



VCA Sports Program Student Understanding and Commitment Form

The athletic programs of Victory Christian Academy are intended to help develop character in our student athletes. Under the oversight of the coaches we hope to develop self-discipline, endurance, self-control, diligence, sportsmanship, teamwork, submission to authority, and numerous other qualities. Sports can provide our students with "real life" experiences ("All of life skills") and our goal is to see Godly character developed through our athletic programs. Students are expected to understand and be committed to representing VCA, their family, and themselves in a Christ-honoring manner. They are expected to understand and be committed to supporting the following guidelines and policies in order to help ensure a positive sports experience for all involved.

1. I will be committed to the following biblical concept:

Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear.
Ephesians 4:29

While this is a high standard, it represents the distinguishing mark that must characterize our team in an effort to honor God through our athletic program. This general principle should apply to all aspects of VCA athletics. This includes our attitude toward fellow players, our coaches and game officials; as well as other school officials, players, coaches and fans.

2. I will agree to attend and be on time for practices, meetings, and games and agree to *accept the consequences* when late (meaning I will not argue or complain). If it is necessary for me to miss a practice or game for reasons other than illness, I will notify the coach as far in advance as possible. I will be a good steward of my time and not need to miss practice to work on a project that I waited until the last minute to complete. If I am participating on another sports team at the same time as my participation on the VCA team, I will give priority to my VCA team commitment over my other team.

3. I agree to inform my coach of an illness or injury that may affect my playing. I understand that lack of practice due to an injury may limit my playing time and that I am still responsible to attend practices and games when injured unless excused by my coach.

4. I understand that I will wear the appropriate uniform (set by conference) for games and clothing (that does not violate VCA's dress code) for all athletic events, practices and VCA sponsored events. Violations of this may result in suspension from the team.

5. I understand that abusive/profane language and violence/physical altercations are considered unacceptable and may result in suspension or dismissal from the team.

6. I agree to give a 100% effort, attention, and respect to my authority (coaches, referees, school officers, etc.) during games and practices. I will respect them off the court as well in my speech and attitude.

I have read the Student Commitment Form. I agree to these guidelines for students and will support them to the best of my ability, and with God's grace.

Student's Signature: _____ Date: _____

Team : _____

As a parent I have read the Student Commitment Form. I will do my best to help my child uphold the commitments listed on this form. In doing so I will encourage, correct, and demonstrate, myself, the requirements stated in this commitment.

Parent's Signature: _____ Date: _____



VCA Sports Program Parents Understanding and Commitment Form

The athletic programs of Victory Christian Academy are intended to help develop character and growth in our students. (Self-discipline, endurance, self-control, diligence, sportsmanship, teamwork, submission to authority, and numerous other qualities under the oversight of the coaches.) Sports can provide our students with "real life" experiences and our goal is to see Godly character developed through these programs- this aligns with our school's expected student outcome "All of Life Skills".

Because of its competitive nature, sports often bring out the "worst" in all of us. We must not be surprised when we see this less desirable aspect in our children. However, it is in the context of these real life situations that we must recognize and capitalize on these opportunities as coaches, staff and parents. We should role model, mentor, and instruct our students in the Godly qualities that can be taught in the face of adversity, winning, and losing. In this context, we ask parents of all student athletes to be committed to the following guidelines in order to help ensure students receive the maximum educational and spiritual benefit.

1. I will be committed to the following biblical concept:

"Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear."
Ephesians 4:29

While this is a high standard, it represents the distinguishing mark that must characterize our team (and fans) in an effort to honor God through our athletic program. This general principle should apply to all aspects of VCA athletics. We agree to respect the judgment of officials and accept their decisions.

2. We commit ourselves to supporting the coach in all ways possible. We understand that the coach is the one who has committed to sacrificing large amounts of his or her personal time in order to work with our young people. We specifically commit to refraining from criticizing him or her to others, or to our children. If we have concerns, we will first commit them to Christ in prayer, and then speak directly with him or her in a private manner if we still feel it necessary. If we are not satisfied after speaking with the coach, we will then approach the athletic director or principal with the intent of dealing with our concerns in a Biblical manner.

3. At athletic events, we will refrain from public criticism of the officials or players and coaches from other teams. If we have significant concerns during the game which we feel need to be addressed, we will express them to a school official. *Please remember that the way we conduct ourselves at these events is representative of VCA and, ultimately, Christ.*

4. We will not berate or criticize our children or those of other parents during or after athletic events. We will contribute to being an encouraging fan base at all times.

5. We recognize that sports are much like real life. Participation on sports teams does not always represent that which is “fair” or the “perfect” environment. We recognize that such experiences – within reasonable parameters – provide our children with real life scenarios that will help prepare them for the realities of adult life. Instead of quickly intervening in order to try to make things “fair” for our child, we will seek God’s wisdom in helping our child to work through the difficulties he or she may be encountering.

6. We will respect the coaches’ authority to determine playing time. (*pertains primarily to High School*) Our coaches will do all possible to give playing time to each player during the course of the season. However, at this competitive level, the coaches will use their judgment in placing what they consider to be the best combination of players in order to win the game. Comparable playing time for individual athletes will not be a primary consideration. At this level, understand that there are valuable lessons – even for those with less playing time – in learning to be committed to the best interests of the overall team and in learning to defer to the coach’s judgment. In addition, learning hard work and discipline in earning more playing time.

I (We) have read the Parent Commitment Form. I agree with the above guidelines for parents and will support them to the best of our ability, and with God’s grace.

Student’s Name: _____ Sports Team: _____

Parent’s Signature: _____ Date: _____

Parent’s Signature: _____ Date: _____



CIF 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 student-athlete removed for this reason must receive a written note from a physician trained in the management of concussion before returning to practice.*
3. *Before a student-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 student-athlete and the parent or guardian.*

[Every 2 years all coaches are required to receive training about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2800), and 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. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

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 physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 for immediate transport 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 physician, athletic trainer or coach understand how they are feeling and hopefully will show improvement over time. You may 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 their everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, your child can fill out this checklist again. This Graded Symptom Checklist provides a list of symptoms to compare over time to follow your child's recovery 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 research 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 may contribute to long-term neurological problems. One goal of concussion education 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• Answers questions slowly | <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, students may have difficulties with short- and long-term memory, concentration and organization. They may require rest while recovering from injury (e.g., limit texting, video games, loud movies, or reading), and may also need to limit school attendance for a few days. As they return to school, the schedule might need to start with a few classes or a half-day. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or physician can help suggest and make these changes. Students should complete the Return to Learn guidelines, successfully returning to a full school day and normal academic activities, before returning to play (unless your physician makes other recommendations). 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 is a gradual, step-wise increase in physical effort, sports-specific activities and then finally unrestricted activities. If symptoms worsen 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 physician 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. [AB 2127, a California state law 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 students 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 they experience such symptoms, or if they suspect that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

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 Berlin, October 2016
- <https://www.cdc.gov/traumaticbraininjury/PediatricmTBIGuideline.html>
- <https://www.cdc.gov/headsup/youthsports/index.html>

Student-Athlete Name-Printed

CIFSTATE.ORG

Student-Athlete Name-Signature

Date

Revised 02/2019 CIF

Parent or Legal Guardian Name-Printed

Parent or Legal Guardian Name-Signature

Date



Parent/Student CIF Heat Illness Information Sheet



WHY AM I GETTING THIS INFORMATION SHEET?

You are receiving this information sheet about Heat Illness because of California state law AB 2800 (effective January 1, 2019), now Education Code § 35179 and CIF Bylaws 22.B.(9) and 503.K (Approved Federated Council January 31, 2019):

1. *CIF rules require a student athlete, who has been removed from practice or play after displaying signs and symptoms associated with heat illness, must receive a written note from a licensed health care provider before returning to practice.*
2. *Before an athlete can start the season and begin practice in a sport, a Heat Illness 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 separate trainings about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2800), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

WHAT IS HEAT ILLNESS AND HOW WOULD I RECOGNIZE IT?

Intense and prolonged exercise, hot and humid weather and dehydration can seriously compromise athlete performance and increase the risk of exertional heat injury. Exercise produces heat within the body and when performed on a hot or humid day with additional barriers to heat loss, such as padding and equipment, the athlete's core body temperature can become dangerously high. If left untreated, this elevation of core body temperature can cause organ systems to shut down in the body.

Young athletes should be pre-screened at their pre-participation physical evaluation for heat illness risk factors including medication/supplement use, cardiac disease, history of sickle cell trait, febrile or gastrointestinal illness, obesity, and previous heat injury. Athletes with non-modifiable risk factors should be closely supervised during strenuous activities in a hot or humid climate.

Sweating is one way the body tries to reduce an elevated core temperature. Once sweat (salt and water) leaves the body, it must be replaced. Water is the best hydration replacement, but for those athletes exercising for long periods of time where electrolytes may be lost, commercial sports drinks with electrolytes are available. Energy drinks that contain caffeine or other "natural" stimulants are not adequate or appropriate hydration for athletes and can even be dangerous by causing abnormal heart rhythms.

PREVENTION There are several ways to try to prevent heat illness:

ADEQUATE HYDRATION

Arrive well-hydrated at practices, games and in between exercise sessions. Urine appears clear or light yellow (like lemonade) in well-hydrated individuals and dark (like apple juice) in dehydrated individuals. Water/sports drinks should be readily available and served chilled in containers that allow adequate volumes of fluid to be ingested. Water breaks should occur at least every 15-20 minutes and should be long enough to allow athletes to ingest adequate fluid volumes (4-8 ounces).

GRADUAL ACCLIMATIZATION

Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athletes time to build fitness levels and become accustomed to practicing in the heat. Protective equipment should be introduced in phases (start with helmet, progress to helmet and shoulder pads, and finally fully equipped).

ADDITIONAL PREVENTION MEASURES

Wear light-colored, light-weight synthetic clothing, when possible, to aid heat loss. Allow for adequate rest breaks in the shade if available. Avoid drinks containing stimulants such as ephedrine or high doses of caffeine. Be ready to alter practice or game plans in extreme environmental conditions. Eat a well-balanced diet which aids in replacing lost electrolytes.

A **FREE** online course "Heat Illness Prevention" is available through the CIF and NFHS at <https://nfhslearn.com/courses/61140/heat-illness-prevention>.



Parent/Student CIF Heat Illness Information Sheet



HEAT EXHAUSTION

Inability to continue exercise due to heat-induced symptoms. Occurs with an elevated core body temperature between 97 and 104 degrees Fahrenheit.

- Dizziness, lightheadedness, weakness
- Headache
- Nausea
- Diarrhea, urge to defecate
- Pallor, chills
- Profuse sweating
- Cool, clammy skin
- Hyperventilation
- Decreased urine output

TREATMENT OF HEAT EXHAUSTION

Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, COOL BODY: fans, cold water, ice towels, ice bath or ice packs. Fluid replacement should occur as soon as possible. The Emergency Medical System (EMS) should be activated if recovery is not rapid. When in doubt, CALL 911. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

HEAT STROKE

Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a core body temperature greater than 107 degrees Fahrenheit. **Signs observed by teammates, parents, and coaches include:**

- Dizziness
- Drowsiness, loss of consciousness
- Seizures
- Staggering, disorientation
- Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability)
- Weakness
- Hot and wet or dry skin
- Rapid heartbeat, low blood pressure
- Hyperventilation
- Vomiting, diarrhea

TREATMENT OF HEAT STROKE

This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.

Stop exercise, Call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

FINAL THOUGHTS FOR PARENTS AND GUARDIANS

Heat stress should be considered when planning and preparing for any sports activity. Summer and fall sports are conducted in very hot and humid weather across regions of California. While exertional heat illness can affect any athlete, the incidence is consistently highest among football athletes due to additional protective equipment which hinders heat dissipation. Several heatstroke deaths continue to occur in high school sports each season in the United States. Heatstroke deaths are preventable, if the proper precautions are taken.

You should also feel comfortable talking to the coaches or athletic trainer about preventative measures and potential signs and symptoms of heat illness that you may be seeing in your child.

I acknowledge that I have received and read the CIF Heat Illness Information Sheet.

Student-Athlete Name
Printed

Student-Athlete
Signature

Date

Parent or Legal Guardian Name
Printed

Parent or Legal Guardian
Signature

Date

**NCS, CIF EJECTION POLICY
ATHLETE NOTIFICATION FORM**

The following is a partial summary of rules and minimum penalties adopted by the NCS Board of Managers applicable to players and are in effect for (non-league, league, invitational tournaments/events, post-season; league, section or state playoffs).

1. Ejection of a player from a scrimmage:

Penalty: The player must complete the NFHS Sportsmanship course prior to the next contest.

2. Ejection of a player from a contest:

Penalty: A player ejected from a contest for violation of a NFHS or sports governing body rule (other than assaultive behavior/fighting or leaving the bench area during a fight/altercation) shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff). **A second ejection will result in a three-game suspension and a third ejection shall make the player ineligible for the remainder of the season.** If the ejection is for unsportsmanlike conduct, the player must also complete the NFHS online Sportsmanship course.

3. Ejection of a player from a contest for assaultive behavior/fighting or leaving the bench area:

Penalty: A player ejected from a contest for these reasons is ineligible for the school's next three contests. In addition, the player shall complete the online NFHS Sportsmanship course. The player may not participate until the course has been completed. The player must also meet with the school principal to discuss future behavioral expectations and complete the NCS Return to Competition Form.

4. Second ejection of a player from a contest for assaultive behavior/fighting or leaving the bench area:

Penalty: The player shall be ineligible for the remainder of the season.

5. When one or more players leave the bench to begin or participate in an altercation.

Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for three contests (non-league, league, invitational tournament, post-season {league, section or state} playoff). **The school, league or NCS may use electronic video to identify players who have left the bench area to begin or participate in an altercation. This identification may be made after the jurisdiction of the game officials has ended and such identified players are subject to the penalties set forth in #3 and #4 above.**

6. Ejection of a player in the last contest of the season:

Penalty: The player will be held out of the number of contests required by the type of ejection in the same sport in the following year. If the player is a graduating senior, the player must sit out the required number of contests in the next season of sport in which they participate. If the ejection is for an offense that requires completion of the NFHS Sportsmanship course, the course must be completed with 10 school days. Sub-varsity players may not be moved to the varsity level for post-season competition.

7. Physical Assault of an Official:

Penalty: A player alleged to have physically assaulted an official shall be ineligible to participate in or attend any contests until the investigation has been completed and the NCS Commissioner of Athletics has accepted the results and recommendation of the school's investigation.

I have read the NCS, CIF Ejection Policy and understand **there are severe consequences for assaultive behavior/fighting or leaving the bench area during a fight/altercation.** I have also been provided with a complete version of the NCS, CIF Ejection Policy. I understand that athletes may not participate in any contest until this document is filed with the school. This signed Athlete Notification Form is to be maintained at the school.

Student's Signature _____

School _____

SPORT _____

Date _____

VAR ____ JV ____ F/S ____ FR ____

VCA Preseason Health Examination Form

(To be completed by Physician)

Student Name: _____ DOB: _____

Grade: _____ Age: _____ Height: _____ Weight: _____ Blood Pressure: _____

Contact lenses: _____ Full Time: _____ Near Vision Only: _____

Significant past or present illness, injury or allergies: _____

System	Normal	Abnormal	Remarks
EENT			
Vision			
Hearing			
Lungs			
Heart			
Abdomen			
Neuro Muscular			

On the basis of this examination, I certify this student physically qualified for all sports EXCEPT the following:

Physician Signature: _____

Date: _____ Telephone: _____

Address: _____

Physician Stamp: