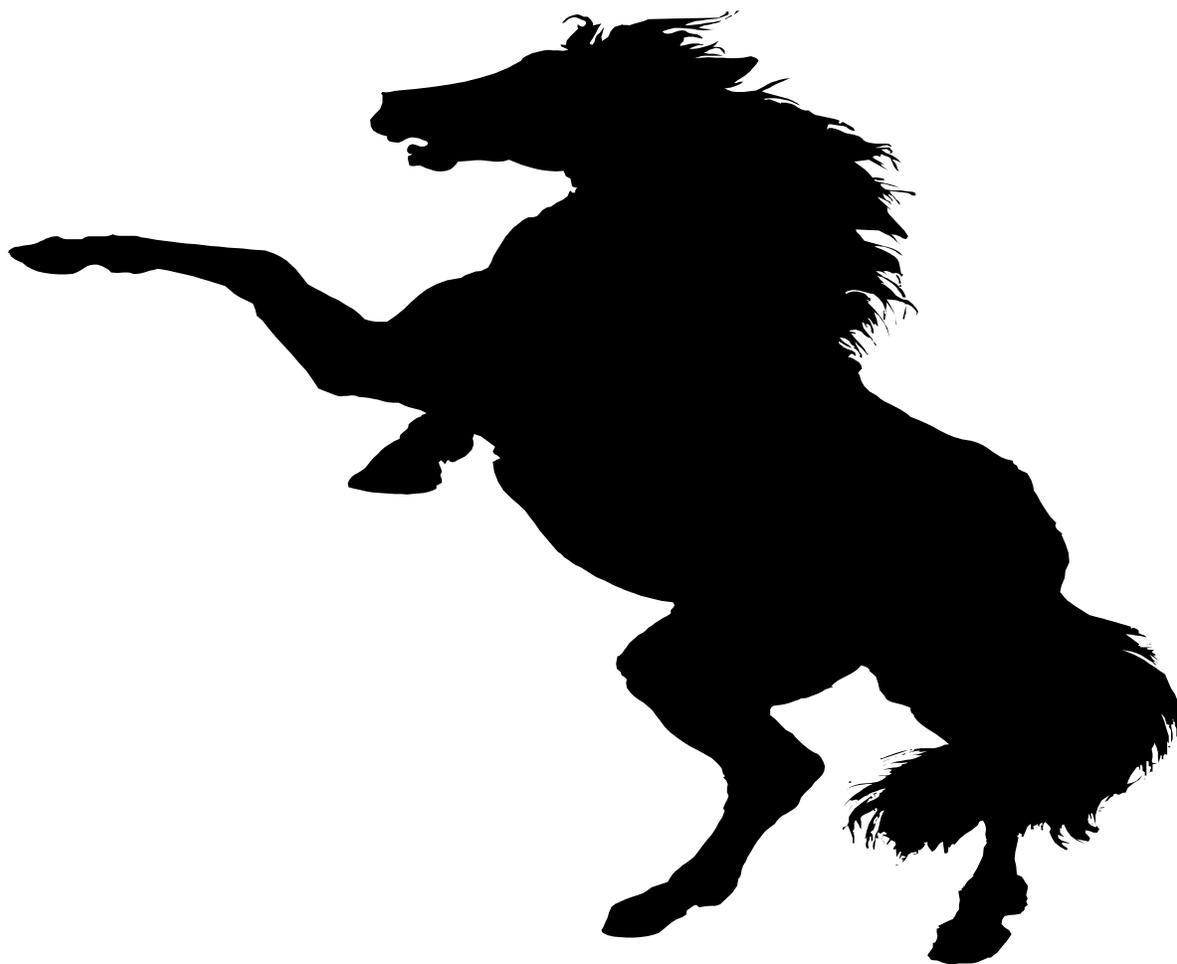


Menwith Hill School



Athletic Handbook
2011/12

Dear Parents and Students,

Sports and other organized activities help develop self-esteem, self-confidence, cooperation, and leadership skills. At Menwith Hill High School, we are pleased to offer a variety of activities in support of these goals.

In order to be eligible to participate in sports and other extra-curricular activities, students must maintain eligibility in the following three areas:

- Academics
- Behavior
- Practice Time

Students must maintain grades according to regulation and show respect for fellow students and faculty members at all times. The ultimate objective for each student representing Menwith Hill High School will be to display appropriate behavior and good sportsmanship in all events, contests, and practice sessions in accordance with local, DoDDS, and National Federation policies.

The following athletic code has been established for the members of all athletic teams at Menwith Hill High School. This code will be explained to every candidate and his/her parent(s) will be required to sign a verification statement. Anyone having any questions concerning athletics at our school should contact the Athletic Director or Assistant Principal prior to signing the code.

Mr. Les Bryan
Principal

Ms. Laura Bleck
Assistant Principal



INTERSCHOLASTIC ATHLETICS



DoDDS at Menwith Hill High School provides the following interscholastic sports.

FALL	Football (co-ed), Volleyball (women), Cross-country (co-ed) Cheerleading (co-ed)
WINTER	Wrestling (co-ed), Basketball (men/women), Cheerleading (co-ed)
SPRING	Soccer (men/women) and Track & Field (co-ed)

Menwith Hill High School's colors are red, white, and blue and its mascot is the Mustang.

ATHLETIC CODE

REFERENCE: MHS Administrative Instruction 2740.3, "High School Interscholastic Athletic program (IAP)," November 1997

Purpose: This Athletic Code and Lettering Policy for participants at MHS High School provide uniformity among the students by setting down minimum requirements for participants.

- (1) PHYSICAL EXAMINATION.** Athletes must provide a completed record of physical examination determining physical capability to participate in the sport desired for the current school year. A physical is valid for one calendar year.
- (2) PARENTAL ACKNOWLEDGEMENT.** Provide the signature page of this Code and Policy signed by the student and parent to the Athletic Director (AD). Parents must also sign a valid Medical Consent (Medical Power of Attorney) as required for the current season.
- (3) TRAVEL.** Provide current passport, leave to enter stamp, and/or Social Security number, ID Card Number, DOB and other details to AD or coach as required for traveling with the team. (Students who do not have U.S. military or civilian I.D. cards are requested to provide a copy of the picture and ID pages from their passport). Each coach or sponsor will provide a trip itinerary that includes locations, times, and contact phone numbers to students at least three days prior to travel. Copies of the passport picture page and the leave to enter stamp must be given to the AD prior to the start of each sports season.

All student athletes and managers will travel with the team they represent to and from competition at other schools or local competition. Boys and girls will sit in separate locations on team buses. Any exceptions to this rule must be requested by the parent/sponsor in advance of the trip in writing and approved by a school administrator in sufficient time to keep coaches and chaperons informed. Any exceptions will apply only to the return trip to Menwith Hill only, and not the trip to competition.

In the event of a planned absence from a sports trip, an athlete must contact the head coach/A.D. no later than TWO WEEKS before the scheduled trip and be willing to assume the consequences related to his/her team status and lettering.

No stereo or radio equipment will be allowed on away trips unless used with personal headphones and with the coach's permission.

The Athletic Director will enter all trip and participant information into RAP (Risk Assessment Program) as soon as possible, but generally three weeks in advance of any event.

- (4) **AGE.** Be a bona fide full time student in grades 9-12 and under the age of 19 on September 1 of the current school year. Students beyond the eighth semester of high school are ineligible to participate in interscholastic athletics.
- (5) **FINANCIAL OBLIGATIONS.** Students are financially responsible for all equipment issued to them. All equipment is to be returned within five days of the last contest or meeting, clean and in good condition. School furnished equipment/uniforms are to be worn only for contest and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty. Athletic letters will not be awarded until the issued uniform is cleaned and returned to the respective coach.

(6) **REQUIRED PARTICIPATION.** Students must have participated in a minimum of ten (10) days of scheduled practice sessions in that particular sport prior to the first competition. Students transferring from another school who were participating in the same sport at their previous school at the time of transfer may compete immediately at the new school. Students participating on Non-DoDDS teams and Menwith Hill High School teams must participate in all DoDDS practices and scheduled games to maintain eligibility for a Menwith Hill High School team. **See practice policy on page 9 of this handbook.

Students who are absent for a week or longer must have four days of scheduled practice prior to competing.

Team managers MUST be the same gender as the team.

NO SPORTS ACTIVITIES MAY OCCUR ON SUNDAYS.

~~(6)~~(7) **ACADEMIC ELIGIBILITY.** Eligibility to participate in interscholastic and extracurricular activities requires a minimum GPA of 2.0 and no more than one failing grade. Students may practice but not participate in scrimmages, games, or wear team jerseys/shirts at games.

For fall sports, the GPA is calculated on the previous spring's semester grades (2nd semester).

For winter sports, the GPA is calculated on the first quarter grades.

For spring sports, the GPA is calculated on the first semester grades.

All student participants will be monitored on a semester and weekly basis throughout the school year. Students who receive more than one failing grade in the classes in which they are enrolled are ineligible for competition for that weekend. A student declared ineligible can practice ONLY, and is not authorized to participate, be in school uniform at a scheduled event (including a scrimmage), or travel with the team to any away event, until regaining eligibility.

All schools must complete the grade checks by 4 p.m. every Tuesday of each week that interscholastic programs are being held. A student declared ineligible on the Tuesday grade check will be ineligible from Wednesday 8 a.m. through the following Wednesday 8 a.m. A student may not become eligible on a Thursday or Friday. A student participant who has been identified as being ineligible for 3 consecutive weeks following the arrangement of intervention assistance (i.e. Partnership in Learning, Seminar Assistance, etc.) may be dropped from the team.

Students not meeting the initial GPA requirement may request reinstatement of eligibility after three weeks of ineligibility. Demonstrated academic achievement meeting the basic GPA eligibility requirement and no more than one failing grade must support this request.

Scholastic eligibility may be waived for students at the discretion of the Principal if the Case Study Committee identifies the student as “special needs” and the Individual Education Program is on file. All other eligibility requirements, i.e., age, number of semesters, etc., must be met.

~~(7)~~**(8) USE OF ALCOHOL, TOBACCO, DRUGS.** The possession, use, or sale of controlled or mind-altering substances, tobacco, alcoholic beverages, hallucinogenic drugs, inhalants, or combination of drugs or paraphernalia expressly prohibited by federal, or local laws, including prohibited substances which shall include those substances possessed, sold, and/or used that are held out to be, or represented to be, controlled substances by any student are prohibited. Please note that the two types of offenses are determined by the TIME/LOCATION of the offense (see underlined bold type). The second type of offense relates to tobacco and alcohol only.

1. Members of an athletic team who, during the season (the 1st day of practice through the awards ceremony), violate the controlled substance policy **during the school day, on or off school property (to include while riding to or from school, school events or school busses) or while attending/participating in a DoDDS-E function under the jurisdiction of the school,** are subject to the following:

a) 1st offense during the school year: Team member will be removed from the team for the remainder of the season.

b) 2nd offense during the school year: Team member is removed from athletic participation for the remainder of the school year.

2. Members of an athletic team who, during the season, possess/use tobacco and/or alcohol – **outside of the time and events above in point 1,** are subject to the following:

a) 1st offense during the school year: Team member is suspended from all competition for the next seven calendar days. If the suspension occurs during a time period when games are not scheduled, the team member will miss the next scheduled competition. If traveling on an overnight trip, team member will miss the entire weekend of competition. For the team member to be reinstated to the team, the student-athlete must show proof of attending one counseling session and scheduling and attending at least two more counseling sessions within the next three weeks. If the offense occurs at the end of a sport season, the seven calendar days and one athletic competition will be carried over to the next season that the athlete participates.

b) 2nd offense during the school year: Team member is removed from athletic participation for the remainder of the school year.

3. Offenses carry over from season to season. For example, if a student violates the policy described in number 1 above after all games are completed but before the awards assembly, then the student will be ineligible for the next sports' season.

~~(8)~~**(9) LETTERING POLICY.** An athlete must complete the season in good standing and have met all requirements set forth by the coach at the beginning of the season in writing. A season begins with the first practice and ends, after return of all issued athletic equipment, at the awards ceremony. Coaches will set lettering criteria after approval from the principal.

An athlete will receive no more than one felt or velour letter. Sport insignias and bars are awarded to indicate further achievement. Only students in grades 9 – 12 may earn a varsity letter. Participation on the varsity level does not preclude a participant earning a junior varsity letter. Junior varsity letters may be awarded to varsity team members who do not meet the requirements for a varsity letter. These

same basic general requirements will apply to a junior varsity letter. Middle school students will be able to participate in Cross Country, Wrestling, and Track and receive certificates.

Team managers and captains will be chosen at the discretion of the individual coaches.

- (10) **DROPPING AND TRANSFERING SPORTS.** Based on his/her own desire to quit a team or the coach's recommendation to switch sports during a season, a student may quit one team and join another under the following conditions:
- 1) Such decision must be made and acted upon during the first ten days of practice, or in case, prior to the first Menwith Hill High School competition. (Once the first Menwith Hill High School Competition has been played, this option is forfeited).
 - 2) The student desiring to transfer must notify the coach whose team he/she wishes to quit.
 - 3) The coach of the team the student wishes to join must agree to the transfer.
- (11) **CONDUCT.** All student athletes are required to conduct themselves in a manner, which reflects favorably on them, their school and community, Menwith Hill High School, DoDDS and the USA. Students who have serious misconduct problems or display a tendency towards criminal behavior do not meet our standards of conduct and therefore will not represent our school. Serious criminal activity occurring outside of school will affect participation in the athletic program. Dismissal from one athletic team will eliminate an athlete from all sports for that season.
- (12) **REPORTING OF INJURIES.** Student athletes must inform the coach, nurse, or on-site medical personnel of any injury immediately and seek medical assistance when required. A written medical approval for participation must be presented upon return to practice from a doctor or medical personnel. Students with diagnosed or suspected concussions will not be permitted to play unless cleared by a doctor. Parents may not make the judgment that their students will play with an injury, particularly a concussion.
- (13) **ATTENDANCE.** The athlete is first and foremost a high school student; therefore, regular classroom attendance and the maintenance of satisfactory academic progress are imperative. Athletes must be present at school and in classes during the school day to be eligible to participate in after school athletic practices, competition or travel to another school. Students must be in attendance at school the day following a home or away competition. If a student is absent from school on Friday due to illness, he/she may not play on Friday or Saturday.
- Attendance at all scheduled practices and games/matches/meets are important. Students with numerous absences may be dropped from a team or activity, after a warning and parent conference.
- (14) **UNIFORMS AND EQUIPMENT.** All articles issued to the student athletes are government property and must be returned in reusable condition. The student athlete and his/her parents are liable for payment for lost or damaged uniforms and equipment. A student with an unsettled financial obligation will not be allowed to participate in subsequent athletics until financial obligations are settled.
- (15) **APPROPRIATE DRESS AND SOCIAL BEHAVIOR.** All students for all athletic activities must wear appropriate attire for travel whether at home or away or in-transit by bus, train or by air. Menwith Hill High School AD and coaches will dictate specific requirements depending upon the mode of travel and the season. Hosting AD will advise visiting AD and coaches of appropriate attire for activities while they are guests in the home community.
- (16) **SPORTSMANSHIP.** The highest standards of sportsmanship are expected from MHS High School athletes whether involved in practices or competition at home or at other schools. Good sportsmanship is learned by exercising self-discipline and control, playing fairly, working hard to perform to the best of one's ability and accepting the results with dignity.
- (17) **HAZING.** Students engaged in hazing of any kind face suspension from school and the team. Hazing

is defined as any act to intimidate or harass another student at any time during the sports season.

(18) ENFORCEMENT. Violations of this Menwith Hill High School Code and Policy will be addressed and acted upon under the following condition:

The offence was observed by a coach, a school administrator, the athletic director, a faculty member K-12, or a parent/community member serving in an official capacity as a team chaperone, or reported by a military person or national person functioning in his/her official capacity.

(19) DUE PROCESS. Any student athlete disciplined under this code may appeal the decisions by contacting the athletic director (AD), a school administrator, or coach. In the event that a disciplinary matter cannot be resolved between the coach and the student or the coach and student and administrator, it will be presented to the Athletic Council, chaired by the Athletic director and composed of two (2) coaches (one male and one female), one (1) teacher (not a coach), one (1) parent, one (1) student, and one (1) school administrator. Matters that remain unresolved by the Athletic Council may be referred to the District Superintendent serving in the capacity of Commissioner. An appeal of the committee's decision must be directed within 48 hours of receipt of the decision, to the principal.

The principal's ruling can be appealed to the DSO. Complainants will be given the DSO's telephone and FAX numbers as a matter of course by the principal when the ruling is made. Appeals to the DSO must be made within 48 hours of receipt of the principal's decision.

(20) STUDENT STATEMENT/PARENTAL CONCURRENCE. "When selected as a team member in the athletic activities of Menwith Hill High School, I will voluntarily participate to the best of my ability. I fully understand that participation in athletics entails adherence to rules and standards of behavior, good sportsmanship, self-sacrifice for the team and personal conduct which sets a positive example for my team-mates, competitors, and my community."

(21) LIABILITY FOR PAYMENT OF MEDICAL BILL UPON INJURY OF ATHLETE.

Competition and practices have emergency procedures to assist injured individuals. THERE IS NO PROVISION FOR THE MENWITH HILL SCHOOL TO PAY FOR INDIVIDUALS HEALTH AND MEDICAL COSTS. In the event a student becomes ill or is injured when traveling to other schools for extracurricular activities, the DODDS supervisor will take the student to the local medical facility. ANY COST INCURRED IS THE RESPONSIBILITY OF THE STUDENT'S PARENT/SPONSOR.

(22) ILLEGAL ACTIVITIES WHILE AWAY. Should a student be involved in an illegal activity while traveling to or from a DoDDS sponsored event which results in arrest or detainment by police authorities, parents will be required to travel to the site to assume responsibility for the student. Should this situation arise, procedures will be coordinated with parents, administration, command, and police officials. At no time will a team be delayed at a site to accommodate a student who has been apprehended by police authorities for a violation of law or military regulation.

(23) OUTSTANDING ATHLETE OF THE YEAR AWARD. The Athletic Council following the spring sports season will select a male and female athlete of the year based on the point system below. Any athlete suspended from sports participation for possession/use of tobacco, alcohol, or drugs will be ineligible for consideration. Only students who complete seasons in good standing, including return of all equipment, are eligible for consideration.

Menwith Hill School Athlete of the Year Point System

(As of 11 January 2005)

FB	CC	VB	BB	WR	Cheer	Track	Soccer		
5		5	5		5	6	5	MVP/Outstanding Bonus Award	
8		5	5		5		5	First Team All-Europe	E
6		3	3		3		3	Second Team All-Europe	U
	10			10		10		Indiv. Champ	R
	3		3		3		3	All-Tournament	O
	6			6		6		Alt Team 1 (indiv.2-4th) top10CC	P
	4			5		5		Alt Team 2 (indiv 5-6th)11-16CC	E
3		3	3		3		3	Honorable Mention 17-20CC	A
	2			2		2		Auto-Qualify for Europeans	N
	7			7	7	7		Individual Champ	Div/
6	5	6	6	5	5	5	6	First Team (Indiv 2-3rd) top10CC	Conf
4	4	4	4	4	4	4	4	2nd Team (indiv 4-6th) 11-20 CC	
3		3	3		3		3	Honorable Mention	
1	1	1	1	1	1	1	1	Team Award - MVP/Coaches Most Improved, Sportsman	School Awards
1	1	1	1	1	1	1	1	Team Captain	
1	1	1	1	1	1	1	1	Academic Athlete per sport	
2	2	2	2	2	2	2	2	Starter Varsity	
1	1	1	1	1	1	1	1	Reserve Varsity	
1	1	1	1	1	1	1	1	S&S Athlete of the Week	

(24) **COLLEGE/UNIVERSITY ATHLETICS.** Seniors who aspire to join a sports team at the university or college they will be attending must arrange to send a copy of their SAT scores and a final high school transcript to:

NCAA Clearinghouse
2255 North Dubuque Road
PO Box 4044
Iowa City, IA 52243-40

Membership in the Clearinghouse, which can be sought as early as the junior year, will benefit some student athletes in receiving information regarding athletic scholarships. Information can be found at www.ncaaclearinghouse.org.



**DEPARTMENT OF DEFENSE
DEPENDENTS SCHOOLS
OFFICE OF THE PRINCIPAL
MENWITH HILL ELEMENTARY/HIGH SCHOOL
PSC 45, UNIT 8435
APO AE 09468**

The policy of Menwith Hill Elementary/High School is that students who commit to a sports team are required to be at practice every day. Each coach may determine his or her policy in regards to the number of unexcused absences from practice that are allowed prior to dismissal from the team. Such policies must be delineated in the coach's information letter at the beginning of each season. Coaches are encouraged to hold practice every possible day each week.

Excused absences from practice may be for illness, doctor's appointments, etc., and are to be communicated to the coach *in advance*. Excused absences will also result from school suspensions and/or detentions, unless otherwise indicated, although other penalties may apply (for example, running laps). Students are unexcused if they fail to notify the coach in advance, except in the case of excused absence from school for illness. Working on a regular schedule during practice hours does not constitute an excused absence. [Participation in a non-DoDDS sport during practice or game times also does not constitute an excused absence.](#)

It is the contention of this school that competitive and well-conditioned athletes result from regular attendance at practices.

Regular conditioning also reduces injuries. Students need to fully commit their time and energy to the sports teams, second only to their academic requirements. Attendance at the Wednesday Partnership in Learning will be considered an excused absence from practice, provided all program policies are followed (e.g., advance registration).

Questions may be directed to the assistant principal.

Les Bryan
Principal

Laura Bleck
Ass't Principal

MENWITH HILL HIGH SCHOOL ATHLETIC TRIP GUIDELINES

- 1) Parents will be given the expected departure time from MHS, the expected arrival time at the destination, the expected departure time from the destination, and the expected date and arrival time at MHS.
- 2) Absolutely under no circumstances will boys be in girls' rooms, nor girls in boys' rooms. Members of the same sex may visit each other's rooms with the sponsor's permission.
- 3) All students must be on time for buses, and all other times with sensible deadlines. This is extremely important. When students are given times to report to a bus, a game, a practice, or back at their billets, it is imperative that they be on time. Be sure the students clearly understand this need for timeliness.
- 4) Coaches are in charge of, and responsible for all team members 24 hours a day, from the time the students load the bus until they leave the bus at MHS. Students will be escorted by an adult sponsor during the entire time of an athletic trip. Coaches will assist the student in contacting parents upon returning to MHS. Coaches will wait for parents for **30 minutes** and then leave the student with the MOD Police.
- 5) Students will have mandatory study hours on overnight trips and on bus trips. This means students should bring classroom assignments/reading material enough for several hours of study. Students may be given "free" time after a satisfactory study session. However, the students will have parameters, guidelines, limits, and curfews set as to what they can and cannot do. There will be no "free time" while in off-base billeting.
- 6) Coaches will check student's passport expiration dates, including the leave to enter stamp, at least one day before departure. No student may get on the bus with an expired passport or with an expired leave to enter stamp (or one that will expire during the trip).

Students should also have a valid ID card when traveling. Coaches must have a medical power of attorney form for every child. This would be needed in a military medical facility. A copy of the passport picture page and leave to enter stamp must be given to the AD at the beginning of each season.

7) Parents should warn their son/daughter against shoplifting and to avoid physical confrontations with students from other schools or with local nationals.

8) No sound machines except for Walkman and Discman.

9) Harassment toward any individual will not be tolerated.

10) The AD and or assistant principal will be happy to attend any parent meeting you feel it is necessary to call.

11) Students should only travel in groups of two or more and not do anything to alert others of their nationality. Example: wearing of letter jackets and flashing dollars in front of strangers.

Menwith Hill High School Travel Expectations for Volunteer Coaches and Chaperones

When you travel with our team, you are a part of and represent our Mustang team. Therefore we expect that you will help our DoDDS coaches in the following ways:

- Discipline-When you are on the bus you are as responsible as our DoDDS coaches for the appropriate behavior of every student ~~from MHS~~ who is on the bus from the moment they climb aboard until they leave the bus back at Menwith Hill. You may ask for guidance or assistance from the DoDDS coach, but you are as much in charge of all student discipline and behavior as the DoDDS coaches. Inappropriate student behavior or language must be stopped immediately and that behavior reported to the appropriate coach. All adults on the bus must frequently monitor student behavior. Boys may not sit in the same seat with girls. At least one adult must be seated at the front and another at the rear of the bus during the trip.
- Smoking-Drinking-Swearing- All people riding on a DoDDS contracted bus are not to smoke, drink alcohol, or swear from bus pick up to return. The same expectations are expected of you.
- Students must be with a coach/volunteer at all times.
- Sleeping- You sleep where the team sleeps, again the same as the DoDDS coaches.
- There will be absolutely no fraternization with students of the opposite sex.

- A successful team is a well-disciplined team both on and off the field.
- Ensure that there are mandatory study hours on overnight trips and on bus trips.
- DoDDS coaches must show strong leadership in all areas of student discipline and behavior at all times.
- No meetings with a sports team of any kind may occur without a DoDDS employee present.
- You must sign a volunteer coach's "contract."

**MENWITH HILL HIGH SCHOOL
PSC 45, UNIT 84435, APO AE 09468
STUDENT STATEMENT/PARENTAL CONCURRENCE**

I AGREE TO ABIDE BY THE RULES OF THE MENWITH HILL HIGH SCHOOL ATHLETIC CODE AND LETTERING POLICY AND ANY SUPPLEMENTS THERETO THAT MY SCHOOL MAY MAKE AS WELL AS OTHER RULES OF THIS SCHOOL.

_____ SIGNATURE, STUDENT ATHLETE

_____ TODAY'S DATE

_____ PRINTED NAME

I HAVE READ THE MENWITH HILL HIGH SCHOOL ATHLETIC CODE AND LETTERING POLICY AND AGREE TO MY DEPENDENT'S PARTICIPATION IN THE PROGRAM; BY MY SIGNATURE BELOW I AGREE TO SUPPORT THE CODE AND THE ATHLETIC PROGRAM OF MENWITH HILL HIGH SCHOOL.

_____ PARENT/SPONSOR SIGNATURE

_____ TODAY'S DATE

(PLEASE RETURN THIS FORM TO YOUR COACH)

**MENWITH HILL HIGH SCHOOL
TRAVEL INFORMATION FOR ATHLETES**

COMPLETE THE FOLLOWING INFORMATION SHEET. THIS IS ABSOLUTELY NECESSARY IF YOU ARE TO TRAVEL WITH ATHLETIC TEAMS (OR OTHER ACTIVITIES) PLEASE RETURN THIS FORM TO YOUR COACH

FULL LEGAL NAME _____

NATIONALITY _____

PASSPORT NUMBER _____

EXPIRATION DATE OF SOFA AGREEMENT STAMP _____

DATE OF BIRTH (EXAMPLE: 14 MAY 2000) _____

Please check to make sure that your child's passport and Sofa stamp located in the passport are current.

EMERGENCY CONTACT INFORMATION

1. Sponsor's Name _____ \
2. Organization _____ 3. Duty Phone _____
4. Address _____ 5. Home Phone _____
6. Dependent's Name _____ 7. Dependent's ID _____
8. Student Passport # _____ 9. Expiration Date _____
10. Country of Issue _____

PLEASE RETURN THIS FORM TO YOUR COACH , with a copy of the passport picture page and leave to enter stamp.

**MENWITH HILL HIGH SCHOOL
MEDICAL HISTORY**

This *medical history form* must be completed *annually* by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition that would make it hazardous to participate in an athletic event.

	YES	NO
1. Are you under a doctor's care?	_____	_____
2. During the past 12 months:		
a. Any hospitalizations or surgeries?	_____	_____
b. Any injuries requiring medical attention?	_____	_____
c. Any illness lasting more than one week?	_____	_____
3. Do you take medication regularly?	_____	_____
4. Any allergies to medications or insect stings?	_____	_____
5. Have you ever had a concussion or been knocked unconscious?	_____	_____
6. Ever had a convulsion or seizure?	_____	_____
7. Do you wear any removable dental appliance (bridge, plate, retainer)?	_____	_____
8. Do you wear eyeglasses or contact lenses?	_____	_____
9. Have you had a tetanus booster within the last 8 years?	_____	_____

10. Has any family member had sudden death or heart attack before age 50? _____

11. Have you had any heart disease, murmur, extra beats, or high blood pressure? _____

12. Have you ever been dizzy or passed out from exercise? _____

13. Any joint injuries (fractures, sprains, strains, or dislocations)? _____

If yes, please specify type of injury:

- Neck Arm Thigh
- Back Hand Knee
- Shoulder Fingers Ankle
- Elbow Hip

14. Any organs missing (kidney, testicle, eye, etc.)? _____

15. Any chemical or substance use? _____

16. Any menstrual irregularities (females)? _____

17. Have you ever induced vomiting, or engaged in binge eating or purging? _____

18. Have you ever been disqualified from participation? _____

19. Do you know of any reason why there should be limits in participation in any sport? _____

Parent Signature

Student Signature

Date

Date

**CONSENT & AUTHORIZATION FOR MEDICAL CARE
DURING MENWITH HILL SCHOOL ATHLETIC TRIPS**

CHILD'S NAME (Last, First, MI) AGE PERIOD OF TIME

I, the parent of the above stated minor child, do hereby grant Menwith Hill School coaching staff the power to authorize and consent to any medical care and treatment for any minor child, to include admission to a hospital or presenting such a minor child to any duly credentialed physician, dentist, or health care provider, or any other medical care or treatment including necessary surgery recommended by such medical personnel; and such other medical treatment or care deemed necessary or advisable for the health, welfare, or well-being of said child in an emergency.

CONSENTING PERSON

Printed Name (Last, First, MI) Relationship Date

Signature Address

Telephone Number

MEDICAL INFORMATION

PLEASE LIST ANY CONDITIONS THAT COULD AFFECT YOUR CHILD'S ACTIVITIES: _____

DOES YOUR CHILD TAKE MEDICATION REGULARLY? _____ PLEASE LIST MEDICATION AND THE PRESCRIBED DOSAGE AND PERIOD OF ADMINISTRATION: _____

NAME AND TELEPHONE NUMBER OF ALTERNATE CONTACT, OTHER THAN YOURSELF: _____

PLEASE RETURN THIS FORM TO YOUR COACH

PARENTS: HOW CAN YOU HELP?

Parent support is critical to the success of the interscholastic sports/student activities program. Your support is needed in the following way:

- ⇒ **Be familiar with the policies set forth in this handbook.** Help us by supporting and enforcing the policies.
- ⇒ **Attend the home games and events.** Although many will not admit it, students want to see their parents in the audience. Come out and cheer for our school.
- ⇒ **Be a responsible audience member.** Admission to a school event is not a ticket to be obnoxious to officials, coaches, visiting teams or other fans. Adults have to set the standard for students. Smoking on campus or at any school-sponsored event is not permitted. Fans wishing to smoke must leave the activity area. Alcoholic beverages are never allowed at athletic events or other school activities. Noisemakers such as horns are not allowed at DoDDS events.
- ⇒ **Support the Booster Club.** Every parent/sponsor of an athlete is automatically a Booster Club member. Each parent is asked to donate one hour of time to Booster Club activities each season. That is not a lot of time, but the contribution, if everyone makes it, means the difference between success or failure. We cannot do it alone. **After all, it's for the kids!**
- ⇒ **Have a good time.** Enjoy the activities. Help us celebrate our successes at the awards ceremony or culminating event each season.
- ⇒ **Reinforce academics.** Make sure your son/daughter packs some school materials for the long trips. There is plenty of study time available.
- ⇒ **Call the coach or sponsor if you have questions or concerns.**

“GO MUSTANGS!”