



# Wildwood School Athletics

## Wildwood School Athletics Handbook 2019-2020

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## I. Letter from the Directors

Dear Wolves,

Welcome to our Wildwood Athletics Family. This handbook is designed to provide helpful information about Wildwood School's Athletics Program. Within this handbook you will find procedures and policies pertaining to the responsibilities of coaches, players, families, and the school. It is imperative that we all understand our role and the importance we play in our student-athletes' lives. It is intended that competitive athletics at Wildwood School will develop within our student-athletes the qualities of leadership, commitment, and good judgment. Please read this handbook with care; we encourage families to review it together. While Wildwood encourages the development of individuals and respects the right of every student-athlete to his or her own opinion, we have established commonly accepted standards of behavior and communication for our athletics program to function at its best. You will find these standards in this handbook. Wildwood School expects that you will read them, understand them, and abide by them.

Wildwood is a reflective institution and hence always evolving. Often, changes are made as our student body evolves and interests vary. Each year Wildwood's athletics staff reviews and revises the program and policies to reflect those changes. So as a new or returning Wildwood family we encourage you to familiarize yourself with this handbook.

Thank you for taking the time to read through this important information and we look forward to supporting our student-athletes in healthy competition.

Sincerely,



Billy DuMone  
Director of Athletics  
[bdumone@wildwood.org](mailto:bdumone@wildwood.org)



Reo Sorrentino  
Assistant Director of Athletics  
[rsorrentino@wildwood.org](mailto:rsorrentino@wildwood.org)

## **II. Wildwood Athletics Mission Statement**

Wildwood's athletic program embodies the mission of the K-12 school in developing engaged community members who are working to be their best selves. As an extension of the Wildwood classroom, the lessons learned reinforce the values of commitment, hard work, gratitude, and grit. With a primary focus on athletic growth and character development, Wildwood Wolves are taught to compete at the highest levels, to strive for success, and strategize to win.

### **Elementary School Athletics**

The Elementary program is an introduction to competitive athletics for 5th graders. The focus is on reinforcing Life Skills, understanding the importance of sportsmanship, and experiencing healthy competition. Wildwood offers a place on the team for anyone who signs up. The experience at the elementary level prepares students for involvement in athletics at Wildwood's middle and upper school. Teams compete in the Coastal Canyon League where equal playing time is mandated.

### **Middle School Athletics**

The Middle School program offers different levels of competitive teams and more variety of choice. Some sports have limited roster sizes and thus tryouts and team placement. Athletes are assessed at the beginning of the season, then placed at the appropriate level based on skill and understanding of the sport. Wildwood ensures there is at least one sport offered per season where a middle school athlete can participate. Our program offers the opportunity for student-athletes to develop skills as well as enjoy the excitement of competition, thus preparing them for athletics at the upper school level. Teams compete in the Pacific Basin League where equal playing time is not mandated and our teams strategize to compete at their highest level.

### **Upper School Athletics**

The Upper School program offers both Varsity and Junior Varsity teams. Student-athletes try out for a team and earn a position based on skill sets, understanding of a sport, and demonstrated commitment. Athletes are taught to manage their time and take care of their health as they experience a rigorous practice and competition schedule. The focus is on helping student-athletes to realize that success is achieved through hard work, collaboration, and being their best selves. Teams compete in the CIF sanctioned Coastal League.

### III. FAQ's and General Information

#### General Contact Information- athletics @wildwood.org

- Athletics Director: Billy DuMone, (310) 478-7189, ext. 5034 or [bdumone@wildwood.org](mailto:bdumone@wildwood.org)
- Assistant Athletics Director: Reo Sorrentino, (310) 478-789, ext. 5046 or [rsorrentino@wildwood.org](mailto:rsorrentino@wildwood.org)

#### School Mascot

The Wildwood Wolf

#### School Colors

Blue, white, and grey

- **Where do I find information about the program?**

General athletics program information, season summaries, news, and the athletics calendar can be found on the school website, [www.wildwood.org](http://www.wildwood.org). Bi-weekly eNews, Facebook and Instagram postings, and emails from the athletics department will keep you informed of happenings throughout the year.

- **How does my child sign-up for individual sports?**

Elementary School: An informational email will be sent to parents in advance of each season, Parents wanting to sign up their children should email [athletics@wildwood.org](mailto:athletics@wildwood.org).

Middle and Upper School: Prior to the beginning of each season students are given information about each sport offered. Sign-ups are posted in the Athletics Office. It is the student's responsibility to sign up for a sport.

- **When are practices?**

Elementary teams practice one day a week on Mondays or Wednesdays. Middle school teams practice two to three times per week. The specific days and number of days of practice for middle school teams varies by sport. Upper school teams practice four or more times a week. All practices are held after the regular school day.

- **Where do teams practice?**

Elementary practices take place on Big Yard. Middle and upper school practices take place at Stoner Park field and gym, Cornerstone West LA Church gym, West L.A. College, Pearl Tennis Center, Brentwood Country Club, Rancho Park, The Plunge pool, Ocean Park Beach, Mar Vista Park, and more.

- **How do athletes get to contests?**

Athletes are bused to all contests, except those played at Stoner Park, to which middle and upper school athletes will walk with the coaches. Athletes are bused back to Wildwood after games.

- **Are there additional fees?**

There are no additional fees for elementary and middle school athletics. There are occasional fees related to overnight trips that upper school teams take during the season. There is a fee for uniforms lost or returned unusable.

- **Are uniforms provided?**

Team uniforms are provided for athletes and must be returned at the end of the season. Uniforms include a top and bottom, as well as a practice jersey. Certain specialized equipment may be required and is purchased separately by the athlete (e.g. sport-specific shoes, shin guards, etc.)

- **Who do we compete against?**

Elementary School: Our teams compete against schools in the Coastal Canyon League (CCL). Members of the CCL include: Brawerman, Brentwood, Carlthorp, Echo Horizon, New Roads, Park Century, Turning Point, Village School, WNS, Calvary Christian and Willows Community School.

Middle School: Our teams compete in the Pacific Basin League (PBL). Members of the PBL include: New Roads, Archer, Calvary Christian, Turning Point, Westchester Lutheran, Westside Neighborhood School, Lighthouse Christian, Crossroads, Windward, St. Matthews, Brentwood School, Geffen Academy, and Willows.

Upper School: Our teams compete in the California Interscholastic Federation (CIF) sanctioned Coastal League. The CIF controls interscholastic athletic activities of high schools in the state. As a member of the CIF, Wildwood agrees to abide by all of the state by-laws, rules, and regulations. Members of the Coastal League include: New Roads, Vistamar, Lennox Academy, Rolling Hills Prep, Hawthorne Math and Science, Geffen Academy, and California Academy of Math and Science.

- **How do parents get involved?**

The Wildwood Parent Organization (WWPO) has an Athletics Planning Committee that supports our athletics teams. Our APC always welcomes parent volunteers.

- **What are the expectations of Wildwood Athletes?**

Athletes must adhere to the **Interscholastic Athletics Code of Conduct** and the **Team Expectations Contract** (which is distributed to and signed by all athletes and their parents).

- **What are Wildwood's hiring practices for coaches?**

Wildwood hires pedigreed coaches who have experience playing and/or coaching their sport. If an internal member of our community has such experience we first consider hiring from within. We then look to the outside community for qualified candidates.

- **Is my child exempt from Physical Education if they play a sport?**

At the elementary and middle school levels athletes are not exempt from Physical Education. It is Wildwood's philosophy that during these formative years much social and emotional growth takes place in physical education class and they need to experience this part of our curriculum.

Ninth grade athletes are exempt from their Wednesday Physical Education class. With upper school athletics the time commitment is greater and the demand on the body more strenuous so we allow for athletes **during their season** to be exempt from this class in order to support them in their academic work. Once their season ends they must return to physical education class.

## **IV. Wildwood Athletics Program- Sports Offerings\***

### **Fall Season (Sept.-Nov.):**

Elementary School Girls Basketball (5th grade only)

Middle School Girls Volleyball

Middle School Cross-Country

Middle School Swimming

Upper School Girls Indoor Volleyball (Junior Varsity and Varsity)

Upper School Cross-Country

Upper School Boys Beach Volleyball

### **Winter Season (Nov.-Feb.):**

Elementary School Girls Volleyball (5th grade only)

Elementary School Boys Basketball (5th grade only)

Middle School Girls Soccer

Middle School Boys Soccer

Middle School Girls Basketball

Middle School Boys Basketball

Upper School Girls Soccer

Upper School Boys Soccer

Upper School Girls Basketball (Junior Varsity and Varsity)

Upper School Boys Basketball (Junior Varsity and Varsity)

### **Spring Season (Feb.-May):**

Elementary School Coed Soccer (5th grade only)

Elementary School Boys Volleyball (5th grade only)

Middle School Coed Tennis

Middle School Boys Volleyball

Middle School Track and Field

Middle School Golf

Upper School Golf

Upper School Track and Field

Upper School Swimming

Upper School Girls Beach Volleyball

Upper School Boys Tennis

Upper School Boys Indoor Volleyball

**Year Round-** Equestrian for 7<sup>th</sup>-12<sup>th</sup> graders

\*All sports are dependent on sufficient student participation.

## **Expectations of Wildwood Elementary School Athletes**

- It is the goal of the Wildwood Athletics Department to create an environment at practices and competitions that allows all athletes to learn, develop skills, reach personal and team goals, and to enjoy the camaraderie of team involvement.
- All student-athletes are expected to be at all practices and to arrive on time. Generally the elementary commitment is one day a week. Practice will be held after school from 3:30-5:00 p.m. If athletes are unable to be at practice they need to communicate with their coach.  
**COMMUNICATION IS KEY!**
- If a student-athlete becomes injured during a competition or practice, they must immediately inform one of the coaches. Student athletes are also responsible to notify their coaches if there are any injuries or important health issues that occur outside of practice or competition.
- Student-athletes are expected to be mentally and physically prepared for each and every practice and game. All athletes should be dressed and ready to go on time for practice as well as competitions.
- All team competitions and practices are distributed to families and players. Athletes should familiarize themselves with the information and make sure all activities are scheduled on their and their families calendars.
- All players will have an equal opportunity to participate during the season regardless of their skill level.
- Student-athletes are responsible for managing team responsibilities and classroom responsibilities. Student-athletes are responsible for completing all homework assignments, class assignments, or other school related projects as dictated by their classroom teacher deadlines.

## Expectations of Wildwood Middle and Upper School Athletes/Contract

1. **Athletes are expected to be at all practices and contests.**
  - Practice days and times can vary by sport. The middle school commitment is three days a week. The upper school commitment can be anywhere from four to six days a week
  - Athletes will receive a schedule of practices and contests at the beginning of the season. Athletes and families are expected to familiarize themselves with the information and make sure all activities are calendared.
  - Athletes are expected to check their email daily as this is the main source of communication from the coaches and athletics directors.
  - The baseline for middle school athletes, as long as they are fulfilling the minimum expectations including the above-mentioned factors, is that they will get some playing time during the season. Playing time at the middle school level is not equal. The baseline at the upper school level is no playing time is guaranteed.
  - Playing time is earned. Missing practice, whether it is excused or unexcused, is a factor as coaches make playing time decisions. Other factors include attitude, effort, skill level, an understanding of a sport, coachability, and more.
  - If an athlete has an extenuating circumstance that would preclude them from making the above stated commitment please contact the athletics department to discuss.
2. If an athlete is knowingly unable to attend a practice or contest, they are expected to communicate with a coach prior to the absence or it will be considered unexcused. Absences may result in a change of playing time or no longer being allowed to be a part of the team. **Communication between athletes and coaches is key.**
3. Wildwood athletes are expected to attend school (minimum half day) in order to be eligible to practice or compete in a contest that day.
4. Wildwood athletes are expected to adhere to the coach's decisions. While athletes are encouraged to communicate with their coach about the positions they'd like to play and events in which they participate, the final decision rests with the coaching staff. Playing time will be determined in the best interest of the team as a whole.
5. Wildwood athletes are expected to complete any class work missed due to early dismissal for competitions. It is the student-athlete's responsibility to communicate with their teacher in person or through email prior to the class period they will be missing.
6. Athletes who hold a legal driver's license, and with consent from their parents and the Athletics Department, are allowed to drive to competitions and practices. Athletes are expected to comply with all California DMV requirements and to follow all of the traffic laws of California. A completed driving form must be on file in the Athletics Office, prior to being allowed to drive to practices or contests. Wildwood holds the right to revoke driving privileges of students. See the California Department of Motor Vehicles website:  
<http://www.dmv.ca.gov/portal/home/dmv.htm?lang=en>
7. **Injury/Return to Play Policy**
  - Student-athletes who are unable to participate due to an injury, whether it occurred away from a school practice or game, or during a school sanctioned event, are required to report it to his or her coaches. The coaching staff and student-athlete will address the best form of treatment and plan accordingly. All injured student-athletes are expected to report to practice unless instructed otherwise.
  - Any student-athlete who has been held out of participation due to injury by the coaching staff or parent/guardian may only return to activity after being evaluated and cleared by the coaching staff and/or parent or guardian. This may include a doctors' clearance.
  - If a student-athlete is injured and requires the medical attention of a doctor or emergency personnel, he/she must provide written documentation from their physician to return to play. This information must

include a diagnosis, practice and/or competition plan, and any specific treatment protocols.

8. Uniforms are issued at the start of the season and are each athlete's individual responsibility. Athletes are expected to wash and return their uniform at the end of the season. If they are not returned or returned deemed unusable, there will be a fee.
9. Athletes are expected to be dressed and ready to leave at the designated time for practices and competitions.
10. Athletes are expected to come to games and practices with a positive attitude. It is the goal of the Wildwood Athletics Department, to create a fun and instructive environment at practices and competitions that allow athletes to learn, develop skills, reach personal and team goals, and enjoy the camaraderie of team involvement.



**Wildwood School  
Athletics**

**Athlete Contract**

I have read, understand, and am choosing to adhere to the above expectations and team policies while an athlete at Wildwood School. I understand that the purpose of these philosophies and expectations are to help my team, my school, and myself. I realize that my attendance at practice is critical to my own improvement, as well as my teams. I know that I am responsible for directly communicating with my coaches.

Please sign and return this letter of commitment to the main office at elementary or the athletics office at middle/upper.

ATHLETE'S SIGNATURE \_\_\_\_\_

Date: \_\_\_\_\_

PARENT/GUARDIAN'S SIGNATURE \_\_\_\_\_

Date: \_\_\_\_\_

## **Interscholastic Athletics Code of Conduct for Middle and Upper School Athletes**

1. California Interscholastic Federation (CIF) rules must be followed in all cases of eligibility, physical examinations, insurance coverage, starting dates, and use of equipment. Each coach has the responsibility to know, inform, and enforce CIF regulations in these matters.
2. Any conduct, including civil or penal law infraction, by a student athlete that is determined by the coaching staff and/or school administration to be detrimental to the athletics program, the school, or school community may result in a meeting with either the coaching staff, director/s of the middle or upper school, and/or director of athletics. Behaviors may result in the possible suspension from the team and/or school.
3. No athlete may quit one sport and then try out for another after the season has begun without the mutual consent of both coaches and/or the director of athletics.
4. A display of unsportsmanlike conduct toward the opponents, parents and fans, or toward an official will result in a meeting with the head coach, director of middle or upper school, and director of athletics. Behaviors may result in the possible suspension from the team.
5. Unexcused absences (i.e. family trips, doctor appointments unrelated to season of sport) from scheduled practices or games may result in the following:
  - 1st violation: a warning
  - 2nd violation: reduced participation in contests
  - 3rd violation: meeting with head coach, director of athletics, and director of middle or upper school with possible removal from the team.
6. The use or possession of illegal substances by athletic participants is prohibited. Such behavior may result in suspension from the team and may be grounds for suspension and/or expulsion from the school. (See Student Handbook.)
7. Student-athletes are responsible for timely completion of all academic work during their season of sport. Due to Wildwood's unique and comprehensive academic program, a collaborative effort between student, teacher, advisor, and coach will be used to monitor the student-athletes' academic status.

Before any suspension provided under these rules shall take effect, the student and parent/guardian shall be advised of the situation, and the student will have an opportunity to explain or justify the action. Following, the coaching staff, director of athletics, and/or either the middle or upper school director will determine the appropriate course of action and will notify the student and parent/guardian.

## **Coaches Job Descriptions**

### **Head Coach**

Reports to: Athletics Director or Assistant Athletics Director

Basic Duty: Oversee all aspects of their team: practices, contests, communication, assistant coaches, players, and managers

### **Responsibilities**

- Conduct a meeting with parents at the start of the season to go over expectations and philosophies.
- Send regular emails in order to have clear communication to the team and parents, giving updates on game and practice schedules.
- Take daily attendance for accountability and safety due to the use of public spaces. Use of a sign in and out procedure from practice and games.
- Be at all scheduled events as assigned by the athletics directors.
- Conduct themselves and their teams in a professional manner.
- Be familiar with and enforce Wildwood's Athletics Code of Conduct.
- Understand Wildwood's Habits of Mind and Heart as outlined in the Student Handbook to help foster Wildwood's mission.
- Document player evaluations during the assessment period.
- Obtain and train managers for your sport (as needed).
- Be aware of their players academic status.
- Coordinate with coaching staff and athletics directors to administer consequences as needed.
- Handle publicity for the sport with the best interest of the school in mind. Report highlights and scores immediately following contests to the athletic directors, communications and design manager, and the appropriate Athletics Liaison.
- Report any problems to the athletics director or assistant athletics director immediately.
- Upper school coaches are required to vote for All-League selections.
- Upper School Coaches must have completed the NFHS certification.
- All Coaches must hold a current CPR/First Aid/AED certification.

### **Equipment and Facilities**

- Be responsible for care of equipment and facilities.
- Make sure that players understand their responsibility to the equipment issue program and rules for the care of their equipment.
- See that inventory is taken immediately after the season and that proper equipment is ordered for the following season.
- Assist the athletics directors in recovery of all equipment issued or proper replacement.

### **Safety**

- Emphasize safety precautions and be aware of the best training and injury procedures.
- Keep your first aid cards up to date and file a copy with the athletics director.
- Make sure that ice/cold packs and a properly stocked first aid kit are taken to each practice and contest.

- Return medical kit at seasons end.
- Emergency cards must be carried in your first aid kit.
- Fill out the "Daily Injury Report" sheets as needed and turn them in to the athletics director immediately.
- Take attendance at every practice/contest.
- If an athlete is not at practice or a contest, and you expected them to be in attendance, IMMEDIATELY send a text to both Athletic Directors. We always have our phones with us. We will contact their parents as needed.
- If you already know an athlete will be missing, and have communicated this understanding with their parents, you do not need to text us.
- For all email communication regarding attendance you should CC the parents and both A.D.'s.

### **Professional Development**

- Continually seek to upgrade your knowledge of the sport you are coaching by going to clinics and taking classes. You are encouraged to read and research in your sport field.
- At the close of each season, athletes, parents, and administrators will be evaluating the coaches. The primary purpose is to provide feedback to be better at the craft.

### **Assistant Coach**

Reports to: Head Coach

Basic Duty: To assist the head coach in the implementation of the program of that sport.

### **Responsibilities:**

- Be present at all practices and scheduled events for the team you coach and for other teams as assigned by the head coach.
- To perform all duties of supervision, maintenance of equipment, and care for athletic injuries as designated by the head coach.
- Enforce the Code of Conduct by reporting all incidents to the head coach.
- Report results and highlights the day of the contest to the communications and design manager and athletics director.
- Understand and implement the duties of the head coach in his/her absence and assist with those duties at all times.
- Attend assessment period and support head coach in conducting and completing player evaluation forms.
- Travel to and from practices and contests as designated by the head coach.

### **Professional Development**

- Continually seek to upgrade your knowledge of the sport you are coaching by going to clinics and taking classes. You are encouraged to read and research in your sport field.
- At the close of each season, athletes, parents, and administrators will be evaluating the coaches. The primary purpose is to provide feedback to be better at the craft.

## **Communication Protocol**

We are pleased that your child has chosen to participate in the Wildwood athletics program. Wildwood's goal is to provide our athletes with a positive experience, focused on personal and team growth. To enable this, effective lines of communication have been developed to allow for resolution of questions and concerns before they become difficult issues. The purpose of this section is to delineate all expectations for those involved in the sports program: student-athletes, parents, coaches, and administrators. This section defines steps of communication to be taken to resolve anything they think is or might be an issue.

Coaches are professionals who make judgment decisions based on what they believe to be best for the team's progress and the student-athletes themselves. At times it may be difficult if your child is not playing as much as they would like, or if their experience is not meeting their expectations. Situations do arise that may require proactive problem solving. Wildwood invites you to remain positive and child-centered when discussing your child's experience. Wildwood teaches students to advocate for themselves and to find ways to problem-solve. We ask that you read, understand, and adhere to the below guidelines, coach's decisions, and expected parent/coach relationship.

### **Guidelines to Address Concerns with Coaches**

1. Have your son or daughter first talk with the coach about his/her concerns.
2. If resolution has not been achieved parent/guardian to set up an appointment with the coach.
3. If the appointment with the coach did not provide a satisfactory resolution, set up an appointment with the athletic director.
4. Do not approach a coach immediately before, during, or immediately after a contest or practice. Meetings at these times do not work well for the coach, the parent, or the player and generally lead to a worsening of the situation.

### **Coach's Decisions**

- Playing time
- Team strategy
- Play calling
- Matters concerning other student-athletes

Certain topics can and should be discussed with your child's coach. We ask that the topics labeled under "Coach's Decisions," be left to the discretion of the coach and athletics department.

### **Parent/Coach Relationship**

Communication You Should Expect from Coaches:

- Philosophy/Purpose Statement
- Expectations the coach has for the team and individual athletes
- Team goals
- Locations and times of all practices and contests
- Injury procedures
- Conduct code
- Equipment policy

Communication Coaches Expect from Parents:

- Notification of any schedule conflicts well in advance
- Health issues or concerns of student-athlete

As your children become involved in the athletics programs at Wildwood they will experience some of the most rewarding and lesson-filled moments of their young lives. There will be times when things do not go the way your child wishes, such as playing time, communication style, and conflicting scheduling issues. The school looks at these times as opportunities for students to build resiliency, practice positive communication, and to develop their Habits of Mind and Heart. It is the students' responsibility to communicate with their coach should such issues arise.

Research indicates a student involved in co-curricular activities such as athletics has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life as a contributing community member after school. We hope the information provided helps to make the Wildwood Athletics experience as enjoyable and as positive as possible for both you and your child. Thank you for your support.



## Wildwood School Athletics

### Athletics Driving Policy Form

Athletes of the appropriate age, with a valid driver's license and proof of insurance, and in good standing with the school, are permitted to drive to athletics events with the express permission of their parent and/or guardian and they are in compliance with all laws and regulations as set forth by the California Department of Motor Vehicles (DMV). This includes practices and games.

By signing this permission form, you, the parent and/or guardian, are communicating with Wildwood School that your child will follow all driver license restrictions as stated by the California (DMV). The most current information on DMV restrictions and requirements can be obtained at <http://www.dmv.ca.gov/portal/home/dmv.htm>.

Once received, this form will be kept on file for the remainder of the school year for those athletes who participate during one or more sport season.

An athlete who has parental and/or guardian permission to drive to an event must also receive permission from their coach to do so. This form does not in any way automatically allow the athlete to drive. The athlete must communicate with their coach **PRIOR** to driving to the event and **EVERY TIME** they desire to do so.

If you choose to allow your child to drive and/or be driven for athletics purposes both you and your child must sign and date this form and return it to the Athletics Office.

\_\_\_\_\_  
Print Name of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

Date: \_\_\_\_\_

\_\_\_\_\_  
Print Name of Student

\_\_\_\_\_  
Signature of Student

Date: \_\_\_\_\_



**Wildwood School  
Athletics**

**Uniform/Equipment Distribution Policy Form**

Date: \_\_\_\_\_

Sport: \_\_\_\_\_

Coach: \_\_\_\_\_

\_\_\_\_\_ is a member of the \_\_\_\_\_ team and has been distributed the following uniform/equipment which is to be returned at the end of the season.

Uniform #: \_\_\_\_\_

Bag #: \_\_\_\_\_

Size shirt: \_\_\_\_\_

Size shorts: \_\_\_\_\_

Miscellaneous: \_\_\_\_\_

I assume all responsibility for the items I am assigned for the sport of \_\_\_\_\_ for the 2019-2020 season. I will return the above items I am assigned by the coach in the same or better condition than when I received them. I realize that all uniforms should be washed before they are returned. I agree to pay \$25 to the athletics department at the end of the season for each item not returned or ruined through lack of care.

I realize that I represent my team and Wildwood School at all times and that wearing a Wildwood uniform is a privilege. I will demonstrate respect for my school, my coaches, and my teammates by taking care of my school issued uniform and equipment and by behaving appropriately as a Wildwood athlete.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Print Name

## V. Medical Information

### Emergency and Injury Procedures for Athletics

Assess situation and discern if it is critical or non-critical:

1. Critical Injuries
  - Call 911 immediately
  - Conduct first-aid procedures as necessary until emergency personnel have arrived
  - If there is evidence of a head, neck or back injury, do not move the player
  - Contact the athletic directors
  - Contact parents/guardians
  - Complete an Injury Report Form
  
2. Non-Critical Injuries
  - Treat at school and/or at site of incident
  - Complete Injury Report Form
  - Contact the athletic directors
  - Contact parents/guardians (as needed)

### Return to Play Policy

- Student-athletes who are unable to participate due to an injury, whether it occurred away from a school practice or game, or during a school sanctioned event, are required to report it to his or her coaches. The coaching staff and student-athlete will address the best form of treatment and plan accordingly. All injured student-athletes are expected to report to practice unless instructed otherwise.
- Any student-athlete who has been held out of participation due to injury by the coaching staff or parent/guardian may only return to activity after being evaluated and cleared by the coaching staff and/or parent or guardian. This may include a doctors' clearance.
- If a student-athlete is injured and requires the medical attention of a doctor or emergency personnel, he/she must provide written documentation from their physician to return to play. This information must include a diagnosis, practice and/or competition plan, and any specific treatment protocols.

### Concussion Information for Coaches/Athletes/Parents/Guardians

The State California Interscholastic Federation (CIF) Federated Council passed Bylaw 313 that now requires a signed medical release before a student-athlete who is suspected to have sustained a concussion can return to play. The following information comes from the CIF website.

#### CIF Bylaw 313 Play It Safer

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider who is trained in the evaluation and management of concussion, and receives written clearance to return to play from that health care provider.

- What is a concussion?  
A concussion is a brain injury that:
  - Is caused by a blow to the head or body, hitting a hard surface such as the ground or floor, or being hit by a piece of equipment such as a bat or tennis racket.
  - Can change the way your brain normally works.
  - Can range from mild to severe.
  - Presents itself differently for each athlete.

- Can occur during practice or competition in ANY sport.
  - Can happen even if you do not lose consciousness. <sup>[1]</sup><sub>[SEP]</sub>
- What are the symptoms of a concussion?
 

You can't see a concussion, but you might notice some of the symptoms <sup>[1]</sup><sub>[SEP]</sub> right away. Other symptoms can show up hours or days after the injury. Concussion symptoms may include:

    - Amnesia
    - Confusion
    - Headache
    - Loss of consciousness
    - Balance problems or dizziness
    - Double or fuzzy vision
    - Sensitivity to light or noise
    - Nausea (feeling that you might vomit)
    - Feeling sluggish, foggy, or groggy
    - Feeling unusually irritable
    - Concentration or memory problems (forgetting game plays, facts, meeting times, etc.)
    - Slowed reaction time

Note: Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

- What is the treatment of a concussion?
  - Bed rest, fluids, and a mild pain reliever such as acetaminophen (Tylenol) may be prescribed.
  - After initial treatment, the patient will be referred for follow-up care to their primary care doctor or a specialist, such as a neurologist. It is important to keep these appointments, particularly because some of the more subtle problems of concussion (memory deficits, personality changes, and changes in cognition) may not be apparent at the time of the initial injury.
- What can happen if my child keeps on playing with a concussion or returns too soon?
 

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents, and students is the key for student-athletes' safety.
- What should you do if you think your child has suffered a concussion?
 

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that help ensure and protect the health of student-athletes.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON. WHEN IN DOUBT, GET CHECKED OUT.

For more information and resources, visit [www.cdc.gov/concussion/](http://www.cdc.gov/concussion/) and <https://cifss.org/wp-content/uploads/2015/06/CIF-CONCUSSION-RETURN-TO-PLAY-PROTOCOL-4-21-15.pdf>

Revised 7/1/05  
Mandatory

# Preparticipation Physical Evaluation

# HISTORY FORM

Date of Exam \_\_\_\_\_

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Personal Physician \_\_\_\_\_

**In case of emergency, contact:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ Phone(W) \_\_\_\_\_

**Explain "Yes" answers below.  
Circle questions you don't know the answers to.**

- |  | Yes                      | No   |
|--|--------------------------|--|
| 1. Has a doctor ever denied or restricted your participation in sports for any reason?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 2. Do you have an ongoing medical condition (like diabetes or asthma)?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 4. Do you have allergies to medicines, pollens, foods, or stinging insects?  | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 5. Have you ever passed out or nearly passed out DURING exercise?  | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 6. Have you ever passed out or nearly passed out AFTER exercise?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 7. Have you ever had discomfort, pain, or pressure in your chest during exercise?  | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 8. Does your heart race or skip beats during exercise?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 9. Has a doctor ever told you that you have (check all that apply):  |                          |  |
| <input type="checkbox"/> High blood pressure   |                          | <input type="checkbox"/> A heart murmur    |
| <input type="checkbox"/> High cholesterol  |                          | <input type="checkbox"/> A heart infection |
| 10. Has a doctor ever ordered a test for your heart? (for example: ECG, echocardiogram)  | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 11. Has anyone in your family died for no apparent reason?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 12. Does anyone in your family have a heart problem?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 13. Has any family member or relative died of heart problems or of sudden death before age 50?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 14. Does anyone in your family have Marfan syndrome?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 15. Have you ever spent the night in a hospital?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 16. Have you ever had surgery?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendinitis, that caused you to miss a practice or game? If yes, circle affected area below:          | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 19. Have you had a bone or joint injury that required x-rays MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 20. Have you ever had a stress fracture?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?   | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 22. Do you regularly use a brace or assistive device?  | <input type="checkbox"/> | <input type="checkbox"/>                   |
| 23. Has a doctor ever told you that you have asthma or allergies?  | <input type="checkbox"/> | <input type="checkbox"/>                   |

Head	Neck	Shoulder	Upper Arm	Elbow	Forearm	Hand/Fingers	Chest
Upper Back	Lower Back	Hip	Thigh	Knee	Calf/Shin	Ankle	Foot/Toes

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 24. Do you cough, wheeze, or have difficulty breathing during or after exercise?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Is there anyone in your family who has asthma?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Have you ever used an inhaler or taken asthma medicine?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?             | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Have you had infectious mononucleosis (mono) within the last month?                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Do you have any rashes, pressure sores, or other skin problems?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. Have you had a herpes skin infection?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. Have you ever had a head injury or concussion?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 32. Have you been hit in the head and been confused or lost your memory?                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. Have you ever had a seizure?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. Do you have headaches with exercise?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?     | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. Have you ever been unable to move your arms or legs after being hit or falling?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 37. When exercising in the heat, do you have severe muscle cramps or become ill?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease? | <input type="checkbox"/> | <input type="checkbox"/> |
| 39. Have you had any problems with your eyes or vision?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 40. Do you wear glasses or contact lenses?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 41. Do you wear protective eyewear, such as goggles or a face shield?                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 42. Are you happy with your weight?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 43. Are you trying to gain or lose weight?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 44. Has anyone recommended you change your weight or eating habits?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 45. Do you limit or carefully control what you eat?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 46. Do you have any concerns that you would like to discuss with a doctor?                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>FEMALES ONLY</b>  |                          |                          |
| 47. Have you ever had a menstrual period?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 48. How old were you when you had your first menstrual period? _____                                       |                          |                          |
| 49. How many periods have you had in the last 12 months? _____   |                          |                          |
- Explain "Yes" answers here:**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.**

Signature of Athlete \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

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**Preparticipation Physical Evaluation**

**PHYSICAL EXAMINATION FORM**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body Fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_ (\_\_\_\_ / \_\_\_\_\_, \_\_\_\_ / \_\_\_\_\_)

Vision R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected: Y N Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

	NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>			
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary (males only)+			
Skin			
<b>MUSCULOSKELETAL</b>			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

\*Multiple-examiner set-up only.  
 +Having a third party present is recommended for the genitourinary examination.

Notes: \_\_\_\_\_  
 \_\_\_\_\_

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO

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**Preparticipation Physical Evaluation**

**CLEARANCE FORM**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_

- Cleared without restriction
- Cleared, with recommendations for further evaluation or treatment for: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Not Cleared for  All sports  Certain sports: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_  
 \_\_\_\_\_

**EMERGENCY INFORMATION**

Allergies \_\_\_\_\_

Other Information \_\_\_\_\_

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO

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**Preparticipation Physical Evaluation**

**CLEARANCE FORM**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_

- Cleared without restriction
- Cleared, with recommendations for further evaluation or treatment for: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Not Cleared for  All sports  Certain sports: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_  
 \_\_\_\_\_

**EMERGENCY INFORMATION**

Allergies \_\_\_\_\_

Other Information \_\_\_\_\_

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO

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## VI. NCAA Clearinghouse Information



### eligibilitycenter.org

If you want to play sports at an NCAA Division I or II school, start by registering with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org) during your sophomore year.

### Core Courses

NCAA schools require college-bound student-athletes to build a foundation of high school courses to prepare them for the college classroom. Not all high school classes count as NCAA core courses. Only classes in English, math (Algebra 1 or higher), natural or physical science, social science, foreign language, comparative religion or philosophy may be approved as NCAA core courses. Visit [eligibilitycenter.org](http://eligibilitycenter.org) for a full list of your high school's core courses.

**This simple formula will help you meet the 16 core-course requirement:**

$$4 \times 4 = 16$$

- 4 English courses (one per year)
- + 4 math courses (one per year)
- + 4 science courses (one per year)
- + 4 social science (and/or additional) courses (one per year)

### 16 NCAA CORE COURSES

### Grade-Point Average

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses.

### Test Scores

You may take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code 9999) as a score recipient whenever you take a test. We can only accept official scores from ACT or SAT and we won't use the scores from your high school transcript. If you direct the ACT or SAT to send us your scores every time you take a test, we will choose the best scores from each test subject to create your sum score. If you take the current SAT before March 2016 and then take the redesigned SAT at a later date, we will only combine section scores from the same versions of the test.

## ACADEMIC STANDARDS

### DIVISION I

To play sports at a Division I school, you must graduate high school and meet ALL the following requirements:

1. Complete 16 NCAA core courses:
  - 4 years of English
  - 3 years of math (Algebra 1 or higher)
  - 2 years of natural/physical science (including one year of lab science if your high school offers it)
  - 2 years of social science
  - 1 additional year of English, math or natural/physical science
  - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
2. Complete 10 core courses, including seven in English, math or natural/physical science, before the start of your seventh semester. Once you begin your seventh semester, you may not repeat or replace any of those 10 courses for GPA improvement.
3. Earn at least a 2.3 GPA in your core courses.
4. Earn an SAT combined score or ACT sum score that matches your core-course GPA on the Division I sliding scale for students enrolling on or after August 1, 2016.



### DIVISION II

To play sports at a Division II school, you must graduate high school and meet ALL the following requirements:

#### Before August 1, 2018

1. Complete 16 high school core courses.
2. Earn at least a 2.000 GPA in your high school core courses.
3. Earn a combined SAT score of 820 or an ACT sum score of 68.

#### After August 1, 2018

1. Complete 16 high school core courses.
2. Earn at least a 2.200 GPA in your high school core courses.
3. Earn the SAT or ACT score that matches your core-course GPA (minimum 2.200) on the Division II competition sliding scale.

#### Core Courses for Division II

To play sports at a Division II school, you must complete these NCAA core courses:

- 3 years of English
- 2 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science if your high school offers it)
- 3 additional years of English, math or natural or physical science
- 2 years of social science
- 4 additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy

### DIVISION III

Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment. While Division III schools do not offer athletics scholarships, 75 percent of Division III student-athletes receive some form of merit or need-based financial aid.

If you are planning to attend a Division III school, you do not need to register with the NCAA Eligibility Center. Division III schools set their own admissions and eligibility standards. You can visit [NCAA.org/d3](http://NCAA.org/d3) or contact the Division III school you are planning to attend.

