A fee of approximately \$150- \$300 per sport (Golf- \$300- \$330) **NOT COLLECTED UNTIL THE PARENT MEETING**
- **Parental:** We depend on parents to drive to some away competitions, act as scorekeepers, and work at home events as needed by the coach. Specific duties will be explained at the parent meeting on **Wednesday, September 3 at 7:00 p.m. in the Garaventa Center.**
- Our insurance requires that **drivers** submit current proof of \$300,000 liability insurance. Please bring a copy to the parent meeting.

I wish your daughters the best during try-outs and look forward to working with you. If you have any questions, please contact me at 686-5353 x 168.

Sincerely,

Gleam Green  
Athletic Director

## CARONDELET HIGH SCHOOL INTERSCHOLASTIC SPORTS PROGRAM

- I. **SCHOLASTIC:** Students who are trying out for any interscholastic team must have achieved at least a 2.0 GPA during the second semester of the 2007-08 school year. No student who receives one F or two or more Ds on her report card will be permitted to try out.
  
- II. **FORMS:** RETURN TO ATHLETIC OFFICE BY **Friday, June 6th (10<sup>th</sup>-12<sup>th</sup>)**
  - Registration form
  - Emergency medical form
  - NCS Ejection Policy
  - Permission slip--Cross Country, Golf and Tennis
  - Parent/Student Athlete Agreement form
  - A current physical is required for tryouts and to compete on a CHS team. Physicals are good for one year from the date of exam. If you have had a physical **this school year after August 18th, 2007** and it is on file with the attendance office, you do not need to get another physical for Fall sports but may need a new physical for Winter, Spring and Cheer/Dance try-outs.
  - Incoming Freshmen have already satisfied this requirement at the time of admission and do not need to submit a new form for Fall sports. *However, if you get your physical too early, you may need to get another physical before spring/winter sports or Cheer/Dance tryouts.*
  - If the physical has been cleared for two years, it **must be re-stamped and dated by the physician.**
  - Physicals are kept on file in the Attendance office, Athletic Director also has a copy, if a student needs to check the date of their last physical.
  - Physical forms may be picked up in the locker room, Athletic office, school office or on school web site under forms

**PLEASE NOTE:** ALL FORMS, EXCEPT PHYSICAL FORMS, ARE DUE IN THE ATHLETIC OFFICE BY **FRIDAY, JUNE 6th (10-12th.)**, Freshmen no later than **WEDNESDAY, AUGUST 13<sup>TH</sup>**. STUDENTS WHO DO NOT COMPLETE FORMS COMPLETELY, OR TURN IN FORMS AFTER THIS DATE, MAY NOT BE CLEARED FOR TRY-OUTS ON THE FIRST DAY. IF YOU ARE GETTING A PHYSICAL OVER THE SUMMER, **STILL TURN IN YOUR PACKET**, THEN EITHER HAND-CARRY YOUR PHYSICAL OR MAIL IT TO THE SCHOOL TO THE ATTENTION OF MRS. GREEN, ATHLETIC DIRECTOR. MUST BE RECEIVED BY THE WEDNESDAY BEFORE TRY-OUTS. (AUGUST 20<sup>th</sup>, 2008)

**Try-outs begin MONDAY, AUGUST 18th**– Please check future publications for specific dates and times. During August, check the Sports “hot line” at 358 for further information.

# FALL SPORTS REGISTRATION FORM

**DUE: June 6, 2008 (BY 3:00 pm...10-12th) Incoming Freshmen, no later than August 13th**

## CHECKLIST FOR REGISTRATION

- \_\_\_\_\_ Current physical form on file or send in a new one
- \_\_\_\_\_ Permission Slip for Carpools and Driving
- \_\_\_\_\_ Student-parent agreement form
- \_\_\_\_\_ Registration form (below)
- \_\_\_\_\_ At least a 2.0 GPA for the previous grading period (no F's, no more than one D)
- \_\_\_\_\_ Emergency notification form
- \_\_\_\_\_ NCS Ejection Policy

**STUDENT INFORMATION-** Please print clearly

**SPORT** \_\_\_\_\_ **ID#** \_\_\_\_\_

**STUDENT'S NAME** \_\_\_\_\_  
Legal first name Legal last name

**STUDENT'S EMAIL** \_\_\_\_\_ **STUDENT'S CELL** \_\_\_\_\_

## PARENT/GUARDIAN INFORMATION

**NAME** \_\_\_\_\_  
First Last Relationship

**HOME #** \_\_\_\_\_ **WORK #** \_\_\_\_\_ **CELL #** \_\_\_\_\_

**NAME** \_\_\_\_\_  
First Last Relationship

**HOME #** \_\_\_\_\_ **WORK #** \_\_\_\_\_ **CELL #** \_\_\_\_\_

**HOME ADDRESS:** \_\_\_\_\_  
Street City Zip Code

**EMAIL** \_\_\_\_\_ **EMAIL (optional)** \_\_\_\_\_

Please sign here indicating: 1) that you have read the information regarding the ISS program, specifically the collection of fees, parental involvement responsibilities (driving and working rules and regulations of Carondelet High School, of the East Bay Athletic League, and of the California Interscholastic Federation 3) that there are inherent risks involved with any athletic participation.

\_\_\_\_\_  
**STUDENT SIGNATURE**      **DATE**      **PARENT SIGNATURE**      **DATE**

Please check if you are interested in helping out as a Team Parent \_\_\_\_\_

# EMERGENCY NOTIFICATION FORM

STUDENT NAME: \_\_\_\_\_ STUDENT I.D. #: \_\_\_\_\_

Grade: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address: \_\_\_\_\_

Home # \_\_\_\_\_ Work# \_\_\_\_\_

List two people who will assume temporary care of your child if you cannot be reached:

1. \_\_\_\_\_ Phone# \_\_\_\_\_

2. \_\_\_\_\_ Phone# \_\_\_\_\_

**MEDICAL RELEASE:** I am aware that the student accident plan provided by Carondelet High School only reimburses for expenses not covered by the family's primary insurance. Medical bills from injuries sustained by my student while participating in school-sponsored programs are my responsibility. My permission is hereby given to the school representative of Carondelet High School to authorize, by his/her signature, whatever medical or surgical treatment may be considered necessary or advisable by the physician or nurse in attendance in the event of an accident or medical emergency involving: (Student Name) \_\_\_\_\_

**PARENT/LEGAL GUARDIAN SIGNATURE:** \_\_\_\_\_

\_\_\_\_\_  
(Please print or type name) (Date)

\_\_\_\_\_  
(Street Address) (City) (Zip)

As parents/guardians, we understand and agree to this Medical Release. If this document is signed by only one parent or guardian, such parent or guardian represents that he/she, if parent, is either a single parent or is authorized to give this permission on behalf of both parents, or, if guardian, is the appointed guardian of the above-named student.

**Necessary Medical Information:**

Medical health benefit/insurance provider: \_\_\_\_\_ Plan Number \_\_\_\_\_

Physician's name \_\_\_\_\_ Phone # \_\_\_\_\_

Describe all allergies (drug, food, insect bites, etc) or limitations on physical activity:

Drug allergies: \_\_\_\_\_

Food allergies: \_\_\_\_\_

Other allergies: \_\_\_\_\_ Physical limitations: \_\_\_\_\_

Current Medication(s): \_\_\_\_\_

\_\_\_\_\_

CROSS-COUNTRY, GOLF AND TENNIS TRANSPORTATION AGREEMENT

STUDENT AGREEMENT:

I, \_\_\_\_\_ understand that this permission slip only  
*Print students' name*  
applies to the Fall season of sport

\_\_\_\_\_  
*Students' signature/date*

PARENTAL PERMISSION:

I/We, as the parents/guardians of \_\_\_\_\_, give our consent to the student's participation at an off-campus site for practice sessions, pre-season and post-season competition and related activities. My/Our consent extends to sites approved by Carondelet High School. I/We understand that when the student is traveling during the estimated time, Carondelet High School is not expected or required to exercise any responsibility over her activities. The students are not chaperoned by school personnel until they arrive at the designated site. I/We have explained to the student her responsibility in providing transportation to others. **PARENT MUST SIGN EACH SCENARIO WHICH MAY APPLY BELOW.**

My/Our daughter has my/our permission to participate as follows:

**Tennis:** ClubSport Valley Vista, 3737 Valley Vista Rd. Walnut Creek (925-934-4050); From Carondelet High School, turn right onto Treat Blvd. Turn right onto Oak Grove Rd. Cross Over Ygnacio Valley Rd. Turn left onto Valley Vista Rd. Courts will be on your right.

**Cross Country:** Lime Ridge and local parks.

\_\_\_\_\_ She may go in a vehicle driven by another student.

\_\_\_\_\_ She may drive a car, but not transport other students.

\_\_\_\_\_ She may drive her car and transport other students.

\_\_\_\_\_ She may ride with a parent driver to the designated site.

\_\_\_\_\_ She may go off campus in a vehicle driven by a car pool parent

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## PARENT/STUDENT ATHLETE AGREEMENT

In order to help provide for competitive athletics, participation fees have been established for each sport. Fees for each sport must be paid in full at the Sports Parent Meetings established on the school calendar. In addition, parents are asked to provide assistance as team parents or as volunteer drivers.

### TEAM RULES AND REGULATIONS

Athletic Team members are representatives of Carondelet High School, and shall conduct themselves with courtesy, common sense, and respect at all times. Rules and regulations of Carondelet High School regarding student behavior shall be in effect at, and while en route to or from, all athletic practices, contests, or activities. Any behavior in violation of these rules and regulations, or which tends to bring discredit to their Team, or which may reflect unfavorably on Carondelet High School will be brought to the attention of the Deans for disciplinary action.

In order to participate in any athletic activities at Carondelet High School, the undersigned student agrees to obey the regulations and training rules established by the Carondelet High School Athletic Department, the Bay Valley Athletic League, and/or the North Coast Section of the California Interscholastic Federation. An athlete who fails to abide by these regulations and training rules will be subject to disciplinary action by the Coach and/or Director of Athletics.

Because any individual's behavior reflects on the entire Team and Carondelet High School, Athletic Team members are advised that they are to avoid any situation which may tend to reflect unfavorably on their personal integrity or the good reputation of the Team and Carondelet High School. If an athlete is aware of questionable behavior on the part of any team member, she should privately bring the behavior in question to the attention of the Coach at the first opportunity.

### ELIGIBILITY:

#### • Academic:

1st quarter:	eligibility determined by semester g.p.a. of previous June report card, unless remediated through successful completion of an approved summer school course
2nd quarter:	eligibility determined by 1st quarter g.p.a.
3rd quarter:	eligibility determined by 1st <b>semester</b> g.p.a.
4th quarter:	eligibility determined by 3rd quarter g.p.a.

**At the conclusion of each quarter, the Registrar will provide a list of those students who are academically ineligible to the Athletic Director.**

1. Try-out: Athlete must achieve a minimum 2.000 g.p.a. during the previous grading period in order to try out. No student who receives one F or two or more D's on her report card will be permitted to try out. An athlete who is ineligible for any reason at time of try-outs is ineligible for the entire season.
2. Continue on a team: Athlete must maintain a minimum 2.000 g.p.a. at each grading period during season of sport to continue eligibility. If Athlete fails to maintain a 2.000 g.p.a. at each grading period or if she receives an "F" in any course at the quarter or semester, she may remain on her team and participate in all practices, but may not participate in contests until such time as cleared by her Academic Advisor. This probationary period is allowed only once during a student's four years at CHS.
3. When Athlete is enrolled in a physical education class, she must participate in that class or forfeit participation on her team that afternoon.

#### • Disciplinary:

1. Detentions shall be served at the discretion of the Deans, and may be served during practice times.
2. Disciplinary action may prohibit Athlete from participating in any activity, including try-outs, at the discretion of the Deans.
3. Students must have an acceptable conduct record, in order to try out or participate in any sport.

#### • Medical:

1. Athlete must provide proof of physical examination or physician's clearance before she may try out; this proof must be provided at least one week prior to try-outs. Proof of examination may not be faxed to the school.
2. A physical is considered current only one year from the date of the physical examination. Physicals checked off for two years need to be re-stamped with the current date by the physician.
3. In the event of any injury which prevents an Athlete's participation at practices or contests, a medical release must be obtained from her physician and filed with her Coach.
4. Parent must contact the Athletic Director within 24 hours of any activity-related injury.

#### • Parent Permission:

1. Athlete must submit a signed parent permission form before she may try out.

### TEAM COMMITMENTS:

1. Athlete is committed to the team for the entire season once rosters are finalized.
  - a) Athlete must complete the current season of sport prior to trying out for the next season of sport.
  - b) Athlete will be dropped from her team as the result of disciplinary action for any use of tobacco products, alcohol or other illicit drugs, will not be reinstated for the entire semester, and will be ineligible for the following semester.
  - c) If an athlete quits the team, she cannot participate the following year. Athlete who drops with the coach's consent will be eligible for the next season of sport; athlete who is dropped because of lack of commitment and compliance with team rules (coach's decision) will be ineligible for the next season of sport.
  - d) Athlete is allowed to miss practice or games only with the prior approval of the Coach. Excessive absences/tardies may result in dismissal from the team.
  - e) An athlete who is suspended from her team as the result of disciplinary action for anything other than the use of tobacco products, alcohol, or other illicit drugs may regain eligibility at the discretion of the Deans. Final decision to readmit athlete to participation rests with the coach.
  - f) All Athletic Team members are expected to attend practices unless at home ill. If an athlete is injured but is able to attend school, she will attend practices and games.
2. Athlete must attend classes the entire school day the day of a contest to be eligible to perform at that day's competition. (This also applies to any special schedule days.)
3. Athlete must attend the entire contest unless other arrangements have been made with the Coach. Athlete shall notify her Coach in writing of any absences from school, practice, contests or games.

BEHAVIOR/ATTITUDE:

1. Athlete agrees to keep herself in good health and physical condition by getting proper rest and diet, and by avoiding the use of tobacco products, alcohol, and other drugs.
2. Athlete shall demonstrate the highest standards of sportsmanship at all athletic competitions, either as a participant or a spectator, extending courtesy and respect to Athletic Team members, Coaches, officials, and spectators.
3. Knowledge of any behavior by team members at any contest which involves alcoholic beverages, illicit drugs, or vandalism must be brought to the attention of the coach.
4. Athlete shall direct any questions or concerns to the Principal through proper channels of communication: first to her Coach, then the Athletic Director, then the Assistant Principal, and finally the Principal.

GENERAL REQUIREMENTS:

1. Completed registration packet:
  - a) Parent Permission Form
  - b) Current Physical Examination Form
  - c) Student Athlete Agreement
  - d) Registration Form
  - e) Emergency Information Form
  - f) Transfer Student Form (if applicable)

CRITERIA FOR AWARDS:

Athlete must participate in practice and competition for at least 80% of the season at a particular level to be recognized at that level: [In the case of any athlete moving between two levels of sport in a single season, level of award will be at discretion of Coach.]

- Frosh/Novice level: Certificate, no letter or patch
- Junior Varsity: Certificate, little "C" for 1<sup>st</sup> year junior varsity or any sport; or patch for additional junior varsity participation in any sport
- Varsity: Certificate, big "C" for 1<sup>st</sup> year varsity of any sport, or patch for additional varsity participation in any sport.

CRITERIA FOR CO-CURRICULAR CREDIT:

Athlete must participate in practice and competition for at least 80% of the season to receive credit for that season of sport. If an athlete quits or is suspended from the team for lack of compliance to team or school rules, she may receive partial credit at the discretion of the coach. Amount of credit will depend upon the portion of the season in which she participated. An injured athlete may receive partial or full credit at the discretion of the Coach in consultation with the Athletic Director.

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**I understand the above Parent/Student Athlete Agreement as well as the rules and regulations of Carondelet High School regarding student behavior as contained in the Carondelet Student Handbook, and agree to be bound by them. I understand that there are inherent risks involved with any athletic participation. I understand that this Parent/Student Athlete Agreement is in effect for the academic year 2008-2009.**

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Student Signature-Date

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Parent/Guardian Signature-Date

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Parent/Guardian Signature-Date

If this document is signed by only one parent or guardian, such parent or guardian represents that he/she, if parent, is either a single parent or is authorized to give this permission on behalf of both parents, or, if guardian, is the appointed guardian of the above-named student.

ATHLETE EJECTION POLICY NOTIFICATION FORM\*  
(North Coast Section Ejection Policy)

Carondelet High School

The following rules and minimum penalties are applicable to players as adopted by the 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, 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, post-season { league, section or state } playoff, etc.).
2. Illegal participation in the next contest by a player ejected in a previous contest. Penalty: The contest shall be forfeited and the ineligible 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 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, post-season { league, section or state } playoff, etc.).

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.

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_

SPORT \_\_\_\_\_

Var. JV  
FS Fr.  
(Circle one)

\*These signed policy statements are to be maintained at each school. An Ejection Policy Notification Form – SCHOOL (see page 7) is to be filed, according to league policy, either with the league commissioner or with the North Coast Section.