



# MERCER ISLAND HIGH SCHOOL INITIAL SPORTS ELIGIBILITY PACKET 2011-2012 SCHOOL YEAR

## **SPORT SPECIFIC SAFETY GUIDELINES/RISK LETTER MUST ACCOMPANY THIS PACKET**

Mercer Island student athletes are eligible to participate in a sport only when all forms are handed in, correct and complete. This packet is divided into two sections: a) information for the student athlete and his/her family (keep pages 1-8), and b) verification for the Athletic Department (turn in pages 9-16, plus emergency card and safety guidelines/risk letter). Purchase of an ASB card (\$50) and payment of the sport fee (\$175) are requirements before a student can compete for any team. ALL fines from previous sports season and semesters are to be paid in full before participation! If you have questions about this information, please contact Ann Meisner, Athletic Coordinator, 206-236-3429, or Debbie McKenzie 206 230-6345.

### **2011-2012 School-year Sports**

FALL SPORTS:           BOYS:   Football, Golf, Tennis, Water Polo, Cross Country  
                                  GIRLS:   Soccer, Swimming, Volleyball, Cross Country  
                                  Start:    August 22, 2011 (August 17 for Football)

WINTER SPORTS:       BOYS:   Basketball, Swimming, Wrestling  
                                  GIRLS:   Basketball, Gymnastics  
                                  Start:    November 14, 2011 (November 7 for Gymnastics)

SPRING SPORTS:       BOYS:   Baseball, Soccer, Lacrosse, Track  
                                  GIRLS:   Softball, Golf, Tennis, Track, Lacrosse, Water Polo  
                                  Start:    February 27, 2012

### **Frequently Asked Questions**

#### **Which form do I fill out for my first sport of the new school year and where can I get one?**

For the first sport in a school year, the INITIAL eligibility packet is used. This packet is available in the Main Office and Room 204D at the high school as of May 1, 2011. At the middle school, the packets are available in the Attendance Office. Packets are also on the MISD website: click High School, click Athletics.

#### **When do I fill out an initial eligibility packet and when should I fill out a repeat eligibility form?**

During the school year, a student fills out an INITIAL eligibility packet for the first sport played in a particular year which could be in the fall, winter or spring. Then any subsequent sport played in that same school year only requires you to fill out a shorter REPEAT eligibility packet, including a new emergency card.

#### **If I filled out one emergency card for one sport, do I need to do it again that same school year?**

Yes. The coaches get the emergency cards and we don't get them back for the next sport season. Each REPEAT eligibility packet has an emergency card attached which does need to be filled out, signed, and returned for each sport in which you participate.

#### **My doctor says I need a physical only once every two years, so does the doctor need to fill out the physical examination form each year?**

Mercer Island School District requires a physical exam every two years for sports participation. For the year in between, the physician still needs to sign the physical exam form, providing clearance for sports activity.

#### **When are sport eligibility packets due?**

ALL sport eligibility packets are due at least 2 WEEKS in advance of the first practice for that sport! Get your physical exam well before that date. **DON'T WAIT UNTIL THE LAST MINUTE!!!!** An eligibility packet handed in after the deadline may cause the student to miss the first day of practice. Most sports have a minimum number of practices before you can participate in a contest, so you may miss out on that first game if your forms are not handed in COMPLETE before the deadline. **ATHLETES CAN START PRACTICING WHEN THE COMPLETE FORMS ARE ON FILE IN THE ATHLETIC OFFICE!**

### **Where do I hand in the sports eligibility packets?**

Hand the form directly to Ann Meisner or Debbie McKenzie in the **Athletic Office, Room 204D**, not in our mailbox, not under our door. You run the risk of not having the form complete and then not practicing. Many people miss signatures etc. By handing the forms **directly** to Mrs. Meisner, or Mrs. McKenzie we can find errors quickly, cutting down on the problem of athletes not practicing because forms were not completed.

### **Where and when do I pay my sports fee and ASB card?**

ALL athletic participants are required to buy ASB Card (\$50). Each sport a participant plays also requires payment of a sports fee. The sports fee for the 2011-2012 school year is (\$175) per season. Buy the ASB card at Fees and Photo Day in August at the high school (you will receive info in August on these dates). Fall sports season-pay the sports fee at Fees and Photo Day. Winter season and Spring sports seasons, the sports fee payment is due no later than the day before the first contest of the season. If you are trying out, you may wait to pay your sports fee until you are sure you have made the team, then pay the fees at the ASB office. Make checks payable to MIHS. If you are playing a club sport, there may also be extra fees required. You will find out those fees at a pre-season meeting. If you need financial assistance, contact the Athletic Office, 206-236-3429.

### **How do I find out more about my sport before the season begins?**

MIHS sports information is available on the MISD website. Many MIHS sports have informal practices over the summer as well as skill camp opportunities. Summer information will be on the MISD website, listed under the specific sport.

During the school year, for information about sports, listen for the Daily Bulletin read over the PA during the school day. The Daily Bulletin is also posted outside the Main Office and accessible on the MISD website.

In addition, coaches usually have pre-season meetings about a month or so before the sport begins; attendance is strongly recommended.

For incoming 9<sup>th</sup> graders, all Fall Sports will be represented at the 8<sup>th</sup> Grade Transition Morning on Thurs 5/19. This is a time to ask questions, get on an email/phone list for contact over the summer, and pick up initial eligibility packets. Information on summer sport activities will also be available at this event.

### **How do I get credit for sports and how many credits can I get?**

You get credit for sports by signing the appropriate portion (Directed Athletics Credit) in both the initial eligibility packet and the repeat packet. An athlete can get the maximum of 2 sport seasons of credit to go toward part of the required P.E. credits for graduation. After you have received 2 seasons worth of PE credit, you no longer need to sign this portion of the eligibility packet.

### **Can I hand in my eligibility packet early?**

YES!

### **Questions?**

E-mail Ann Meisner, [ann\\_meisner@misd.wednet.edu](mailto:ann_meisner@misd.wednet.edu) or Debbie McKenzie, [Debbie\\_mckenzie@misd.wednet.edu](mailto:Debbie_mckenzie@misd.wednet.edu). You may also call 206-236-3429/206 230-6345.

- **For Fall 2011 participation in sports, eligibility forms are to be handed in on or before Friday, June 24 or after Monday, August 1. Wednesday, August 10 is the deadline.**
- **For Winter 2011-2012 participation in sports, eligibility packets are due by Monday, October 31.**
- **For Spring 2012 participation in sports, eligibility packets are due by Friday, February 10.**

**ALL PACKETS ARE TURNED IN TO THE MIHS ATHLETIC OFFICE, ROOM 204D.**

## **GO ISLANDERS!!**

**Instructions for athletes/parents: The information on pages 1-8 should be reviewed by both student-athletes and parent/guardians. The information covers important topics about which all participants and their families should be aware. The signatures provided on page 9 serve as an indication that all the information has been reviewed and is understood. Please detach pages 1 - 8 and keep them for your records.**

# MIHS ATHLETICS/ACTIVITIES POLICIES

## SAFETY

Mercer Island High School coaches strive to protect each student from possible injury while engaging in athletic activities. Guidelines have been established to protect the student and others from injury and/or illness. The conditioning, nutrition, proper techniques, and safety procedures of each activity will be explained to students by their coach and should be followed. Travel to and from off-campus facilities shall be in accordance with the directions of the coach. Each coach will go over the specific safety guidelines for your specific sport. The more general guidelines are as follows:

1. Make certain that all equipment fits properly and has no defects.
2. Advise your coach of any illness or prolonged symptoms of illness.
3. Advise your coach if you have been injured.
4. Be certain to warm-up and cool down properly.
5. Be alert for any physical hazards in all areas of participation.

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## DIRECTED ATHLETICS CREDIT

Students participating in the MIHS supervised competitive sports program may receive a maximum of one year PE credit toward the two years required for graduation. Documentation of participation is monitored by the Head Coach and the Athletic Coordinator. Directed athletics will be entered as a class on the students' transcripts.

1 season=1 semester (.5) PE credit; **maximum 2 sports x .5 credit = 1.0 credit PE credit.** Grade given will be Pass or Fail.

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## ATHLETIC ACADEMIC ELIGIBILITY REQUIREMENTS

Concurrent with the sports season, student athletes must be taking and passing at least five (5) full-time subjects (at least 2.5 credits) **and** must have passed at least five (5) subjects in the immediately preceding quarter or semester in order to be eligible for competition the succeeding **quarter** or **semester**. Full-time subjects are those in which .5 credit is earned at the completion of the semester.

Student athletes who have passed five full-time subjects, but have failed to attain a 2.0 GPA during the preceding grading term will be eligible to practice and compete but must attend weekly tutoring sessions.\* Failure to attend tutoring sessions will result in the student athlete becoming ineligible for competition. Grades of "I" (Incomplete) may be made up for credit during the first five (5) weeks of the subsequent semester. The student athlete will be ineligible for interscholastic competition until the Incomplete(s) is/are made up.

**Fall Sports:** Eligibility will be determined by **previous semester grades** (June of the previous school year) **and 1<sup>st</sup> quarter grades**. Student athletes who did not pass five subjects the previous semester (and who had not made up the course work in summer school) are ineligible to compete from the start of the season through the 5-week probationary period and must attend weekly tutoring sessions.\* The 5-week probationary period for high school students shall be during the first 5 weeks of the succeeding semester (WIAA rule 18.6.5 A). When 1<sup>st</sup> quarter grades are posted, student athletes who did not pass five subjects for 1<sup>st</sup> quarter are immediately ineligible for further participation with that sport as the season will be finished by the time a subsequent 5-week probationary period would be over .

**Winter Sports:** Eligibility will be determined by **1<sup>st</sup> quarter grades and 1st semester grades**. Students who did not pass five subjects for 1st quarter are ineligible to compete for the first five weeks of the season and must attend weekly tutoring sessions.\* The 5-week probationary period begins the first day of turnout for that sport. When 1<sup>st</sup> semester grades are posted, student athletes who did not pass five subjects for 1<sup>st</sup> semester are ineligible to compete for the first five weeks of the 2nd semester and must attend weekly tutoring sessions. If the student is passing five subjects after these five weeks of the 2<sup>nd</sup> semester, the student can compete if that sport is still competing.

**Spring Sports:** Eligibility will be determined by **1st semester grades and 3rd quarter grades**. Student athletes who did not pass five subjects first semester are ineligible to compete for the first five weeks of the season and must attend weekly tutoring sessions.\* The 5-week probationary period begins on the first day of turnout for that sport. When 3<sup>rd</sup> quarter grades are posted, student athletes who did not pass five subjects for 3rd quarter are immediately ineligible for further participation with that sport as the season will be finished by the time a subsequent 5-week probationary period would be over.

\*On Monday of the sixth week of the season (or if applicable, on Monday of the sixth week of first semester), those students on academic probation will take a grade check form around to all teachers to note whether the student is passing or not. If the student is passing five subjects at that time with a minimum 2.0 GPA, he/she is now off academic probation and fully eligible to participate and compete. If a student is not passing five subjects at that time, he/she will be dropped from the team. If a student is passing five subjects but has not attained a 2.0 GPA, he/she will be required to continue weekly tutoring sessions.

# ATHLETICS AND ACTIVITIES CONDUCT CODE

Est. June 2006  
Last Revised July 2010

## D) PREAMBLE

In order to accomplish the vision, values and purpose of Mercer Island High School, it is necessary to communicate and enforce appropriate standards for all participants in student activities. Participation in school activities is a privilege not a right and if the community is to truly identify with its schools through athletics and activities, it is important that participants conduct themselves in a manner that the school and community can be proud of. This code applies to all WIAA sanctioned or MIHS approved club sports; cheer and drill squads; all music ensembles and all elected positions. Students participating in these activities (and their parent/guardians) must sign the Athletics and Activities Conduct Code acknowledgement included in the *Athletics Package*.

The key to successfully applying the code is information. Without credible information, determining appropriate disciplinary action becomes challenging. Therefore, after gathering reliable information and investigating allegations, sanctions are imposed in every incident where it has been determined that a violation of the code has occurred. As with any student discipline case, the privacy of the student and their family is protected and the disciplinary action is not a public matter.

All students who participate in an athletic and/or activities program at Mercer Island High School must comply with school district policies and the MIHS Code of Student Conduct. Student participants are accountable to their coaches, advisors and school administrators for their behavior at all times, in other words "24/7". Students who participate in the MIHS athletic or activities program are subject to the Athletic and Activities Conduct Code from their first participation in high school until they graduate or leave the school (including all school breaks).

Any student participant who engages in behavior that which interferes with, and/or is detrimental or perceived to be detrimental to the school's educational, athletic or activities programs will be subject to discipline, probation, suspension or expulsion from the activity and may also be subject to additional disciplinary action not related to the activity. Such acts shall include, but not be limited to those listed below. Engagement in any of the acts below by any student participant, on or off school premises, during instructional and non-instructional time, will constitute sufficient cause for discipline, probation, suspension or expulsion from school activities and may result in additional disciplinary action beyond the activity.

- ✓ disruptive conduct;
- ✓ disobedience of reasonable instructions of school authorities;
- ✓ violation of the MIHS Code of Student Conduct
- ✓ unauthorized absence from a practice, game, rehearsal, meeting etc. as defined by each coach or advisor;
- ✓ academic dishonesty
- ✓ vulgarity or profanity;
- ✓ intimidation, hazing or harassment (including racial/gender/sexual orientation and cyber bullying) of another student or employee;
- ✓ assault of another student or employee;
- ✓ possession or use of any dangerous weapons or objects;
- ✓ use, distribution, sale or possession of tobacco, alcoholic beverages, drugs and/or related paraphernalia including being present where substances are available or being used.
- ✓ the charge or conviction of any criminal act as defined by law.

If a student is suspended from school outside of the Athletics and Activities Conduct Code, the student is also suspended from athletics and activities for the duration of the suspension.

## **II) DISCIPLINARY ACTION (SUSPENSION AND EXPULSION)**

- Prior to imposing any disciplinary action, a conference will be conducted with the student participant as follows:
  - The Athletic Director (athletics) or Associate Principal (activities) will present to the student participant a verbal and/or written notice of alleged misconduct and violation(s) of the code and any evidence of the allegation(s).
  - The student participant and his or her parents will be provided the opportunity to present an explanation.
- Following the conference with the student participant, the Athletic Director or Associate Principal may impose corrective actions, suspension, expulsion or other sanctions.
  - If the Athletic Director imposes athletic suspension or expulsion, the student participant will be verbally notified of the action taken. Written notice will be sent by mail to the parent/guardian containing the following information:
    - The action taken (suspension, expulsion, etc.).
    - The reason for such disciplinary action.
    - The right to an informal conference.
- A copy of the disciplinary action notice will be sent to the Principal.

## **III) DISCIPLINARY ACTION FOR THE POSSESSION, USE AND/OR SALE OF ALCOHOL, TOBACCO AND/OR ILLEGAL DRUGS:**

**SELF REFERRAL:** If students self-refer to their advisor, coach or an administrator, the incident is considered an educational opportunity rather than a disciplinary matter. A self-referral is considered a first violation and students will be required to meet with the MIHS Drug and Alcohol Counselor or other qualified individual acceptable to the school. Students who self-refer may not be suspended from their activity. Students may not be entitled to the self-referral process if the police are investigating or have investigated the matter. If charged with an offense that is violation of the Athletics and Activities Conduct Code, the self-referral option will not be made available to the student.

**FIRST VIOLATION:** Whether in season or out of season, students will be suspended for a period of time from their activity or sport. Typically, a first violation will not exceed 15 school days. For violations involving possession, use or sale of alcohol, tobacco and/or illegal drugs, students must also complete an evaluation with the MIHS Drug and Alcohol Counselor or other qualified individual acceptable to the school. During the time of suspension, students will be prohibited from participating in games, performances, matches, practices. Participants may also be prohibited from attending other team/group activities at the discretion of the coach and/or Athletic Director.

In situations where there is an absence of physical possession or use, yet there is knowledge that substances are available or being used, student participants have a responsibility to remove themselves from the situation. Failure to do so at the earliest possible opportunity constitutes a violation of the Athletics and Activities Conduct Code.

If the violation occurred out of season, any suspension will be served beginning with the first practice days (defined as beginning with the first day that final team rosters are set) during the next sports season in which the student participant participates; also, the student participant will miss the first interscholastic contest to follow this suspension if no interscholastic contest should fall within the suspension period.

**SECOND VIOLATION:** Whether in season or out of season, a second violation will result in expulsion from all student activities for one calendar year and the student must complete a dependency assessment for drug, alcohol or tobacco offenses with the MIHS Drug and Alcohol counselor or other qualified individual acceptable to the school. Once this occurs, the expulsion may be reduced to a suspension; however, a second violation that occurs in the same athletic season as the first violation will result in suspension for at least the remainder of that athletic season.

**THIRD VIOLATION:** Whether in season or out of season, a third violation will result in expulsion from all student activities for the remainder of their high school career.

#### **IV) DISCIPLINARY ACTION FOR THE POSSESSION, USE AND/OR SALE OF LEGEND DRUGS INCLUDING ANABOLIC STEROIDS:**

Any possession, sale, and/or use of legend drugs (**RCW 69.41.010 identified substances**) including anabolic steroids are considered a violation of this code and students will be subject to the student to the following disciplinary action:

**FIRST VIOLATION:** The student participant will be immediately ineligible for interscholastic competition in the current interscholastic sport program for the remainder of the season. Ineligibility will continue until the next sports season in which the student participant wishes to turn out. In order to be eligible to participate in the next interscholastic sports season, the student participant will meet with the Athletic Director to request approval to participate.

**SECOND VIOLATION:** A student who violates for a second time will be ineligible and prohibited from participating in the activity for a period of one calendar year from the date of the second violation.

**THIRD VIOLATION:** A student participant who violates for a third time is prohibited from any future involvement in student activities for the remainder of their high school career.

#### **V) REINSTATEMENT PROCESS:**

Students will be permitted to return to their activities following a suspension after a reinstatement meeting with the Athletic Director.

If the code violation was related to drug, alcohol or tobacco use there must be confirmation from the MIHS Drug and Alcohol Counselor or other qualified individual acceptable to the school that the student has met with them and that any recommendations from counselor have been followed through on.

#### **VI) APPEAL PROCESS**

- **Informal Conference**

Any student participant, parent or guardian who is aggrieved by any suspension or expulsion under this code has the right to an informal conference with the Athletic Director (athletics) or Associate Principal (activities). Any request for an informal conference will be made within five school days of receipt of the written notice of the disciplinary action.

- **Formal Conference**

Any student participant, parent/guardian who may be aggrieved following the informal conference may appeal to the Principal for a formal conference.

- The Principal will notify the student participant and the student participant's parent/guardian in writing of their decision within five school days following the meeting.
- The discipline, probation, suspension or expulsion will continue notwithstanding the implementation of the appeal process.

# MIHS ATHLETIC TRAINING INJURY AND CONCUSSION POLICIES

## GENERAL POLICIES

- If your son/daughter is injured at an away game, make certain they come and see the Athletic Trainer the next school day.
- If your son/daughter is injured at a practice off-campus, have them check with the Athletic Trainer immediately if it is during office hours; if not during office hours, have them follow up with the Athletic Trainer the next school day.
- If you think your son/daughter has an unevaluated and/or minor issue (such as: shin splints, blisters, cramps, muscle pulls, sprains), encourage them to come see the Athletic Trainer. The parent/guardian should follow up with the Athletic Trainer.

## RETURN-TO-PLAY FORMS

- If your son/daughter is hurt and you take them to the doctor, you **MUST** bring back an official MIHS return-to-play form. These forms can be found on the high school web site under the Forms or Athletics links. They can also be found in the Main Office, Athletic/Facilities Office, and the Training Room.
- Return-to-play form **MUST** be completed and returned to the Athletic Trainer or faxed to (206) 230-6316 before the athlete can return to any sport activity.
- If there is no return-to-play form on file, the athlete will not be able to participate in any sport activity.

## CONCUSSION POLICY

*In accordance with the Lystedt Law*

- If your son/daughter is suspected of sustaining a concussion, they will be removed from the game or practice immediately and not allowed to return to participation that day.
- 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 written medical clearance.
- Any athlete suspected of sustaining a concussion will have their parents contacted directly by the Athletic Trainer or coach. Parents will be given a concussion information sheet from the high school and one from the CDC.
- An athlete may not return to play until they have been 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.
- Providers include: Medical Doctors (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physicians Assistant (PA), or Licensed Certified Athletic Trainers (AT/L).
- If your son/daughter is seen in the Emergency Room after sustaining a concussion, they should follow up with their Primary Care Physician.
- If your son/daughter is suspected of sustaining a concussion, the treating physician **MUST** fill out an official MIHS Return-To-Play form. The return-to-play form **MUST** have the Concussion Clearance Status side filled out. See "Return-to-Play" section above for details.
- General return-to-play protocol for concussions:
  - Step 1: No activity and rest until symptom free
  - Step 2: Light aerobic exercise
  - Step 3: Sport-specific exercise
  - Step 4: Noncontact drills
  - Step 5: Full-contact drills
  - Step 6: Game play

Each step is separated by 24 hours and if symptoms return at any step, the athlete will back up one level. If symptoms last more than one week or keep coming back as they progress through the levels, the athlete will need to follow up with their Primary Care Physician for re-evaluation and possible further testing.

# MERCER ISLAND PARENTS OF STUDENT ATHLETES

## CODE OF ETHICS

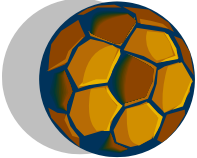
I hereby pledge to provide positive support, care and encouragement for my child participating in Mercer Island High School sports programs by following this Parents' Code of Ethics:



I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other MI athletic event.

I will place the emotional and physical well being of my child ahead of my personal desire to win.

I will insist that my child play in a safe and healthy environment.



I will support the athletic director, coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all Mercer Island HS events.



I will remember that the game is for the student-athletes – not adults.

I will do my very best to make athletic participation fun for my child.

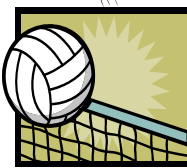


I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I will help my child enjoy the athletic experience by being a respectful fan.



I will help kids and their coaches by shouting from the sidelines only to applaud and encourage them. If I need to communicate with the umpires and referees after games, I will do so only to thank them for their work, realizing that without them there would be no games or matches. I will work with coaches to teach kids that the bad calls and good calls even out – in sports as in life. Similarly, I will help kids see that, in sports as in life, they will sometimes play well and lose, or play poorly and win. I realize the only sensible goals are to have fun and improve their skills. I will encourage kids to participate in sports for the enjoyment of the game.



**NOTE: Pages 9-16 need to be filled out completely by both student-athletes and parent/guardians before being turned in to the Athletic Office.**

**The signatures provided on page 9 serve as an indication that all the information has been reviewed and is understood.**

Please be sure a Safety Guidelines / Risk Letter for the student-athlete's chosen sport is included.

Please be sure an Emergency Card for the student-athlete's chosen sport is included.



MERCER ISLAND HIGH SCHOOL INITIAL ATHLETIC ELIGIBILITY 2011-2011



Return this form to the Athletic Office - Room 204D.

Hand directly to Ann Meisner or Debbie McKenzie

PAY ALL FEES AT THE ASB WINDOW!

PLEASE PRINT CLEARLY & IN INK!!!!

Sport turning out for:

[Empty box for sport name]

Students are eligible to participate in a sport only when all forms are handed in, correct and complete. Purchase of an ASB card (\$50) and payment of the sport fee (\$175) are requirements before a student can compete in an athletic contest. If a student is trying out for a sport, the fee can be paid after they make the team, before the first contest. ALL fines from previous sports season and semesters are to be paid in full before participation! Any questions, contact the Athletic Office 206-236-3429.

DATE: \_\_\_\_\_

Student Name: \_\_\_\_\_ Grade (Fall 10): \_\_\_\_\_
(Last) (Legal First) (MI) (Nickname)

Home Address: \_\_\_\_\_ Phone: \_\_\_\_\_
(Street) (City) (State) (Zip) (Home)

Parent Email Address: \_\_\_\_\_ Student Email Address (if different): \_\_\_\_\_

Parent Cell Phone: \_\_\_\_\_ Student Cell Phone: \_\_\_\_\_

Present school attending (if other than MIHS) \_\_\_\_\_

Date of Birth (mo/day/yr): \_\_\_\_\_ Current age as of today: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

Did you attend a Mercer Island school full time last year? \_\_\_\_\_ If not, why? \_\_\_\_\_

Are you living with your parents? \_\_\_\_\_ Do you live in this school's attendance area? \_\_\_\_\_

Do you live with someone other than your parents (i.e. legal guardian)? \_\_\_\_\_

Have you repeated any grade or dropped out of school at any time since grade 7? \_\_\_\_\_

Did you pass five subjects last semester and are you currently enrolled in five subjects? \_\_\_\_\_

(\*\*If you are a transfer or foreign exchange student, please complete form on next page.)

WARNING: Participation in athletic activities involves injuries to participants. Carefully consider this warning and take into consideration the potential danger and risk associated with athletic participation before you or your student decide whether to participate in athletics.

Athletic Insurance Information

Students are not required to have insurance coverage in order to participate in athletic competition. Parents need to be aware that no school coverage is provided. You may choose to enroll in the student insurance program if you do not have personal insurance. Student Accident & Health Insurance enrollment forms are available in the main office. Please indicate below if your son/daughter is covered by another outside insurance plan or if you will be enrolling him/her in the student insurance plan.

NAME OF INSURANCE COMPANY: \_\_\_\_\_ POLICY NUMBER: \_\_\_\_\_

POLICY HOLDER'S NAME: \_\_\_\_\_

If your son/daughter is not covered, please indicate so by checking the following:
NOT COVERED BY ANY INSURANCE PLAN WILL ENROLL IN THE STUDENT INSURANCE PLAN (Application available)

For Office Use Only

Table with 2 columns and 2 rows: On Roster, Emergency Card to Coach, Transfer to, Fee Paid

NOTE: Please be sure the sport-specific Safety Guidelines/Risk Letter AND Emergency Card are attached to this form.

(THIS PAGE 10 IS BLANK)

# Signature Page

Student Athlete: \_\_\_\_\_

Sport: \_\_\_\_\_

## VERIFICATION OF DOCUMENTED INFORMATION

As PARENT/GUARDIAN OF THE ABOVE-NAMED STUDENT, I (WE) hereby acknowledge I (WE) have read and understand the warning included in the eligibility packet and still give permission for him/her to participate in all the sports and related activities offered by the Mercer Island School District. (If any exceptions please indicate which sport(s) \_\_\_\_\_) We realize that falsification of requested information will result in ineligibility and loss of team contests due to the participation of ineligible player. The signatures below acknowledge that a parent or guardian and the participating student acknowledge they carefully read this entire form and the information is true:

Date: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Student/Athlete Signature: \_\_\_\_\_

## SAFETY

I have read the Safety Form portion of the packet and understand the importance of safety and how it relates to physical health. I will ask my coach about specific guidelines for my sport.

Date: \_\_\_\_\_ Parent/Guardian Initial: \_\_\_\_\_ Date: \_\_\_\_\_ Student /Athlete Initial: \_\_\_\_\_

## ATHLETIC TRAINING, INJURY & CONCUSSION

I have read and understand the injury and concussion policies outlined in the Athletic Training page of the information.

Date: \_\_\_\_\_ Parent/Guardian Initial: \_\_\_\_\_ Date: \_\_\_\_\_ Student /Athlete Initial: \_\_\_\_\_

## DIRECTED ATHLETICS

I wish to receive credit for directed athletics:

Date: \_\_\_\_\_ Parent/Guardian Initial: \_\_\_\_\_ Date: \_\_\_\_\_ Student /Athlete Initial: \_\_\_\_\_

## **ACADEMIC ELIGIBILITY ACKNOWLEDGEMENT**

STUDENT: I have read and understand the Academic Eligibility Requirements of Mercer Island High School. I understand the intent and the consequences of my failure to comply with the Academic Eligibility Requirements during a sport season for the school year.

Date: \_\_\_\_\_ Student/Athlete Signature: \_\_\_\_\_

PARENT: I have read the Academic Eligibility Requirements and will work with school officials and coaches to ensure my son/daughter abides by it. I am aware that my son/daughter has read the above Academic Eligibility Requirements and by his/her signature has agreed to abide by it during the sport seasons for the school year.

Date: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

## **ATHLETICS AND ACTIVITIES CONDUCT CODE ACKNOWLEDGEMENT**

STUDENT: I have read and understand the Athletics and Activities Conduct Code. I understand the intent of this code and the consequences of my failure to comply with it.

Date: \_\_\_\_\_ Student/Athlete Signature: \_\_\_\_\_

PARENT: I have read the Athletics and Activities Conduct Code and will work with school officials to ensure my student abides by it. I am aware that my student has read the code and by his/her signature has agreed to abide by it.

Date: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

I have read the **MIHS Parent/Athlete Code of Ethics** and understand the expectations placed on me as a parent of a child involved in the athletic program at Mercer Island High School.

Date: \_\_\_\_\_ Parent/Guardian Initial: \_\_\_\_\_

Date: \_\_\_\_\_ Student /Athlete Initial: \_\_\_\_\_

**Uniform and Equipment Fines:** In understand that when uniforms and/or equipment are not turned in at the time designated by a coach a \$25 late fee will be assessed.

Date: \_\_\_\_\_ Parent/Guardian Initial: \_\_\_\_\_

Date: \_\_\_\_\_ Student /Athlete Initial: \_\_\_\_\_

**\*\*\* TRANSFER STUDENTS & FOREIGN STUDENTS ONLY \*\*\***

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Parent or Guardian's Name \_\_\_\_\_

**TRANSFER STUDENTS:** WIAA rule 18.10 Transferring Students - After registering and/or attending a middle level or high school, students changing enrollment to/from one school district to another shall be considered transferring students and be ineligible for varsity competition for one calendar year. **Transfer students must meet the normal residence requirements and the transferring student requirements of 18.10., 18.10.2 or 18.10.3. (available from Athletic Director - please set up a meeting with the Athletic Director).**

(Students must submit a copy of his/her transcript from previous school before competition will be allowed.)

What school are you transferring from? Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Is this a private or public school? \_\_\_\_\_

Did you participate in athletics at your previous school? \_\_\_\_\_

If yes, how many years? \_\_\_\_\_ Which Sport(s)? \_\_\_\_\_

**Please fill out the rest of this page**

**FOREIGN EXCHANGE STUDENTS:**

Are you a **foreign exchange student**? \_\_\_\_\_

If yes, complete the following: When did you first enroll at this school? \_\_\_\_\_

When will you be returning to your home land? \_\_\_\_\_

**\*\*NOTE:** All foreign exchange students must see the Athletic Director and receive state approval BEFORE participation is allowed! **Foreign exchange students are eligible for 1 year of Varsity participation.**

**Students transferring to this country for one year (From WIAA Eligibility Form 6)**

I am participating in a cultural/educational exchange program for non-athletic reasons. As a condition of eligibility, I understand that the residence/transfer rule shall be waived for only one year at the first school that I attend. Should I remain in this country longer, I will be considered a transferring student eligible at the junior varsity level for a one-year period of time.

\_\_\_\_\_  
**Name (Please print)**

\_\_\_\_\_  
**Date of Birth**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Country of Origin**

\_\_\_\_\_  
**Host High School**

\_\_\_\_\_  
**Grade Level**

\_\_\_\_\_  
**School Administrator/Title**

\_\_\_\_\_  
**Host Family**

\_\_\_\_\_  
**Date**

Yes  No

Student has / has not graduated from high school prior to coming to the United States.

If yes, please indicate the date of graduation. \_\_\_\_\_



## Concussion Policy & Information

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:**

- 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
- 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 questions/comments

### **Signs observed by teammates, parents and coaches may include:**

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

*Athletes with the signs and symptoms of concussion will be removed from play immediately and are required to have the signed release of a physician before being allowed to return to play.* 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 will 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 written 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/>

\_\_\_\_\_  
Print Student Athlete Name

\_\_\_\_\_  
Signature of Student Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Parent/Legal Guardian Name

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date

## Mercer Island High School ATHLETIC HEALTH FORM To be filled out by the student/parent

Student \_\_\_\_\_ Birth Date \_\_\_\_\_ Grade \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_ Hm. Phone \_\_\_\_\_ Wk. Phone \_\_\_\_\_

Physician's Name (Please Print) \_\_\_\_\_ Phone \_\_\_\_\_

Physician's Address \_\_\_\_\_

Date of last Tetanus Immunization? \_\_\_\_\_ Date of last Measles Immunization? \_\_\_\_\_

Explain "Yes" answers below	No	Yes
1. Overnight hospitalizations, operations or surgery? Dates	<input type="radio"/>	<input type="radio"/>
2. Are you presently taking any medication or pills?	<input type="radio"/>	<input type="radio"/>
3. Do you have any allergies (medicine, bees or other stinging insects?)	<input type="radio"/>	<input type="radio"/>
4. Have you ever passed out during or after exercise?	<input type="radio"/>	<input type="radio"/>
Have you ever been dizzy during or after exercise?	<input type="radio"/>	<input type="radio"/>
Do you tire more quickly than your friends during exercise?	<input type="radio"/>	<input type="radio"/>
Have you ever had high blood pressure?	<input type="radio"/>	<input type="radio"/>
Have you ever been told that you have a heart murmur?	<input type="radio"/>	<input type="radio"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="radio"/>	<input type="radio"/>
Anyone under 50 yrs old in the family die of heart problems?	<input type="radio"/>	<input type="radio"/>
5. Do you have any skin problems?	<input type="radio"/>	<input type="radio"/>
6. Have you ever had a head injury?	<input type="radio"/>	<input type="radio"/>
Have you ever been knocked out or unconscious?	<input type="radio"/>	<input type="radio"/>
Have you ever had a seizure?	<input type="radio"/>	<input type="radio"/>
Have you ever had a stinger, burn or pinched nerve?	<input type="radio"/>	<input type="radio"/>
7. Have you ever had heat or muscle cramps?	<input type="radio"/>	<input type="radio"/>
Have you ever been dizzy or passed out in the heat?	<input type="radio"/>	<input type="radio"/>
8. Do you have trouble breathing or do you cough during or after activity?	<input type="radio"/>	<input type="radio"/>
9. Do you use any special equipment (pads, braces, mouth guard, etc)?	<input type="radio"/>	<input type="radio"/>
10. Have you had any problems with your eyes or vision?	<input type="radio"/>	<input type="radio"/>
Do you wear glasses or contacts or protective eye or vision?	<input type="radio"/>	<input type="radio"/>
11. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any bones or joints?	<input type="radio"/>	<input type="radio"/>
o Head      o Shoulder      o Thigh      o Neck      o Elbow      o Knee      o Chest      o Foot		
o Forearm      o Shin/calf      o Back      o Wrist      o Ankle      o Hip      o Hand		
12. Females Only: Have your menses begun? _____		
Do they come more often than once a month? _____ Less often than every two months? _____		

Explain "Yes" answers to Questions 1-12 above: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

The signature below indicates that a parent/guardian and the participating student acknowledge they have carefully read this form and the above information is true.

**STUDENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PARENT/GUARDIAN SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_



Mercer Island School District #400  
**Athletic Medical Emergency Authorization Form**

Date \_\_\_\_\_

**Sport trying out for:** \_\_\_\_\_ Grade \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender \_\_\_\_\_

Name \_\_\_\_\_ (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (Init.) \_\_\_\_\_ Father's Name \_\_\_\_\_ Mother's Name \_\_\_\_\_

Home Phone \_\_\_\_\_ Father's Wk. Phone \_\_\_\_\_ Mothers' Wk. Phone \_\_\_\_\_

Address: \_\_\_\_\_ (House) \_\_\_\_\_ (Street) \_\_\_\_\_ Father's Cell Phone \_\_\_\_\_ Mother's Cell Phone \_\_\_\_\_

\_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip.) \_\_\_\_\_ Email Address \_\_\_\_\_

Emergency Contact Name (other than parent) \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

Allergies \_\_\_\_\_ Drugs allergic to: \_\_\_\_\_ **Date of Last Tetanus Shot** \_\_\_\_\_

Regular Medication \_\_\_\_\_ Chronic Illness \_\_\_\_\_

Significant Injuries or Illness (such as seizures, heart condition, fractures, concussions, or sport-related surgeries)

*Date*

*Injury*

*Location on Body*

*Comment*

1. \_\_\_\_\_

2. \_\_\_\_\_

Other past medical conditions that the school should be aware of are: (add any comments on students's physical condition deemed important):

Choice of Physician to be called in case of an emergency:

1. Name \_\_\_\_\_ Phone \_\_\_\_\_

Choice of Hospital to be used \_\_\_\_\_ Health Insurance Co. \_\_\_\_\_

*As parent or legal guardian, I authorize the team physician, team trainer, or the coach to render the necessary emergency procedure for any such injury. I would also authorize the above persons to provide the appropriate course of professional emergency care, such as Aid Car, EMS, or emergency room transportation, including consultation and treatment by a specialist (ie. a surgeon or other medical professionals). Every effort will be made to contact the parents or guardians of the nature of the problem and the treatment involved beforehand.*

**SIGNED** \_\_\_\_\_ **(Parent or Guardian)** Top Copy: Coach 2nd Copy: Trainer 3rd Copy: Office

In case of emergency, this vital medical information represents your child in your absence.

AM/val/Printing Center/HSS/storage/HS Athletic Medical Emerg.Cards/Created:6-6-06/Rev:4-29-08/Printed: 29-08-2008