

# North Star Charter School Athlete-Parent Handbook

## **2012 - 2013**



Dan Conti  
Secondary School Athletic Director

North Star Charter School  
839 N Linder Rd  
Eagle, ID 83616  
208-939-9600 x 317  
[dconti@northstarcharter.org](mailto:dconti@northstarcharter.org)

## **North Star Athletic Philosophy**

The athletic philosophy of **North Star High School** is three-fold.

- First, offer a program in which interested student-athletes can try-out and work toward improving their skills;
- Secondly, provide a setting that encourages team members to use their skills in competition with others; and
- Thirdly, develop individual character traits and leadership skills in each student athlete.

The high school athletic program at North Star offers the opportunity for all students to try out but the number of participants and team selection will be based upon the skill level of participants, adequacy of facilities, costs of equipment and uniforms, and the availability of qualified coaches. Teams may be formed on various levels in sports officially sanctioned by the Idaho High School Activities Association and available in the 2A Western Idaho Conference including cross country, girls volleyball, boys and girls basketball, boys and girls track, softball, baseball, golf, and tennis.

Each team has a regularly scheduled sport season featuring games or meets against other schools and culminates with the opportunity to participate in District and State competition. These contests are highly competitive and allow students the chance to display their level of skill and development. Athletics also provides a bond to the school not only for the athletes, but for the student body and community as a whole. School spirit is aroused and there is unification toward the common goal of success as people become involved and show their support for the various athletic teams.

High school athletic coaches may reduce or cut participation at all levels of participation. Large numbers of participants competing, a shortage of space within existing facilities, costs of equipment and uniforms, and shortages of qualified coaches may prompt such action.

### **Procedures for Reducing Participants:**

The evaluation process of high school athletes is a year long process that culminates in a tryout at the beginning of the season. During this year long process, the coach will evaluate in open gyms before and after the season, summer league when it applies, summer camps, and conditioning programs. Other methods of evaluation will include attitude, coach-ability, work ethic, academics and the specific needs of the team.

When a student athlete is not selected for a team, that athlete should be informed by the coach before the selection of the team is publicly announced and given to the athletic director.

The athletic philosophy of **North Star Middle School** is three-fold.

- First, offer a program in which interested student-athletes can try-out and work toward improving their skills;
- Secondly, provide a setting that encourages team members to use their skills in competition with others; and
- Thirdly, develop individual character traits and leadership skills in each student athlete.

The middle school athletic program at North Star offers the opportunity for all students to try out but the number of participants and team selection will be based upon the skill level of participants, adequacy of facilities, costs of equipment and uniforms, and the availability of qualified coaches. Given the number of participants an "A" or competitive team and a "B" or developmental team may be formed in sports available in the 2A Western Idaho Conference including boys and girls cross country, girls volleyball, boys and girls basketball, and boys and girls track.

Each team has a regularly scheduled sport season featuring games or meets against other schools and culminates with the opportunity to participate in Playoff competition at the 8<sup>th</sup> grade "A" level. These contests are highly competitive and allow students the chance to display their level of skill and development. Athletics also provides a bond to the school not only for the athletes, but for the student body and community as a whole. School spirit is aroused and there is unification toward the common goal of success as people become involved and show their support for the various athletic teams.

Middle school athletic coaches may have to reduce or cut participation at all levels of participation. Large numbers of participants competing, a shortage of space within existing facilities, costs of equipment and uniforms, and shortages of qualified coaches may prompt such action.

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When a student athlete is not selected for a team, that athlete should be informed by the coach before the selection of the team is publicly announced and given to the athletic director.

## North Star Athletics and Activities Grades 7-12 Athletic Eligibility

1. Athletes must have earned five credits the previous semester on a traditional schedule and six credits on an A-B block schedule.
2. An athlete is ineligible on the day of his/her 20th birthday.
3. An athlete must have an IHSAA physical on file at the school. A new physical is required the freshman [9<sup>th</sup>] and junior [11<sup>th</sup>] years.
4. Athletes must follow all IHSAA guidelines, rules and regulations.
5. Sub-Varsity and Varsity athletes must maintain a 2.0 GPA.
6. Sub-Varsity and Varsity athletes cannot have an F in any current class. Coaches will monitor the athlete's grade and the athlete will become eligible when they no longer have a failing grade.
7. A student must have ten days of conditioning prior to the first interscholastic athletic competition in a sports season.
8. **Each individual coach will set standards for their team as to behavior in the classroom, practice rules and team policies. Athletes must abide by these standards to be eligible to play.**

### Attendance on the day of an activity

A student must be present for at least four full periods [2 on block schedule] during the day of the event, evening performance, game or function to be able to participate in that performance or function unless deemed an extraordinary absence. A student suspended in school for more than one period or out of school on the day of an activity will not be allowed to participate in that activity, game, or practice.

### Forms

The Idaho High School Activities Association requires that an athlete receive a physical examination **and** have on record **with the school the interim questionnaire prior to his/her first practice** in any IHSAA sponsored sport (grades 9-12). Physicals are required prior to the first day of practice in the 9<sup>th</sup> and 11<sup>th</sup> grades. A student will not be required to have an additional physical examination during the 10<sup>th</sup> and 12<sup>th</sup> grades unless:

1. The physician recommends the student have an additional physical exam.
2. The parents request an examination via the Interim Questionnaire.
3. Affirmative answers on 1-9 of the Interim Questionnaire indicate a possible need for a repeat physical examination.

NOTE: The physical examination must **not** be completed before May 1 of the athlete's 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> or 11<sup>th</sup> grade year.

Physical examination forms are available on the website, <http://www.idhsaa.org/>. The Interim Questionnaire is a consent form that **must be completed each year** of participation by the parents/guardians of the athlete. The original, completed Idaho Health Examination and Consent form must be on file at the school **prior to the first day of practice**.

## Transportation

When students leave for school-sponsored activities during the school day or meet at the school prior to leaving, they must utilize the school transportation or team car pool to the activity and back. Students who utilize such transportation to an activity must return to school on the same provided transportation. Students may ride home with their parents, provided one parent makes personal contact with one of the activity sponsors. For evening or weekend activities in the treasure valley area, students may drive their own vehicles provided that they do not meet at the school first. High school juniors and seniors may drive private automobiles between schools when participating in school sponsored programs. Students must meet the following conditions:

1. A copy of the student's completed transportation form with express written permission from their parent/guardian and the building administration must be on file with the home school prior to use of the vehicle.
2. A copy of the vehicle owner's insurance policy must be on file with the home school prior to the use of the vehicle. The student driving the vehicle must be covered on the insurance policy.
3. A copy of the student's valid driver's license.

## Activities Substance Policy

It is the policy of North Star Charter High School to prevent and prohibit the possession, use, sale, distribution, and/or intent to distribute any illegal or controlled mood-altering chemical, medication, look-alike drug or abused chemical by any student. This also includes possession or use of alcohol, tobacco and tobacco products. Consequently, should any member of the school's administration, faculty, staff, or coaching staff witness or have evidence that a student is using, in possession of, or under the influence of any of the previously mentioned substances, that student will be dealt with according to the following procedure.

1. **First Offense:** A student will be ineligible to participate for a minimum of 25% of the total regular season contests, a minimum of three weeks of activities, or a maximum of six games/activities. A student must attend practice and complete the current season; the time of ineligibility will begin with the first scheduled event after the infraction. Should a student violate the Code of Conduct between seasons, including the summer, ineligibility will begin at the beginning of the next sport in which the student participates. When figuring a percent of the season to be missed, any part of a contest will be rounded up to the next whole number, i.e. 25% of 13 regular season contests = 3.25; contests missed = 4.
2. **Second Offense:** A student will be ineligible to participate for a minimum of 50% of the total regular season contests. The time of ineligibility will begin with the first scheduled event. These consequences are in effect for the entire school year.
3. **Third Offense:** The student will be ineligible to participate in any athletic activity for a minimum of one year from the date of infraction; the police will be notified. Cumulative offenses will carry through one calendar year, from the date of the first infraction

## Academic Eligibility Policy:<sup>1</sup>

1. **To start a season:** Student-Athlete must satisfy criteria of the grade policy from the semester/grade check period immediately prior to the season.

- **Step One:** If a student passed the minimum required classes at the previous semester but scores below a 2.0 GPA **or** receives more than one F grades in the most recent grade check period, that student will be placed on Probation.
- **Step Two:** If a student passed the minimum required classes at the previous semester but scores below a 2.0 GPA **and** receives more than one F grades in the most recent grade check period, the student will start the season on Suspension 1.

2. **During the season:** Student-Athlete must satisfy criteria of the grade policy at the appropriate grading periods (progress, quarter, semester) as defined by the Athletic Director.

- **Step One:** If a student scores below a 2.0 GPA **or** receives more than one F grades, that student will be placed on "Probation".
- **Step Two:** If a student fails to meet the criteria of 2.0 GPA **or** no more than one F grades after "Probation", that student will be placed on "Suspension 1".
- **Step Three:** If a student fails to meet the criteria of 2.0 GPA **or** F grades after "Suspension 1", that student will be placed on "Suspension 2".

3. **Probation:** Students may practice and play in games but will spend time in study hall, tutoring, or an improvement plan, as defined by the Head Coach. The student will be given ten (10) school days to improve grades. If the student fails either grade criteria after ten (10) days, that student will move to "Suspension 1". Students who satisfy the Eligibility Policy on or before the ten (10) days may be removed from "Probation".

4. **Suspension 1:** Student may practice but not play in games. Student will be given ten (10) days to improve grades to meet the Eligibility Policy. The student will spend time in study hall, tutoring, or improvement plan, as defined by the Head Coach. If the student fails to achieve either grade criteria after ten (10) school days, that student will be moved to "Suspension 2". Students who satisfy the Eligibility Policy on or before the ten (10) days may be removed from "Suspension 1".

5. **Suspension 2:** Student may not practice or play in games. Student will spend time in study hall, tutoring, or an improvement plan as defined by the Head Coach. The student will be given ten (10) school days to improve grades to meet the Eligibility Policy. The student will not be eligible to participate until all criteria have been met and will remain on "Suspension". Failure to achieve the criteria of the Eligibility Policy will result in removal from the team for the remainder of the season.

\*Any extenuating circumstances may be appealed to the Administrative Team.

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<sup>1</sup> These standards are the minimum standard and individual coaches will have the discretion to make their programs more stringent.

## Sportsmanship

### **The skill of the contest is talent. The art of the contest is sportsmanship**

Good sportsmanship is a commitment to fair play, ethical behavior and integrity.

- Play fair, take loss or defeat without complaint, or victory without gloating
- Respect others and one's self
- Impose self-control, be courteous, and gracefully accept results of one's actions
- Display ethical behavior by being of good character and actions by doing the right thing
- Be a good citizen

Sportsmanship is vital to students' learning about the other values of the game or activity in which they participate. It is a life skill that will help throughout one's life. Teamwork, dedication to practice, the satisfaction of contributing to a team effort, maturity, diversity, and leadership are all virtues gained by participation activities.

The opponent should be treated as a guest, greeted cordially on arriving, and accorded respect, honesty, and generosity.

Respect officials -they are arbitrators, they are impartial and are trained to know the rules and rules emphasis changes annually. The "way we've always done it" doesn't apply from year to year. Sportsmanship implies the willingness to accept and abide by the decisions of the officials of the contest and the importance of conforming to the spirit as well as the letter of the rules.

Student participants should always remember that it is a privilege and not a right to represent one's school and accept seriously the responsibility of performing for his/her school, teammates, and community. Exercise self-control at all times, accepting decisions and abiding by them. Accept both victory and defeat with pride and compassion never being boastful or bitter, and resolve to continue working for personal excellence.

**Maintaining self-control is an educational tool of competition.** It helps overcome bias and/or prejudice and the ability to prevent the desire to win at the risk of surrendering appropriate behavior.

## NORTH STAR ATHLETE INTERNET POLICY

Social networking sites such as Facebook and MySpace, chat rooms and bulletin boards can be an important part of a young person's life and also pose a serious danger.

Since participation in athletics is a privilege and not a right, an athlete needs to accept responsibility for appearing or posting on Web sites.

This policy complements North Star Internet and Email policy.

When visiting or posting on any Internet site, athletes at North Star Charter School will maintain acceptable standards. You are liable for what you post on your own site and the site of others. Some guideline to use when posting:

- Do not use comments intended to provoke other students
- Do not use language that would not be acceptable for a school environment
- Be fair and accurate, do not spread information that has not been confirmed as true – do not spread rumors

Any posting or communication via social networking Web sites which disrupts either the educational or athletic environment or which advocates the violation of any school or team policy would be unacceptable. This would include but not be limited to:

- The consumption of alcohol or the use of illicit drugs
- Posting of negative comments about the team, your coaches, other players, or the school – take your concerns directly to those you have an issue with
- Inappropriate sexually-oriented material
- Activities involving bullying, hazing or harassment

It is the intent of North Star Charter School to provide leadership, education and protection of athletes from the dangers involved with some internet sites and to maintain the positive aspects of an education-based athletic program.

Violation of this policy may result in the athlete being suspended or removed from the team.



## CONCUSSION INFORMATION

Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or with obstacles. Concussions occur with or without loss of consciousness but the vast majority occurs without loss of consciousness.

In accordance with Section 33-1620, Idaho Code the Idaho High School Activities Association has provided information on its website for coaches, parents, and athletes, concerning the Identification and Management Strategies regarding concussions. The IHSAA encourages all coaches, parents, and athletes to educate themselves about the recognition and treatment of concussions. Please take the time to visit our website at [www.idhsaa.org](http://www.idhsaa.org). If you have any questions or need of further information, please contact your school or the IHSAA Office at [admin@idhsaa.org](mailto:admin@idhsaa.org).

It is the wish of the IHSAA that you have a safe and enjoyable sport or activity season.

Idaho High School Activities Association

## Parents are expected to:

- accept responsibility for the education and training of their children
- understand the purpose and philosophies of the athletic program
- allow the coaches to coach their children
- cooperate in helping their children embrace their part in helping the team reach its fullest potential
- challenge their children in learning how to communicate concerns directly – player to coach
- model a positive approach to conflict resolution, showing respect for coaches and staff at all times
- Take your specific concerns to the coach first using the following guidelines:
  - has my child made this concern know to the coach first
  - confronting a coach before or after a game or practice is not appropriate, set an appointment to meet with the coach and identify your concern
  - concerns about playing time or position should be a discussion between player and coach only
- make any concerns which would affect a student's well being or performance known to the coach
- communicate in advance to the head coach any known future absences
- respect the officials and set a good example, losses are never caused by the officials, remember a bad official is bad for both teams
- be a positive role model in cheering for and supporting all players, refrain from making negative comments about opposing players taking the "high road" at all times

## Athletic Uniforms:

- Athletic uniforms will be issued prior to the first contest.
- Uniforms remain the property of North Star Charter School and are to be worn for athletic contests only and are not practice wear.
- Students will sign out uniforms and any questions or changes that need to be made, please work with your coach.
- Uniforms need to be maintained within the following guidelines.
  - Wash in Cold water
  - Use mild detergent
  - DO NOT bleach or use fabric softener
  - For Best results, uniforms should be allowed to air dry
- Your coach will establish a uniform check-in day at the conclusion of your season. YOU MUST RETURN YOUR UNIFORM TO YOUR COACH AT THIS ESTABLISHED TIME. A \$10 late charge will be assessed unless prior arrangements are made
- Team uniforms come in sets and often the style is discontinued within one to two years making the uniform irreplaceable and rendering the team set unusable. Uniforms that are missing, stained, or in unusable condition will be charged a replacement fee.

### **Current Uniform Replacement Fees**

	X- Country	Volleyball	Basketball	Track
Jersey	\$50	\$75	\$90	\$50
Shorts			\$90	
Warm-up shirt		\$60	\$75	

## Athletic Fee Schedule:

Due to the cutbacks in school funding and our desire to have a quality athletic program the following fees are required.

All middle school sports - \$90.00 per sport

High School Sports -	Cross-Country, VB, Track	\$140.00
	Basketball	

- **All athletes must have the North Star Activities ID card.**

## Forms necessary for Participation:

These forms are required prior to the first practice:

IHSAA Health Exam form 9<sup>th</sup> & 11<sup>th</sup> grades  
 [completed after May 1<sup>st</sup> of the previous school year]  
 IHSAA Interim Questionnaire – All grades  
 Participants Form  
 Concussion Consent Form

These forms are required prior to the first contest:

Transportation to away games form  
 Driver – Vehicle – Insurance Form  
 Player Code of Conduct Form

## **Guidelines for Varsity Letter:**

1. The student must complete the entire season.
2. The student must attend all practices unless excused by the coach for illness or an emergency beyond the student's control.
3. Student must have returned all equipment loaned to him/her in all years of participation.
4. Meet the standards of the respective sport letter guidelines.
5. The head coach has the prerogative to issue or withhold a letter for extenuating circumstances such as early season injuries, value to the team without having played enough, team or district violations, etc.
6. Coaches must provide documentation of these circumstances to the athletic director and administrator. In all cases, students must complete the season as a member of the team in order to letter.
7. Specific Lettering requirements
  - a. Volleyball and Basketball – player be a participant for at least 50% of the varsity season and play in at least 50% of the remaining contests
  - b. Cross-Country and Track – athlete must compete in more than 50% of the available contests

## **North Star Athletic Association**

The North Star Athletic Association (NSAA) is organized as a 501(c)(3) corporation dedicated to supporting the North Star Charter School Athletic Program. The role of all volunteers is to build an enthusiastic volunteer base that is educated on how to manage and or support a parent booster organization. The purpose is to provide funds in addition to support for North Star's athletic teams involved in the District III, 2A Western Idaho Conference. North Star is a member of the Idaho High School Athletic Association.

NSAA responsibilities include but are not limited to:

- ❖ fundraising
- ❖ creating and developing methods of cultivating, recruiting and maintaining volunteers on behalf of NSAA
- ❖ work with other members of NSAA, the North Star Administration, Athletic Director, and Coaches to ensure that all short and long term goals and objectives are being met
- ❖ plan team events in conjunction with team coaches and the athletic director
- ❖ sell tickets for all revenue generating contests
- ❖ oversee and manage a concession stand at all home contests
- ❖ work with the athletic department's clothing vendor to display and sell spirit gear
- ❖ attend regularly scheduled NSAA meetings

## North Star Athletic Participation Form 2012 - 2013

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Student's Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Grade Level \_\_\_\_\_

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Parent/Guardian Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Your child has expressed a desire to participate in a North Star Athletic Program. Please read this information carefully, if you have any questions please contact your student's activity adviser, coach, or the school athletic director. Before your child is allowed to participate, you are required to read, sign and return this participation and release form to the appropriate adviser or coach.

**Notice of Risk:** Both students and parents/guardians need to be aware that enrolling/participating in certain activities involves a risk of injury. I understand the risk involved and I desire my child to participate in North Star Athletic Programs.

- \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ (Initial of parent/guardian AND student)
1. North Star is **NOT** liable or responsible for any medical, dental, or hospital bills occurred as a result of injuries sustained by a student while participating in a school program or activity. All injury related expenses shall be the responsibility of the student's parents/guardian. Further, the undersigned Parent/Guardian agrees to indemnify and hold harmless North Star Charter School from any and all liability that may arise from the student's participation in any program or activity which is the subject matter of this Participation Form. \_\_\_\_/\_\_\_\_/\_\_\_\_\_ (Initial of parent/guardian AND student)
  2. Recognizing that, as a result of participation in a school activity, emergency medical care may be necessary and that school personnel may be unable to contact me for my consent for emergency medical care, I do hereby consent in advance to such emergency medical care, including tests, x-rays, surgery, and hospital care for my child as may be deemed necessary and agree to be responsible for and pay all costs incurred. (Initial of parent/guardian AND student)
  3. Insurance waiver (parent/guardian Initial one)
    - a. \_\_\_\_\_ I have insurance that will pay for medical expenses if my child is injured while participating in a school activity
    - b. \_\_\_\_\_ I do not have insurance for my child and understand that the school is **NOT** responsible and **WILL NOT** pay any doctor, hospital, or medical expenses if my child is injured while participating in a school activity.
  4. Transportation:
    - a. North Star will not provide transportation to other schools for activities.
    - b. School officials and/or coaches cannot help arrange transportation.
    - c. Most school activities require the use of private carriers with the proper owner-operator vehicle form completed and on file in the Athletic Director's office.
  5. North Star Charter School official, coaches, or athletic director may use photographs taken at activities to promote the program and by signing this form, I consent to all use of photographs of my child.

I give permission for my child to participate in the following activities/programs. Please circle and initial the programs/activities the student plans on participating in this year.

Volleyball \_\_\_\_\_ Cross Country \_\_\_\_\_ Cheerleading \_\_\_\_\_ Basketball \_\_\_\_\_ Track \_\_\_\_\_ Ski Club \_\_\_\_\_

Open Gyms \_\_\_\_\_ Conditioning Programs \_\_\_\_\_

1. Prior to being eligible to practice, each student must have a passed physical examination on file (renewable every two years) and a yearly interim questionnaire filled out by the parent/guardian.
2. All students are expected to conform to the rules of scholastic eligibility, participation, and traings as prescribed by the Idaho High School Activities Association, North Star Charter School, and the athletic coaching staff. This information will be reviewed at parent/guardian preseason meetings.

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I have carefully read, understand, and will comply with all of the above information as outlined in this participation form and hereby agree to indemnify and hold harmless the North Star Charter School from any and all liability that may arise from my child's participation in any activity which is the subject matter of this Participation form.

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

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

Date: \_\_\_\_\_

North Star Charter School Interim Questionnaire 2012-2013



\_\_\_\_\_ Male/Female \_\_\_\_\_  
Last Name First Middle (circle one) Date

Since his/her last athletic physical examination, has this student:

	YES	NO	_____
			Grade
(1) Had surgery	___	___	
(2) Been hospitalized	___	___	
(3) Been under a physician's care	___	___	
(4) Had a serious illness	___	___	
(5) Had an injury requiring a physician's care	___	___	
(6) Been rendered unconscious	___	___	
(7) Started taking any new medications	___	___	
(8) Developed any new drug allergies	___	___	
(9) Developed any health problems	___	___	
(Please explain all <b>yes</b> answers)			

\_\_\_\_\_  
\_\_\_\_\_

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My child \_\_\_ **should** or \_\_\_ **should not** have a physical examination prior to participation in high school athletics.

School health insurance needed: \_\_\_ Yes \_\_\_ No

If yes, a premium charge will be required prior to participation in any IHSAA athletic activity. More information may be obtained from the local school district.

If no, is your child covered by a family health insurance policy? \_\_\_ Yes \_\_\_ No \_\_\_

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Address

\_\_\_\_\_  
City Zip Code

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**CONSENT FORM**

I hereby consent to the above named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to treatment deemed necessary by physicians designated by school authorities for any illness or injury resulting from his/her athletic participation.

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

My participation in interscholastic athletics for the above school is entirely voluntary on my part, and with the understanding that I have not violated any of the eligibility rules and regulations of the state association.

SIGNATURE OF STUDENT \_\_\_\_\_ DATE \_\_\_\_\_

NOTE: The original copy is to be returned to the school

**NORTH STAR CHARTER SCHOOL - IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION  
IDAHO HEALTH EXAMINATION AND CONSENT FORM 2012 - 2013**

It is required that all students complete a History and Physical examination prior to his/her first 9th and 11th grade practice in the interscholastic (9-12) athletic program in the State of Idaho. The exam is at the expense of the student and may not be taken prior to May 1 of the 8th and 10th grade years. This examination is to be done by a licensed physician, physician's assistant or nurse practitioner under optimal conditions. Interim history forms are required during the 10th and 12th grade years and must be submitted to the principal prior to the first practice.

Name \_\_\_\_\_ Home Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Grade \_\_\_\_\_ Sports \_\_\_\_\_  
 Personal Physician \_\_\_\_\_ Physician's phone number \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ School \_\_\_\_\_

**HISTORY FORM**

\*Fill in details of "YES" answers in space below:

	Yes	No		Yes	No
1A Have you ever been hospitalized?	_____	_____	5 Do you have any skin problems? (itching, rash, acne)	_____	_____
B Have you ever had surgery?	_____	_____	6A Have you ever had a head injury?	_____	_____
2. Are you presently taking any medication or pills?	_____	_____	B Have you ever been knocked out or unconscious?	_____	_____
3. Do you have any allergies (medicine, bees, other stinging insects)?	_____	_____	C Have you ever had a seizure?	_____	_____
4A Have you ever passed out during or after exercise?	_____	_____	D Have you ever had a stinger, burner, Or pinched nerve?	_____	_____
B Have you ever been dizzy during or after exercise?	_____	_____	7A Have you ever had heat cramps?	_____	_____
C Have you ever had chest pain during or after exercise?	_____	_____	B Have you ever been dizzy or passed Out in the heat?	_____	_____
D Do you tire more quickly than your friends during exercise?	_____	_____	8 Do you have trouble breathing or cough during or after exercise?	_____	_____
E Have you ever had high blood pressure?	_____	_____	9 Do you use special equipment, pads, braces, mouth or eyeguards?	_____	_____
F Have you ever been told you have a heart murmur?	_____	_____	10A Have you had problems with your eyes or vision?	_____	_____
G Have you ever had racing of your heart or skipped beats?	_____	_____	B Do you wear glasses, contacts or Protective eyewear?	_____	_____
H Has anyone in your family died of heart problems or sudden death before age 50?	_____	_____			

11. Have you ever sprained/strained, dislocated, fractured/broken, or had repeated swelling or other injuries of any of your bones or joints?  
 \_\_\_\_\_ Head                      \_\_\_\_\_ Neck                      \_\_\_\_\_ Chest                      \_\_\_\_\_ Back                      \_\_\_\_\_ Hip  
 \_\_\_\_\_ Shoulder                      \_\_\_\_\_ Elbow                      \_\_\_\_\_ Forearm                      \_\_\_\_\_ Wrist                      \_\_\_\_\_ Hand  
 \_\_\_\_\_ Thigh                      \_\_\_\_\_ Knee                      \_\_\_\_\_ Shin/Calf                      \_\_\_\_\_ Ankle                      \_\_\_\_\_ Foot

12. Have you ever had any other medical problems such as:  
 \_\_\_\_\_ Mononucleosis                      \_\_\_\_\_ Diabetes                      \_\_\_\_\_ Asthma                      \_\_\_\_\_ Hepatitis                      \_\_\_\_\_ Headaches (frequent)  
 \_\_\_\_\_ Tuberculosis                      \_\_\_\_\_ Eye injuries                      \_\_\_\_\_ Stomach ulcer                      \_\_\_\_\_ Other

13. Have you had a medical problem or injury since last exam? \_\_\_\_\_  
 14. When was your last tetanus shot? \_\_\_\_\_  
 When was your last measles immunization? \_\_\_\_\_  
 15. When was your first menstrual period? \_\_\_\_\_ When was your last menstrual period? \_\_\_\_\_  
 What was the longest time between periods last year? \_\_\_\_\_

\*Explain "YES" answers here: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**CONSENT FORM**

(Parent or Guardian and Student Permission and Approval)

I hereby consent to the above named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to treatment deemed necessary by physicians designated by school authorities for any illness or injury resulting from his/her athletic participation. In the absence of parents, I also consent to the release of any information contained in this form to carry out treatment and health care operations for the above named student.

PARENT OR GUARDIAN SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

This application to compete in interscholastic athletics for the above school is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the State Association.

SIGNATURE OF STUDENT \_\_\_\_\_ DATE: \_\_\_\_\_

**PHYSICAL EXAMINATION FORM**

Name: \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_ T \_\_\_\_\_ Pulse \_\_\_\_\_ R \_\_\_\_\_  
 Visual acuity R 20 / \_\_\_\_\_ L 20 / \_\_\_\_\_ Corrected: Y N Pupils \_\_\_\_\_

	Normal	Abnormal
Ears, Nose, Throat	_____	_____
Cardiopulmonary		
Pulses	_____	_____
Heart	_____	_____
Lungs	_____	_____
Skin	_____	_____
Abdominal	_____	_____
Genitalia	_____	_____
Musculoskeletal	_____	_____
Neck	_____	_____
Shoulder	_____	_____
Elbow	_____	_____
Wrist	_____	_____
Hand	_____	_____
Back	_____	_____
Knee	_____	_____
Ankle	_____	_____
Foot	_____	_____

**CLEARANCE / RECOMMENDATIONS**

Clearance:

- \_\_\_\_\_ A. Cleared for all sports and other school-sponsored activities.
- \_\_\_\_\_ B. Cleared after completing evaluation / rehabilitation for:  
 \_\_\_\_\_
- \_\_\_\_\_ C. *NOT* cleared to participate in the following IHSAA sponsored sports:  
           Baseball      Cross Country      Golf      Softball      Track      Wrestling  
           Basketball      Football      Soccer      Tennis      Volleyball
- Not* cleared for other school-sponsored activities:  
           (Example)      1. Swimming      2. \_\_\_\_\_      3. \_\_\_\_\_
- \_\_\_\_\_ D. Student is *NOT* permitted to participate in high school athletics. Reason: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Recommendation: \_\_\_\_\_  
 \_\_\_\_\_

Examiner's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (This Physical form must be signed by a licensed physician, physician's assistant or nurse practitioner)

Address: \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

TRANSPORTATION TO AWAY ATHLETIC EVENTS

Please read and sign **all that apply** of the following transportation release items:

- I give my son/daughter \_\_\_\_\_ permission to ride with North Star carpool parent to and from athletic events. Carpool transportation is from North Star to competition and return to North Star. I understand that I will be required to pick up my student/athlete from North Star or sign a release at the athletic contest before the student/athlete may leave any away competitions.

- Any North Star carpool parent or
- Only the following \_\_\_\_\_

Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

- I give my son/daughter \_\_\_\_\_ permission to drive themselves to and from athletic contests.

Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

- I give my son/daughter \_\_\_\_\_ permission to ride to and from athletic contests with fellow teammate(s).

\_\_\_\_\_

Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

- I do not give my son/daughter \_\_\_\_\_ permission to ride with other drivers. I will be responsible for all transportation for my student.

Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

TRANSPORTATION TO AWAY EVENTS - DRIVER / VEHICLE / INSURANCE INFORMATION

Drivers are required to have a copy of driver's license and insurance on file with athletic director prior to transporting student/athletes to away athletic contests.

Sport(s): \_\_\_\_\_

Driver: \_\_\_\_\_

Vehicle Information:

_____	_____	_____	_____	_____
Year	Make	Model	Color	License Plate

Copy of Drivers License [copy to this form below]

Copy of above Vehicle Insurance Information [copy to this form below]

# NORTH STAR PUBLIC CHARTER SCHOOL

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IB World School – Int’l School of Business & Economics

## Parent/Guardian Acknowledgment Form

I, \_\_\_\_\_, by signing below, hereby acknowledge that North Star Charter School has provided me with the necessary and appropriate education information on concussion as mandated under subsection (3) of section 33-1625, Idaho Code. The education included appropriate guidelines and information that identified the signs and symptoms of concussion and head injury, and described the nature and risk of concussion and head injury in accordance with standards of the Centers for Disease Control and Prevention.

I acknowledge that in addition to receiving the education designated in the above paragraph, that I have had adequate time to review the materials and to have all of my questions addressed by school personnel or other appropriate medical personnel. I acknowledge that I understand the nature of concussion, the signs and symptoms of concussion, and the risks of allowing a student athlete to continue play after sustaining a concussion.

\_\_\_\_\_  
Student Name (Please Print)                      Student Signature                      Date (mm/dd/yyyy)

\_\_\_\_\_  
Parent/Guardian Name (Print)                      Parent/Guardian Signature                      Date (mm/dd/yyyy)

## GYM SET-UP AND BREAK DOWN CHECKLIST

<b>Sequence</b>	<b>Task</b>	<b>Personnel</b>
	<b>Pre-Game:</b>	
1	Sweep Floor	Players
2	Spot Clean Floor	Players
3	Wet Mop Floor	Players
4	Check Trash Cans - Recycle	Players
5	Pull out East Bleachers	Players
6	Pull out West Bleachers [if needed]	Players
7	Set-up Game equipment [VB standards / BB nets]	Players
8	Set-up Scorer's Table	AD
9	Set-up Scoreboard Controller	AD
10	Set-up Team Benches	Players
11	Set-up Locker Rooms [chairs, pickup]	Players
12	Set-up Ticket Table and Signage	AD
13	Check (inflate) Game Ball	AD
14	Set-up Referee room + water	AD
	<b>Post-Game:</b>	
1	Sweep Bleachers – Pick up trash	Players
2	Spray & Wipe bleacher seats	Players
3	Push in Bleachers	Players
4	Put Away Chairs [team bench / locker rooms]	Players
5	Put Away Ticket Table	AD
6	Put Away Scorer table & Controller	AD
7	Sweep Floor	Players
8	Check – remove trash - recycle	Players
9	Cleanup referee room	AD