

STUDENT NAME _____

GRADE: _____

DIERINGER SCHOOL DISTRICT ATHLETIC/ACTIVITIES REGISTRATION

HEALTH HISTORY

(To be completed by parent or guardian)

Does your student have any special health problems (diabetes, allergies, spells, seizures, bleeder, heart problems, etc) or has he or she had an operation or been hospitalized? _____

Is there anything you can tell us about your student that you feel will help us better understand and work with her or him? _____

Does your student take medications regularly? ____ Yes ____ No Type: _____

Does your child wear glasses? ____ Yes ____ No Contact Lenses? ____ Yes ____ No

Doctor's Name _____ Telephone _____

MEDICAL EVALUATION REPORT

(To be completed by physician only)

I have examined _____ on _____
(Student name) (Date)

The lowest weight at which this student may wrestle is: _____

I (do) (do not) certify that (he) (she) is physically fit to participate in athletics for the coming year.

Comments: _____

(Physician's signature)

(Phone Number)

****Physician: Please permit student to retain this form.**

The Dieringer School District is committed to gender equity as it pertains to academic instruction, curriculum, athletic facilities and athletic programs. The Title IX officer is Dr. Judy Neumeier-Martinson, Superintendent; 1320 178th Avenue E; Lake Tapps, WA 98391; Phone: 253-862-2537.

REQUEST FOR WAIVER OF ACCIDENT PLAN

I understand my student cannot participate in Dieringer School District athletic or activity programs unless she or he is covered by accident insurance or I, the parent, accept full responsibility for all accident coverage.

Please initial one or more of the following:

_____ I have insurance coverage and will continue to keep it in force throughout the interscholastic season(s). The name of the insurance company providing coverage is _____.

_____ Please waive the requirement for accident insurance and allow my named student to participate. I accept full responsibility for the cost of treatment for any injury which he or she may suffer while participating in the program.

ParentGuardianSignature: _____ Date _____

Name of Sports:

EXTRACURRICULAR ACTIVITIES HANDBOOK

I hereby grant permission for my son/daughter, _____ to participate in any school-sponsored sports or activities for the _____ school year.

I have read, understand and will abide by the Extracurricular Activities Handbook requirements for Dieringer School District. I agree that the schools that comprise Dieringer School District, or any employee of said school district, shall in no way be held liable for any accident or injury in any way received by my child on account of or while engaged in any athletic activity sponsored by the Dieringer School District. I further agree that the Dieringer School District or any employee or student organization will not be responsible for payment of any bill rendered for medical service as a result of such accident or injuries. I further agree to permit my child to be taken to a doctor in the vicinity of the school if injured while participating in any school sponsored sport or activity, and the family physician is out of the school district, or if I am not immediately available.

Student Signature

Parent Signature

☐ I have read the Internet version of the Extracurricular Activities Handbook

☐ I have read a hardcopy of the Extracurricular Activities Handbook

Date



DIERINGER SCHOOL DISTRICT

Educating every child for

Confidence today and

Contribution tomorrow

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">➤ Headaches➤ “Pressure in head”➤ Nausea or vomiting➤ Neck pain➤ Balance problems or dizziness➤ Blurred, double, or fuzzy vision➤ Sensitivity to light or noise➤ Feeling sluggish or slowed down➤ Feeling foggy or groggy➤ Drowsiness➤ Change in sleep patterns | <ul style="list-style-type: none">➤ Amnesia➤ “Don’t feel right”➤ Fatigue or low energy➤ Sadness➤ Nervousness or anxiety➤ Irritability➤ More emotional➤ Confusion➤ Concentration or memory problems (forgetting game plays)➤ Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

EXTRACURRICULAR ACTIVITIES ELIGIBILITY (REVISED 2014)

North Tapps Middle School will participate in the Auburn/Dieringer and the Narrows Middle School Leagues. The Bulldogs will field athletic teams in football, girls' soccer, girls' volleyball, boys' basketball, girls' basketball, boys' baseball, boys & girls track, wrestling and girls' fast pitch. Other extracurricular activities include: Knowledge Bowl, Drama, Future Scientists, Red Peppers, Math Club, Math Relay, Technology Club, ASB and Yearbook. Our students are also able to participate in gymnastics at Mt. Baker Middle School through a cooperative agreement with the Auburn School District. Auburn students are able to join our girls' soccer team as a result of this agreement. Sixth grade students may also participate in the Auburn/Dieringer league in the sports of basketball, volleyball, wrestling and track.

A. To participate in all extracurricular activities, students must meet the following requirements:

1. Be enrolled at North Tapps Middle School, a home school student in our district or a student meeting requirements for the combined cooperative agreement with the Auburn School District.
2. Purchase a current North Tapps Middle School ASB card and pay a \$25.00 sports fee, up to a maximum of \$50 per year.
3. Have a physician complete the Medical Evaluation Report and a parent/guardian complete the Dieringer School District Athletic/Activities Registration, the Request for Waiver of Accident Plan, the Extracurricular Activities Code Form and a Concussion Information Sheet. Physicals remain in effect for two calendar years.
4. Present a completed green card and an Inherent Risk Form for each activity or sport.
5. Be present and participate in at least half (1/2) of the school day the day of the activity. Students must suit up and participate in P.E. classes. Any known exceptions must be cleared with the building principal.
6. Maintain an overall grade point average of 2.0 (with no "F's"). The information in the Extracurricular Participation Academic Guidelines will be used to determine if the GPA requirement has been satisfied.

B. Additional rules include:

1. Students suspended for ten days or more or expelled from school are automatically dropped from their extracurricular activities.
2. Students are subject to automatic dismissal for consumption or possession of alcohol, tobacco or drugs, unsportsmanlike conduct, destruction of school property or other people's property.
3. All athletes will be subject to any additional rules established by their respective coaches or advisors. These regulations will be issued before the second practice session and must be signed and returned before the first game, contest or event.
4. All students who remain on Honor Levels I and II will be allowed to participate during a season. Those on Honor Level III will not be allowed to participate for as long as he/she remains on that Honor Level. ASB Officers, Senators, Representatives and Red Peppers: First assignment to Honor Level III will be a loss of ASB and/or Red Pepper privileges while on Honor Level III, the second assignment to Honor Level III will be immediate removal from the ASB and/or Red Pepper position.
5. Students must be supervised at all times.
6. Unexcused absenteeism: If the principal determines that a student's educational progress is being impaired by unexcused absenteeism the principal may declare that student ineligible for the season.

EXTRACURRICULAR PARTICIPATION ACADEMIC GUIDELINES (Revised 2014)

QUALIFICATIONS

All **seventh and eighth** grade extracurricular clubs and sports team participants will be subject to Extracurricular Eligibility Requirements shown below:

- A. Students who wish to participate must maintain a 2.0 (with no "F's").
 1. Quarter report cards and mid-term progress reports will be used to determine if students are meeting the grade point requirement. Fall sports will use the previous year's 4th quarter report cards until progress reports are issued.
 2. If a student fails to achieve the required grade point, the student will be placed on a five-day probation period.
 3. If at the end of the five-day probation period the student has achieved the required grade point, he/she will be eligible until the next reporting period.
 4. If at the end of the five-day probation period the student fails to achieve the required grade point, the student is not eligible to try out for, or will be dismissed from, their extracurricular activities. This includes activities covering more than one season.
- B. **Sixth** grade participants will have their eligibility determined as follows:
 1. Follow 7th & 8th grade procedures Number 1-3 above. Then continue below.
 2. If at the end of the five-day probation period the student fails to achieve the required grade point, the student is not eligible for a period of one week.
 3. At the end of that week, grades will be rechecked and if the student has met the grading requirements, he/she will be eligible until the next reporting period. If grades are not met once again, the student will not be eligible for another period of one week. This process will continue until the end of the season.

PROBATIONARY PROCESS FOR SEVENTH AND EIGHTH GRADE

Coaches and advisors will supply Gen with an accurate and up-to-date roster of team/club members.

Students placed on probation will be notified by the athletic director and will meet with him to review the probationary process.

Staff will be notified via e-mail the names of students on probation, probation dates and their activity/team. Staff will also be notified of the date that grade checks will be done.

During the probationary period, participation in the activity is allowed.

Students must make arrangements with instructors involved to complete work within the probationary period.

At the end of the probationary period the office will verify eligibility using the Skyward gradebook.

The office will notify coaches/advisors, and the student if participation is granted or denied. A letter will be mailed to parents of students losing eligibility.

PARENTS: Please retain this form for future reference.