

Magruder

“Colonels”

Student-Athlete
Parent-Athlete

Handbook

TABLE OF CONTENTS

INTRODUCTION.....	1
ATHLETIC PROGRAM.....	1
PHILOSOPHY.....	2
SPORTSMANSHIP AND CITIZENSHIP.....	2
ELIGIBILITY.....	2-3
ACADEMIC STANDING.....	4-5
SMOKING, SUBSTANCE USE/ABUSE AND STEROIDS.....	5-6
SCHOOL ATTENDANCE.....	6
ARRIVING LATE AND/OR MISSING PRACTICE.....	6
EQUIPMENT AND RESPONSIBILITY FOR PROPER CARE.....	6-7
PARTICIPATION AND OUTSIDE TEAMS.....	7
INCLEMENT WEATHER PROCEDURES.....	7
Insurance	7
PHYSICAL EDUCATION PARTICIPATION.....	8
REQUIREMENTS.....	8
TRANSPORTATION.....	8-9
PLAYER/PARENT/COACH/OFFICIAL RELATIONSHIP.....	9-11
SPECTATOR BEHAVIOR.....	11-12
CONCERNS.....	12-13
SPORTSMANSHIP.....	12-13
ACCEPTABLE BEHAVIOR.....	13
SPORTSMANSHIP AWARD.....	14
RESPONSIBILITIES OF ATHLETES AND COACHES.....	14
SELECTION OF TEAM.....	14-15

JV TEAMS.....	15-16
AWARDS.....	16
CAPTAINS AND MANAGERS.....	16-17
HAZING AND RISK.....	17
BOOSTER CLUB AND WEB PAGE.....	17
WEB PAGE.....	17
E-MAIL AND WEBSITES.....	18
CONTRACT.....	18-22

INTRODUCTION

This handbook describes the rules, policies, procedures, and framework within which the Magruder Athletic Department functions. The content should be carefully reviewed by both the prospective student-athlete and his or her parents/guardians. Upon reviewing the contents, the student and his or her parents/guardians should sign the attached contract and then submit it to the coach prior to the first contest.

ATHLETIC PROGRAM (MCPS)

The Athletic Department of Magruder High School consists of the following sports or activities:

- Fall:**
- Cheerleading (Co-ed Varsity & JV)
 - Cross Country (Co-ed Varsity)
 - Field Hockey (Girls Varsity & JV)
 - Football (Boys Varsity & JV)
 - Golf (Co-ed Varsity)
 - Pompons (Girls Varsity)
 - Soccer (Boys Varsity & JV)
 - Soccer (Girls Varsity & JV)
 - Tennis (Girls Varsity)
 - Volleyball (Girls Varsity & JV)
 - Corollary Team Handball
- Winter:**
- Basketball (Boys Varsity & JV)
 - Basketball (Girls Varsity & JV)
 - Cheerleading (Co-ed Varsity)
 - Indoor Track (Co-ed Varsity)
 - Pompons (Girls Varsity)
 - Swimming/Diving (Co-ed Varsity)
 - Wrestling (Boys Varsity & JV)
 - Corollary Bocce
- Spring:**
- Baseball (Boys Varsity & JV)
 - Lacrosse (Boys Varsity & JV)
 - Lacrosse (Girls Varsity & JV)
 - Softball (Girls Varsity & JV)
 - Tennis (Boys Varsity)
 - Track (Co-ed Varsity)
 - Volleyball (Boys Varsity, Co-ed Varsity)
 - Corollary Indoor Softball

A PHILOSOPHY (MCPS)

Interscholastic athletics supplement and support the academic mission of the school system and assist students in their growth and development. Athletics assists in promoting the importance of teamwork, effort, goals, and commitment. Interscholastic athletics is highly competitive, but winning is not the primary measure of success. Sportsmanship, respect for participants, and dignity in the face of adversity are more important than the outcome of the contest. All athletes do not perform at the same level, but all can demonstrate effort, dedication, and fair play.

SPORTSMANSHIP AND CITIZENSHIP (MCPS)

An important mission of the interscholastic athletics program is to teach and reinforce values relating to sportsmanship, competition, and fair play. It is expected that team personnel, parents, and spectators respect this mission by exhibiting appropriate behavior at athletic events. Countywide team and school awards are presented annually to schools whose coaches, players, and fans, demonstrate a high degree of sportsmanship.

ELIGIBILITY (MCPS)

Students must meet the following requirements to be eligible to participate. Participation of ineligible students shall result in individual and team sanctions, including forfeits for the team.

- * All participants are required to have a valid annual medical evaluation.
- * Students must submit a current MCPS Health Inventory Form (MCPS Form SRS-8), a Medical Card for Athlete (Form 560-30) and a Student/Parent Participation Contract before being allowed to participate in practices or contests.
- * Students selected for a team must pay the MCPS extracurricular activities (ECA) fee. Students may not participate in contests until they have paid the activities fee.
- * Students must achieve a minimum 2.0 grade point average for the most recently completed marking period, with no more than one failing grade. Academic eligibility is determined on the date report cards are issued, and remains until the next report card is issued.
- * Students must attend all of their scheduled classes in order to participate in a practice or contest on that day. If the principal or designee grants an excused absence in advance for a prescheduled activity, or an unforeseen emergency, the student may participate on that day.

- * If during the season a student has an unexcused absence, he/she may not compete in the next contest after the violation has been verified.
- * In addition to other infractions, a student may be suspended or removed from a team for unexcused absences or chronic tardiness to classes or team practices.
- * A student must not have reached his/her nineteenth birthday before August 31 to compete in the school year that follows.
- * A student shall not be permitted to participate in more than one Interscholastic sport in one season.
- * A student who is ineligible for any season may not try-out, practice, or play during the period of ineligibility except if trying out for poms and/or cheerleaders.
- * A student may not participate when he/she is serving an in-school or out-of-school suspension. The student becomes eligible to participate on the next school day following the suspension.
- * Students whose legal residence is outside the designated boundary of a particular school may not participate unless they have received an official transfer and an athletic waiver.
- * Students may participate in sports a maximum of four seasons during a five-year period beginning with ninth grade enrollment.
- * Students must satisfy school and school system Participation Standards.
- * Students shall maintain amateur status. Any student who has not used or who is not using his athletic skill as a player for financial gain or who has not competed under an assumed name as a player shall be considered an amateur.
- * Students must meet all the attendance, academic, and other eligibility requirements established by the state and MCPS.
- * Students and their parents must sign the school Student-Parent Athletic Participation Contract and Parent Permission form.
- * Students should refer to "A student's Guide to Rights and Responsibilities" for additional guidelines and regulations related to eligibility.
- * Students may not have graduated from high school in the previous semester.

ACADEMIC STANDING (MCPS)

The following guidelines apply regarding a student's academic eligibility to compete.

- * Students who have a 2.0 average with no more than one "E" in the previous marking period will automatically be eligible to participate or practice in any extracurricular activity governed by this regulation during the next marking period.
- * A multi-hour course is considered one subject. When computing the marking period grade average, the multi-hour course grade will be counted once for each hour the course is offered; for example, if the course is a three-period course, the grade should be counted three times in determining the nine-week grade average. However, the letter grade for a multi-hour course will only be counted once.
- * A grade of NC shall be considered failing.
- * A student may regain his/her eligibility status at the start of the next marking period if all failing grades are reduced to a minimum of one E or NC and if a 2.0 or higher average is achieved.
- * Grades recorded as "incomplete" as a result of legally excused absences shall be considered passing until changed. Incomplete grades that are not changed to a passing grade within ten school days after report cards are issued will be considered failing grades for eligibility purposes until they are changed.
- * A student may withdraw twenty-five days or less into a course without penalty. A student may not drop more than one passing course after the twenty-five day drop/add period for academic eligibility purposes.
- * When a student withdraws from a course on day twenty-six or after, the student will be given the grade at the time of dropping from the course, and that grade will be factored into the marking period grade average for the purposes of academic eligibility only.
- * A marking period begins on the day that a report card is issued and continues until the day that the next report card is issued.
- * Students taking a minimum of one to two courses must pass each course and maintain a 2.0 average to be eligible.

- * Senior high school students who do not maintain a 2.0 average with no more than one “E” (failure) in the final quarter will not be eligible in the fall. Students may repeat failed courses in summer school; however, if a failed course is not offered during the summer session, the student will be allowed to take another course in the same subject area, if available. If not available, the student and his/her counselor will decide on the course and/or subject area. The summer-session grade will replace the lowest course grade from the previous marking period and be factored in to determine the 2.0 minimum average for participation.

Exceptions (MCPS)

Failing grades from the final marking period of the previous year do not count towards ineligibility for the first marking period of the next year if the failing grades occurred when the student:

- a. was in the 7th or 8th grade
 - b. was in a school outside of MCPS
- * An unsatisfactory evaluation in a noncredit-bearing course is not considered failing for student eligibility.

Special Note: If a student only has one failing grade in the fourth grading period and has a 2.0 or higher grade point average for the fourth nine weeks and enrolls in the summer session for remedial or additional course work and fails the summer session, the student is eligible for participation in the fall.

SMOKING, SUBSTANCE USE/ABUSE AND STEROIDS (MCPS)

The use of alcohol, tobacco, and controlled dangerous substances, including steroids, is an extremely serious health issue. Such use places the quality of life for the student-athlete in jeopardy. Also at issue is the interdependency of team members and coaches, which requires that all student-athletes be mentally and physically prepared to give their best effort. If the student-athlete is using alcohol, tobacco, or illegal drugs not prescribed by a physician, he/she is placing himself/herself in serious jeopardy. If use, distribution, or possession of these substances by a student-athlete on school property or at a school-sanctioned event is verified, he/she will be suspended from the team for 30 calendar days. Upon verification of a second violation, the student-athlete will have a 12-month ban on participation in an extracurricular event from the date of the initial suspension. Suspension from a team for the remainder of the season includes the stipulation that no letter awards will be given to the suspended student.

SCHOOL ATTENDANCE (MCPS)

- * Unexcused absences or chronic tardiness to class or team practice may be sufficient reason for declaring a student ineligible at any time. The coach, in consultation with the athletic director and grade-level administrator, will determine the date and time of ineligibility.
- * In order to participate in any athletic event or practice, athletes are expected to be in all of their scheduled classes the day of the event. The principal, grade-level administrator, or athletic director may excuse an athlete for prescheduled appointments, such as a driver's test, a court appearance, medical appointments, or unforeseen emergencies.
- * A student who has any absence other than those specified may not practice or compete on that date. A student who violates the above or otherwise misses class due to an unexcused absence will not be allowed to compete in the next contest after the violation has been verified.

ARRIVING LATE AND/OR MISSING PRACTICE (MCPS)

Prompt, regular attendance at practice sessions is necessary for the safety and conditioning of the student as well as for the benefit of the team. Team members should notify their coach prior to any practice that they must miss and should offer an adequate explanation for the absence. Chronic tardiness to practice or unexcused absences will be dealt with by the coach, and unless the coach specifies otherwise, the measures taken will be as follows:

1st Offense- Conference between coach and team member where coach determines appropriate action to make up for lost practice session

2nd Offense- Suspension from next practice session or contest

3rd Offense- Dismissal from team

EQUIPMENT AND RESPONSIBILITY FOR PROPER CARE (MCPS)

Most uniforms and equipment are assigned to student-athletes strictly on a loan basis for the duration of the sport season. It is the responsibility of the student-athlete to maintain that equipment/uniform in the same condition in which it was received. Any damage or loss of equipment/uniform will be considered the direct financial responsibility of the student-athlete responsible for its care.

Any athlete withholding property from one sport is suspended from participating in any other sport until the equipment is returned. He/she is ineligible for any sport award until that equipment is returned.

Student-athletes will be charged the replacement cost of any equipment or uniform not returned. This cost must be paid before participating in any other sport. Financial obligations must be settled with:

1. Coach
2. Athletic Director
3. Business Manager

PARTICIPATION AND OUTSIDE TEAMS (MCPS)

The MPSSAA is very specific on this issue. Students, while participating on a school team, are permitted to participate in the same sport outside of school during the sport season. Such participation must meet the following criteria:

1. The outside participation may not conflict with the sports schedule of the school, including district, regional and state championship play. (Sports schedule includes games and practices.)
2. A student who elects to participate on an outside team and does not participate on the school team during the designated sport's season is ineligible to represent his/her school in all meets and games that determine a county, district, regional, or state championship.

INCLEMENT WEATHER PROCEDURES (MCPS)

MCPS states that in the event schools are closed due to inclement weather conditions, all after-school activities are automatically canceled. These after-school activities include practices, contests, meetings, or other events. Team members should make certain to contact their coach regarding interim or adjusted practice schedules.

Insurance (MCPS)

Each year the Board of Education makes available a Student Accident Policy at a nominal premium. This insurance is secondary to the family's own insurance. Information about this insurance is available by going to:

<http://www/k12studentinsurance.com>

PHYSICAL EDUCATION PARTICIPATION (MCPS)

Athletes should not expect preferential treatment. Any student who has enrolled in physical education class will be expected to dress and participate in the daily activity.

On the day of a contest, his/her participation may be limited if permission is granted by the teacher.

REQUIREMENTS FOR PARTICIPATION (MCPS)

Prior to a student's participation in any tryout, practice, or contest with a team, he/she must supply to the coach the following items:

- * Current medical evaluation form properly completed by a physician/nurse practitioner. (Good for one year only)
- * Written acknowledgment of insurance coverage from his/her parents which also serves as permission to participate in an athletic activity
- * Student-Athlete Code of Conduct signed by the student-athlete and his/her parent/guardian
- * Student Eligibility Requirement and team standards signed by the student-athlete and his/her parent/guardian
- * Medical Card for Athlete (white card) completed and signed by parent/guardian
- * Transportation Form
- * Payment of countywide ECA student activity fee
- * Concussion baseline test completed

All students who are candidates for participation in interscholastic athletics are required to have an annual medical evaluation. If a student has a medical evaluation on file from a previous sport or activity, it will be applicable as long as twelve months have not elapsed since the evaluation was completed. The medical evaluation must cover the entire season; thus, the twelve months must not elapse until the season is concluded.

TRANSPORTATION (MCPS)

Some teams are transported to contests by MCPS busses while others are driven by coaches, parents, or other players. Parents/guardians must sign a transportation form granting their child permission to attend contests in the manner checked on the form.

All athletes on teams that take busses are expected to return to the school on the bus unless the coach determines that the student can return with his/her parents and written approval is given. Similarly, students who are driven to contests must have the approval

of their coach if alternative means of return travel is arranged. At all times, the coach has the final decision on how a player can return from away events!

Handbook for Parents of Athletes

(Courtesy of Dr. David Hoch for Handbook Parents of Athletes)

Being a parent is challenging. This effort and responsibility is frequently complicated by being a parent of an athlete. This handbook, with its guidelines and suggestions, will give you some insights into this responsibility.

The Player-Coach Relationship: (Courtesy of Dr. David Hoch)

Unfortunately, through televised games and the more recent proliferation of cable TV, many adults feel that they understand or perhaps know more than many coaches. Everyone becomes an expert. This newfound expertise may heighten your appreciation of a sport, as a parent, however, you are not the coach.

The player-coach relationship is perhaps the most critical relationship in athletics. Unfortunately, a parent can have a pronounced effect on this very important and delicate relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a distinct effect upon your child.

If you express a negative opinion in the presence of your child, you need to remember that he or she will return to practice the next day and may carry with him or her your convictions. Your son or daughter will then have to interact with this coach. You, as the parent, can greatly affect this delicate relationship.

Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede your son or daughter's progress and affect his or her playing time or even winning a starting position.

The Parent-Coach Relationship: (Courtesy of Dr. David Hoch)

In your role as a parent, you obviously love and are concerned about your child's welfare. You want the best for him or her. But an athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial in many respects.

Should you have any questions or concerns, do not approach the coach immediately at the conclusion of a contest. At this time, coaches have other responsibilities and it may be an emotional time. Call and make an appointment for a later time and approach this meeting in a calm, courteous and logical manner.

One of the responsibilities which a coach has at the conclusion of a contest is to have a brief meeting with his or her players. Athletes should not pause to talk to parents or friends immediately after games. These brief meetings are essential to the learning process involved in athletics.

The Parent-Player (Courtesy of Dr. David Hoch)

Some parents may try to live through their child's athletic efforts. Being positive and supportive is important, but adding pressure and unrealistic expectations can be extremely harmful. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most athletes participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing.

When you do speak with your child after a contest, don't dwell on his or her play, how many points they scored or if they started. Instead, first ask how the team did? Did your son or daughter play hard, give 100% and have a good experience?

Relationship With Officials (Courtesy of Dr. David Hoch)

There is an age-old refrain often used by irate fans. "How much are you paying the officials?" The home school does not get the officials. The commissioner of the particular sport assigns all officials and neither team controls of which officials are assigned.

Officials agree to and follow a code of ethics. They really do not care or have a vested interest in which team emerges as the victor. It is also important to understand that they are a very necessary part of a game. A contest cannot be played without them.

So while you may not agree with all of their calls, (who does?), please do not harass and taunt them. It is also important to remember that they are in charge of the contest and have complete authority to have unruly spectators removed. In many sports, a team will see the same official several times during a season. Coaches, athletic administrators and schools often work hard to establish a rapport and good working relationship which can easily be damaged by spectators.

Spectator-Cheerleader (Courtesy of Dr. David Hoch)

Cheerleaders try to infuse spirit into the fans/spectators and to lead them in selected cheers. Taking this responsibility into your own hands is not appropriate. Fans who leave the stands to direct cheers may often cause or lead to confrontations with the opponents. Following the cheerleaders' directions, therefore, is absolutely necessary at all athletic contests.

The emotion and atmosphere at athletic contests can be very exciting and the cheerleaders need to be allowed to direct and control this aspect of the event.

MCPS Mission Statement for Athletics (MCPS)

A mission of the MCPS athletic program is to teach and reinforce in student-athletes values relating to wholesome competition, good sportsmanship and fair play. It is expected that spectators reinforce these values by exhibiting appropriate behavior at athletic events. A condition of entry into an MCPS athletic event is that all spectators agree to recognize the event as an extension of the learning process, and that all present have the responsibility to model appropriate behavior. The event is a unique opportunity for spectators to be a part of a positive and productive learning environment and to model behavior appropriate to a high school setting.

Expectations for Spectator Behavior (MCPS)

- Applaud players for their efforts
- Accept the decisions of officials
- Appreciate participants for their commitment
- Support school personnel in conducting an orderly and spirited contest
- Maintain composure when things seem to go against your team
- Respect the rights of other spectators
- Reward sportsmanlike behavior through cheering
- Focus attention on positive aspects of competition
- Encourage players by showing enthusiasm and positive recognition
- Demonstrate concern for the safety and welfare of athletes

Remember (MCPS)

These young men and ladies are students and not professional athletes. They will make errors in the course of competition, as will game officials and coaches. However, all participants are trying their best. Negative criticism and booing will not help them to improve and are unacceptable forms of expression at his event. You can assist in their development as athletes by focusing attention on the positive aspects of their performance. Your cooperation is important and is appreciated.

At Magruder High School (MCPS)

In addition to embracing and committing to the MCPS Philosophy, at Magruder High School, we will also encourage and promote:

- The belief that athletes should participate in multiple sports and not specialize in any one specific sport.

- The concept of the broadest-based participation possible by offering all of the teams which we can, and extending the opportunity to participate to as many students as possible.

- The premise that all teams are considered vital for our student-athletes and each

is a valued part of our athletic program. No one sport is considered more important than any other.

The approach that all teams are treated as fairly as possible.

Athletic Chain of Command (MCPS)

At Magruder High School, the following chain of command is in effect:

Principal
Assistant Principal
Athletic Director
Head Coach
Assistant/JV Coaches
Players

If there are any questions or concerns involving some aspect of our athletic program, the athletes should first contact the appropriate coach. If there is no resolution, he or she would then go to the head coach, etc.

Expressing Concerns (Courtesy of Dr. David Hoch)

When expressing an occasional concern with a coach, please refer to and use the following guidelines:

1. Never approach a coach immediately after a contest. This is not the proper time or place for a discussion concerning your child or the team.
2. Call the following day and make an appointment which is convenient for both you and the coach to meet.
3. Raise your concern in a calm and civil manner. Yelling, being rude or using foul language is totally unacceptable.
4. Once you have stated your question or concern, listen to the explanation. Often a parent may be blinded by emotion and this overrides logic and reason. Listening receptively may really help you to understand any explanation which is given.

Sportsmanship (Courtesy of Dr. David Hoch)

Since athletics should be educational in nature, it is important that all parents demonstrate good sportsmanship and serve as role models for our athletes and students. Sportsmanship is an overt display of respect for the rules of sport and for all others. It also involves a commitment to fair play, ethical behavior, and integrity. This means:

1. There can be no vulgar or inappropriate language from our fans or spectators.
2. Taunting or trash talking of our opponents and their cheerleaders cannot be tolerated.
3. Spectators cannot leave the bleachers or enter onto the court or field during a contest.
4. Fans should be supportive and positive. Cheering should be done for our team and not against our opponent.
5. We should not impede or interfere with our opponent's cheerleaders from leading their cheers.
6. In some specific sports such as basketball and volleyball, we should not yell at an opponent during a foul shot or as a player attempts to serve.
7. School officials have the authority to remove a spectator (s) from a contest for unruly or improper conduct. The individual (s) may be removed for the duration of a particular contest or for any extended period of time depending on the severity or frequency of the improper conduct.
8. Possession of intoxicants and/or illegal substances is prohibited. Smoking is also prohibited on MCPS school ground.

Acceptable Behavior (Courtesy of Dr. David Hoch)

- a. Applaud during the introduction of players, coaches and officials
- b. Recognize a player's performance who has fouled out with applause from both sets of fans and with a hand shake from opponents.
- c. Accept all decisions of officials.
- d. Shake hands at end of contest between participants and coaches regardless of the outcome.
- e. Treat the competition as a game and not a war.
- f. Search out and congratulate opposing coaches and players.
- g. Show concern for an injured player regardless of which team he or she plays for.
- h. Encourage only sportsmanlike conduct which includes class, dignity and respect.

Unacceptable Behavior (Courtesy of Dr. David Hoch)

- a. Yelling or waving arms during opponent's free-throw attempts.
- b. Performing disrespectful or derogatory yells, chants, songs, or gestures.
- c. Booing or heckling an official's decision.
- d. Criticizing officials in any way; displays of temper with an official's call.
- e. Yelling anything that might antagonize the opponents.
- f. Refusing to shake hands or give recognition for good performances.
- g. Blaming loss of game on official, coaches, or participants.
- h. Taunting or name-calling to distract an opponent.

- i. Using profanity or displays of anger that draws attention away from the game.
- j. Performing your own cheers instead of following lead of the cheerleaders.

Sportsmanship Award (MCPS)

MCPS will present Sportsmanship Awards in each sport to varsity teams whose spectators and team personnel best exhibit sportsmanship over the course of the season. The award will be based on ratings conducted by officials, athletic directors, and school administrators. A detailed summary of criteria for the Sportsmanship Award is provided to athletic directors.

The schools whose teams have won the greatest number of team sportsmanship awards in the course of the year will be recognized as the county "Sportsmanship Champion" for that year and will receive a monetary award.

Responsibilities of an Athlete (Courtesy of Dr. David Hoch)

Most coaches would expect an athlete to adhere to the following guidelines:

1. The team's goals, welfare and success must come before any individual.
2. An athlete needs to consistently attend practice sessions. This also includes weekend and holiday periods.
3. Players must be receptive to coaching.
4. Team members are responsible for all issued uniforms and equipment.
5. As a member of a team, an athlete must agree to and follow the team rules. Athletes need to remember that they are ambassadors and represent not only themselves, but also the coaching staff, school and community.
6. If injured, an athlete must report all injuries to the coach.

Responsibilities the of a Coach (Courtesy of Dr. David Hoch)

At Magruder High School, a coach has the responsibility for the following:

1. The selection of the squad.
2. The determination of the style of play, including the offensive and defensive philosophy.
3. The teaching and instruction at practice sessions.
4. The determination of who starts and how long an athlete plays in a contest.
5. The decision of who plays in what position.
6. The establishing of team rules.
7. The selection of team captains.
8. The establishing of the requirements to earn a letter.
9. The communication with athletes and parents with respect to when practice sessions will be held, and when the sessions will start and finish.

Participation and Selecting the Team (Courtesy of Dr. David Hoch)

It is important to understand that participation on an athletic team at Magruder High School is a privilege and not a right. Being on and maintaining one's membership on a team means accepting all the responsibilities of an athlete. However, unlike recreation or intramural teams, equal or guaranteed playing time does not exist. In an effort to win, a coach will use players best suited to the conditions or demands of the contest at that time.

Every coach has the responsibility and authority for selecting his or her team. The criteria for selecting the team are developed by the coach. A copy of the written criteria is included in the extracurricular activities requirement form that must be signed and turned into the coach prior to tryouts.

It is also important to remember that there are no guarantees. Players from the previous year's JV team, for example, do not automatically make either the JV or varsity squad the following year. Having been a member of a team during the previous year or even being a senior does not ensure that an athlete will make the squad.

Parents should expect that every candidate will be treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment, will handle the task as positively as possible, and will be available to answer athletes' questions.

While we understand that being cut is disappointing for many athletes and even for their parents, we unfortunately cannot keep everyone. Anyone cut from a team is welcome to tryout again next season or to try another sport. When parents and athletes understand and support the coach's decision, this difficult process becomes a less painful experience for all.

The Purpose of a JV Team (Courtesy of Dr. David Hoch)

JV Teams exist to provide those athletes who are unable to participate on the varsity squad an opportunity to develop skills and gain experience. While the athlete's age, size, or skill level may be the limiting factor in not making the varsity team, participation on a JV team may enhance the athlete's potential to make the varsity squad in the future.

A caution, however, must also be given. Being a member of a JV team does not guarantee that an athlete will automatically move up the following year to the varsity squad. The athletes best suited for varsity competition will make the squad each year.

Striving to win is important in athletics. However, compiling a great record or winning a championship should not be the primary objective of a JV team. The development of athletes should be the ultimate purpose of a JV squad, while at the same time

acknowledging the value of winning, learning, and enjoying being a member of a team.

Practice Sessions and Games (Courtesy of Dr. David Hoch)

Practice sessions are normally closed to spectators and there is a very sound reason for this. These sessions are the equivalent of a teacher's classroom and there is real, quality instruction taking place. Interruptions and interference to an athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised.

At Magruder High School, practice sessions:

1. May last two hours.
2. May start and end at different times due to the schedule of the coach or of our facilities. (Check with the coach for the specific times.)
3. Will not be held when school is dismissed early due to inclement weather.
4. Will not be held when school is not in session due to inclement weather.
5. May be held on Saturdays and over holiday periods.

Spectators at games, however, are very much encouraged. Positive and nurturing support of teams and athletes can be very helpful to performance in athletic contests.

Athletic Awards (MCPS)

Coaches determine the requirements for the following awards at Magruder High:

Varsity Teams

Letter (One per entire high school career)
Sport pin
Manager pin
Captain pin
Varsity certificate
Minds in Motion 3.25 certificate

JV Teams

JV certificate
Manager pin
Captain pin
Minds in Motion 3.25 certificate

Team Captains and Managers (Courtesy of Dr. David Hoch)

There are several good reasons for having captains of a team. These athletes may serve as positive role models, links between the team and the coach, and they certainly should be leaders. A good captain can be a real asset to the team.

and coaching staff.

While some coaches may allow their team to select captains, the ultimate responsibility lies with the coach. It is also important to understand that serving in the capacity of a captain is not reserved solely for seniors on a team, but rather this position is for the athlete who is best suited to filling the responsibilities.

Managers perform duties assigned by the coach and no longer receive student service learning hours under MCPS policy.

Hazing (MCPS)

Hazing is prohibited at all times. Hazing involves any act that subjects teammates to mental or physical discomfort, embarrassment, harassment, or ridicule. In some instances hazing constitutes a criminal act. At a minimum, hazing may lead to immediate dismissal from a team.

Health and Safety (MCPS)

Parents and students are required to review health and safety related information provided: <http://www.montgomeryschoolsmd.org/departments/athletics> or on the Magruder High School website on the main athletic page at www.magruderhs.org. The website includes information on MRSA, hygiene, heat acclimatization, hydration, head injuries, and steroids. If a student or parent cannot access the MCPS Athletics website, the school will provide the required safety information. Parents and athletes are also encouraged to view the information about the NCAA and playing in college also found on the Magruder High School athletic website on the main page at www.magruderhs.org.

Risks of Athletic Participation (MCPS)

Participation in interscholastic athletic activities often includes intense competition and poses the potential for serious, catastrophic, or life-threatening injury. Participants and parents are urged to consider that there are inherent risks and hazards associated with athletic participation. Risks vary from sport-to-sport and can occur under direct supervision and with use of proper safety equipment.

Sports Booster Club (MCPS)

Magruder High School's Sports Booster Club exists to support all teams and the entire athletic program. Our Booster Club has three primary goals: To raise funds to assist the athletic programs, to increase school spirit and to encourage and promote good sportsmanship.

The Booster Club is not a vehicle to remove coaches, advance vested interests or to alter Athletic Department policy. It is a service and support organization, which works in harmony with Magruder High School and its athletic program.

The athletic director serves as the liaison between the club and the school. He also serves as the advisor to the club. All requests for purchases come through the director of athletics who determines their priority. Consideration of requests is given to the budget, strategic plans and an overriding belief that any purchase should help the total athletic program and not a single team. No individual coach or team should directly approach the Booster Club without working with the athletic director.

Web Page (MCPS)

Magruder High School has its own web page at www.magruderhs.org. You can find all important information under "Athletics" and the entire sports schedules and information under "Athletic Schedules and Events."

E-Mail and Websites (MCPS)

The Magruder High School athletic department has adopted the following policy regarding the use of e-mail messages, websites, blogs, social media or other electronic communication. Student-Athletes should be aware that third parties—including the media, faculty, future employers and college officials—could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete and our school. This can also be detrimental to a student-athletes' future options (i.e. college, profession). Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco.
- Photos, videos, and comments that are of sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of drugs and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender. No posts should depict or

encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).

Possible consequences for violating this policy are: (1) Single game suspension; (2) Multiple game suspension; (3) Dismissal from the team.

DISMISSAL FROM OR QUITTING THE TEAM (MCPS)

Once a student begins participating in a sport and his/her squad membership is terminated for rule violations or because the student-athlete has quit the team, he/she is ineligible to participate in any other sport during that season unless he/she is given prior approval by the athletic director and/or the school administration.

DRUG, ALCOHOL AND TOBACCO USE (MCPS)

The use, distribution, or possession of alcohol, tobacco, and controlled, dangerous substances, including steroids, is an extremely serious health issue. The use of these substances may seriously impact the health of the user. MCPS athletic regulations state that any student-athlete with verified use on school property or at a school-sanctioned event will receive:

1st Offense-if the student is verified to be in possession or use of illegal substances, the student will be suspended from extracurricular activities for 30 calendar days.

2nd Offense-if the student is verified to be in possession or use of illegal substances a second time, the student will have a 12-month ban on participation in an extracurricular event from the date of the initial suspension.

In all cases, the student will have the right of appeal as outlined in the STUDENT RIGHTS AND RESPONSIBILITIES HANDBOOK.

Montgomery County Public Schools Student-Parent Athletic Participation Contract and Parent Permission Form

Interscholastic athletics supplement and support the academic mission of the school system and assist students in their growth and development. Athletics assists in promoting the importance of teamwork, effort, goals, and commitment. Interscholastic athletics is highly competitive, but winning is not the primary measure of success. Sportsmanship, respect for participants, and dignity in the face of adversity are more important than the outcome of the contest. All athletes do not perform at the same level, but all can demonstrate effort, dedication, and fair play.

Review this contract carefully (front and back), complete information as requested, affix signatures, and return the completed contract/permission form to the school.

Stipulations

The student-athlete and his or her parent/guardian have received and read the Student-Parent Athletic Participation Information. Based on this information, the student and parent/guardian understand and stipulate to the following:

1. I/We understand the eligibility regulations required for participation.
2. I/We affirm that the student has satisfied all of the eligibility requirements, including age, residence, and academics.
3. I/We understand that participation of ineligible players will result in individual and team sanctions, including forfeits for the team.
4. I/We affirm that the student will exert effort to maintain a high level of academic achievement.
5. I/We understand there is potential for serious, catastrophic, or life-threatening injury associated with participation in a sport.
6. I/We affirm that the student will not participate in hazing at any time, of any nature.
7. I/We, as a participant or spectator, will exhibit a high level of sportsmanship at contests.
8. I/We will follow appropriate procedures in communicating concerns to coaches.
9. I/We affirm that the student will abide by all team and participation standards.
10. I/We affirm that the student will not use steroids, illegal drugs, alcohol, and tobacco unless medically proscribed for a specific condition or illness.
11. I/We have reviewed safety and health-related information made available by the school system, including information regarding concussions, MRSA, hygiene, heat acclimatization, hydration, and steroids.

Permission to Participate

I/We hereby authorize and consent to our child's participation in interscholastic athletics and sports. We understand that the sport in which our child will be participating is potentially dangerous, and that physical injuries may occur to our child requiring emergency medical care and treatment. I/We assume the risk of injury to our child that may occur in an athletic activity.

In consideration of the acceptance of our child by the Montgomery County Public Schools in its athletic program, and the benefits derived by our child from participation, I/we agree to release and hold harmless the Board of Education of Montgomery County, its members, the Superintendent of Schools, the principal, all coaches, and any and all other of their agents, servants, and/or employees and agree to indemnify each of them from any claims, costs, suits, actions, judgment, and expenses arising from our child's participation in interscholastic athletics.

I/We hereby give our consent and authorize the Board of Education of Montgomery

County and its agents, servants, and/or employees to consent on our behalf and on behalf of our child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.

Each year the Board of Education makes available a Student Accident policy at a nominal premium. This insurance is secondary to the family's own insurance. Because accidents will inevitable occur despite our best efforts to maintain a high level of safety in all student activities, this insurance coverage is recommended unless the family deems that other insurance coverage (in force) will meet the needs of the student. The Board of Education Student Accident Policy is available at the beginning and throughout the school year. The coverage may be obtained from the insurance carrier. Forms are available at the school.

Concussion Testing (MCPS)

Beginning with the 2013-2014 school year, MCPS will implement baseline concussion testing for all student-athletes. Baseline testing is a neuropsychological test designed to assist in determining whether an athlete is sufficiently recovered from a concussion to return to active participation. Baseline testing involves an athlete taking a test in various areas of cognitive performance prior to the start of a sport season in order to establish a "baseline" of cognitive skills. If a player suffers a concussion, subsequent baseline tests are administered and compared to the original test. Baseline testing provides a tool that can be used to conjunction with other tools or assessment techniques to determine when an athlete can safely return to play following a concussion.

School athletic department personnel will assist a designated health care vendor in administering the test. This non-invasive test is set up in "video-game" type format and takes about 30 minutes to complete. The test is administered at the school at no cost to parents. The test tracks information such as memory, reaction time, speed, and concentration.

If a concussion is suspected, the athlete will have the opportunity to retake the test at no charge. Both the preseason and post-injury test data may be given to the healthcare provider of your choice. The test data will potentially enable health professionals to determine when return-to-play is appropriate and safe for the injured athlete. A health care professional does not have to use baseline testing results as a condition for a player returning to completion.

Contract

I, _____, and I _____
(Parent's name) (Student's name)

have carefully reviewed the Student-Parent Athletic Participation Information and the Student/Parent Athletic Participation Contract and Parent Permission Form. I/We understand the conditions for participation in the Montgomery County Public Schools interscholastic athletic program, and we understand there are inherent risks associated with participation.

In consideration of the acceptance of our child by the MCPS in its athletic program, and the benefits derived by our child from participation, I/we agree to release and hold harmless the Board of Education of MCPS, its members, the Superintendent of Schools, the principal, all coaches, and any and all other of their agents, servants, and/or employees and agree to indemnify each of them from any claims, costs, suits, actions, judgment, and expenses arising from our child's participation in interscholastic athletics.

I/We hereby give our consent and authorize the Board of Education of Montgomery County and its agents, servants, and/or employees to consent on our behalf and on behalf of our child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts on the need for such emergency medical care and treatment.

Students must be legally enrolled at a high school designated by the school system based on their legal address.

Please respond to the following residency questions:

- A. I reside at:
_____, MD _____
street address city zip code
- B. This residence is within the boundaries of Magruder High School. YES NO
- C. I reside at this residence with a parent or guardian. YES NO
- D. Is your current address different from last year? YES NO
- E. I have played for a team at a different MCPS high school. YES NO
- F. I agree to notify the coach/school of any changes in residence. YES NO

Criteria for earning a varsity letter (to be completed by each coach)

An athlete must satisfactorily meet team's participation criteria to receive an award.

Criteria for selection of the team personnel (to be completed by each coach)

Parent/Athlete has viewed the health/ safety presentation found on the MCPS or Magruder High School website.

YES

Parent/Athlete has read the information and understands the Concussion Plan YES
Please respond to the following insurance questions:

Each year the Board of Education makes available a Student Accident Policy at a nominal premium. This insurance is secondary to the family's own insurance. Because accidents will inevitably occur despite our best efforts to maintain a high level of safety in all student activities, this insurance coverage is recommended unless the family deems that other insurance coverage (in force) will meet the needs of the student. The Board of Education Student Accident Policy is available the beginning and throughout the school year. The coverage may be obtained from the insurance carrier. Forms are available at the school.

_____ Student is covered by a policy (Held by the family) which will pay expenses in the event of accident and no claim will be made on the school.

_____ I/We wish to obtain coverage for the balance of the school year by applying for the Board of Education policy.

I/We agree as follows:

*My son/daughter has my/our permission to participate in _____ (name of sport)

At _____ High School.

*I/We understand and conform to all the statements in the Stipulations portion of the Contract.

*I/We I have responded truthfully and accurately to the questions in the Residency portion of the Contract.

Please affix signatures below.

Signature of Parent or Legal Guardian

Date

Signature of Student

Date

HEADS*UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just “not feeling right” or “feeling down” 	<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes

How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?

SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:
Don’t assess it yourself. Take him/her out of play.
Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

Concussion facts:

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven't been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

What are the symptoms of a concussion?

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

What should I do if I think I have a concussion?

DON'T HIDE IT. REPORT IT. Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

How can I help prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:

Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



Consent Form

ImPACT Baseline Concussion Testing

We have read the information provided by Montgomery County Public Schools (MCPS) and information outlined in the Health and Safety section of the Athletics page of the MCPS website regarding baseline concussion testing and ImPACT (Immediate Post-concussion Assessment and Cognitive Testing). We understand the contents and agree to complete baseline concussion testing in order to participate in interscholastic athletics. We also give our consent to have a retest administered in the event of a concussion. We know that it is our responsibility to request a retest (or multiple retests) from the school. The school will not automatically administer a retest in the event of a concussion or suspected concussion.

We understand that a student-athlete must be cleared by a medical professional in order to return to play following a concussion or suspected concussion. Results of the ImPACT test or retests do not have to be utilized in order to return to participation. But in many instances ImPACT tests can provide valuable information that can assist medical professionals in making decisions on when a student may safely resume participation. We understand that there is no cost to parents for retests.

Furthermore, we give permission for the school-assigned vendor to release the ImPACT results to our child's primary care physician, neurologist, or other testing physician, as indicated below. I/We also understand that general information about the test data may be provided to our child's guidance counselor and teachers, for the purpose of providing temporary academic modifications, if necessary, following a concussion.

Student Name: _____ Sport _____

Signature of Student-Athlete Date

Signature of Parent/Guardian Date

Name of physician: _____

Name of practice: _____

Phone number: _____

Student's home address: _____

Parent/guardian phone numbers (please indicate preferred contact number & time if necessary):

Home _____ Cell _____ Work _____



For official use only:

Name of Athlete _____

Sport/season _____

Date Received _____

PRE-PARTICIPATION HEAD INJURY/CONCUSSION REPORTING FORM FOR EXTRACURRICULAR ACTIVITIES

This form should be completed by the student's parent(s) or legal guardian(s). It must be submitted to the Athletic Director, or official designated by the school, prior to the start of each season a student plans to participate in an extracurricular athletic activity.

Student Information

Name: _____

Grade: _____

Sport(s): _____

Home Address: _____

Has student ever experienced a traumatic head injury (a blow to the head)? Yes _____ No _____

If yes, when? Dates (month/year): _____

Has student ever received medical attention for a head injury? Yes _____ No _____

If yes, when? Dates (month/year): _____

If yes, please describe the circumstances: _____

Was student diagnosed with a concussion? Yes _____ No _____

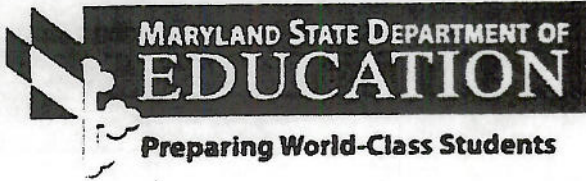
If yes, when? Dates (month/year): _____

Duration of Symptoms (such as headache, difficulty concentrating, fatigue) for most recent concussion: _____

Parent/Guardian: Name: _____ (Please print)

Signature/Date _____

Student Athlete: Signature/Date _____



For official use only: Name of Athlete _____ Sport/season _____ Date Received _____
--

**Concussion Awareness
Parent/Student-Athlete Acknowledgement Statement**

I _____, the parent/guardian of _____,
Parent/Guardian Name of Student-Athlete

acknowledge that I have received information on all of the following:

- The definition of a concussion
- The signs and symptoms of a concussion to observe for or that may be reported by my athlete
- How to help my athlete prevent a concussion
- What to do if I think my athlete has a concussion, specifically, to seek medical attention right away, keep my athlete out of play, tell the coach about a recent concussion, and report any concussion and/or symptoms to the school nurse.

Parent/Guardian _____ Parent/Guardian _____ Date _____
PRINT NAME SIGNATURE

Student Athlete _____ Student Athlete _____ Date _____
PRINT NAME SIGNATURE

It's better to miss one game than the whole season.

For more information visit: www.cdc.gov/Concussion.

PRE-PARTICIPATION PHYSICAL EVALUATION FOR ATHLETICS

To Parents or Guardians:

Students enrolled in grades 9-12 must have an annual pre-participation physical evaluation in order to participate in Montgomery County Public Schools (MCPS) interscholastic athletics and school conditioning programs. Students enrolled in grades 7-8 must have a medical evaluation every two years to participate in the MCPS middle school interscholastic athletics program.

The medical evaluation shall be performed by a licensed physician, a certified nurse practitioner, or a certified physician assistant under the supervision of a licensed physician.

The pre-participation physical evaluation consists of four parts: History Form (page 1), Supplemental History Form for Athletes with Special Needs (page 2), Physical Examination Form (page 3), and Clearance Form (page 4).

The student must turn in only the last page (CLEARANCE FORM—page 4) to the school or coach prior to participation. The physician should retain the first three pages.

When a student-athlete has experienced a significant injury, illness, or surgery after submitting the annual pre-participation physical evaluation, a clearance letter from a physician, nurse practitioner, or certified physician assistant under the supervision of a licensed physician is required to resume participation.

The health information submitted to the school will be available only to those health and education personnel who have a legitimate educational interest in your child.

Exemptions from physical examinations are permitted if they are contrary to a student's religious beliefs. In such circumstances, the family should submit verification.

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam _____
 Name _____ Date of birth _____
 Sex _____ Age _____ Grade _____ School _____ Sports: _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? Yes No If yes, please identify specific allergy below.
 Medicines Pollens Food Stinging Insects

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

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, 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 <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
25. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY		
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. 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 _____

PREPARTICIPATION PHYSICAL EVALUATION THE ATHLETE WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM

Date of Exam _____

Name _____ Date of birth _____

Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

1. Type of disability		
2. Date of disability		
3. Classification (if available)		
4. Cause of disability (birth, disease, accident/trauma, other)		
5. List the sports you are interested in playing		
6. Do you regularly use a brace, assistive device, or prosthetic?	Yes	No
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or any other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed with a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "yes" answers here

Please indicate if you have ever had any of the following.

	Yes	No
Atlantoaxial instability		
X-ray evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

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 _____

PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name _____ Date of birth _____

PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5-14).

EXAMINATION			
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female	
BP / (/)	Pulse	Vision R 20/	L 20/
		Corrected <input type="checkbox"/> Y <input type="checkbox"/> N	
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/throat • Pupils equal • Hearing			
Lymph nodes			
Heart* • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)			
Pulses • Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only)*			
Skin • HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic*			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional • Duck-walk, single leg hop			

*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
*Consider GU exam if in private setting. Having third party present is recommended.
*Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____
- Not cleared
- Pending further evaluation
 - For any sports
 - For certain sports _____
- Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____
Address _____ Phone _____
Signature of physician _____ MD or DO _____

PREPARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM

Name _____ Sex M F Age _____ Date of birth _____

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

Not cleared

Pending further evaluation

For any sports

For certain sports _____

Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician/nurse practitioner (print/type) _____ Date _____

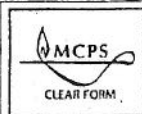
Address _____ Phone _____

Signature of physician/nurse practitioner _____ Title _____

EMERGENCY INFORMATION

Allergies _____

Other information _____



Medical Card for Athlete

MCPs Form 560-30
October 2010

Interscholastic High School Athletics
MONTGOMERY COUNTY PUBLIC SCHOOLS • Rockville, Maryland 20850

INSTRUCTIONS: This card should be kept on file in the medical kit for each sport. It should accompany the athlete to the doctor or hospital when medical attention is required.

Student Name:	Birth Date:	
School Name:	Student ID #:	
Home Address:		
Parent/Guardian Name:		
Home #:	Work #:	Cell #:
Parent/Guardian Name:		
Home #:	Work #:	Cell #:
If parent cannot be reached, person to be contacted in case of emergency		
Name:	Relationship:	
Home #:	Work #:	Cell #:

over

MEDICAL CARD FOR ATHLETE	
Family Physician:	Physician #:
Hospital Preference:	Date of Last Tetanus Shot:
Allergies:	
Medicine Administered on the Field:	
INSURANCE INFORMATION:	
Does your son/daughter have medical insurance? <input type="checkbox"/> Yes <input type="checkbox"/> No	
If Yes, Name of Insurance Company: _____	

RELEASE FOR TREATMENT:	
I hereby give permission to the attending physician or hospital to administer appropriate medical treatment in the event I cannot be reached.	
Signature Parent/Guardian:	Date
This card must be kept on file in the medical kit for each sport and should be available at all practices and contests. It must accompany the athlete to the doctor or hospital when emergency medical attention is required.	