



CORNERSTONE CHRISTIAN SCHOOL

Athletic Handbook And Athletic Packet

2024 - 2025

Leadership

Principal
Mrs. Sharon Privett

Athletic Director
Zach Sellers
zsellers@ccs-w.org

Athletic Administrative Assistant
Vernie Wiley
vwiley@ccs-w.org

School Information

Cornerstone Christian School
34570 Monte Vista Drive
Wildomar, CA 92595
Office: (951) 674-9381
www.ccswildomar.com

Mascot

Crusader

Colors

Black / White / Red / Silver

Vision Statement

“Building a Legacy of Faith, Virtue and Influence”
- 2 Peter 1:5-8.

Mission Statement

Sports provide students the ability to impact their community
and grow in their walk with our Lord Jesus Christ.

Athletic Philosophy

Cornerstone Christian Athletics is a Christ-centered sports program with our main objective for each player to have a positive experience.

Cornerstone Christian School (CCS) believes that Interscholastic Athletics represent an integral piece of the overall educational experience. CCS seeks to offer activities that not only support its vision, but those that encourage continued development of each student involved. CCS strives to develop students of excellence, both in the classroom, and in the extracurricular. CCS aims to inspire positive growth and formation not only for the immediate, but for the future as well.

With these points in mind, Cornerstone Christian School will ensure that:

- All coaches will promote moral character while serving as a positive role model.
- All interscholastic events will impact participants in a positive manner, promoting commitment and effort.
- Each interscholastic event will promote a sense of excitement, enthusiasm, and loyalty to team, program, and school. CCS seeks to develop well-rounded leaders in all walks of life.

Goals:

- Each year we will set a goal of winning our League championship, with the ultimate goal of winning a CIF championship. Striving to win is an important aspect of competition and teaching kids how to compete effectively and honorably is important.
- We believe many of "life's lessons" can be learned through athletics. Teaching respect, responsibility, integrity, sportsmanship, commitment and a good work ethic are all part of running a disciplined sports program. Each player will represent Cornerstone, their family and themselves with dignity and class.
- We want to provide a safe environment where they have fun, build character, learn to practice sportsmanship and develop skills and traits that help them become responsible citizens and ultimately, building the high school program through the Jr. high program.

Athletic Mission

CCS Athletics seeks to assist student-athletes in developing strong character by promoting excellence and integrity, inspiring each to excel at the highest level of competition.

All department goals, principles and policies have been created in an effort to make the mission statement a true focus in the everyday life of the CCS student athlete.

Code of Conduct

Athletic Department guidelines have been established to allow all athletes the ability to become the best they can be. These guidelines are founded on the premise that athletic achievement is enhanced by positive behavior, healthy personal habits and abstinence from tobacco, alcohol and drugs. These guidelines exist to promote the success of the individual athlete; mind and body. Every CCS coach and student-athlete is expected to represent the school in a manner consistent with Christian character and values including ethical behavior, honesty, integrity, and responsibility.

Participation in any CCS athletic activity is a privilege. Participants must maintain the right to represent Cornerstone Christian School by conducting themselves in such a manner that the image of the school is not tarnished. The discipline policies of the athletic department follow the guidelines set forth by the school. Coaches are required to immediately report any violation of school rules to the Athletic Director. Any disciplinary action taken against a student-athlete will be consistent with discipline policies and procedures set out in the CCS Parent-Student Handbook. CCS student-athletes will be held to higher standards and may face additional athletic consequences.

Athletic Department Principles

The CCS Athletic Department is committed to the following principles.

- Interscholastic athletics are an important part of the overall educational program.
- The total development of the student-athlete is the Athletic Department's primary focus.
- Excessive development within any area of a student-athlete's interest at the expense of another program is to be avoided.
- Extracurricular activities should enhance the school's mission.
- It is important to instill a loyalty in participants to self, team, and school and to develop a competitive spirit that produces winners on and off the field.

Policies of the Athletic Department

The Athletic Director shall request the use of athletic facilities for practice, interscholastic competition and individuals or groups requesting to rent the facilities.

1. All coaches are expected to assist in, and contribute to, the success of the total athletic program.
2. The Athletic Director is the official spokesperson for the Athletic Department. All coaches are expected to communicate effectively with the Athletic Director concerning specific needs and program development.
3. All coaches should make equipment requests to the Athletic Director.
4. All coaches will be paid employees, or volunteers of CCS who understand and uphold the school's mission as well as the athletic department's mission statement.
5. We take great pride in the fact our coaches are also educators. Therefore, it is the policy of the Athletic Department that CCS student-athletes be universally held accountable to the honor code of conduct, regardless of their relative athletic ability.
6. Requests to move games or times must come through the Athletic Director.
7. The school shall abide by the times of contests coordinated by the league.
8. Players may not be excused from class time to practice, individually or in a group, unless permission is given by administration.
9. As is policy of the CCS Athletic Department, all athletes are required to attend a minimum of four (4) classes within a seven (7) class day, one (1) full class on a three (3) class block day, or two (2) full classes on a four (4) class block day in order to participate in an athletic activity of the same day.
10. If it is necessary to leave class early to attend a competition, all players and coaches will be excused at a specific time agreeable to the Athletic Department and the Administration. These arrangements will be communicated to the faculty via e-mail prior to the event.
11. The coach is the recognized leader of his/her team; the coach's attitude and conduct should represent CCS with dignity and class.
12. Every coach is a teacher of values, skills, and tactics.
13. Every coach will be proactive in modeling the positive behaviors expected from our student-athletes and fans.

Personal Development of the CCS Student-Athlete

By participating in CCS athletics, the student-athlete will be given the opportunity to develop a wide range of life skills. Sports participation will...

- Increase self-confidence and self-awareness as a result of daily challenges and risk-taking associated with public performance.
- Teach integrity, discipline, and self-restraint through the rules of the game.
- Increase communication skills necessary for learning and implementing strategy.
- Increase the general fitness of each student-athlete by requiring physical work in aerobic endurance, muscular strength, flexibility, and sport-specific techniques.
- Increase collaboration skills and qualities of a positive team member through commitment to common expectations.
- Teach humility and grace through both winning and losing experiences.
- Teach resiliency through risk-taking and perseverance.
- Teach the importance of consistent preparation as a component of successful performance.

Expectations for the Student-Athlete

All CCS student-athletes will be expected to follow basic rules associated with athletic participation. Student-athletes will...

- Place Academic achievement as the highest priority.
- Will have all homework turned in prior to leaving a class early.
- Will make up any in-class assignment or exam the following school day.
- Show Christ-like character by being respectful to teammates, opponents, officials and coaches.
- Play each game and practice for the Glory of God.
- Commit your time and energies for the entire season for every game and every practice for your teammates.
- Will accept an individual role as a team member.
- Individually and communally, student-athletes will represent CCS with class and dignity in victory and defeat.
- Will maintain a positive, controlled attitude in all activities.
- Will understand that all rules upheld by Cornerstone Christian School carry over to all athletic activities.
- Will attend more than fifty percent of their daily class schedule to participate in that day's game or match.
- Will understand that participation in any event or program is a privilege and not a right.
- Will not participate in any other school program while clearly involved in another until the first has come to a conclusion (unless given administrative approval.)
- Will complete their commitment to the activity for its duration. A student will not be allowed to begin another activity until the previous program has concluded.

- Will be responsible for the care, replacement of, and return of equipment upon conclusion of use. If such equipment is not returned, the student will not be allowed to participate in another school activity until equipment is returned or payment is received in the school office. The replacement cost for any item is three times the cost. Replacement costs will be charged on the student's account if an item is not returned or has been destroyed.
- Will remain with the team or group at all times, both home and away, until dismissed by a coach.
- Will understand that portable audio/visual equipment will not be allowed when traveling. However, on long road trips, this rule may be waived at the coach's discretion.
- Will understand that a coach or senior administrator maintains the right to withhold any student from any practice or contest based upon disciplinary action.
- Will be responsible to adhere to all team rules including those established by the coach/manager dealing with practice and other pre-game activities.
- Will attend all practices and contests until such has concluded unless given permission by the coach/manager to miss such an event.
- Will pick-up after themselves at the conclusion of each practice and athletic activity.
- Will travel according to school policy (i.e. van, school bus, charter bus, car pool, etc.)
- Will abide by the "Athletic Packet" and all policies detailed herein, including those dealing with academic and social expectations.

Sportsmanship and Eligibility

Student-athletes are role models within the school and the community. CCS athletes are representatives of CCS. Their actions are visible to family, friends, opposing fans, the local community, and the media. Displaying good sportsmanship will show the most positive things about the individual athlete and CCS.

As such, student-athletes are expected to conduct themselves accordingly. CCS student-athlete goals for sportsmanship should include the following...

- Student-athletes are to respect the rules of the games, the officials who administer the rules, and their decisions.
- Student-athletes are to respect opponents.
- Student-athletes are to refrain from engaging in disrespectful behavior, specifically taunting, trash talking, and other forms of distracting or intimidating behavior.

The California Interscholastic Federation (CIF) has established specific rules for participation eligibility and the promotion of sportsmanship and the reduction of participation when unsportsmanlike conduct is displayed during a contest. The CIF Southern Section Blue Book has outlined the following necessary procedures:

- Any coach, player, or fan ejected from a contest is suspended indefinitely for all practices or contests until a meeting is scheduled between the coach, player, parent, administrators, and CIF officials.
- All athletes must have a Travel Permission and Medical Release from signed by a parent and on file in the school office.

- An athletic physical is required before any athletic participation is allowed. The Pre-Participation Physical Evaluation Clearance Form must be signed by a physician and turned into the school office
- For each season, an athlete must complete and return the "Ethics in Sports" form to the athletic office.
- An athlete who plays on the Junior Varsity level is eligible to play on Varsity, however the athlete cannot return to Junior Varsity until the next week. An athlete cannot go from Junior Varsity to Varsity then back to Junior Varsity in the same calendar week.
- An athlete is ineligible if she/he plays on an outside team while participating on the same school team. For example: a student cannot play high school basketball and recreational league basketball at the same time.
- An athlete, whose 19 birthday is attained prior to June 15, shall not participate or practice on any team in the following school year. A student, whose 19th birthday is on or before June 14, is ineligible. For example, if a student turns 19 prior to June 15, 2024, that student is not able to participate for the 2024-2025 academic year. If a student turns 19 after the school year start they are eligible to play for the current school year.
- Any athlete under the age of 15 wishing to play Varsity Football must fill out the appropriate forms prior to participation.
- If an athlete is in his/her fifth year of high school, he/she is ineligible for high school athletics.
- An athlete cannot tryout for a professional or collegiate program between September 1st and June 25th.
- No senior may compete at the Junior Varsity level.
- A student suspended from school is ineligible to participate in any athletic activity during such time.

The CCS Athletic Department fully supports the California State policies of the CIF and will ensure their compliance. Additionally, any athlete ejected from a contest will meet with the Athletic Director and may be required by the coach to complete extra activities before rejoining the team in a competitive manner. Athletes are required to pay a fee for their participation in sports. This is a nonrefundable fee. Please see current "Sports Fees Flyer".

Expectations of Fans

CCS fans will be held to the same standards as our student-athletes.

Fans are guests at athletic contests. As such, spectators should conduct themselves in an appropriate manner for a sporting contest among young athletes. CCS administrators or their representatives reserve the right to remove a spectator from an athletic facility for inappropriate and/or unsportsmanlike behavior.

The following guidelines should be observed:

1. Let the official(s) handle the game.
2. Let the coach or manager lead the team.
3. No obscene gestures or language.
4. Be respectful and courteous to others.
5. Cheer and support the teams, no antagonizing an opponent.
6. No taunting; use self-control.
7. Be supportive!

Parental Guidelines

Issues of Concern: What are appropriate issues to discuss with the coach? When should such issues be discussed? This can be an issue for some parents when a child is involved in athletics.

Parents are free to discuss the following:

- The treatment of their child
- Concerns about their child's personal attitude or behavior
- Team philosophy and expectations
- Scheduling
- Sanctions enforced
- College participation

Parents should not discuss:

- Playing time
- Strategies used during a game
- Other athletes

Special Note: Please understand that at **NO TIME** should a coach or manager be asked to address any of these issues while before or after a game or practice. A private, after-school, or in-office meeting is recommended and preferred. We, in the athletic department, know that it can be difficult to accept that your child's playing time may be minimal. Coaches are professionals, worthy of respect for their understanding of the particular sport. Based upon their understanding of the game and specific strategy, the coach must always do what is best for the team, not just your son or daughter.

Complaints: Should a complaint be necessary, it is important that it be directed to the appropriate individual(s). If you wish to discuss a problem, please follow these guidelines by scheduling an appointment:

- Please allow 24 hours to pass before addressing your concern/complaint.
- Contact the Coach:
If the issue involves a player and a coach or a parent and a coach, an issue should be dealt with by those immediately involved.
- Contact the Athletic Director:
If it is apparent that NO COMPROMISE or UNDERSTANDING can be reached between the immediate individuals; the Athletic Director should be included.
- Contact the Principal:
This should be scheduled as a last resort to resolve any situation or problem.

Scholastic Eligibility

To be eligible for athletics all student-athletes must maintain a minimum grade point average (GPA) of 2.0 or better to participate in any athletic activity.

All athletes will be required to show their grades to the athletic administrator weekly. The Athletic Director and Coaches will be notified of any student-athletes that are maintaining a 2.0 GPA but may have a failing grade in one or more classes. These student-athletes will be considered "Academic at Risk."

To be eligible, a student-athlete must have a GPA of 2.0 or higher at the end of the previous grading period. Should an athlete's GPA fall below 2.0 during any point of the season, he/she will be ineligible to participate in the games until they raise their GPA to 2.0.

Multi-Sport Student-Athletes

All CCS athletes, parents, and coaches should understand the importance of the multi-sport athletes to our program and support, encourage and allow student-athletes to participate in one, two, or three seasons as they so choose.

At no time should a CCS coach encourage a CCS athlete to specialize in one specific program. Coaches should do their best to support the multi-sport concept. Please note however, that though the athletic department does support multi-activity amongst its athletes, at no time can a student compete in two or more CIF sports during the same season and no more than three the entire year. End of the year awards look strongly at individual student-athlete participation and progress and will be awarded on such basis.

Differences Between Middle School and High School Athletics

At CCS, we want every student, 6th grade through 12th grade, to have the opportunity to compete at the highest level; however, it must be understood that the experiences and expectations found within the two programs are distinctly different.

Middle School Athletics – Students are given more specific opportunities to participate in team competition with the intent to teach such values as sportsmanship, commitment, and integrity. Each student is given the opportunity to play, though not every student will receive an equal amount of time.

High School Athletics – Students are provided the opportunity to compete at the highest level. Coaches are entrusted with the task of playing the best athletes for that particular form of competition. When participating in high school athletics; academics, practice, participation, and talent all factor into the decision of who deserves to play.

Rules/Regulations – It should be understood that all rules and regulations enforced by CCS dealing with academics, attendance, behavior, etc. apply to both middle school and high school athletics. Additionally, high school athletics fall under the jurisdiction of CIF – Southern Section and will continue to follow the various guidelines described in the prescribed “Blue Book.” Using middle school athletics at CCS as an introductory device, the middle school athletic program often does follow the same guidelines detailed in the afore mentioned “Blue Book,” though it is not required.

**Athletic/Extracurricular Opportunities
2024 – 2025 Academic Year**

Middle School

Fall

Volleyball (G)

Flag Football (B)

Winter

Baseball (B)

Softball (G)

Spring

Basketball (G)

Basketball (B)

Cheer (Year Round)

High School

Fall

Volleyball (G)

Football (B)

X Country (co-ed)

Winter

Basketball (B)

Basketball (G)

Soccer (B)

Soccer (G)

Spring

Baseball (B)

Softball (G)

Golf (co-ed)

Volleyball (B)

Cheer (Year Round)

Transportation

Parents are responsible for the arrangement of their athlete's transportation. School vans are available, but need parent volunteers to drive. Parents must provide the school office with a copy of their driver license. Students **MAY NOT** transport other students to or from athletic events.

Athletic Forms

Any CCS student wishing to participate in the athletic program must submit the eight (seven for middle school) required athletic forms prior to any type of athletic participation. Please note, some forms are "re-useable" for multi-sport activities within the same year, however not all of them. The following forms are required before any participation.

- Athletic Commitment Letter
- CIF Code of Ethics (High School only)
- Inherent Athletic Risks
- Travel Permission and Medical Release
- Emergency Card
- Concussion Information Sheet
- Parent/Driver Insurance Form
- Twelve Virtues for the Student-Athlete
- Athletic Physical Form

In cases of injury, all major decisions regarding a student-athlete's readiness to play must be determined by a physician. The coach is obligated to abide by these decisions. The coach is responsible for the necessary communication with the parents, as the athlete is responsible for communicating with the coach.

Tobacco, Alcohol, and Other Illegal Drugs

CCS is concerned with the healthful habits of all students and is certain that participation in athletics and the use of controlled substances are not compatible. Athletic participation and its life-long benefits for students cannot be compromised with substance abuse. A student-athlete who chooses to use banned or controlled substances jeopardizes team morale, team reputation, team success, and most of all, self-growth, and personal health and safety. Athletes will refrain from the use of alcohol, tobacco, illegal and nonprescriptive drugs, anabolic steroids or any substance used to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General, or the American Medical Association.

Policy Regarding Potential Collegiate Athletes

It is not the school's responsibility to secure athletic scholarship(s) for the student-athletes; however, CCS coaches will do their best in assisting student-athletes with the college process.

Students are expected to assist in the following:

- Inform their coaches of the colleges to which they plan to apply as a recruited athlete.
- Make contact with college coaches early in the application process.
- Pass on requests for athletic information to their coaches and requests for academic information to the School Counselor.
- Register for NCAA Division 1 & 2 clearances at www.ncaa.org.

Student-Athletes can expect coaches to assist in the following:

- Return requests for information from college coaches with the permission of the student.
- Meet with the student and his/her parents to discuss the possibility of the student's participation in collegiate athletics when a meeting is requested by the student or parent.
- Give an honest appraisal of the student's chances of competing at a particular level.
- Be aware of academic requirements.
- Be aware of the rules and regulations regarding the requirement of athletes.
- When requested by the student, CCS coaches may make contact with college coaches when deemed appropriate.

Information regarding the NCAA Clearinghouse and eligibility can also be found on the web at www.ncaa.org/eligibility.

Policy for Additional Activities

Athletics and extracurricular activities are key to any educational program. In cooperation with this statement, the addition of any program, event, etc. must fit appropriate criteria and approval must be given from administration.

- Is there a facility?
- Are there funds?
- Is there a facilitator?
- Is the activity CIF sanctioned?
- Does our league offer competition?

Facility Use Procedure/Policy

The following rules apply when scheduling athletic/extracurricular events:

- Varsity programs will have priority in season and during playoffs.
- If a change is necessary, it should be scheduled seven (7) days in advance (if possible).
- Understanding that CCS operates as a "church school," all functions/events must be approved by the church leadership in union with school leadership.

Lettering/Awards Policy

- Each activity will maintain a different lettering/awards requirement established prior to the beginning of each season.
- Representing Cornerstone Christian School should be a primary goal of all student-athletes. Any student-athlete who displays poor behavior, character, or judgment may lose the privilege of receiving a varsity letter or further participation in such activity.

Awards/Banquets

Banquets are held at the conclusion of each athletic season under the direction of the head coach. Awards will be given according to the following criteria and will be decided by the coach, assistant coach (if applicable), the athletic director (if necessary) and/or other players (if appropriate). Below are lists of suggested awards that will be given at the discretion of the coach and/or athletic director.

Crusader Award – Awarded to the specific athlete who has exemplified effort and hustle throughout the season.

Most Valuable Player (MVP) – Awarded to the player who has proven to have a lasting impact on their specific team.

Most Improved Player (MIP) – Awarded to the player who has shown the most improvement throughout the athletic season.

Christ-Like Character - Awarded to the player who served as an obvious form of inspiration and Christ-like character on and off the court.

All-League – If an athlete earns 1st or 2nd Team All-League, they will be awarded a certificate, with a 1st team member also receiving a chenille patch.

Scholar Athlete of the Year

Awarded to the athlete with the highest GPA throughout this year.

Christian Character Athlete of the Year

Awarded to the athlete who showed superb athleticism, sportsmanship, and Christian Character throughout the year.

Senior Athlete of the Year

Awarded to the most outstanding two high school seniors (one male, one female) athletes of the year; In accordance with athletic achievement, and sportsmanship.

Semper Fidelis Athlete of the Year

Meaning "Always Faithful"

Awarded to the athlete who showed immense athleticism, great team leadership, amazing team camaraderie, and who was ***always faithful*** to his/her team no matter what the circumstances.

This athlete has steadfast dedication and always puts the team's needs before his/her own.

CIF Team Awards - CIF will honor individuals and teams for successful seasons.

Penalties

School Suspension

An athlete who has been suspended during the season cannot participate in any activity until reinstatement has been approved by the Athletic Director and the administration.

Ejection from a Contest

A CCS student who engages in any unsportsman-like behavior leading to an ejection, according to CIF procedures, will be ineligible for the next contest and may suffer further consequence imposed by CCS.

Cornerstone Christian School athletes who fail to observe obligations regarding attendance, sportsmanship, respect for facilities, support for the sports program, or safety may be suspended temporarily or permanently from the athletic program at the discretion of the Athletic Director in consultation with the principal and coach.

Boosters' Club: provides moral and financial support for the athletic programs; made-up of the parents of all CCS athletes as well as other supporters. All parents are encouraged to participate.

Responsibilities:

- Gate and Concession Sales at home contests
- Athletic and Golf Tournaments
- CCS Spirit Wear Sales
- Advertising Sales
- Program Sales
- Fundraising

Parental Obligations

Parents support their athletes by:

- Paying the sport fee:
 - High School - \$475 for all sports; except, Football \$600.
 - Middle School - \$400 for all sports.
 - There is a sports fee for every sport that your athlete plays.
 - All sports fees are non-refundable.
 - The fees pay for officials (umpires), league fees, CIF dues, playoff fees, coach stipends, senior gifts, tournaments, special events, banquets, award and equipment needs.
 - Sport fees are due prior to any equipment or uniform are handed out.
 - A Spirit Pack is required for each athlete. Prices TBD per sport.
 - Fundraising is a mandatory obligation for each family. Every player/parent must participate in fundraising, Or you may elect to "opt out" by paying \$250. If the participation requirements are not met by the end of the season, the administration office will send a bill/invoice to be paid immediately.
- **Student may not participate in practice until a Sport Physical is completed and turned in to the office.**
- **Student may not participate in games until the sport fee is paid for or arrangements are made.**
- Parents who are unable to meet the entire athletic fee obligation may discuss banner sales as an alternative with the Athletic Director on a confidential basis.

Fundraising

Fundraising is a mandatory requirement for each sport. Each sport has their option as to what Fundraiser they choose to use. For "team building some suggested Pledge type options are:

- Hit a Thons, Free Throws, Free kicks, Foodies, Auctions, Garage Sales, etc.
Teams are also encouraged to do donation type fundraisers such as:
- Utilizing companies like Blast Athletics, Eteams sports, personal donations from family and friends.
- Each team is required to bring in a minimum of \$2000.
- Every athlete is responsible for fundraising. There is a \$250 "opt out of Fundraising" fee that will be charged to your school account if the athlete/family does not participate.

It is necessary to fundraise in order to pay for off campus venues, i.e....Big League Dreams, Harveston Park for baseball games, Torrey Pines Park for practices, Birdsall park for soccer games and practices, Rancho Community for playoff games, etc...., uniforms, gas and maintenance for the vans, miscellaneous fees and expanding each sports program with new and better equipment.

Injuries

If a player gets injured:

- It is the coach's decision how and who to delegate to take care of the injured player.
- If a school administrator is present he/she should take control of the situation, so that the coach can get back to the game.
- The parent of the injured player will be called depending on the severity of the injury.
- Parents should not call 911 unless directed by the coach or school administrator.
- Calling 911 can result in unnecessary cost to the family of the injured player.

Fundraising Commitment

Fundraising is a mandatory requirement for each sport.

Fundraising is important and needed in order for each sport to meet their monetary needs and to sustain a positive growth in each individual sport.

Each sport has their option as to what Fundraisers they choose to use. For "team building some suggested Pledge type options are:

_Hit a Thons, Free Throws, Free kicks, Foodies, Auctions, etc.

Teams are also encouraged to do donation type fundraisers such as:

_Utilizing companies like Blast Athletics, Eteams sports, personal donations from family and friends &/or seeking donations from community businesses.

_Each team is required to bring in a minimum of \$2000.

_Every athlete is responsible and required to fundraising in order to participate in their sport.

It is necessary to fundraise in order to pay for off campus venues, i.e....Big League Dreams, Harveston Park for baseball games, Torrey Pines Park for practices, Birdsall park for soccer games and practices, Rancho Community for football games, etc...., uniforms, gas and maintenance for the vans, (transportation), maintenance and repairs for our fields and gym, Lights, officials, Insurance, miscellaneous fees and expanding each sports program with new and better equipment.

You can "**opt out**" of all fundraisers by paying an additional \$200 towards the sports fees, per sport... The fee would need to be paid at the time of the sports fee in order for the athlete to participate.

Parent Signature

Player Signature

Preparticipation Physical Evaluation

HISTORY FORM

Date of Exam _____

Name _____ Sex _____ Age _____ Date of birth _____

Grade _____ School _____ Sport(s) _____

Address _____ Phone _____

Personal Physician _____

In case of emergency, contact:

Name _____ Relationship _____ Phone (H) _____ Phone(W) _____

**Explain "Yes" answers below.
Circle questions you don't know the answers to.**

- | | Yes | No | | Yes | No | | | | | |
|--|--------------------------|--------------------------|--|--------------------------|--------------------------|---|--------------------------|--|--|--------------------------|
| 1. Has a doctor ever denied or restricted your participation in sports for any reason? | <input type="checkbox"/> | <input type="checkbox"/> | 24. Do you cough, wheeze, or have difficulty breathing during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 2. Do you have an ongoing medical condition (like diabetes or asthma)? | <input type="checkbox"/> | <input type="checkbox"/> | 25. Is there anyone in your family who has asthma? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills? | <input type="checkbox"/> | <input type="checkbox"/> | 26. Have you ever used an inhaler or taken asthma medicine? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 4. Do you have allergies to medicines, pollens, foods, or stinging insects? | <input type="checkbox"/> | <input type="checkbox"/> | 27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 5. Have you ever passed out or nearly passed out DURING exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 28. Have you had infectious mononucleosis (mono) within the last month? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 6. Have you ever passed out or nearly passed out AFTER exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 29. Do you have any rashes, pressure sores, or other skin problems? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 7. Have you ever had discomfort, pain, or pressure in your chest during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 30. Have you had a herpes skin infection? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 8. Does your heart race or skip beats during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 31. Have you ever had a head injury or concussion? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 9. Has a doctor ever told you that you have (check all that apply): | | | 32. Have you ever been hit in the head and been confused or lost your memory? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| <input type="checkbox"/> High blood pressure | | | 33. Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| <input type="checkbox"/> High cholesterol | | | 34. Do you have headaches with exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| <input type="checkbox"/> A heart murmur | | | 35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| <input type="checkbox"/> A heart infection | | | 36. Have you ever been unable to move your arms or legs after being hit or falling? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 10. Has a doctor ever ordered a test for your heart? (for example: ECG, echocardiogram) | <input type="checkbox"/> | <input type="checkbox"/> | 37. When exercising in the heat, do you have severe muscle cramps or become ill? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 11. Has anyone in your family died for no apparent reason? | <input type="checkbox"/> | <input type="checkbox"/> | 38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 12. Does anyone in your family have a heart problem? | <input type="checkbox"/> | <input type="checkbox"/> | 39. Have you had any problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 13. Has any family member or relative died of heart problems or of sudden death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> | 40. Do you wear glasses or contact lenses? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 14. Does anyone in your family have Marfan syndrome? | <input type="checkbox"/> | <input type="checkbox"/> | 41. Do you wear protective eyewear, such as goggles or a face shield? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 15. Have you ever spent the night in a hospital? | <input type="checkbox"/> | <input type="checkbox"/> | 42. Are you happy with your weight? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 16. Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> | 43. Are you trying to gain or lose weight? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendinitis, that caused you to miss a practice or game? If yes, circle affected area below: | <input type="checkbox"/> | <input type="checkbox"/> | 44. Has anyone recommended you change your weight or eating habits? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below: | <input type="checkbox"/> | <input type="checkbox"/> | 45. Do you limit or carefully control what you eat? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 19. Have you had a bone or joint injury that required x-rays MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: | <input type="checkbox"/> | <input type="checkbox"/> | 46. Do you have any concerns that you would like to discuss with a doctor? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| Head | Neck | Shoulder | Upper Arm | Elbow | Forearm | Hand/ Fingers | Chest | 47. Have you ever had a menstrual period? | <input type="checkbox"/> | <input type="checkbox"/> |
| Upper Back | Lower Back | Hip | Thigh | Knee | Calf/ Shin | Ankle | Foot/ Toes | 48. How old were you when you had your first menstrual period? _____ | | |
| 20. Have you ever had a stress fracture? | <input type="checkbox"/> | <input type="checkbox"/> | 21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? | <input type="checkbox"/> | <input type="checkbox"/> | 22. Do you regularly use a brace or assistive device? | <input type="checkbox"/> | <input type="checkbox"/> | 49. How many periods have you had in the last 12 months? _____ | |
| 23. Has a doctor ever told you that you have asthma or allergies? | <input type="checkbox"/> | <input type="checkbox"/> | Explain "Yes" answers here: _____ | | | | | | | |

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Athlete _____ Signature of Parent/Guardian _____ Date _____

Preparticipation Physical Evaluation

PHYSICAL EXAMINATION FORM

Name _____ Date of Birth _____

Height _____ Weight _____ % Body Fat (optional) _____ Pulse _____ BP ____/____ (____/____, ____/____)

Vision R 20/____ L 20/____ Corrected: Y N Pupils: Equal _____ Unequal _____

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary (males only)+			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

*Multiple-examiner set-up only.

+Having a third party present is recommended for the genitourinary examination.

Notes: _____

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

Preparticipation Physical Evaluation

CLEARANCE FORM

Name _____ Sex _____ Age _____ Date of birth _____

- Cleared without restriction
- Cleared, with recommendations for further evaluation or treatment for: _____

Not Cleared for All sports Certain sports: _____ Reason: _____

Recommendations: _____

EMERGENCY INFORMATION

Allergies _____

Other Information _____

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

© 2004 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine.



Preparticipation Physical Evaluation

CLEARANCE FORM

Name _____ Sex _____ Age _____ Date of birth _____

- Cleared without restriction
- Cleared, with recommendations for further evaluation or treatment for: _____

Recommendations: _____

EMERGENCY INFORMATION

Allergies _____

Other Information _____

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

© 2004 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine.

TWELVE VIRTUES FOR THE STUDENT-ATHLETE

Athletics serve as an integral piece to the total educational program found at Cornerstone Christian School. All activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with our school's stated purpose and goals established for the spiritual, intellectual, physical, and social development of the students. It is within this context that the following "Virtues" are established.

As a student-athlete, I understand that it is my responsibility to:

- Place academic achievement as the highest priority.
- Show respect for teammates, opponents, officials, and coaches.
- Respect the integrity and judgment of game officials.
- Exhibit fair play, sportsmanship, and appropriate conduct in all situations.
- Maintain a high level of safety awareness.
- Refrain from the use of profanity, vulgarity, and all other offensive language and gestures.
- Adhere to the established rules and standards of the game.
- Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance used to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General, or the American Medical Association.
- Respect all equipment through appropriate use.
- Know and follow all state, section, league and school athletic rules/regulations as they pertain to eligibility and participation.
- Attend all practices and games accordingly.
- Win with character, and lose with dignity.

Athlete's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

PARENT/DRIVER INSURANCE FORM

When a student does not drive, the parent is responsible to provide (or find) their players transportation to games and practices and to make sure they arrive on time.

Please attach a current copy of your insurance card with this form.

Student's Name (please print): _____

Parent's Name (please print): _____

Home Address: _____

Make & Model Vehicle: _____

Driver's License #: _____ Insurance Company: _____

Policy #: _____ Expiration Date: _____

Cell Phone: (____) _____ Home Phone: (____) _____

I understand that as the registered owner of the vehicle, the primary responsibility for all legal and insurance issues arising from the use of my vehicle on the behalf of the school rests entirely with me.

I understand that the school's liability insurance covers only registered CCS students on a school-sponsored activity, and are secondary to my personal auto and liability insurance.

Parent's Signature: _____ Date: _____

ATHLETIC COMMITMENT LETTER

2 Timothy 4:7

I have fought the good fight, I have finished the race, I have kept the faith.

The athletic department at Cornerstone Christian School welcomes you!
Please take the time to review the key expectations of the program provided.
Should there be any questions please contact the athletic office.

Commitment for the Parent of their Student Athlete:

Parents, you are an integral part of every team in which your student athlete participates. We need your commitment in making sure your athlete fulfills their responsibilities as a student athlete.

1. Athletic commitment: It is vital that athletes and parents recognize the significance and value of commitment concerning athletic participation. Athletes are required to participate in all team functions including fundraisers, practices, games, and award banquets. Parents need to honor the other families by making sure your player is at all games and all practices. As a small school, we rely on each player's participation at every event. Parents are teammates: The team needs your support and help throughout each season and sport you are participating in.

Parents are required to serve ten hours of athletic service, assisting the booster club in a variety of functions. Hours should be divided, five hours during your child's sport and five hours involved in another sport. Training and supervision will be offered for the more "difficult" duties. Furthermore, please note that all athletic fees are due prior to athletic involvement (unless previous arrangement has been approved by the administration).

2. Attendance at practices and games: During the season, each athlete is expected to be punctual to all practices and games. If a student comes to school, he/she is expected to attend practice. If the student is injured, he/she is still a part of the team and required to attend all practices and games for the duration of the season. Cornerstone Christian School wants to field the most prepared teams to ensure competitiveness in any and all contests.

3. Athletic Department policy on absences from practices and games: Should an athlete miss practice due to an absence, he/she will not be allowed to start in the next contest. Multiple violations will result in the suspension of the athlete for a suitable period of time. Should an athlete miss an athletic contest due to an unexcused absence, he/she will miss the following contest. Multiple violations may result in termination from the team. Athletes are expected to attend all practices and/or games scheduled during holiday breaks. Please schedule family vacations before or after the season.

4. Athletic Department policy concerning facilities and equipment: All student-athletes must assist in the set-up and clean-up of their particular athletic function. Athletes may not leave until permission has been given by the coach or lead administrator. Furthermore, each athlete will be financially responsible for all school equipment "borrowed" in-season. Any uniform or other piece of equipment damaged or not returned upon conclusion of the athletic season will be billed (3) three times the value and have it assessed to the athlete's school bill. Athletes are to be both respectful and responsible at all times.

5. Athletic Department policy concerning academics: All student-athletes must maintain a minimum grade point average (GPA) of 2.0 or better to participate in any athletic activity.

- Should an athlete's GPA fall below 2.0 during any point of the season, he/she will be placed on academic probation until the GPA is improved to a minimum of 2.0.
- Should an athlete's GPA fall below a 2.0 during any time of the season, he/she will become ineligible immediately until the next grading period begins.
- Should any athlete maintain a 2.5 GPA but receive an "F" grade on their semester progress report, the student will be placed on "game suspension" until that "F" grade has been raised and is verified.

Signing this form means you and your athlete are committed to finishing the entire season. For any reason the athlete doesn't complete the season without the coaches and athletic departments consent he/she will not be allowed to participate in another sport.

Athlete's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

INHERENT RISK FORM

_____ (sport) is an exciting activity that can involve forceful contact with the ground or another player. The sport is also frequently played during inclement weather conditions, such as heat, rain, etc. Because of these conditions inherent to the sport, participating in this activity exposes the athlete to many risks of injury. Those injuries include, but are not limited to, death; paralysis due to serious neck and back injuries; brain damage; damage to internal organs; serious injuries to the bones, ligaments, joints and tendons; and general deterioration of health. Such injuries can result, not only in temporary loss of function, but also in serious impairment of future physical, psychological and social abilities, including the ability to earn a living.

In an effort to make this sport as safe as possible, the coaching staff will instruct the players concerning the rules and the correct mechanics of all skills. It is vital that athletes follow the coach's skill instruction, training rules, and team policies to decrease the possibility of serious injury.

We have read the information above concerning the risk of playing this sport. We understand and assume all risks associated with trying out, practicing, and playing. We further agree to hold Cornerstone Christian School and its employees, representatives, coaches, volunteers, and agents harmless in any activity and all legal actions, claims, or additional legal action in connection with participation in any activities related to participation on the Cornerstone Christian school _____ (sport) team.

In signing this form, we assume the inherent risks of this sport and waive future legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.

Date: _____

Name of athlete: _____

Signature of the athlete: _____

Signature of Mother / Guardian: _____

Signature of Father / Guardian: _____

(Both parents should sign, if possible)

Travel Permission and Medical Release

The undersigned does hereby consent (child's name) _____ to travel with the CCS Sports Team _____ by mode of transportation of a _____ taking part with activities and with the full understanding that insofar as such activities might involve sporting events traveling and mingling with other individuals and groups, that there is always a risk of injury, illness and loss, and possible consequent expense for medical diagnostic and curative treatment and incidental loss and expense; and in these premises the undersigned does hereby wholly release Cornerstone Christian School from any responsibility or liability and waives any claims, causes or action against it or its agents that might arise on account of loss, injury, or expense occasioned by any sort of accident or other circumstance involving such child, and agrees to hold harmless Cornerstone Christian School, in event that any claim should arise and the undersigned agrees to abide the rules and regulations supervision and discipline set by Cornerstone Christian School and its agents; and does hereby authorize Cornerstone Christian School and its staff member, or agents to arrange for and consent to X-ray examinations, anesthetic, dental, medical or surgical diagnosis and treatment, and hold harmless Cornerstone from any cause of action arising from the consent.

The undersigned will furnish payment or insurance of any such expense.

Parent's Name (please print) _____ Date: _____

Parent's Signature _____

Home Address: _____

City, State, & Zip _____

Father's Work Phone: (____) _____ Cell: (____) _____

Mother's Work Phone: (____) _____ Cell: (____) _____

Home Phone: (____) _____ Email: _____

Doctor's Name (please Print) _____

Doctor's Phone: (____) _____

Insurance Carrier: _____ Policy #: _____

Any Allergies: _____

****2024-2025****
EMERGENCY CARD

Student LAST NAME		Legal FIRST NAME	"NICKNAME"	___ Male ___ Female
Home Address		City, State, Zip		
Home Phone #	(if none, write "none")	Entering Grade	Date of Birth:	
Student Cell #		Student e-mail address:		
Father's Legal Name:		Work Phone #		
		Home Phone #		
<i>Father's Email address:</i>		Cell #		
Mother's legal Name:		Work Phone #		
		Home Phone #		
<i>Mother's Email address:</i>		Cell #		

Student lives with: ___ Both Parents 100% ___ Mother _____ % ___ Father _____ % ___ Guardian

Person to call FIRST: _____

EMERGENCY INFORMATION (Please notify CCS Office if this information changes.)
 Please provide name, relationship, and phone of **local person(s)** other than parents to have your child picked up if he/she becomes ill at school and parents cannot be reached.

Students will only be released to those persons listed below.

Name	Relationship	Home Phone and/or Cell #
Name	Relationship	Home Phone and/or Cell #
Name	Relationship	Home Phone and/or Cell #
Name	Relationship	Home Phone and/or Cell #
Name	Relationship	Home Phone and/or Cell #

Medical Information: Place mark any and all boxes that apply to your student. If yes: Please provide any details below.

NO KNOWN HEATH PROBLEMS

Allergy-Bee sting
Allergy-Food (List)
Allergy-Medication (List)
Allergy-Pollen/Dust/Hay fever
Asthma-**NO** medication needed at School
Asthma-medication needed at School
Blood Disorder

Epilepsy/Seizures
Cancer/Leukemia
Cerebral Palsy
Color Blindness
Diabetic
Hearing Aid Used
hearing Loss (which ear____)

Hemophilia
ADD/ADHD
Medication taken (List)
Medication Needed at School (List)
Speech Problem
Glasses/Contacts
Others (List below)

Please explanation **any** and **all** boxes check above. Such as allergies to any medication, food, cardiac condition, diabetes, etc.

IMPORTANT!

ALL MEDICATIONS DISPENSED AT SCHOOL MUST BE IN ITS ORIGINAL CONTAIER.

CCS staff does not dispense any type of medication (prescription & non-prescription) to students unless brought in by the parent, in its original container, and a consent form is signed.

PERSCRPTION & NON-PERSCRPTION MEDICATIONS ARE TO BE DISPENSED BY CCS STAFF ONLY.

Name of Physician: _____ City: _____ Phone: _____

Name of Dentist: _____ City: _____ Phone: _____

Hospital Preferred: _____

Medical Insurance Carrier: _____ Policy: _____

Dear Parents/Guardians: Your signature below authorizes CCS to contact the physician listed above to render necessary emergency treatment for serious injury or accident (at your expense) if neither parents/guardians can be reached. This further authorizes CCS to take your child to a local physician of the school's choice if your physician is not available. In the event of an emergency, your child will be taken to the nearest hospital. In the event if emergency treatment is necessary, CCS will be held harmless in all decisions.

Signature of parent/Guardian

Date



10932 Pine Street
Los Alamitos, California 90720

Code of Ethics - Athletes

DO NOT SEND TO CIF SOUTHERN SECTION

A copy of this form must be kept on file in the athletic director's office at the local high school.

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, and lose with dignity.

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, legal guardian/caregiver 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 (Article 503 .1).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver 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 recognize that under CIF Bylaw 202, there could be penalties for false or fraudulent information.

We also understand that the CCS (school/school district name) policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Printed Name of Student Athlete: _____

Signature of Student Athlete: _____

Date: _____

Signature of Parent / Guardian: _____

Date: _____



Concussion Information Sheet



Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

1. The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
3. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian.

Every 2 years all coaches are required to receive training about concussions (AB 1451), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover, but, all concussions are serious and may result in serious problems including brain damage and even death, if not recognized and managed the right way.

Most concussions occur without being knocked out. Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions, he or she should be immediately taken to the emergency department of your local hospital.

On the CIF website is a ***Graded Concussion Symptom Checklist***. If your child fills this out after having had a concussion, it helps the doctor, athletic trainer or coach understand how he or she is feeling and hopefully shows progress. We ask that you have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of his or her everyday life. We call this a "baseline" so that we know what symptoms are normal and common. Keep a copy for your records, and turn in the original. If a concussion occurs, he or she should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering from the concussion.

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

** Signs observed by teammates, parents, and coaches include:	
<ul style="list-style-type: none"> • Looks dizzy • Looks spaced out • Confused about plays • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or awkwardly • <u>Answers questions slowly</u> 	<ul style="list-style-type: none"> • Slurred speech • Shows a change in personality or way of acting • Can't recall events before or after the injury • Seizures or has a fit • Any change in typical behavior or personality • Passes out

** Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • "Pressure in head" • Nausea or throws up • Neck pain • Has trouble standing or walking • Blurred, double, or fuzzy vision • Bothered by light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Loss of memory • "Don't feel right" • Tired or low energy • Sadness • Nervousness or feeling on edge • Irritability • More emotional • Confused • Concentration or memory problems • Repeating the same question/comment

What is Return to Learn?

Following a concussion, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid reading, texting, video games, loud movies), and may even need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or a half-day depending on how they feel. They may also benefit from a formal school assessment for limited attendance or homework such as reduced class schedule if recovery from a concussion is taking longer than expected. Your school or doctor can help suggest and make these changes. Student athletes should complete the Return to Learn guidelines and return to complete school before beginning any sports or physical activities. Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see cifstate.org for a graduated return to play plan. [AB2127, a California state law that became effective 1/1/15, states that return to play (i.e., full competition) must be **no sooner** than 7 days after the concussion diagnosis has been made by a physician.]

Final Thoughts for Parents and Guardians:

It is well-known that high school athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if he or she experiences such symptoms, or if he or she suspects that a teammate has suffered a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms.

References:

- *American Medical Society for Sports Medicine position statement: concussion in sport(2013)*
- *Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012*
- www.cdc.gov/concussion/headsup/youth



Concussion Information Sheet



Please Sign and Return this Page

I hereby acknowledge that I have received the Concussion Information Sheet and I have read and understand its contents. I also acknowledge that if I have any questions regarding these signs, symptoms and the "Return to Learn" and "Return to Play" protocols I will consult with my physician.

Student-Athlete Name: _____ Date: _____

Student-Athlete Signature: _____

Parent or Legal Guardian Name: _____ Date: _____

Parent or Legal Guardian Signature: _____



As a student-athlete of Cornerstone Christian School,
I agree to the terms and conditions thereof:

Name of Student-Athlete: _____ Grade: _____

Student Athlete Signature: _____ Date: _____

Sport: _____ Season: _____

As a parent of a student-athlete of Cornerstone Christian School,
I agree to the terms and conditions thereof:

Name of Parent: _____ Date: _____

Signature of Parent: _____ Date: _____

I have read and understand the Parental Obligation section on pages 13 and 14.
I understand my financial obligation to the program.

Signature of Parent: _____ Date: _____