

# **Suncoast Academy Middle School Athletic Department Policies**

At Suncoast Academy our goals for student athletes align with the CARES of our school (Cooperation, Assertion, Responsibility, Empathy, and Self-Control). We believe student participation in school athletics has a positive impact on a student's view of themselves and their school. As an extension of the school day, student athletes are a reflection of their school and their behaviors during practice and competitions are expected to reflect CARES.

### **Objectives for Student Athletes:**

- Recognize that each individual has a unique set of skills and to provide the opportunities for maximum participation for all students
- Develop individual and team skills necessary to compete successfully
- Grow strong school/team spirit
- Learn and reflect the characteristics of good sportsmanship
- Apply CARES within sports programs
- Understand body growth and development and learn healthy living habits

The Suncoast Academy Athletic Department recognizes the vital role that coaches, parents, and students all play in the healthy development of a student athlete and in the success of an athletic program. The athletic director has been assigned by the principal to administer the athletic program. Head coaches report to the athletic director and are charged with responsibility for the student athletes involved in their program. The coach is also responsible for communicating relevant information to parents throughout the season. Student athletes represent our school and are, therefore, held to a high standard of conduct at all school events.

Student Name:	Grade:	Advisor:	
	drade	Advisor	
Ath	letic Discipline/Eligi	bility Policy	
result in that player mi	athletes <u>MUST</u> maintain a <b>GPA O</b> ssing games until the minimum GF e team, but will not be able to parti	PA is achieved. The player will b	s standard will be able to
Outstanding Monie	s <b>Due to SSA -</b> Any student who o	wes money to the cafetoria. Aft	on Cono on boo
not returned library bo	oks or uniforms from other sports	will not be allowed to try out	er Care, or mas
<ul> <li>Cost - Each participati</li> </ul>	ng student will contribute <b>\$50.00</b> associated expenses. Checks should	to defray the costs of uniforms	, coaches, Academy and
<ul> <li>Absence From Scho</li> </ul>	ol – The student may not participa	ite in practice or in a contest on	a day that
they are absent from so	hool, unless excused by an adminis	strator.	
School Conduct - Stu	idents must be in compliance with	all of SSAM's behavioral and at	tendance
expectations. Athletic	events may be forfeited due to misc	onduct during the school day.	
• Disciplinary Action	– Disciplinary action by an admini	strator may result in the follow	ing penalties:
o 1 <sup>st</sup> Incident as o 2 <sup>nd</sup> Incident a	directed by administrator = 1 g	game suspension	
o 3 <sup>rd</sup> Incident a	s directed by administrator = 1	week suspension	
sports for the	s directed by administrator = re	moval from team (possibly f	rom all
	will not be tolerated. Violation of t	this rule will be referred to adm	vinistration
<ul> <li>Appearance – Studen guidelines for proper ap</li> </ul>	atts involved in interscholastic athlet opearance as well as any additional will not be allowed to participate.	tics are required to follow the so	chool's
<ul> <li>Practice - Athletes are</li> </ul>	expected to attend all practices. At missed. Injured athletes who are al	hletes must be excused in adva- ble to attend practices and game	nce by the es will be
	If a student has to miss any game or	r contest the coach must be no	tified at least
1 week in advance. If the	e absence is excused, no penalty wil	ll follow	tiffed at least
<ul> <li>Quitting Without No</li> </ul>	tifying the Coach – Suspension	from all athletics for the remain	nder of
current season and the	next sport season.		
<ul> <li>Transportation – Par</li> </ul>	ents will be responsible for transpo	ortation to and from all athletic	events and
practices. Any carpool a	arrangements must be made by par	ents in advance and the school	must have
written permission for s	tudents to be driven by anyone oth	er than their parents.	
<ul> <li>Playing time - No play chosen to play in a game attitude during that game</li> </ul>	rer is guaranteed an equal amount of e. If you do not get playing time in the and in practices.	of playing time in each game an a game it is important to maint	d may not be ain a positive

I AGREE WITH THE ABOVE STATEMENTS AND WILL UPHOLD THE SARASOTA SUNCOAST

Parent Signature

(Date)

ACADEMY MIDDLE ATHLETIC POLICIES.

Athlete Signature

(Date)

## MIDDLE SCHOOL STUDENT ATHLETIC PACKET CHECKLIST FOR 2020-2021

Instructions: The Sarasota County School District Athletic Program must comply with rules, policies, and procedures, set by The School Board of Sarasota County, Florida. Before participating in athletics, this entire packet must be completed and returned to the Head Coach of your athletic sport/Athletic Director's Office. No student is allowed to participate unless all of the necessary information is complete and required signatures are obtained. This packet will be filed in the Athletic Director's office. A new packet must be completed every year.

Studen	t Legal Name (Print)			DOB
	Last	First	Middle	
2020-2	021 School Name		Grade	_ Sex
	(where student take	es academic classes)		_ ccx in Male in Female
School	student will be participating in sports		Are you a school ch	oice student?  Yes  No
Are you	ı a Home Education student? 🗌 Yes 🔲 N	No		
Home E	Educations students must contact the middle	e school Athletic Director 3 we	eks prior to the start of se	eason.
Check t	he season that you want to participate in:	☐ Fall ☐ Winter ☐ Sp	oring	
Initial b	ox to indicate completion. All forms reques be notarized.	uire both student and paren	t/guardian signatures.	Specified forms require
	Pre-Participation Physical Evaluation for Page 1 must be signed and dated by the physician. The physical is valid for 365 Department of Health School Entry Health	student and the parent/guard days from the date of the p	dian. Page 2 is complet	s an alternative the Florida
	Parent/Guardian Release and Hold Harn Signatures of student and parent/guardian	nless Agreement for Middle must be notarized.	School Student Athletic	Participation (027-01-DIS)
	Current insurance carrier information (r forms. Insurance is required to try out and be purchased online at			

Rev. 2-27-2020

Dupl., OSA

PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS Instructions: This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2. This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted. Part 1. Student Information (to be completed by student or parent). Student Name (Print) \_\_\_\_\_ \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ \_\_\_\_\_ Grade \_\_\_\_\_ Sport(s) \_\_\_\_\_ School Home Address \_\_\_\_\_ Home Phone \_\_\_\_\_ Parent/Guardian Name (Print) E-mail Person to Contact in Case of Emergency \_\_\_\_\_ Relationship to Student \_\_\_\_\_ Home Phone \_\_\_ \_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone Personal/Family Physician Name Office Phone Part 2. Medical History (to be completed by student or parent). Explain "yes" answers below. Circle questions you don't know answers to. Yes No 1. Have you had a medical illness or injury since your last Yes No 26. Have you ever become ill from exercising in the heat? check up or sports physical? 27. Do you cough, wheeze or have trouble breathing during or Do you have an ongoing chronic illness? after activity? Have you ever been hospitalized overnight? 28. Do you have asthma? Have you ever had surgery? 29. Do you have seasonal allergies that require medical 5. Are you currently taking any prescription or nontreatment? prescription (over-the-counter) medications or pills or 30. Do you use any special protective or corrective equipment using an inhaler? or medical devices that aren't usually used for your sport or 6. Have you ever taken any supplements or vitamins to help position (for example, knee brace, special neck roll, foot you gain or lose weight or improve your performance? orthotics, shunt, retainer on your teeth or hearing aid)? Do you have any allergies (for example, pollen, latex, 31. Have you had any problems with your eyes or vision? medicine, food or stinging insects)? 32. Do you wear glasses, contacts or protective eyewear? Have you ever had a rash or hives develop during or after 33. Have you ever had a sprain, strain or swelling after injury? exercise? 34. Have you broken or fractured any bones or dislocated any Have you ever passed out during or after exercise? 10. Have you ever been dizzy during or after exercise? 35. Have you had any other problems with pain or swelling in 11. Have you ever had chest pain during or after exercise? 12. Do you get tired more quickly than your friends do during muscles, tendons, bones or joints? If yes, check exercise? appropriate blank and explain below: \_\_\_ Elbow \_\_\_ Hip 13. Have you ever had racing of your heart or skipped Head Forearm \_\_ Neck heartheats? Thigh 14. Have you had high blood pressure or high cholesterol? Back Wrist Knee Chest \_\_\_ Hand 15. Have you ever been told you have a heart murmur? \_\_\_ Shin/Calf 16. Has any family member or relative died of heart problems Shoulder Finger Ankle Upper Arm Foot or sudden death before age 50? 36. Do you want to weigh more or less than you do now? 17. Have you had a severe viral infection (for example, 37. Do you lose weight regularly to meet weight requirements myocarditis or mononucleosis) within the last month? for your sport? 18. Has a physician ever denied or restricted your participation in sports for any heart problems? 38. Do you feel stressed out? 39. Have you ever been diagnosed with sickle cell anemia? 19. Do you have any current skin problems (for example, 40. Have you ever been diagnosed with having the sickle cell itching, rashes, acne, warts, fungus, blisters or pressure trait? 20. Have you ever had a head injury or concussion? 41. Record the dates of your most recent immunizations (shots) for: 21. Have you ever been knocked out, become unconscious Tetanus or lost your memory? Measles Hepatitis B Chickenpox 22. Have you ever had a seizure? FEMALES ONLY (optional) 23. Do you have frequent or severe headaches? 24. Have you ever had numbness or tingling in your arms, 42. When was your first menstrual period? hands, legs or feet? 43. When was your most recent menstrual period? 25. Have you ever had a stinger, burner or pinched nerve? 44. How much time do you usually have from the start of one period to the Explain "Yes" answers here. start of another? 45. How many periods have you had in the last year? 46. What was the longest time between periods in the last year? We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation

required by s.1006.20, Florida Statutes, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

Date

RET: Master, ESY, GS7 37 Dupl., OSA

Student Signature

Parent/Guardian Signature

### PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS

Part 3. Physical Examination (to be completed by licensed physician, licensed osteopathic physician, licensed chiropractic physician, licensed physician assistant or certified advanced registered nurse practitioner).

Student Name (Print)		Date of Birth	
		Pulse Blood Pressure	
Temperature		F left: P F	
Visual Acuity: Right 20/ Left 20/		☐ Yes ☐ No Pupils: Equal Unequal	
FINDINGS			
MEDICAL	NORMAL	ABNORMAL FINDINGS	INITIALS
1. Appearance			
2. Eyes/Ears/Nose/Throat			
3. Lymph Nodes			
4. Heart			
5. Pulses			
6. Lungs			(4)
7. Abdomen			
8. Genitalia (males only)			
9. Skin			
MUSCULOSKELETAL			
10. Neck			
11. Back 12. Shoulder/Arm			
13. Elbow/Forearm			
14. Wrist/Hand			
15. Hip/Thigh			
16. Knee			
17. Leg/Ankle			
18. Foot			
*station based examination only			
Cleared without limitation		elf or an individual under my direct supervision with the fo	
Precautions			
Not Cleared For	Reason		
Cleared after completing evaluation/rehabil	itation for		
Referred to	Fc	ır	
Recommendations			
Physician/Assistant/Nurse Practitioner Name (F	Print)		
Address			
Physician/Assistant/Nurse Practitioner Signatur	e		Date
	200		Date

RET: Master, ESY, GS7 37 Dupl., OSA

### PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS

### ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (IF APPLICABLE)

Student Name (Print)	Date of Birth
	erred was/were performed by myself or an individual under my direct supervision
Cleared without limitation	
☐ Disability	Diagnosis
☐ Precautions	
☐ Not Cleared For	Reason
Recommendations	
Physician Name (Print)	
Address	
Physician Signature	Date

Based on recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.

RET: Master, ESY, GS7 37 Dupl., OSA

# PARENT/GUARDIAN RELEASE AND HOLD HARMLESS AGREEMENT FOR MIDDLE SCHOOL STUDENT ATHLETIC PARTICIPATION

Instructions: This form must be notarized and returned to the Head Coach/Athletic Director's Office with the Athletic Packet. If you have questions pertaining to this form, contact your child's school. Student Name (Print) School Name \_\_ \_\_\_\_\_ School Year \_\_\_\_ Initial sport/activity this agreement governs (Grades 6-8) \_\_\_\_\_ Basketball \_\_\_\_\_ Track Golf \_\_\_\_\_ Tennis \_\_\_\_\_ Volleyball Intramurals Parent/Guardian Home Address \_\_\_\_\_ \_\_\_\_ Cell Phone \_\_\_\_ Home Phone \_\_\_\_ Work Phone I/We fully understand that playing or practicing to play interscholastic sports may be hazardous and poses a risk of injury, including but not limited to, sprains, strains, contusions, abrasions, broken bones and in extreme cases, paralysis or death. Due to the potential hazards associated with interscholastic sports, I/we recognize the importance of following the instructions of coaches and trainers, regarding playing techniques, training and other rules associated with this sport/activity. I/We understand that it is the responsibility of the parents/guardians to provide proof of medical insurance coverage prior to participating in any phase of this sport/activity. Yes I/we will be purchasing the student accident insurance made available through the Sarasota School District. I/we have comprehensive medical insurance that covers this student for any expenses he/she may incur as the result of a sports No Name of Insurance Company \_\_\_\_\_ Policy No. Effective Dates \_\_\_\_ This agreement is entered into voluntarily and is made with the understanding that I/we have not violated any of the eligibility rules and regulations the Sarasota School District. I/we give my/our consent for my/our student/child/ward to engage in Sarasota School District approved athletic activities as a representative of the student's school. I/we give my/our consent for him/her to accompany the team on out of town/county trips. In consideration of The School Board of Sarasota County, Florida, permitting my/our student/child/ward to engage in interscholastic sports, I/we agree to release and hold harmless The School Board of Sarasota County, Florida, and its employees and agents from and against all claims, judgments, cost, expenses, attorney fees, including but not limited to, claims occurring from the negligence of The School Board of Sarasota County, Florida, its employees, and agents arising out of bodily injuries or property damage resulting from participation in interscholastic sports. I/We acknowledge that I/we have read this agreement and fully understand its meaning, and that I/we will abide by all terms and conditions associated wit this sport/activity and in this agreement. Parent/Guardian Name (Print) Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_ Date \_\_\_\_\_ Parent/Guardian Name (Print) \_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Date Student Signature \_\_\_ \_\_\_\_\_ Date \_\_\_\_\_ STATE OF FLORIDA, SARASOTA COUNTY Sworn to (or affirmed) and subscribed before me by means of physical presence or online notarization, this \_\_\_\_\_ \_\_\_\_, 20\_\_\_\_, by \_\_\_\_\_ Personally known \_\_\_\_\_ Produced identification Type of Identification Produced \_\_\_\_\_ (Seal) Typed or Printed Name of Notary Public Signature of Notary Public My Commission Expires \_\_\_\_\_ Commission No. \_\_\_\_\_

RET: Master, 7AY, Ind Sch 62 Dupl., OSA

027-01-DIS Rev. 3-4-2020

### ACKNOWLEDGEMENT OF STANDARDS FOR PARTICIPATION IN MIDDLE SCHOOL ATHLETIC ACTIVITIES

<u>Instructions</u>: This form must be signed and returned to the Head Coach/Athletic Director's Office. This form should be filed in the Athletic Director's office. If you have questions pertaining to this form, contact the Athletic Director of your child's school.

Student athletes and parent(s)/guardian(s) must comply with the following standards for athletes and cheerleaders representing The School Board of Sarasota County, Florida. These standards apply to all cheerleading and athletic activities. The School Board of Sarasota County, Florida, maintains high expectations for academic achievement and appropriate behavior. All students must comply with the Sarasota County School District Code of Student Conduct and all school-specific behavior expectations.

To be eligible to play or to participate in either a practice or an event/game, a student must

- 1. meet all eligibility requirements as set by The School Board of Sarasota County, Florida. Included in the rules is the expectation that student athletes maintain a minimum 2.0 cumulative GPA.
- 2. be present in school for at least one-half (1/2) of the academic day unless excused by an administrator and approved by the Athletic Director.
- 3. attend required practices prior to an event or game unless excused by a coach, trainer, teacher, or administrator.
- 4. not have left another sport during that season.

These are the minimum expectations set by the Athletic Department. A Coach/Principal may add additional rules to those listed above that he/she feels are in the best interest of the program.

The following violations will result in immediate suspension from a team:

- The confirmed use of tobacco or alcohol\*
- The sale or use of any illegal drugs\*
- Being charged with a felony\*
- Failure to adhere to the attendance policy of The School Board of Sarasota County, Florida
- Failure to adhere to the discipline policy of The School Board of Sarasota County, Florida
- Any act of unsportsmanlike conduct at practice or game/event
- Any act that brings embarrassment to the school

\*Automatic suspension for the remainder of the season

By signing below, you acknowledge the rules and responsibilities as specified above.

Student Name (Print)	DOB
	_ Date
School Name	
Parent/Guardian Name (Print)	
Parent/Guardian Signature	Date

RET: Master, 7AY, Ind Sch 62 Dupl., OSA

068-14-DIS Rev. 2-27-2020

### **AUTHORIZATION TO RELEASE MEDICAL INFORMATION FOR ATHLETICS**

Instructions: This form is required to allow Athletic Trainers from Agility Physical Therapy & Sports Performance, LLC. to release protected medical information for student athletes to The School Board of Sarasota County, Florida, coaching staff. This form must be returned to the Head Coach or Athletic Secretary. The original will be given to the Athletic Trainer and a copy will be maintained in the Athletic Director's office. This authorization is not valid unless signed and dated by the athlete or legally authorized representative. If you have questions pertaining to this form, contact the Athletic Director of your child's school.

In accordance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996, Agility Physical Therapy & Sports Performance, LLC., is required to provide the patient, the patient's parent, or legally authorized representative with the Notice of Privacy Practices describing how they use and disclose patient health information. If you have not received a copy of the Notice of Privacy Practices, it is available through the Athletic Trainer at your High School.

Las	t	First	Middle	
			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
diagnosis, athletic participat I certify that this authorizat	nt athlete records including ion status, treatment and ca ion has been made volunta chool Health Professional, c	intormation are information arily This i	regarding my medical on, and related personal in	e following protected health condition, injuries, prognosis, dentifiable health information. sed/disclosed to the Athletic I of Sarasota County, Florida,
Possibility of Re-disclosur	re			
I understand that any infor circumstances no longer pro	mation provided under this tected by state and federal	release ma regulations.	ay be subject to re-disclo	osure by the recipient under
<b>Expiration and Revocation</b>	1			
I understand that this author this authorization in writing a already been acted upon.	ization is valid for 14 months at any time. The revocation	s from the da will take eff	ate I sign it. I understand ect on the day it is receive	that I have the right to revoke ed except to the extent it has
Conditions of Treatment				
I understand that Agility Phyauthorization.	ysical Therapy and Sports	Performance	cannot condition my tre	atment upon my signing this
Acknowledgement of receipt	of Notice of Privacy Practic	ces (initial) _		
Student Signature				Date
Parent/Guardian Name (Prin	nt)		<del></del>	
Parent/Guardian Signature _				Date
*Legally Authorized Represe	ntative Name (Print)			
σ,	Traditio (1 mily			
Legally Authorized Represer	ntative Signature			Date
*If other than student athlete	signing, state relationship _			
	Distribution: Original – Athletic Tr		Copy – Student Athlete File	
RET: Master, 7AY, GS7 132		i di iloi	Copy - Student Atmete File	062-14-DIS

Dupl., OSA

Authorization of Disclosure

Student Name (Print)

Rev. 2-27-2020

# EMERGENCY MEDICAL/TREATMENT CONSENT FOR FIELD TRIPS AND/OR OTHER AFTER SCHOOL ACTIVITIES

Instructions: Return compl	eted form to you	r child's school. If you h	ave questions pertair	ning to this form, contact	your child's school.
Date					
Student Name				DOB	
Last		First	Middle		
Home Address Street	mental and the second s			City	<del></del>
	Print)			10000 P 11	Zip
Parent/Guardian Name (P				_ Relationship	
Address of above (if different	ent) Street		City	Zip	
Home Phone		Work Phone			
List a person other than th					
Emergency Contact Name					
Is above student allergic to		<u></u>			
If Yes, list what they are ar	nd emergency	medication/treatment,	if any.		
			19		
Does the above student ha	ave any chronic	: medical problems (s	uch as asthma, dial	betes, seizures)?	Yes No
If Yes, list and describe me					12. Table 10. Ta
*		10 m			
Does the above student tal	ke any daily me	edication(s)? Yes	No		
If Yes, complete the medic	ation treatment	authorization form (if	not previously on f	ile in the school Healtl	n Room) and list
the medication(s) and time					Treesing and not
Family Physician Name (Pi	rint)			Physician Phone	
In case of non-life threaten	2 A				
In case of serious illness or in appropriate emergency meditransportation for my child. It toost.	njury where immi ical service. T	ediate care is needed, the emergency medica	the school or its repre	esentative has my permi	ssion to contact the
n the case of an accident or i field trip, I request that the scl me, I request that the other pe	nool contact me	or my designee to arrai	nge transportation for	my child If the school	ble to remain at the is unable to contact
understand that I must n understand that this stater writing to the school.	otify the schoon nent remains i	ol in writing if there a n effect until the end	are any changes ir of this school yea	n this health emergen Ir unless revised or ca	cy information. I
Parent/Guardian Signature				Date	
RET: Master, ESY, GS7 37	Distribution:	Original - Office	Copies – Teach		Proposition and the Management
Dupl., OSA					063-96-DIS

Rev. 9-13-2019

### PRIVATE VEHICLE TRANSPORTATION PERMISSION

Instructions: The School Board will not be providing bus transportation for certain field trips/athletic events during the school year. Instead, the school may try to arrange alternate transportation using private vehicles driven by parents or other adults. If you agree to allow your student to be driven to/from field trips/athletic events in a private passenger vehicle, complete this form, have it notarized and return it to the school. This form must be signed and returned to the school before your student will be allowed to be transported to any field trip/athletic event in a private passenger vehicle.

			a any mara arpraamo	io event in a private pa	sseriger verilcie
l,	rent/Guardian N	Name (Deie	4)	give my	permission for
Pa	reni/Guardian r	vame (Prir	it)		
-	7		to b	e transported to/from fi	eld trips/athletic
Stude	nt Name (Print)				,
events in a private passenger vehi	cle during the 2	020	school year.	The phone number(s)	where I can be
reached during this school year is(	are)				
Parent/Guardian Signature				- Doto	
Tarchir Guardian dignature				Date	
State of Florida County of Sarasota					
Sworn to (or affirmed) and subscrib	ed before me b	y means c	of  physical prese	nce or	zation, this
day of	20	by			
			(Name of Persor	Making Statement)	
The foregoing instrument was ackn	owledged by _				who is:
Personally kno	own to me, or				
Notary Public Signature					
Name of Notary Public (print, stamp	, or type as cor	nmissione	u)		
My Commission Expires		Commi	ssion Number		

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