



**MIDDLE SCHOOL**  
**ATHLETIC**  
**HANDBOOK AND CODE**



# Kentwood Middle School Athletic Program

Welcome from the Middle School Athletic Department! We are excited to have you join a program that carried such a great tradition of excellence. Athletic success is the direct result of the combination of effort, teamwork, commitment, and sportsmanship. These traits have long been the building blocks of Kentwood's own special brand of athletic success.

Your participation in athletics is a privilege. Any time you wear a Kentwood uniform, you are representing yourself, your family, your school and all those that have worn these colors before you. Your behavior should be above reproach in all areas. Other students, staff, parents, and the community will closely observe your conduct.

The rules outlined in this handbook are not designed solely to describe punishment; rather as a guide to successful participation. As student-athletes, you will be expected to understand and abide by these rules and the team's rules; it is your responsibility to follow them to their fullest.

## **MISSION/BELIEF STATEMENT**

The purpose of Middle School Athletics is to provide opportunities for all participating students to learn life-long values in a safe environment. These values include: Cooperation, Sportsmanship, Pride, Respect and Leadership Skills.

The athletes, coaches and parents of the Middle School Athletic Department believe:

1. Student athletes will develop leadership characteristics through athletic competition that carry into the classroom and the future.
2. Student athletes serve as positive role models within the school community and are expected to act in a manner that reinforces that role.
3. Self-discipline and sportsmanship are essential to a sound athletic foundation.
4. Pride builds respect, which helps create strong and lasting friendships through competition.
5. Participation in athletics is a privilege; with that privilege, comes responsibility.
6. Strong commitment is an important ingredient to the success of Middle School Athletics.
7. Athletics should be fun as well as character building.

## **SPORTSMANSHIP**

As an athlete and as parents, you can help us establish an outstanding reputation for good sportsmanship. We must all work hard in conducting ourselves in a commendable manner. A display of unsportsmanlike conduct can result in sanctions against the offending athlete, parent, and/or school. Always observe the following guidelines for good sportsmanship:

1. The reputation of our school is more important than any contest won by unfair play.
2. Be supportive of all athletes, coaches, and officials before, during, and after all contests.
3. Accept decisions of officials without dispute. They are seldom responsible for your success, so do not blame them for your circumstances.

## **PARENT/COACH RELATIONS**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the others and provide greater benefit to the student. As parents, when your student-athlete becomes involved in our programs, you have a right to understand what expectations are placed on them. This begins with clear communication from the coach of your student-athlete's program.

### **Communication You Should Expect from your Athlete's Coach:**

1. Expectations of the coaches for your student-athlete and the team.
2. Locations and time of all practices and contests.
3. Team requirements, i.e., fees, special equipment.
4. Procedure, should your student-athlete become injured during participation.
5. Team rules and guidelines.

### **Communication Coaches expect from Student-Athletes:**

1. Notification of any schedule conflicts in advance.
2. Special concerns in regards to a coach's philosophy and/or expectations.
3. Injury or circumstances that may endanger the athlete when participating.

As your student-athlete becomes involved in the athletic program in Middle School, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your student-athlete wishes. At these times, discussion with the coach is encouraged.

### **Appropriate Concerns to discuss with Coaches:**

1. The treatment of your student athlete, mentally and physically.
2. Ways to help your son/daughter to improve.
3. Concerns about your student-athlete's behavior.

There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties included have a clear understanding of the other's position. When these conferences are necessary, the following procedure assists to help promote a resolution to the issue of concern.

If you have a concern, you may want to discuss the issue with your student-athlete first. You may find through this communication an answer, resolution, or understanding of the situation before contacting others.

If you have a concern to discuss with a coach, here is the procedure you should follow:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the Athletic Director, and the meeting will be set up for you.

Please give yourself time to understand your concern before approaching a coach. Attempting to confront a coach before or after a contest or practice is not an appropriate time. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

**What Can a Parent Do If the Meeting with The Coach Did Not Provide a Satisfactory Resolution?**

1. If the concern is not satisfactorily resolved after meeting with the coach, the athlete and/or parent(s) should discuss the situation with the Athletic Director informally in an attempt to resolve the situation.
2. If the athlete and/or parent(s) wish to make a formal complaint to the Athletic Director about the coach, it should be put in writing, with a copy provided to the coach.
3. The Athletic Director will investigate the complaint, and discuss the concern with the coach. The investigation may include observation of practice sessions by the Athletic director, if necessary. The Athletic Director will document the results of the investigation and subsequent action(s) taken to resolve the complaint in writing.
4. If the formal complaint is not satisfactory resolved by the Athletic Director, the athlete and/or parent(s) may appeal in writing to the Principal. The Principal will meet with the parties involved in a further attempt to resolve the situation.
5. If the complaint is not resolved at this level, the athlete and/or parent(s) may appeal to the Superintendent or his/her designee, in writing.
6. \*A conference that is set up with a coach and a parent shall not result in disciplinary action against the student athlete because of this meeting.

**SECTION ONE**

**GIRLS SPORTS PROGRAM**

<b><u>Fall:</u></b>	<b><u>Winter I:</u></b>	<b><u>Winter II:</u></b>	<b><u>Spring:</u></b>
Volleyball	Competitive Cheer	Basketball	Track & Field
Cross Country	Sideline Cheer		Tennis
	Swim & Dive		

**BOYS SPORTS PROGRAM**

<b><u>Fall:</u></b>	<b><u>Winter I:</u></b>	<b><u>Winter II:</u></b>	<b><u>Spring:</u></b>
78ers Football	Basketball	Wrestling	Track & Field
Cross Country		Swim & Dive	Tennis

## **JOINING/LEAVING TEAM**

- A. Current middle school students must join the respective team at the beginning of the practice/tryouts season. Conflicts with sports finishing a previous season must to be communicated to the coach of the new sport prior to the beginning of the season.
- B. Transfer students may not join an athletic team after 30% of the scheduled dates of competition for the sport in which they desire to participate have been completed.
- C. Managers and non-participants may join an athletic team prior to 50% of the season being completed, as long as the mandatory forms have been completed.
- D. An athlete desiring to drop from a team or leaving/being dismissed is covered in Section Two, Leaving a Team.
- E. Student-athletes who wish to participate in dual sports within the same season must apply to the Athletic Director as described in Section One, Part 5.

## **REQUIRED FORMS**

As an athlete, you are NOT eligible to tryout, practice, or participate in any sport until the following items have been completed and turned in to the office.

- Physical Exam, Medical History, Clearance, and Consent form.
- Pay to Participate Program form.

## **POTENTIAL DANGERS IN ATHLETIC PARTICIPATION**

Parents and student athletes should fully understand and appreciate the risk of serious personal injury associated with participation in the educational sports program provided by Kentwood Public Schools.

Athletic activities are hazards and could include serious injuries such as paralysis, head injuries, or possible death. Taking part in such activities is calculated risk-taking on the part of the student athlete and parents. Reducing injuries to a minimum is a goal of our coaching and administrative staff. To assist the District in this process, students are required and expected to comply with the Athletic Code.

## **INJURIES & INSURANCE OR WAIVER**

Kentwood Public Schools DOES NOT assume financial responsibility for medical, hospital or ambulance expenses incurred because of athletic injuries. Athletics is a VOLUNTARY program in which students participate if they so desire; they do this at their own risk.

## **INSURANCE COVERAGE**

In order to participate in athletics, proof of insurance or insurance waiver must be on file in the Athletic Office,

In addition, each athlete has Catastrophe Insurance from \$25,000 up to \$1,000,000 medical for any injury through athletic participation through the Michigan High School Athletic Association.

To help eliminate any CONFUSION or MISUNDERSTANDING concerning the insurance program, we ask you to follow this procedure:

1. Please have your son/daughter notify their coach and/or Athletic Director of all injuries.
2. Contact the Athletic Office for the appropriate forms if you wish to purchase insurance.

**AGE** A student shall not be eligible to participate in the athletic program if he/she has reached his/her 14<sup>th</sup> birthday for 7<sup>th</sup> grade, 15<sup>th</sup> birthday for 8<sup>th</sup> grade, before September 1 of the current school year.

## **DUAL SPORTS**

Students are not typically permitted to participate in dual sports during the same sport season (fall, winter, spring). Students who desire to participate in dual sports shall apply and receive permission from the Athletic Director on a form provided by the Athletic department. The Athletic Director will consider input from parents, students, coaches and middle school faculty. The Athletic Director's decision is final.

## **CONFLICTS IN CO-CURRICULAR ACTIVITIES**

Despite all scheduling efforts by the administration, conflicts will develop between athletic and non-athletic activities and events. The following guidelines shall apply to students who experience conflict between Kentwood middle school co-curricular activities:

1. When a conflict occurs between two scheduled activities, the student's first duty is to notify both coach/sponsors as early as possible. The coach/sponsor will attempt to resolve the conflict to best allow the student to participate in as many activities as possible. The student will then be advised of the recommended solution to the conflict. It is expected that the student will follow the recommendation OR propose an equally acceptable alternative.
2. When a conflict occurs between a competition/performance and a scheduled practice, students will be expected to attend the competition/performance (without loss of group membership or standing in the other activity).
3. When a conflict occurs between competitions/performances, students may participate in one activity without loss of group membership or standing in the other activity.

4. There may be times when students may simultaneously participate in multiple middle school activities/events by prior arrangement with the sponsor/coaches.
5. Frequent conflicts will be balanced to the extent possible so that the student attends both activities equally. Frequently missing practice sessions for either activity may jeopardize a student's standing within his/her group or team.

## **SCHOOL EQUIPMENT**

Students are responsible for all school equipment issued to them. Athletic uniforms, both practice and game, are supplied for the sole purpose of athletic participation. This equipment is not to be used for any other purpose. When the season is completed, all school equipment is to be returned to the school. There are no exceptions to this policy. The theft of school equipment is larceny and Michigan law regards larceny as a felony. Students who violate this policy are subject to school rules, the Athletic Code, and may be referred to law enforcement.

## **SECTION TWO**

### **MIDDLE SCHOOL ATHLETIC CODE**

#### **PURPOSE AND AUTHORITY**

The Kentwood Public Schools Athletic code is established under the authority of the Kentwood Board of Education. The purpose of the Athletic Code is to establish standards for the athlete in the area of academic performance and athletic behavior for individuals who voluntarily become involved in the interscholastic athletic program. A student who voluntarily participates in a sport sponsored by Kentwood Public Schools has agreed to abide by the Kentwood Middle School Code of Conduct throughout the year in which the student participates in a sport.

The code is not a complete list of undesirable conduct by athletes. Kentwood Middle School athletes are considered to be positive role models and expected to act accordingly during their middle school career. Any student-athlete whose conduct is found to be a discredit or to cause unfavorable notoriety to the athlete, the team, or middle school during their middle school career, shall be subject to disciplinary action as determined by the coach, Athletic Director, or Principal, whether or not the conduct is specifically described in the Athletic Code of Conduct.

The Kentwood Public School interscholastic athletic program is affiliated with the Michigan High School Athletic Association (MHSAA). The MHSAA standards are found in the "Handbook of the Michigan High School Athletic Association of Junior High/Middle Schools and Senior High School."

## **“ATHLETE” DEFINED**

An Athlete is defined as any Kentwood Public Schools student who is a member of an interscholastic team sponsored by Kentwood Public Schools. This includes team members, managers, cheerleaders, and statisticians.

## **MARKING PERIOD ELIGIBILITY**

No athlete shall represent the district who has failed (E) two or more classes in the previous marking period of a middle school program. This includes checking the last marking period of 6<sup>th</sup> graders to determine eligibility for the fall season of their 7<sup>th</sup> grade year. Administrative discretion will be applied on an individual basis.

Penalty: athletes who fail to meet marking period eligibility standards shall be ineligible for participation for the next marking period.

## **WEEKLY ACADEMIC ELIGIBILITY**

Athletes are expected to pass all classes. Should the athlete be failing (E) two or more classes then he/she would not be meeting the weekly eligibility standard.

### **Penalty:**

An athlete who fails to meet the weekly standards will not participate in the following week’s athletic contest(s) (Mon-Sun). He/she will be expected to practice and will be subject to all team rules and regulations unless otherwise directed by the coach and/or Athletic Director.

Note: Students will be informed of the academic eligibility standards before a scholastic fail (SF) is assigned.

## **WEEKLY BEHAVIOR/CITIZENSHIP ELIGIBILITY**

Refer to building behavior demerit/point system. Students with nine or more demerits are ineligible to participate on an Athletic team. Should a student athlete have their demerit total become less than nine, Administrative discretion will be applied on an individual basis.

Note: Students will be informed of the behavior/citizenship standards prior to a penalty being imposed.

## **ALCOHOL, DRUGS & TABACCO, VAPING**

The possession, use, consumption, distribution, purchase, sale or manufacture of, or any other improper or unlawful involvement of any kind or description involving illegal drugs, controlled substances, alcohol or alcoholic beverages, anabolic or androgenic steroids, tobacco or tobacco



product, “look-alike” drugs, drug paraphernalia, or substances or products that mask or tamper with any of these, is strictly prohibited. Also prohibited is the distribution, abuse or misuse of over the counter medications or prescription drugs, or other chemicals or substances.

For purposes of this rule, “possession” includes circumstances in which the student athlete remains in a situation in which the student athlete knows or has reason to know that alcohol or drugs are present or are being used in violation of this rule.

### **Search**

Students who voluntarily participate in the athletic program also agree to submit to random searches of their personal effects, and to searches based on individualized suspicion for violation of these rules.

### **Penalties:**

Because student athletes bear additional responsibilities as positive role models within the school and the community, the District and the Athletic Department reserve the right to impose penalties beyond those listed below when deemed appropriate. Whenever conduct may constitute a crime, referral to law enforcement is also possible, and may be required by law.

### **POSSESSION or USE of Prohibited Substances As Defined Above**

**First Offense:** Suspension from 20-50% of scheduled sanctioned competitive events; referral to appropriate substance abuse counseling program; possible random testing for balance of the year or middle school career at the discretion of the school Administrator and Athletic Director; loss of privilege of being a team captain during the season of suspension.

**Second Offense:** Suspension from 50% of scheduled, sanctioned competitive events; referral to appropriate substance abuse counseling program; possible random testing for balance of the year or middle school career at the discretion of the school Administrator and Athletic Director; loss of privilege of being a team captain during the season of suspension.

**Third Offense:** Possible exclusion from participating in athletic events for balance of middle school career; loss of all athletic awards.

### **SALE or DISTRIBUTION of Drugs or Alcohol (excluding Tobacco or Tobacco Products):**

**First Offense:** Exclusion from athletic events for rest of middle school career.

### **HAZING**

HAZING IS STRICTLY PROHIBITED. Because hazing is unsafe, and can discourage participation as well as negatively affect a student’s enjoyment in athletic participation, all forms of hazing are strictly prohibited.

Hazing includes, but not limited to:

1. Any type of physical force, harm or injury inflicted by athletes on their team members such as whipping, beating, striking, branding, electronic shocking, or placing a potentially harmful and/or unwanted substance on the student's body;
2. Any type of coerced or involuntary sexual or physical activity, such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics
3. Other coerced or unwelcomed confinement, restriction or other forced activity by athletes on their fellow team members;
4. Any coerced or involuntary activity by athletes or their team members that subject the athletes to an unreasonable risk of harm or that overly affects their mental or physical health, safety, or welfare;
5. Any coerced or involuntary activity inflicted, encouraged or mandated by athletes on their team members, such as the consumption of alcoholic beverages, illegal, unauthorized or foreign substances of any type whatsoever, tobacco or tobacco products, over the counter medication or prescription drugs, or any other unreasonable risk of harm or activity that adversely affects an athlete's mental or physical health, safety, welfare or interest in the sport

For purposes of this rule, team members who voluntarily participate in organizing or initiating hazing activities, but not directly participate in them, are equally subject to possible discipline as students who directly participate in acts of hazing. In addition, student athletes are expected and required to report suspected violations of this rule. Athletes may be disciplined for failure to report suspected violations of this rule. Athletes may be disciplined for failure to report known hazing violations or for falsely denying knowledge of known hazing activities.

### **Penalties:**

Because student athletes bear additional responsibilities as positive role models within the school and the community, the District and the Athletic Department reserve the right to impose penalties beyond those listed below when deemed appropriate. Whenever conduct may constitute a crime, a referral to law enforcement is also possible, and may be required by law.

**First Offense:** Suspension from 20-50% of scheduled competitive events; possible loss of athletic awards and/or leadership role; possible referral to counseling.

**Second Offense:** Suspension from 50% of scheduled, sanctioned competitive events; referral to counseling, possible loss of athletic awards and/or leadership role.

**Third Offense:** Exclusion from athletic events for rest of season; loss of all athletic awards.

### **STEALING/DESTRUCTION of PROPERTY**

To steal or be an accomplice to the act of stealing school property, or the property of athletes, team managers or coaches; to destroy or deface school property or the property of others.

## **Penalties:**

**First Offense:** Suspension from 20-50% of scheduled, sanctioned competitive events; restitution; possible loss of athletic awards, and/or leadership role; possible referral to counseling.

**Second Offense:** Suspension from 50% of scheduled, sanctioned competitive events; possible exclusion from team for a season; possible restriction; loss of athletics awards and/or loss of leadership role; referral to counseling

**Third Offense:** Exclusion from athletic events for balance of season; restitution; loss of athletic awards and/or loss of leadership

## **GROSS MISCONDUCT:**

Gross misconduct is defined as cheating, fighting, or unfavorable notoriety, violation of a civil or criminal law, or any socially unacceptable behavior that brings discredit to the athlete, parents, school, or team.

## **Penalty:**

Penalty will be dependent upon the severity of the offense. Range of consequences include suspension at the Athletic Director's discretion, from 20% up to one year of the scheduled dates of the season during which the violation occurred; possible removal of the privilege of being a team captain; possible suspension from the team for the remainder of the season or violations will be cumulative during an athlete's career. Accumulation will begin the first day an athlete begins tryouts of any team, and will continue through their entire middle school career.

## **TRAVEL REGULATIONS**

**TO CONTESTS:** All team members must travel and return from away contest with the team except with prior approval of the coach. Athletes may not ride with anyone other than their parent or guardian.

**First Offense:** Suspension from one scheduled contest.

**Second Offense:** Suspension from three consecutive athletic contests.

**Third Offense:** Suspension from participation in athletic contests for six calendar months.

## **SCHOOL ATTENDANCE**

An athlete shall attend every class during the day of a contest, except as excused by the Director of Athletics/designee at least one day prior to the absence. The Director of Athletics/designee may waive this rule for unusual circumstances.

## **Penalty:**

Each Offense: Suspension from the scheduled athletic contest(s) on that date: other consequences at the discretion of the Athletic Director.

## **LEAVING A TEAM**

1. An athlete desiring to leave a team within the first two weeks of practice shall notify the coach immediately to obtain a release without penalty. The coach is required to notify the Athletic Office of said release within three working days.
2. An athlete desiring to leave a team after the first two weeks of practice, or after team roster has been made, may be subject to a penalty at the discretion of the Athletic Department Administration. A meeting between the athlete, coach and Director of Athletics will be held to decide the validity of a release or penalty, which would include exclusion from athletics for the next sport or season. The decision of the Administration is final.

**NOTE:** Coaches have the right to recommend to the Athletic Department Administration the dismissal of participants from the team roster for conduct considered detrimental to the team. Release can be done with or without penalty. The decision of the Administration is final.

## **Miscellaneous**

1. Not all violations of the Student Code of Conduct will result in discipline under the Athletic Code, but if the student is suspended out of school, they shall not participate on the day/days of their suspension.
2. Penalties do not include scrimmage dates, only scheduled, officially recognized or sanctioned competitive events.
3. During an Athletic Code suspension the athlete shall participate in practice sessions and attend all team functions unless specifically excused by the coach.
4. If the athlete is not presently involved in a sport, the penalty can be applied during the next sport in which they are involved. If the penalty exceeds the number of contests remaining in that sport, the balance of the penalty will be pro-rated and applied during the sport (using that sport's schedule) in which the athlete participates.
5. All percentages in referring to penalties will round up/down to the closest full contest. (.5 rounds up).

## **COACH'S RULES**

1. It is expected that daily attendance in practice sessions is a requirement of team membership. Coaches will establish and publish any team rules and expectations, which can be an addition to the Athletic Code.
2. Coaches who invoke their right to suspend/penalize a team member for a violation of a team rule, which is not considered a violation of the Athletic Code, will notify the Director of Athletics of the situation before a penalty is invoked. The purpose of notification is to record the infraction in the event it is affected by a previous infraction or may have an effect on future infractions.
3. Membership on a team does not dictate any level of participation in contests. Only the coach of each team maintains the discretion of assigning "playing time."

## **REPORTING CODE VIOLATIONS**

1. Verbal or written report to Director of Athletics of the infraction or warning of an infraction via police report, court decisions or public information vehicles (papers, magazines, act.) or source considered reliable by the Athletic Director.
2. The Director of Athletics shall notify the athlete of reported violation within a reasonable time after receiving the report or learning of the violation.
3. Written report of the charges and penalty to parents/guardian from the Director of Athletics within five school days of the Athletic Director's decision.

## **APPEAL PROCEDURE**

Except where stated otherwise, a student, or the student's parent or guardian, may appeal a penalty imposed by the Athletic Department Administration if the action is believed to be arbitrary or capricious, or a violation of the code as written.

### **Appeal Process for Specific Athletic Code Violations**

1. Student or student's parent/guardian initiates the appeal by contacting the building principal within three school days of the Athletic Director's decision. The principal shall respond to the appeal within three school days.
2. The principal's decision may be appealed to the Assistant Superintendent within three school days after receiving the principal's decision. The Assistant Superintendent shall respond to the appeal within three school days. The decision of the Assistant Superintendent shall be final and binding.
3. While the appeal period is pending, the penalties shall be served.



# Kentwood Public Schools Pay to Participate Program

Please fill out form completely and turn in to the office.  
Form must be on file before a student may participate in an athletic contest.

Student's Full Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Building \_\_\_\_\_ Student's Grade \_\_\_\_\_ Student's ID# \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Home Address \_\_\_\_\_

- **FULL PAYMENT**

\_\_\_\_\_ \$60.00 (Cash or Money Order at Middle School)

\_\_\_\_\_ **My Payments Plus** (There is no charge for using this service.  
Simply log on, create an account, and follow the easy steps.)

The link for My Payments Plus can be found on the Kentwood Public School website. Click on Athletics, either High School or Middle School and then Pay to Participate.

If you have any questions, please contact the High School Athletic Office at (616) 426-4624 or the office of your Middle School.

- **SCHOLARSHIP** – Available to those who qualify for free/reduced lunch program

\_\_\_\_\_ Free Lunch (no payment necessary)

\_\_\_\_\_ Reduced Lunch (\$30.00 – Cash or Money Order at Middle School)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.  
**MEDICAL HISTORY, PHYSICAL EXAM & CLEARANCE**



- To be completed by parent or guardian.
- Must be signed below by parent or guardian.

**A CURRENT-YEAR PHYSICAL IS ONE GIVEN ON OR AFTER APRIL 15 OF THE PREVIOUS SCHOOL YEAR**

LAST	FIRST	MI	SEX	GRADE	DATE OF BIRTH	AGE
STUDENT'S NAME:					---	---
NUMBER AND STREET			CITY		ZIP	
STUDENT'S ADDRESS:						
NAME OF FATHER OR GUARDIAN		WORK PHONE	NAME OF MOTHER OR GUARDIAN		WORK PHONE	
FAMILY DOCTOR		OFFICE PHONE	STUDENT'S HOME PHONE			

**MEDICAL HISTORY**

GENERAL QUESTIONS	YES	NO	YOUR FAMILY'S HEART HEALTH QUESTIONS	YES	NO	MEDICAL QUESTIONS	YES	NO
Has a Doctor ever denied or restricted your participation in Sports for any reason?			Does anyone in your family have arrhythmogenic right ventricular cardiomyopathy, long QT syndrome?			Do you have any concerns that you would like to discuss with a doctor?		
Do you have any ongoing medical conditions? If so, please Identify by Circling: Asthma Anemia Diabetes Infections Other: _____			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)?			Were you born without or are you missing an organ? Identify by circling: A kidney An eye Your spleen A testicle (males) Any other organ? _____		
Have you ever spent the night in the hospital?			Does anyone in your family have catecholaminergic polymorphic ventricular tachycardia, short QT syndrome?			Have you ever had an eating disorder?		
Have you ever had surgery?						Do you worry about your weight?		
HEART HEALTH QUESTIONS ABOUT YOU	YES	NO	BONE AND JOINT QUESTIONS	YES	NO		YES	NO
Have you ever passed out or nearly passed out DURING or after exercise?			Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a practice or a game?			Have you ever had a head injury or concussion?		
Have you ever had discomfort, pain, tightness or pressure in your chest during exercise?			Have you ever had any broken or fractured bones or dislocated joints?			Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
Do you get lightheaded or feel more short of breath than expected during exercise?			Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace or cast or crutches?			Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
Do you get more tired or short of breath more quickly than your friends during exercise?			Have you ever been told that you have neck instability or atlantoaxial instability (Down syndrome or dwarfism)?			Have you ever been unable to move your arms or legs after being hit or falling?		
Has a doctor ever ordered a test for your heart? For example: ECG/EKG, echocardiogram			Have you ever had an x-ray for neck instability or atlantoaxial instability (Down syndrome or dwarfism)?			Are you trying to or has anyone recommended that you gain or lose weight?		
Have you ever had an unexplained seizure or do you have a history of seizure disorder?			Do you regularly use a brace, orthotics, or other assistive device?			Are you on a special diet or do you avoid certain types of foods?		
Does your heart ever race or skip beats (irregular beat) during exercise?			Do any of your joints become painful, swollen, feel warm or look red?			Do you wear protective eyewear, such as goggles, or a face shield?		
Has a doctor ever told you that you have high blood pressure?			Do you have any history of juvenile arthritis or connective tissue disease?			Do you or someone in your family have sickle cell trait or disease?		
Has a doctor ever told you that you have high cholesterol?			Have you ever had a stress fracture?			Have you had any problems with your eyes or vision or had any eye injuries?		
Has a doctor ever told you that you have Kawasaki disease?			Have you a bone, muscle, or joint injury bothering you?			Do you wear glasses or contact lenses?		
Has a doctor ever told you that you have other heart problems?			IMMUNIZATION HISTORY	YES	NO	Have you ever had herpes or MRSA skin infection?		
Has a doctor ever told you that you have a heart infection?			Are you missing any recommended vaccines (Tdap, Flu, MCV4, HPV, Varicella, MMR)			Have you had infectious mononucleosis (mono) within the last month?		
Has a doctor ever told you that you have a heart murmur?			MEDICAL QUESTIONS	YES	NO	Do you have any rashes, pressure sores, or other skin problems?		
YOUR FAMILY'S HEART HEALTH QUESTIONS	YES	NO		YES	NO	Do You Have Any Allergies?	YES	NO
Does anyone in your family have a heart problem, Pacemaker, or implanted defibrillator?			Have you ever become ill while exercising in the heat?			FEMALES ONLY		
Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, Brugada syndrome?			Do you cough, wheeze, or have difficulty breathing during or after exercise?			Have you ever had a menstrual period?		
Anyone in your family had unexplained fainting?			Do you have headaches or get frequent muscle cramps when exercising?			How old were you when you had your first menstrual period?		
Anyone in your family had unexplained fainting?			Do you have pain, a painful bulge or hernia in the groin?			How many periods have you had in the last twelve (12) months?		
Anyone in your family had unexplained seizures?			Is there any one in your family who has asthma?					
Anyone in your family had unexplained near drowning?			Have you ever used an inhaler or taken asthma medicine?					

**PHYSICAL EXAMINATION & MEDICAL CLEARANCE**

**To be completed by the examining MD, DO, PA or NP & Returned Directly to the patient. Categories may be added or deleted. Check Appropriate Column**

EXAMINATION: (Circle Correct Response As Necessary)	Height:	Weight:	Male/Female	BP: /	Pulse:	Vision: R 20/	L 20/	Corrected: Yes No
MEDICAL	NORMAL	ABNORMAL FINDINGS	MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS			
Appearance: Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			Neck					
Eyes/Ears/Nose/Throat: Pupils Equal Hearing			Back					
Lymph Nodes			Shoulder/Arm					
Heart: Murmurs (auscultation standing, supine, +/- Valsalva) Location of point of maximal impulse (PM)			Elbow/Forearm					
Pulses: Simultaneous femoral and radial pulses			Wrist/Hand/Fingers					
Lungs:			Hip/Thigh					
Abdomen			Knee					
Genitourinary (Males Only)			Leg/Ankle					
Skin: HSV, lesions suggestive of MRSA, tinea corporis			Foot/Toes					
Neurologic:			Functional: Duck Walk					

RECOMMENDATIONS: \_\_\_\_\_

I certify that I have examined the above student and recommend him/her as being able to compete in supervised athletic activities NOT crossed out below

BASEBALL - BASKETBALL - BOWLING - COMPETITIVE CHEER - CROSS COUNTRY - DANCE - FOOTBALL - GOLF - GYMNASICS  
 ICE HOCKEY - SIDELINE CHEERLEADING - SOCCER - SOFTBALL - SWIMMING - TENNIS - TRACK & FIELD - VOLLEYBALL - WATER POLO - WRESTLING

**A CURRENT-YEAR PHYSICAL IS ONE GIVEN ON OR AFTER APRIL 15 OF THE PREVIOUS SCHOOL YEAR**

SIGNATURE OF EXAMINER: \_\_\_\_\_ CIRCLE ONE MD DO PA NP  
 PRINTED NAME OF EXAMINER: \_\_\_\_\_  
 DATE: \_\_\_\_\_



CONSENT FORMS

- To be completed by parent or guardian.
Must be signed in three places on this page by parent or guardian.

A CURRENT-YEAR PHYSICAL IS ONE GIVEN ON OR AFTER APRIL 15 OF THE PREVIOUS SCHOOL YEAR

Form with fields for Student's Name (Last, First, MI, Sex, Grade, Date of Birth, Age), Student's Address (Number and Street, City, ZIP), Name of Father or Guardian (Work Phone), Name of Mother or Guardian (Work Phone), Family Doctor (Office Phone), and Student's Home Phone.

PARENTS OR GUARDIAN'S E-MAIL ADDRESS:

STUDENT PARTICIPATION & PARENT OR GUARDIAN CONSENT

The information submitted herein is truthful to the best of my knowledge. By my/my child's signature below, I/we acknowledge that I/we have received concussion educational information that meets Michigan Department of Health and Human Services and MHSAA requirements.

I/we understand that I am/we are expected to adhere firmly to all established athletic policies of my school district and the MHSAA. I/we hereby give my consent for the above student to engage in interscholastic athletics and for the disclosure to the MHSAA of information otherwise protected by FERPA and HIPAA for the purpose of determining eligibility for interscholastic athletics.

Signature lines for Student and Parent/Guardian with arrows pointing to the lines and Date fields.

MEDICAL TREATMENT CONSENT - To Be Completed By Parent or Guardian

I, \_\_\_\_\_, the parent or guardian of \_\_\_\_\_ recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary, and further recognize that school personnel may be unable to contact me for my consent for emergency medical care.

Signature line for Parent or Guardian and Date field with an arrow pointing to the signature line.

INSURANCE STATEMENT AND CERTIFICATION

Our Son/Daughter will comply with the specific insurance regulations of the school district and the Medical History questions are as complete and correct as possible.

Family Insurance Co: \_\_\_\_\_ Insurance ID #: \_\_\_\_\_

Signatures of Student: \_\_\_\_\_ & Parent/Guardian: \_\_\_\_\_

EMERGENCY INFORMATION - To Be Completed by Parent or Guardian

Emergency information fields including Student's Name, Grade, IN EMERGENCY CONTACT (1), (2) Phone #, Cell #, Family Doctor, Phone, Allergies, Drug Reactions, and Current Medications.



