

San Mateo-Foster City School District
Middle School Athletic Program
Check List for Students on Sports Teams

Congratulations! Your child will be participating on an after school athletic team this year. All parents/guardians with students playing on a team are required to do the following:

4. Attend a mandatory Sports Night meeting with their student on:
 - When: Tuesday, September 10 at 5:30 pm
 - Where: Bayside Middle School Library
5. Before Sports Night:
 - Click on the link below and complete the registration form.
<https://tinyurl.com/SMFC-SPORTS-SY1920>
 - Complete all of the forms in the Sports Night packet including:
 - Student Athlete Responsibility Agreement
 - Code of Conduct
 - Uniform Use Agreement
 - Sudden Cardiac Arrest information
 - Complete the SMFC Education Foundation donation form and submit a check, donate on line or bring cash to make a donation. The suggested donation is \$150 per athlete per sport. The donation is voluntary and not required for a student to participate in the after school athletics program.
6. Bring the following to Sports Night:
 - Completed Sports Night packet
 - Completed SMFC Education Foundation donation form
 - Check for donation, proof of donation made online, cash, or credit card to pay via Square

If you have any questions, please contact your Site Athletic Director, William Katen at wkaten@smfcsd.net Thank you for your support of the after school athletics program.

The San Mateo-Foster City School District prohibits discrimination, harassment, intimidation, and bullying based on actual or perceived age, ancestry, color, mental/physical disability, gender, gender identity, gender expression, genetic information, immigration status, marital status, medical information, nationality, or race.

Contact the Title IX Coordinator: Sue Wieser at swieser@smfcs.net for complaints related to employees and Sarah Drinkwater at sdrinkwater@smfcsd.net for complaints related to students. Phone: (650) 312- 7700 Address: 1170 Chess Drive, Foster City, CA 94404

San Mateo-Foster City School District Student Athlete Responsibility Agreement

The San Mateo-Foster City School District values the role athletics can play in a student's growth and development in middle school. Athletics provide students with opportunities to gain valuable life skills including effort, self-discipline and teamwork. Student athletes are expected to rise above and beyond as role models and leaders due to their special place in representing the students, school, and community of their school.

In order to participate in the San Mateo-Foster City School District After-School Athletic Program, a student must meet and maintain the following criteria throughout the duration of the sport activity:

1. Submit a signed Parental Consent and Release
2. Maintain at least a 2.0 GPA (Education Code Standard)
3. Adhere to expectations for conduct per the school handbook, team and athletic program, and district guidelines. Any student athlete who does not meet expectations will forfeit their athletic eligibility for the current season.

The above requirements are secondary to the academic expectations for all student athletes. Each student must remain in good standing academically throughout the season and strive for excellence in the classroom as well as on the playing field. Removal from participation may occur for one or more of the following reasons:

1. Disciplinary issues in the educational setting such as a referral
2. Behavioral issues within the educational or athletic setting
3. Failure to meet academic standards as defined above
4. Failure to complete academic check sheets as assigned
5. Failure to meet team requirements including, but not limited to missing practices without acceptable reason or prior notice, defiant behavior, poor sportsmanship and/or breaking of team or league rules.
6. Active participation in athletics when having a medical excuse from P.E.
7. Failure to attend the majority of classes on the day of the match/games/competition.

As a student athlete and representative of my school, I understand and accept responsibility for meeting the expectations and requirements as stated above. I understand that if I do not meet the expectations and requirements that I will be dismissed from the sport activity and forfeit my eligibility as a student athlete.

Print Student Athlete Name (first and last) _____

Student Athlete Signature _____ Date _____

School _____ Sport/Grade _____

Print Parent/Guardian Name (first and last) _____

Parent/Guardian Signature _____ Date _____

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San Mateo-Foster City School District

Code of Conduct for Student Athlete and Parent/Guardian

As a student athlete and involved parent/guardian involved with the Middle School Athletics Program, it is our duty to emphasize the ideals of sportsmanship, ethical conduct, and fair play. Athletes and parent/guardians are expected to respect the integrity and judgment of officials and coaches, and common courtesy to visiting guests and visiting players. Parents and student-athletes should always remember that they are an extension of and representative of their respective middle school at all times, and should conduct themselves with class and poise when visiting other sites as well.

The following guidelines should serve as a code of established behavior for student-athletes and parents.

- 1) I will treat the coach, teammates, opposing players and coaches, officials, parents, and administrators with respect and dignity.
- 2) I will carry myself with poise and use only positive language.
- 3) I will follow all school rules and policies as defined by school regulations in the school handbook, and I understand that participation in school athletics is an extension of school and my education.
- 4) I will pledge allegiance to the team and the coach who is the instructional authority for my team. I will actively discourage fans, students, or parents from undermining the coach's authority.
- 5) I will support the team by attending all scheduled practices and games unless unforeseen circumstances arise. In the event I cannot make a practice or game, I will communicate with the coach to inform her/him of the situation.
- 6) I will actively work to openly communicate with my teammates or coach in the event of a problem related to the team. I will work with everyone involved to resolve the situation.
- 7) I will strive to maintain or raise my grades and behavior, while realizing that school work and education take priority over athletics. I will not allow my grades to decline at the expense of practice or game time. I will complete all grade checks as requested by the athletic program and maintain my academic focus.
- 8) My signature signifies my willingness to respect, emphasize, and abide by this code of conduct.

Print Student Athlete Name (first and last) _____

Student Athlete Signature _____ Date _____

School _____ Sport/Grade _____

Print Parent/Guardian Name (first and last) _____

Parent/Guardian Signature _____ Date _____

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San Mateo - Foster City School District Uniform Use Agreement

I, _____ will take reasonable and responsible care for my after school athletics uniform. I will wear it only as directed by the Coach and Athletic Director and will not wear it to P.E., class, or on surfaces that could damage the uniform. I understand that if I lose, damage, or destroy the uniform through lack of care, misuse, or neglect (including poor washing technique), that I will furnish the entire replacement cost of the uniform. This may include jersey cost, art charge, screening charge, and other special order costs when uniforms are not purchased in bulk. I understand the replacement cost for the uniform is at least \$75.00. At the end of the season I will turn in the uniform in a timely manner as directed, fully cleansed and in good condition.

Print Student Athlete Name (first and last) _____

Student Athlete Signature _____ Date _____

School _____ Sport/Grade _____

Print Parent/Guardian Name (first and last) _____

Parent/Guardian Signature _____ Date _____

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Parent/Guardian and Pupil Sudden Cardiac Arrest Warning Signs and Symptoms Information and Acknowledgment Form

On July 1, 2017, Assembly Bill 1639, known as the Eric Paredes Sudden Cardiac Arrest (SCA) Prevention Act went into effect. This requires the pupil and their parent or guardian to read, sign, and return an SCA form of acknowledgement before the pupil participates in any athletic activity. Districts may use this form or design their own form to use. An SCA acknowledgment form must be signed and returned to the school site each school year.

What Is SCA?

SCA occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat. With the heart's pumping action disrupted, the heart cannot pump blood to the brain, lungs, and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

Who Is at Risk for SCA?

Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death of youth under the age of 25 and the #1 cause of death of student athletes during exercise. While a heart condition may have no warning signs, studies show that many young people do have warning signs or symptoms but student athletes neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think that they are out of shape and need to train harder, or they simply ignore the symptoms, hoping the signs will go away.

Possible Warning Signs that SCA May Occur

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Removal from Activity

A pupil who faints during or following participation in an athletic activity must be removed from play and may not return to play until they are evaluated and cleared by a licensed health care provider. I have reviewed and understand the symptoms and warning signs of SCA.

Athlete Name Signature Student-Athlete Name Date Print Student-

Parent/Guardian Name Signature Parent/Guardian Date Print

The California Department of Education used information from the following sources: American Heart Association, Parent Heart Watch (<https://parentheartwatch.org/>), Eric Paredes Save a Life Foundation: Keep Their Heart in the Game (<https://epsavealife.org/>), and Sudden Cardiac Arrest Foundation (<http://www.sca-aware.org/>).

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San Mateo-Foster City School District Middle School After-School Athletics Program

Congratulations on being a student athlete at your middle school! Student athletes have the opportunity to make friends, learn positive sportsmanship and gain athletic skills that benefit them throughout their lives. Our athletic programs have a high participation rate, and we encourage every student to consider joining a team.

As you may know, our After-School Athletic Program is made possible **solely through donations**. The San Mateo-Foster City Education Foundation (SMFCEF) has generously supported the program through fundraising events, but the main funding comes from donations by families of students participating in a sport. Donations cover program costs including field reservations, coaches, referees, uniforms and equipment.

In order to offer a high-quality athletics program, we need support from every family of a student who participates in the After-school athletics program. We are requesting a voluntary donation in the amount of **\$150.00** per athlete per sport. Please know that a donation *in any amount* is greatly needed and appreciated. Also, be reminded that a donation is not *required* for a student to participate in the after-school athletics program.

There are other ways you can support the program by sponsoring another student, volunteering at fundraisers or finding a business sponsor. Together we can make sure that middle schools can continue to offer athletic opportunities to our students. If you are interested in volunteering, please contact your school's Site Athletic Director or Cheryl Remedios, District Athletic Director at cremedios@smfcsd.net. Thank you in advance for your support!

Every student athlete is required to return the form below. Please print legibly when completing the form.

Student's Name: _____ Grade: _____

Team (ex. Girls Volleyball 6A): _____ School: _____

Parent/Guardian/Donor Name: _____

Email address: _____

Address: _____ City: _____ Zip code: _____

My employer will/may match my donation. Employer's name: _____

Donation for my Student Athlete: \$ _____ (*\$150 suggested, any amount is appreciated*)

I would like to sponsor another athlete + \$ _____ (optional)

TOTAL Donation Amount = \$ _____

Choose Payment Method:

CASH (attach to form) **CHECK** (payable to SMFCEF, name/school on check, attach to form)

ONLINE at smfcedfund.org/athletics **SQUARE** _____ (last 4 digits of CC#)

CREDIT CARD - fill out info below:

One-time payment \$ _____ or Monthly payment \$ _____ per month until total equals \$ _____

Credit Card #: _____ Exp. Date: _____ CVC#: _____ (3-digit code on back)

Name on Card: _____ Signature: _____

Billing Address: _____

Thanks for your donation! SMFCEF is a 501(c)3 non-profit organization. Donations are tax-deductible. Tax ID 94-3110731
Questions? Please contact SMFCEF at 1170 Chess Dr, Foster City, CA 94404 Email: smfcedfund@smfcsd.net Phone: 650-312-7235
Website: smfcedfund.org/athletics (rev 1/2019)