

# VCS Athletics Contract



This packet MUST be signed by coaches, parents, & players PRIOR to the first contest.



## VCS Contract of Christian Conduct & Conflict Resolution

"If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. But if he will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses. If he refuses to listen to them, tell it to the church, treat him as you would a pagan collector." Matthew 18:15

Vacaville Christian Schools and the Board of Director have implemented the policy of Matthew 18 which mandates that all concerns and challenges be funneled through the appropriate communications channels prior to involving the administrative team. Coaches are to be approached with anything involving athletics, in a timely and professional manner by parents to try to resolve them first and foremost. Coaches are then required to speak with the Athletic Director if the situation has not been resolved between the two parties. The following situation generally falls in these categories; however, other situations could warrant the same procedures:

**Facilities:** VCS has a "Priority Use" protocol. This protocol states that all facility use is scheduled in a specific order. (See Facility Use Statement) Coaches and parents are to adhere to this system and communicate the importance of multiple group use. Please note that facility schedules are always subject to change in case of unforeseen emergencies.

**Scheduling:** Games and practices are also scheduled by "Priority Use" protocol. Varsity athletics, junior varsity, middle school, and elementary all have to share the sports facilities; however, the schedules are based on varsity first, JV second, and so forth. All coaches, parents, and players need to understand and joyfully accept that this protocol is in place and will not be circumvented. Therefore, all instances of schedule conflicts need to be assessed by this rule.

Athlete's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_



## VCS Athletic Participation Fee:

Athletes participating in a sport will be charged a non-refundable fee for each season of sport in which they participate. This fee helps offset costs associated with participation (i.e. officials, uniforms, travel, facility rental, equipment, tournaments, and coaches' stipends, etc.).

Once a roster has been submitted, if an athlete quits or is removed from a team, they are financially responsible to pay this fee. This will be billed to the athlete's Smart Tuition Account.

## Collegiate Athletics

There are many opportunities to pursue athletics at the collegiate level. Athletics is offered at Division 1, 2, 3, and the Junior College levels. There are many requirements for eligibility at Division 1 and 2 institution's. If a student is interested in pursuing athletics after high school, he/she should consult a counselor and sign up with the NCAA Clearinghouse during their junior year. For complete information about requirements and other pertinent information, go to the NCAA web site at: [http://web3.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp)

## Tryout/Team Selection Information

I understand that I am trying out for a place on a team. All qualified student-athlete's (academically, CIF and school), may try out for membership on sports team. Prior to tryouts, no one is guaranteed a place on a team, including all returning athletes. The coaching staff will be fair and work in good faith during the tryout process and throughout the season.

Unfortunately, not everyone who tries out can be accepted onto a team. The decision of the coaching staff, in conjunction with the Athletic Director is final. No player will be put on the game roster without this form being completed and in the coach's possession.

Vacaville Christian High School, is a member of the Sac-Joaquin Section (SJS) of the California Interscholastic athletic events. All contests must be safe, controlled, fair, courteous and orderly for all athletes and fans. As a member of the SJS and CIF, VCS shall require that the following Code of Ethics and CIF Steroids forms are signed by student-athletes and parents/guardians each year prior to participation.

## **CIF Bylaw 524: Steroid Agreement**

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of Androgenic/Anabolic steroids. All member schools shall have participating students and their parents or legal guardians/caregivers agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. (Bylaw 524)

By signing below, both the participating student-athlete and the parents or legal guardians/caregivers hereby agree that the student shall not use Androgenic/Anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

We also recognize that under CIF Bylaw 200.D, there could be penalties for false or fraudulent information. We also understand that the Vacaville Christian High School policy regarding the use of illegal/controlled drugs will be enforced for any violation of these rules.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **CIF SAC JOAQUIN Section Sportsmanship Resolution**

#### **Code of Ethics:**

It is the duty of all concerned with high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgement of sports officials.
7. To achieve a thorough understanding and acceptance of rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgement by all players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember an athletic contest is only a game-not a matter of life and death for players, coaches, school, fans, community, state or nation.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Athlete's Name:** \_\_\_\_\_

**Assumption of Risk and Indemnity Agreement**

Participation in any sport carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks can vary from one activity to another, but the risks range from 1) *Minor injuries such as; scratches, bruises, and sprains* 2) *Major injuries such as; an eye injury or loss of sight, joint or back injuries, heart attacks, and concussion* 3) *Catastrophic injuries including paralysis and death.* I have read the previous paragraph and I know and understand, and acknowledge these and other risks that are inherent in the sport. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

**Indemnification and Hold Harmless:** I also agree to INDEMNITY AND HOLD Vacaville Christian Schools HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney's fees brought as a result of my involvement in the sport and to reimburse them for any such expenses incurred.

**Acknowledgment of Understanding:** I have read this waiver of assumption of risk, and indemnity agreement, fully understanding its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature completely and unconditionally to release all liability to the greatest extent allowed by law.

\_\_\_\_\_  
Signature of PARENT/GUARDIAN      Date

\_\_\_\_\_  
Signature of ATHLETE      Date

**Medical Information (Please PRINT clearly)**

Physician \_\_\_\_\_ Phone #: \_\_\_\_\_

Insurance Co. \_\_\_\_\_ Phone #: \_\_\_\_\_

Insurance ID # \_\_\_\_\_

I have read the Vacaville Christian Parent Handbook on the [www.go-vcs.com](http://www.go-vcs.com) website and agree to follow the rules and guidelines there.

Parent Signature \_\_\_\_\_

Athlete's Signature \_\_\_\_\_



## VCS Athletics Anti-Harassment, Bullying, and Hazing Policy

Harassment, bullying and hazing of students and employees are against federal, state, and local policy. Vacaville Christian Schools prohibits individuals, recognized groups, organizations, athletic teams or those that attend events or activities sponsored, organized or supported in any way by those organizations, from harassment, bullying, hazing, members, prospective members, or other persons seeking to obtain benefits for services from any of these organizations.

Harassment, bullying, hazing is an action or activity, with or without consent from a person, whether conducted on or off Vacaville Christian Schools property, which is designated to or has the reasonable foreseeable effect of humiliation, denigrating, offending, physically or mentally abusing or exposing to danger a person, as a condition, directly or indirectly, of the person's consideration for, continuation in, admission to, membership in, participation in activities of, receipt of benefits or services from, an organization or group.

Any participant who chooses to not follow the above policy will be subjected to consequences on a case-by-case matter.

I have read and understood the Anti-Harassment, bullying, and hazing, statement adopted by Vacaville Christian School.

\_\_\_\_\_  
Print Athlete's Name

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date



## Student Handbook Reflection

### Sports Rules

Students may not participate in any extra-curricular sports activity on a day or in the evening of a day in which they have been absent or suspended. Middle and High School students must attend a minimum of 6 periods (or 5 periods if a senior has less than 6 periods) to attend or participate in an extra-curricular sports event. If the event is on a Saturday the student must have been in attendance on Friday (6 periods or 5 periods if a senior has less than 6 periods). **Middle School and High School students leaving early for school athletic competitions must turn in all work due that day prior to their departure from school in order to have the work be considered on time.**

### Eligibility

Eligible students wishing to participate in athletic and other extra-curricular activities must maintain a **2.5 grade point average** with no "F"s for middle and high school students, Elementary students must maintain a "C" in all subjects.

### Homework/Assignments when Absent

Students missing class for a scheduled event (i.e. VCS athlete leaving early because of a scheduled game, class field trip, music festival, ACSI event, etc.) must turn in their work (including homework due) *prior* to leaving for the event. Work turned in the next day will be considered one day late (25% off).

### Game Day Apparel

**Athletic team clothing worn at school on game days** must be uniform for the entire team (matching jerseys or team shirts- no sweatpants or warm-up pants) that would otherwise comply with dress code standards (sleeves, skirts, shorts not shorter than 3 inches above the knee). Button down shirts with ties (basketball and wrestling) and team shirts that are uniform are often worn and cheerleaders could wear their cheer warm-ups, but not their short skirts to class.

---

Athlete's Signature

---

Date

---

Parent/Guardian Signature

---

Date

# Vacaville Christian Schools

## 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:**

- Headaches
- “pressure in the 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 groggy or foggy
- 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
- Repeating the same question/comment

### **Signs Observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forget plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changed
- 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 athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and student 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 CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"A student-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 for the remainder of the day."

**AND**

"A student-athlete who has been removed 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

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

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

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

\_\_\_\_\_  
Date



## VCS PARENT/ATHLETE CONTRACT

The privilege of participating in Athletics at Vacaville Christian High School carries with it certain responsibilities. While it may seem obvious, the responsibility of athletic participation includes an obligation to uphold the school's behavioral standards and mission. This needs to be clearly understood. The responsibility to positively represent VCHS and GOD in all one does is of prime importance. Failure to uphold these responsibilities could jeopardize further participation. Please note the classification of these responsibilities below:

- 1) Respect for coaches, officials, and other adults. In the intensity of athletic competition, there is a constant challenge to demonstrate self-restraint and self-control when frustrations arise. At all times it is imperative to respond to coaches and other game officials in a respectful manner.
- 2) Abstain from behavior that jeopardizes the safety of a coach or player. Coaches, transportation providers, and others assigned authorities need your full compliance and cooperation to maintain the safety of all involved. Act responsibly to help ensure the safety of others at all times.
- 3) Be responsible and care for school equipment, other's property and school facilities. Always care for things that GOD, your coaches and other school officials have entrusted to you.
- 4) Represent our school in a fashion that is honoring to GOD. Representing Jesus Christ in athletics, at school, at home, and in the community, carries a high standard of moral and ethical behavior. "Don't let anyone look down on you because you are young, but set an example for the believers and non-believers in speech, in life, in love, in faith, and in purity." 1 Timothy 4:12.
- 5) Student-athletes must be on time to practices and games.
- 6) Parents need to support Booster Club activities in conjunction with transportation to and from games, concession, tickets, etc.
- 7) Parents are also encouraged to attend all home and away games to help support their student-athlete.

When athletes fail in their responsibilities, it is our desire to assist them in restoring righteousness. Discipline is never easy but it is necessary to restore broken relationships caused by irresponsibility. The athlete may appeal disciplinary action to the Principal. The school superintendent is the final recourse of appeal.

I have read this code and accept the responsibilities associated with the privilege of participation. I also understand that irresponsibility in these areas, or any conduct unbecoming Christian character could result in the forfeiture of my athletic eligibility for any given sport.

Athlete Signature: \_\_\_\_\_

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

Parent Signature: \_\_\_\_\_

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

## VCS SPORTSMANSHIP PREAMBLE

The member schools of the CIF are committed to providing a sportsmanlike environment for students, coaches, and spectators. To that end, the CIF Federated Council has adopted the following sportsmanship and crowd control recommendations. Each member school is requested to commit itself to implementing these recommendations and completing the enclosed sportsmanship contract.

### DEFINITION

A person who can take a loss or defeat without complaint, or victory without gloating and who treats his/her opponents with fairness, courtesy and respect.

- A. The following are expected to be role models demonstrating sportsmanship at all times:
  1. Principal/administrative staff,
  2. Athletic directors,
  3. Coaches, players, and cheerleaders,
  4. Faculty members,
  5. Booster club members,
  6. Band director.
- B. Coaches, players, cheerleaders and spectators will respect the integrity and judgement of sports officials.
- C. The conduct of coaches, players and cheerleaders generally sets the tone for CIF contests. They will be expected to maintain the highest level of decorum at all CIF contests.
- D. The following behavior is unacceptable at all CIF high school contest:
  1. Berating your opponent's school or mascot,
  2. Berating opposing players,
  3. Obscene cheers or gestures,
  4. Negative signs,
  5. Noise makers,
  6. Complaining about official's calls
- E. The following action plans are recommended:
  1. A script should be provided to the announcer including:
    - i. Welcoming,
    - ii. Sportsmanlike expectations,
    - iii. Acknowledgment and introduction of the game officials,
    - iv. Introduction of players,
    - v. Sponsorship recognition.
  2. Include the CIF Code of Ethics in the game programs.
  3. Each participating school's administration is expected to emphasize sportsmanlike behavior at all CIF contest.
    - i. This shall be directed to coaches, players, cheerleaders and spectators in the day(s) prior to the contest.
    - ii. Rallies, team meetings, faculty meetings and spirit club meetings, school bulletins and P.A. announcements are all appropriate venues.

- iii. Contact the principal or administration-in-charge of the opponent's school at least one day prior to basketball and football games and other contests as appropriate to promote practical applications of the sportsmanship and to ensure the proper environment for the contest.
4. It is the responsibility of the administration of each participating school to designate an administrative representative:
- i. Who will check in with the site manager 30 minutes prior to the game time and establish where he/she will be throughout the contest.
  - ii. Enforce the highest standards of sportsmanship within his/her student body.
  - iii. Contact the administrative representative of the opponent's school to report any violations of sportsmanship by either school's supporters.