



TRCS ATHLETIC STUDENT HANDBOOK

Dear TRCS Middle School Athlete,

Congratulations on making the choice to participate in middle school athletics. Joining and contributing to a team is an extremely rewarding experience. Regardless of your skill level, the development of self-discipline, confidence in your abilities, habits of personal fitness, development of positive relationships, and contributions to our school's tradition of excellence are some of the advantages of your participation. Your involvement will only strengthen your connection to our overall school culture and lead to greater academic success.

There are important responsibilities that accompany your choice to be a student athlete here at Twin Rivers Charter School. There are additional academic and behavioral standards that apply to student athletes, as well as, a variety of rules which govern your participation in our athletic programs. You will find all of the necessary information in this Athletic Handbook. We encourage you and your family to become familiar with the handbook.

Again, we applaud your decision to become part of the athletic tradition at Twin Rivers Charter School. We wish you enjoyment and success in your endeavors. If we can be of assistance, please contact us.

MIDDLE SCHOOL Athletic Program Offerings

Fall Sports September-October	Winter I Sports November-December	Winter II Sports January-February	Spring Sports March-April
Girls Volleyball Flag Football (Co-Ed)	Girls Basketball Boys Soccer	Girls Soccer Boys Basketball	Track & Field (Co-Ed) Boys Volleyball

JOINING A TEAM

Around the start of each season, parent meetings are held for those interested in participating on a sports team. Information about tryouts and your coach's expectations are distributed at these meetings. Please listen closely to the announcements for meeting dates and make arrangements to attend. If you have any additional questions please see the Athletic Director.

REQUIREMENTS FOR PARTICIPATION

Participation on an athletic team requires:

1. Be in good behavioral/attendance/academic standing: Student-athletes must maintain a satisfactory record of school behavior and citizenship. A student-athlete who is suspended from school is suspended automatically from all activities for the duration of the suspension. If a student's behavior and citizenship records indicate that the student is bringing discredit to himself/herself, his/her team, and/or school, the student may be suspended from any athletic activity of the school. A student-athlete must attend school for at least one-half of a school day in order to practice or play in any athletic contest on that day.
2. Submit a signed TRCS Athletic Agreement Form: At the end of this handbook you will see a contract/permission form that must be signed verifying the rules and expectations are understood in order for the athlete to participate.
3. Attendance during the school day is required for a student to participate in after school athletics. Students are also required to attend practices. If a student does not make practices without communication, they can be dropped from the team roster.

EQUIPMENT

Student-athletes are responsible for any and all equipment (including uniforms and practice clothing) and will be expected to pay for any items not returned or which are returned showing excessive wear and/or abuse. Issued equipment is not to be used for any activity outside of the practices and competitions of the school sport for which the equipment was issued.

Except for the day of a game, athletic equipment/clothing should not be worn at school (never in gym class), at home, or for participation outside of school. If any equipment is not returned at the conclusion of the season, an obligation will be issued to the student-athlete for the fair cost of a replacement. The student-athlete will not be permitted further athletic or activity participation until the obligation is cleared.

PARENT EXPECTATIONS

Parents, along with the coach, should be excellent role models of all character qualities TRCS strives to teach. The following ideas are a few things you can do to help TRCS athletics continue to offer quality programs for our students.

1. Appreciate their efforts and be the most constant and positive person in their lives.
2. Teach your children to always feel good about themselves when giving their best.
3. Be a great fan. Attend all games and practices. Show respect for the opponents and game officials.
4. When communicating with coaches, see the following guidelines:

Three Step Procedures for Communicating with the Coach:

1. If appropriate, talk with your son/daughter about your question.
 - What is your child's perspective?
 - Can your child solve the problem by himself/herself?
2. Set up a meeting with the coach if you still have questions. This meeting will remain as an informational meeting where you can ask questions, listen, and have a discussion. Remember that the coach makes decisions for the good of the team based on practice, ability, attitude, and team dynamics.
3. If questions remain, set up a meeting with the athletic director, coach and yourself.

Things parents are encouraged to discuss:

1. Ways to help their child improve.
2. Treatment of their child.
3. Concerns about their child's behavior.
4. Coaches expectations for their child.
5. Team Rules.

Twin Rivers Charter School Athletic Participation

Student Name:	Grade:
Parent/Guardian Name:	Phone Number:
Parent/Guardian Name:	Phone Number:

TO PARENTS/GUARDIANS:

You are requested to sign the TRCS Athletic Handbook Agreement form in order that the student-athlete concerned may engage in an extracurricular activity. The Board of Directors deems many of these extracurricular activities to be worthy for students but does not require them of students. These activities are voluntary on the part of the students and a signed participation form is necessary before participation.

PARENT AUTHORIZATION:

In signing this form I/we are aware that this activity is an extracurricular activity held under school supervision. It is not a required activity.

I/we understand the TRCS Board of Directors, the school district, and/or its employees will not be held liable for injuries resulting from participation of my child in this activity or from transportation related thereto.

Interscholastic Athletic Insurance Coverage Certification

Education Code Section 32221.5 requires the District to notify you that "Under state law, school districts are required to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses. Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs." Information on these programs may be obtained by calling 1-800-880-5305.

Private medical insurance. If this option is selected, please provide:

Insurance Company: _____

Policy Number: _____

Coverage Dates: _____

Emergency Medical Information

Parent/Guardian agrees to provide updated medical information during the student-athletes participation in TRCS athletic activities. If an injury or medical emergency occurs during athletic activities, TRCS employees, agents and/or volunteers have my express permission to administer or to authorize the administration of urgent or emergency care, including the transportation of the student-athlete to an urgent care or emergency care provider. In such circumstances, notice to me and/or the Emergency Contact of the injury or medical emergency may be delayed. Therefore, any urgent or emergency care provider has my express authority to conduct diagnostic or anesthetic procedure, and/or to provide medical care or treatment, as they may deem reasonable or necessary under all existing circumstances.

Emergency Contact: _____

Person to contact if parents cannot be reached: _____

Relationship to the student-athlete : _____

Home Phone: _____

Cell Phone: _____

Transportation

Name of Sport(s): _____

Destination: See Schedule

By signing below, I understand that student-athletes participating in off-campus sponsored athletic activities, including, but not limited to, practices, games, meetings, competitions, and conferences are required to travel with their parent or arrangements must be made through the coach to travel with an approved driver. Students may not ride with other parents unless pre-approved by TRCS. If arrangements are made, parents are expected to pick up their student from the school contest. Failure to pick your child up in a timely fashion may result in the student no longer being able to participate.

The affixed signature below hereby acknowledges that there is the understanding that participation in athletics can cause serious injury, including, but not limited to, the risk of sprains, fractures, and ligaments, and/or cartilage damage which could result in a temporary or permanent, partial or complete impairment in the use of limbs; brain damage; paralysis; or even death. The parents/guardians of the above athlete hereby acknowledge and understand that Twin Rivers Charter School may not provide transportation to all school sponsored activities. I hereby give my consent for my son/daughter to compete in athletics and give my permission for my child to ride as a passenger in a private vehicle as approved by the school. It is fully understood that Twin Rivers Charter School is in no way responsible, nor does the school assume liability, for any injuries, property damage or wrongful death resulting from a non-district transportation vehicle or from participation in the activity itself. I understand that Twin Rivers Charter School will not provide medical services, hospital services, or accident insurance.

Parent/Guardian Print Name: _____

Parent/Guardian Signature: _____

Date: _____

TRCS ATHLETIC HANDBOOK AGREEMENT

Consent, Risk Assumption and Acknowledgement Form

This document must be signed by both the TRCS student athlete and the parent guardian of the athlete. This document is to ensure that you have received the rules, expectations, requirements and bylaws that govern Twin Rivers Charter School Athletic Programs.

By signing this document you certify that you have read and understand all the information within the TRCS Athletic Handbook including all information regarding concussions.

By signing this document you certify that you understand that participation in athletic activity may involve injury of some type to either you or a fellow student athlete. Such injury can include direct physical and possible crippling injury to one's body and or possibility of emotional injury as a result of witnessing or actually inflicting injury to another. The severity of such injury can range from minor cuts, scrapes, or muscle strains to more serious bone, joint, and ligament injuries. Complete paralysis and even death is also a possibility. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

The purpose of this warning is to bring to your attention the existence of potential dangers associated with athletic participation, and to aid you in making an informed decision as to whether you or your child should participate in athletics. As a condition of such participation, TRCS is making it mandatory for the student and parent/guardian to sign the assumption of risk. In addition, its purpose is to make you aware that as a student athlete, or as a parent/guardian of a student athlete, it is your responsibility to learn about and/or to inquire about concerns that you might have at any time regarding athletic safety and the safety of the school district's athletic programs.

I hereby certify that I have read and completely understand all rules, regulations, policies, requirements, and expectations of the Twin Rivers Charter School Athletic Programs. I understand risks that are associated with athletic participation.

Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Parent Contact Information Email: _____

Phone: _____