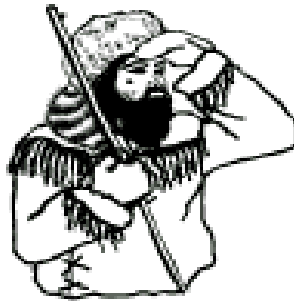


MEADOWS VALLEY SCHOOL

ATHLETIC HANDBOOK



*MEADOWS VALLEY ATHLETICS...
PLAYED WITH MOUNTAINEER PRIDE!
2010-2011*

MEADOWS VALLEY SCHOOL ATHLETIC HANDBOOK

INTRODUCTION:

This handbook serves two purposes: first, it outlines policies that directly affect those who have responsibilities in connection with administration of the extracurricular athletic activities offered at Meadows Valley Jr./Sr. High School, and secondly, it clarifies policies for students who choose to participate in extracurricular athletic activities.

PURPOSE:

Meadows Valley School District will conduct extracurricular athletic activities which will further the proper educational experience for students of Meadows Valley Jr./Sr. High School. These programs should encourage participation of some form for those students who wish to participate. The programs now include all sports programs offered by Meadows Valley Jr./Sr. High School, including cheerleading.

PHILOSOPHY:

The extracurricular athletic programs are but one phase of the total education program and are designed to contribute enrichment to educational objectives, provide carry-over values, and help fulfill the personal needs of the students.

It is the responsibility of the advisors and coaches to teach knowledge of skills, to promote fair play and good sportsmanship, to instill the will to win in competition, to take safety precautions necessary during activities, to make the activity as enjoyable as possible, and to aid in the development of the students toward being leading citizens. Parental support is critical in carrying out these objectives.

The school's intent is to develop strong extracurricular athletic programs, promote school spirit and pride, and develop a desire to achieve the highest possible goals, while seeking the support and commitment of parents and students in the process.

Extracurricular athletic programs are designed to contribute to the following: physical growth and development, good physical conditioning, healthful habits, efficient teamwork, proper standards of conduct, and positive citizenship traits. These programs should also develop a loyal attitude toward team, club, organization, school, and community.

ACADEMIC ELIGIBILITY REQUIREMENTS FOR STUDENT-ATHLETES

A student must meet all eligibility requirements established by the IHSAA and MVSD # 11 in order to participate in extracurricular athletic programs. **Students are expected to pass all classes from the previous semester with a cumulative semester GPA of 2.0 or better and be enrolled as a full time student.**

Any student who fails a previous semester class, but passes at least 5 of 7 classes, may gain conditional eligibility by applying for it in writing to the administration.

The letter of application should include the reason they want special consideration, and their plan for improving their academic performance. If they are granted conditional eligibility, they will be expected to abide by the following:

- Sign a conditional eligibility contract with their parent(s) and administration.
- Be passing all classes at the time of each weekly grade check.
- Have a 2.0 GPA average of core classes (English, Math, Science, Social Studies) at the time of each grade check.
- Attend mandatory zero-hour study sessions each day for ½ hour.
(7:25-7:55 AM)

Any time a conditional-eligibility student fails to meet any of the above stated expectations, they lose eligibility for the remainder of the semester.

All other students must maintain eligibility during the season by:

- Having passing grades in all classes at the time of each weekly grade check.

The consequence for having an F in any class will be a one-week suspension from scheduled competition. The student will be expected to continue to attend practices and take part in team activities, but will not dress down for scheduled competitions that take place before the next grade check. If the student has passing grades at the next weekly grade check, they regain eligibility for competition.

Habitual failing grades will result in a student being removed from a team after administration conferences with parents, coaches and teachers.

Non-traditional students must meet IHSAA Rule 18-6-1, Section 3. Refer to p. 86 at www.idhsaa.org.

ATTENDANCE REQUIREMENTS FOR STUDENT-ATHLETES

In order to practice or compete in a scheduled activity, a student must be attend **all** regularly scheduled classes the day of the activity. Exceptions must be cleared through the Athletic director or Principal.

Students are to be at every practice on time, prepared, and ready to participate. A copy of expectations and consequences regarding practice attendance will be submitted by each coach for their respective sport and will be on file in the AD's office. Students will receive these same rules the first day of practice.

COSTS

Students in Grades 6-12 must purchase a Student Body Card for \$25 and pay a participation fee for the sport in which they are competing. The participation fee for high school sports (9-12) is \$30 per sport or \$60 for two or more sports.

The participation fee for junior high sports (6-8) is \$20 per sport or \$40 for two or more sports.

These fees must be paid before the first contest of the sport season.

REQUIRED PAPER WORK

All students participating in sports must have current paper work on file. This paperwork includes:

- **Physical**
 - Students in grades 6, 7, 8, must have a physical before they begin **(practicing)** participation in sports at MV. This is a one-time requirement. After that initial physical, Interim Questionnaire forms will be required each additional year a student participates in Junior High sports.
 - Students in grades 9 and 11, must have a physical completed within six months prior to **(practicing)** participating in sports.
 - (Students in grades 10 and 12, who are first time participants must also get a physical.)
- **Interim Questionnaire**
 - Students in Grades 10 and 12, who have a physical on file, must fill out an interim questionnaire.
- **Health Insurance**
 - All students, grades 6-12, must have proof of insurance on file. This can be personal family insurance or purchased school insurance. Students must have proof of insurance before **(practicing)** participating in any school sport.
- **Consent** forms are part of the physical and interim questionnaire forms and must be signed.

UNIFORMS AND EQUIPMENT

Athletes are issued uniforms and equipment for each team. All equipment and uniforms must be returned to the head coach or athletic director within 7 days of the last game. Fines will be imposed for late returns (after 7 days). A student will be charged for the replacement cost of uniforms and grades/schedules will not be released until all obligations are met.

BEHAVIORIAL EXPECTATIONS

PRACTICES:

Students are required by the IHSAA to participate in 10 days of practice prior to playing in a scheduled event.

Students are to be at every practice on time, prepared, and ready to participate. If a student will miss a practice, he/she will notify the coach prior to the practice being missed. Reasonable disciplinary measures for being late or missing a practice will be imposed by coaches.

DRESS:

Students representing Meadows Valley School are expected to dress appropriately for all activities. Athletes will be informed of expectations and consequences for violations by their coach the first day of practice. Expectations regarding game day dress **will** include shirts and ties for boys and slacks and blouses or dresses for girls. Certain types of travel will allow a more relaxed style of dress, but at no time will student-athletes travel in ripped jeans, sweats, t-shirts, or other “weekend-casual” dress. If in doubt about the appropriateness of your game day clothing choices, ask your Coach, A.D. or Principal before you get ready to board the bus. Consequences for not meeting this expectation could include being denied the opportunity to travel with the team.

GAME CONDUCT:

Meadows Valley Schools places a high value on sportsmanship. With that understood, students are expected to act responsibly at all home and away games. During competition students will demonstrate good sportsmanship at all times. This means:

- Displaying good sportsmanship and respect for opponents at all times.
- Respecting the integrity and judgment of officials.
- A voiding the use of profanity, vulgarity, obscene gestures, or comments that would be considered as sexual harassment, or racist in nature.
- Being well groomed and maintaining a neat appearance.
- Demonstrating respect for pre-game protocol, including the presentation of the Flag.

Athletes will be informed of consequences for conduct violations the first day of practice by each sport’s respective coach. Infractions such as technical fouls, unsportsmanlike conduct, and flagrant fouls, voicing disrespect for officials, opponents, coaches or fans, use of profanity in practice or competition, or inappropriate bench behavior will result in immediate loss of playing time and a one game suspension. If misconduct becomes habitual a student will be dismissed from the team. Infractions are cumulative, and serious infractions will result in immediate dismissal from the team.

If a suspension is imposed near the end of the season and the full suspension has not been served prior to the last IHSAA-sanctioned event, the remaining days of the suspension will carry over to the next sport season in which the student participates, starting with the conclusion of the pre-season ten day practice period (when applicable).

HAZING

Hazing is defined as any conduct or method of initiation into any student organization that willfully or recklessly endangers the physical or mental health of any student or person. Hazing is strictly prohibited at Meadows Valley Schools.

BUS TRANSPORTATION:

Students are expected to travel to school sponsored events using the transportation provided by the District and students will return by that same carrier with the following exceptions:

1. The student's parent may personally contact the coach or advisor in charge and assume responsibility for their child's transportation home. **(NOTE: A written request must accompany all verbal requests. Coaches will have sign out sheets for parent's of athletes to sign after the completion is over.)**
2. Parents may personally write a note to the coach or advisor in charge, giving their permission for their child's transportation from the event to their home with another parent. This must be accomplished before departure from school to the event.

Under NO circumstance will students return from an event with a boyfriend, girlfriend or other student driving a vehicle.

BUS BEHAVIOR:

1. Students will respect the bus driver, coach/advisor, and the bus property.
2. Students will carry off all trash, garbage, pop cans, etc.
3. Students will NOT toss any item from the bus.

Students will lose bus-riding privileges if they cannot follow these rules.

MAJOR BEHAVIORIAL EXPECTATIONS:

MVSD expects its students to use good judgment, common sense, and abide by the following school expectations at all times during the school year, not just during a sport season. **(Participating in extracurricular activities at Meadows Valley School is a privilege, not a right.)** If it can be proved that a student athlete violated any of these expectations at any time during the school year, the consequences listed below will be applied to that student during that school year.

Expectations:

1. No consumption or possession of tobacco or alcoholic beverages.
2. No use of, possession of illegal narcotics or drugs.
3. No act of vandalism to school, personal, or community property.

4. No act that brings discredit to MVSD, the activity in which you participate, or any group, club, or organization recognized by MVSD, to include fellow students, staff or community.

The use of mood altering chemicals is recognized as a significant health problem for adolescents, resulting in negative effects on behavior, learning, and total development of each individual. The misuse and abuse of mood altering chemicals for adolescents negatively affects extracurricular participation and development of related skills. Participants and others are also affected by the misuse and abuse of chemicals by family, team members, and other significant persons in their lives.

Regardless of the quantity, a student shall not use or consume, have in possession, buy, sell, or give away: 1) a beverage containing alcohol; 2) tobacco or tobacco products; or 3) marijuana or any other controlled substance; while attending Meadows Valley School.

CONSEQUENCES FOR INFRACTIONS OF MAJOR BEHAVIORIAL EXPECTATIONS:

Meadows Valley Schools has adopted a zero-tolerance policy regarding alcohol, tobacco, marijuana, or any other controlled substance.

- **FIRST VIOLATION:**
 - A participant in any school activity who is caught in violation of this code, admits independently, or admits upon questioning from an authority to a substance violation, will lose their eligibility for the remainder of that sport season.

- **SECOND VIOLATION IN THE SAME SCHOOL YEAR:**
 - The participant shall be removed from all extracurricular activities for the remainder of the school year.

Please Note:

Participants may be responsible to follow additional rules and guidelines established by a particular sport or activity's coach/advisor. Be informed. Copies of additional team rules and expectations of individual coaches will be on file with the A.D.

Participants are required to follow all local and state rules and guidelines specific to each sport or activity in which they participate. These guidelines may be found on line at the IHSAA website (www.idhsaa.org) or in the District's Policy Manual in the school office.

It is the school's belief that students choose to participate in extracurricular athletic activities. They choose to represent a team, an organization, a school, and a community. Participants need to be aware of the rules listed here and know that upon electing to participate they are also choosing to abide by the rules set forth or be removed from the extracurricular activity.

INJURIES

If an injury occurs during a practice or a contest, the coach should:

1. Provide assistance utilizing one or more of the following:
 - Application of First Aid/CPR Training
 - Any available physician.
 - Any available emergency services paramedic/ EMT.
 - Any available nurse.
 - Any available athletic trainer.
 - Any available coaches.
 -
2. If the injury is thought to be serious, or in the opinion of the coach needs immediate attention, the coach can refer the athlete for medical transportation and emergency treatment to the nearest local hospital emergency room.
3. A coach or other responsible school personnel should accompany the student to the hospital and remain until the parent or doctor arrives.
4. Only if requested by the parent or legal guardian, may the coach in charge of the activity recommend a personal preference of medical personnel.
5. After emergency procedures, the coach shall make every attempt to notify the parent or legal guardian of the nature of the injury and release the athlete to the parent.
6. If a physical condition or injury warrants a referral to a physician, a medical release from a physician must be filed at the school *before* the student will be permitted to participate in athletics.
7. If an injury is not an emergency, the coach shall notify the parents to determine their preference concerning medical care.
8. No student with an incapacitating injury should be allowed to go home unless there is an adult to receive him or her.
9. Properly equipped medical kits should be at every practice and event.
10. Coaches should have a written emergency plan for dealing with injuries and it should indicate the following:

- Who will make the initial call for necessary assistance,
- Where the nearest phone is located,
- How to access an outside line,
- What pertinent information should be given to the emergency service dispatch,
- What other student-athletes should do while care is being administered to the injured and Follow-Up procedures.

11. Coaches will fill out a school accident report form within 24 hours of the accident.

Make your team members aware of this procedure the first day!

DO NOT MOVE A PERSON WITH A SUSPECTED SEVERE INJURY

1. Be sure to check for proper breathing. Check the mouth and airway for any obstacles. Administer CPR if necessary.
2. Use any responsible methods to control bleeding. Most external bleeding can be controlled by applying pressure directly over the wound.
3. Keep the injured warm and comfortable.
4. If the athlete requires attention beyond first aid follow an emergency plan and contact the Principal or A.D. as soon as possible.

These few Guidelines cannot replace the use of techniques learned through First Aid training. All coaches are required by the IHSAA to be current in their First Aid/CPR training.

EMERGENCY INJURY PLAN

When a player is injured during a practice situation, the following should occur:

- ✓ Players should immediately call for a coach to attend to the injured player. Do not try to assist the injured player to sit-up or get to their feet. Never move an injured player until an initial assessment is complete and you know it is safe to do so!
- ✓ Players should clear the area as soon as a coach gets to the injured player and move to another part of the court or field to await the coach's direction.
- ✓ If an emergency phone call is necessary, a designated player, usually the captain, will make the call from the nearest phone. ** A list of emergency phone numbers is available at each phone location.
- ✓ Remember that 911 is your quickest option. Touch " 8" for an outside line and then dial.

- ✓ Identify yourself, your location, your phone number, the reason for the call, and the coach's request for services.
- ✓ Report immediately to the coach and inform the coach of the results of your phone call.
- ✓ While the emergency call is being made, another designated player will go to get the Principal, or the Athletic Director, giving them the information about the situation. These individuals will call the parents, if the coach or assistant coach is unable to do so.
- ✓ If the coach must travel to the hospital with the injured player, practice will be dismissed unless another responsible adult takes charge of the remaining practice time.
- ✓ A follow-up phone call to parents will be the coach's responsibility.
- ✓ Coaches will complete an accident report within 24 hours of the time the injury occurred.
- ✓ Players who require emergency medical attention will be required to provide a doctor's release before returning to active practice or Competition.

RESPONSIBILITIES OF THE STUDENT-ATHLETE

- Understand the overall philosophy of the athletic program.
- Exhibit good sportsmanship at all times.
- Be academically eligible and work to maintain that eligibility.
- Have parental and medical clearance to participate.
- Pay necessary player's fee. Hardship will not be a limiting factor. The A.D.'s office can provide assistance.
- Be a role model for others in the school to follow and emulate.
- Be at all practices and games on time, unless an emergency arises.
- Be responsible for all equipment issued to them.
- Treat visiting teams and officials with respect.

- Work to keep Meadows Valley facilities in excellent condition.
- Realize it is a privilege to participate in extra-curricular activities and to represent a school team.
- Promote a feeling of spirit and respect for all members of the athletic program in our school district.

RESPONSIBILITIES OF PARENTS OF STUDENT ATHLETES

Cooperation among coaches, athletes, parents, and school personnel is essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to the athletic program to assure such cooperation. We ask that you read the following, and as needed, discuss your reactions with your athlete's coach or the school's Athletic Director. Thanks for your help!

As the parent of a student-athlete in this school, I accept the responsibility to:

- Accompany my child to mandatory orientation and informational meetings offered by the school's athletic department prior to the start of sport seasons.
- Work closely with all school personnel to assure an appropriate academic as well as athletic experience for my child while he or she is in high school.
- Assure that my child will attend all scheduled practices and athletic contests.
- Require my child to abide by the athletic department's training rules.
- Acknowledge the ultimate authority of the coach to determine strategy and play selection.
- Promote mature behavior from students and parents during athletic contests.
- Work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for our school.
- Work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student athlete, both in school and post-high school settings.

RESPONSIBILITIES OF COACHES

Understand the overall philosophy of the athletic program.

- Exhibit good sportsmanship at all times.
- Be a role model for others to follow and emulate.
- Supervise the athletic program including facilities.
- Thoroughly explain eligibility requirements and practice and/or participation rules to all athletes and provide written copies of team rules and consequences to all team athletes and A.D.
- Assure that no athletes participate until all necessary forms are complete and on file. .
- Submit a complete roster of team members to the A.D. before the first contest.
- Plan and schedule all practices during a season.
- Determine the system of play, consistent with all levels of that sport.
- Enforce discipline and sportsman-like behavior and establish consequences for violations of conduct policies and provide written copies to athletes and A.D.
- Respect officials' judgment and interpretation of rules. Follow protocol for appeals.
- Represent the school and the profession in a manner that reflects pride in the student, the program, the school and the community.
- Oversee the safety conditions of the facility in which assigned athletes are present.
- Promote the sport by prompt score reporting to area media.
- Head coaches will assign duties to assistant coaches working under their supervision.
- Maintain and secure all equipment used in the program.
- Maintain inventories of all equipment and submit them to the A.D. at the end of the season.

- Recommend purchases for the upcoming year and submit any requisitions directly to the A.D. before ordering.
- Verify with the A.D. the departure time for all trips.
- Verify in writing those participants who arrange transportation home with parents from games.
- Complete and submit accident reports within 24 hours of a student injury.

LETTERING REQUIREMENTS

Each time an individual letters in the senior high school, he/she will be awarded a letter certificate by the coach of that sport at the conclusion of the season. The first time, and only the first time, that an individual letters in any sport at the senior high level, he/she will be awarded the standard chenille letter representative of athletics. After an athlete receives his/her chenille letter, specific sport pins will be awarded for each successfully completed season.

Basketball - To be eligible an athlete must have played in ½ of the total number of quarters. The above requirement can be waived in the case of an athlete who has contributed a great deal to the team.

Football - To be eligible an athlete must have played in ½ of the total number of quarters. The above requirement can be waived in the case of an athlete who has contributed a great deal to the team.

Golf - To be eligible an athlete shall have medaled in a meet or participated in ½ of the meets. The above requirement can be waived in the case of an athlete who has contributed a great deal to the team.

Softball - To be eligible an athlete must play in 1/2 of the games scheduled during the regular season. The above requirement can be waived in the case of an athlete who has contributed a great deal to the team.

Baseball - To be eligible an athlete must play in 1/2 of the games scheduled during the regular season. The above requirement can be waived in the case of an athlete who has contributed a great deal to the team.

Track - To be eligible an athlete must:

1. Place in a major meet, or
2. Place 1st once or 2nd twice in a dual or triangular, or
3. Score 30 or more team points during the season.

Volleyball - To be eligible an athlete must play in ½ of the games in all matches played during the regular season. (All tournaments included except district and state.) The above

requirement can be waived in the case of an athlete who has contributed a great deal to the team.

All athletes must complete the sport season in good standing in order to be recognized with a certificate or letter.

Sportsmanship Expectations – Players

The less notice the player takes of the spectators and the more he concentrates on his/her part in the game, the more absorbed the crowd will be and the less likely to misbehave.

1. Players should refrain from showing surprise or irritation at a call of an official. The official's ruling should be accepted with politeness.
2. "Playing to the crowd" can cause trouble particularly in basketball where the player's facial expressions are clearly visible to the bench and stands.
3. Unsportsmanlike gesturing or the harassing of an individual opponent should not happen and must not be condoned by the coaches.
4. Substitutes on the bench must not heckle the opposing team and should never enter the playing field/court.
5. The relationship of players to each other before, during, and after the game affects and helps establish crowd rapport.

Sportsmanship Expectations – Cheerleaders

1. The host school cheerleaders should go to the visiting side and greet the visiting cheerleaders. Cheerleaders should consider leading a cheer for the visitors' section and follow with a cheer for the home section. Cheerleading coaches, coaching staffs, and other game management advisors should meet to discuss the importance of spectator and player sportsmanship.
2. Cheerleaders' functions are to make a positive contribution to good spectator reaction at an athletic contest and to create better relations between opposing supporters.
3. Cheers should be positive and not aimed at antagonizing an opponent. Care should be taken to make certain that words used in a cheer are not suggestive and do not have a connotation which would inflame an audience.
4. Cheerleaders should remain silent when the opponents' cheerleaders are cheering and during free throws at basketball games.
5. Cheerleaders are expected to lead the cheer group in a round of applause for an injured player leaving the game. Cheering is appropriate.
6. When "booing" occurs, the cheerleaders should attempt to stop it by immediately starting a popular sideline cheer. Immediate action is the key to the control of booing.
7. Cheerleaders, properly trained, can be as important to the spectator behavior as the coach is to his/her team.
8. Student bodies and teams will react as they are instructed, inspired, and led by neat and well-poised cheerleaders.

Sportsmanship Expectations – Parents

1. Monitor and support their student athlete's academic progress and growth.
2. Facilitate their student-athlete's proper commitment to all practices and games.
3. Reinforce proper citizenship by encouraging and expecting from their child respect for self, others, and property.
4. Support the school's coaching staff, athletes, and programs through positive dialogue, Booster Club membership, attendance at events and good sportsmanship.
5. Refrain from "coaching" your kid from the sideline.
6. Only cheer from the stands with positive sportsmanship and enthusiasm.
7. Focus on the "team" concept while respecting the coach's decisions on individual playing time.
8. Never interfere or disrupt a coach or team before or during a practice/game and never approach a coach after a contest when being upset.
9. Attempt problem solving at the lowest level, beginning with the coach.
10. Attend preseason meetings and postseason awards ceremonies.
11. Be prompt when picking up their student-athlete from practice and events.
12. Remember the field of play is truly an extension of the classroom and act accordingly.
13. Treat all individuals with decency and respect.

Sportsmanship Expectations – Spectators and Students –

- 1) Be Courteous to the teams, officials, and other spectators.
- 2) Be Enthusiastic by "rooting" for your team, not "booing" opponents or officials
- 3) Be Fair by having confidence in the honesty and integrity of the officials. Remember that they are neutral; you are partisan.
- 4) Be Cooperative by not walking on any playing area. Let the coaches' coach, players play, and officials officiate.
- 5) Be a Good Sport by providing all out support of your team before, during, and after the game.
- 6) Be a Good Fan because this is a game with a respected opponent: not a fight with a bitter enemy.
- 7) Enjoy the Game!

Please Circle:

Male Sports: Football, Soccer, Basketball, Wrestling, Track, Baseball

Female Sports: Volleyball, Soccer, Basketball, Cheerleading, Track, Softball

THE MOUNTAINEER ATHLETE'S PLEDGE

Individual and team success in sports results from commitment. The extent to which young athletes are able to make such commitment reflects their maturity as well as their dedication to family, friends, school, and team. For these reasons, we ask you to read and agree to the following pledge.

As an Athlete at Meadows Valley School, I promise:

- ✓ To follow all of the activity guidelines as printed in the activities policy manual.
- ✓ To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of commitment and hard work.
- ✓ To maintain my health and fitness levels by following the training rules as prescribed by the athletic department.
- ✓ To demonstrate the knowledge that a commitment to victory is nothing without commitment to hard work in practice.
- ✓ To attend every practice unless excused by my coach.
- ✓ To understand that my future as a responsible adult relates more to my academic efforts than to my athletic activities.
- ✓ To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
- ✓ To maintain the academic level required by Meadows Valley School.
- ✓ To demonstrate a high level of maturity by expressing my feelings and ideas intelligently and appropriately.
- ✓ To be a team player and encourage those on my team to be positive and do my best to help them become the best player they can be.
- ✓ To not be negative and not bully other members of my team.

Student Signature: _____ Date: _____

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I (student signature) _____ have read and understand the policies and expectations for student's participating in extracurricular activities at Meadows Valley School. I agree to abide by these policies and expectations. I understand that participating in a sport or any other extracurricular activity is a privilege, not a right. I understand that when I participate in these school activities that I am in a position of student leadership and that I represent not only myself, I represent my team, my school, my community and my family. I will do my best to not disappoint those who are watching me and expecting great things from me. I understand that there are consequences if I do not abide by the policies and expectations listed above.

Student Signature: _____ Date: _____

I (parents signature) _____ will do all that I can to help my student fulfill their obligations as a participant in the extracurricular, sports programs at Meadows Valley School.

Parents Signature: _____ Date: _____