



mountsihighschool.com

PRE-CLEARANCE PACKET

For

ATHLETES **FIRST SPORT** OF THE CURRENT YEAR

Please Complete All Paperwork & return it to Val in the **Main Office**

Athletes: Fill Out the Top FOUR Lines and **please print clearly!**

Name _____ Age _____

Year Graduating _____

Fall Sport _____ Winter Sport _____ Spring Sport _____

Have you repeated any grade(s) or withdrawn from school since 7th grade?

If No, Please initial _____ If yes, please explain _____

Parents Please Fill Out & Return All Attached Forms & Answer All Questions Below

Transportation Form Please Complete & Return **Attached** Form (Pg.1 & 2)

Participation Fee (\$125.00) Please pay at the finance window **after** you've made the team.

Participation fee must be paid **prior** to the first contest. (Pg.1)

Do you have any siblings who are also participating in **Wildcat sports** this year? _____.

Concussion Information Sheet Please Review Symptom Sheet. (Pg.3) Sign & Return **Attached**

Concussion Information Sheet (Pg. 4)

Emergency Card Please Complete & Return **Attached** Form (Pg. 5)

Interscholastic Sports Form Please Complete & Return **Attached** Form (Pg. 6)

Insurance Athlete's **must** have insurance or **enroll** in the school insurance program (Pg. 6)

Residence Do you live in the SVSD with a parent or legal guardian? Please Initial _____.

Physical You must have a current physical on file **prior** to participation. Physicals are valid for **24** months.

The Main Office will have a list of current physicals including freshman. **If you need a new physical**, pick up a form in the Main Office or print from the Mount Si website (**See Above**).

ASB Card (\$45.00) must be purchased prior to participating in Wildcat Athletics.

Grades Office will check your grades and inform your coach of any academic issues

Fines must be paid at the finance window prior to participation.

PARTICIPATION FEE INFORMATION:

The participation fee will remain at \$125 for the 2010-2011 school year. Student-athletes must pay for the first two sports in which they participate. There will be no charge for the third sport. In addition, we also have a family cap of \$375.00. If you have more than one student-athlete participating in Wildcat sports you will pay for the first three sports to reach the family cap; there will be no charge for any additional sports. The fee will be due as soon your student-athlete makes the roster, but no later than the first contest. Your student will not be able to participate in contests until the participation fee is paid to the finance window.

CARPOOL INFORMATION:

Dear Wildcat Parents,

Due to the budget cuts our district has experienced over the last two years, we have had to trim our transportation budget. Consequently we are only able to provide one-way transportation for high school student-athletes. This adjustment has created substantial savings and has prevented further cuts from the high school program.

In many cases there will be a need for car pools to be formed to ensure that all students are transported home after the away contests. Our insurance company has asked that we formalize a process. The attached form inquires of your availability to provide a vehicle for car pooling, information about your vehicle, and whom you will allow to drive your son/daughter home.

I am aware of the challenges this practice creates and want to thank you for your assistance in transporting the athletes. Your involvement will help us stay within the budget requirements and provide greater assistance with our efforts to maintain a breadth of program for our students. As always, your help is greatly appreciated.

Sincerely,

Greg Hart/Athletic Director



MSHS ATHLETICS TRANSPORTATION FORM

Name of Athlete _____

Sport _____

Initial All That Apply:

_____ Yes, I can provide transportation for the following number of students _____ and have provided my vehicle information below.

_____ No, I will not be able to provide transportation and will need assistance providing transportation for my son/daughter.

_____ I give my permission for my son/daughter to ride home with the following adults (please list): _____

_____ I give my permission for my son/daughter to ride home with **ANY** parent(s) available to provide transportation.

Automobile information:

Notice: By signing below, I certify that:

I have automobile liability insurance and understand that such insurance is primary before any other collectible insurance.

My vehicle is in safe operating condition, is equipped with seat belts that will be used by each passenger, and that I drive in a safe manner and in accordance with State laws.

Registered Owner: _____

Address: _____

City: _____ State: _____ Zip: _____

Vehicle License # _____ State: _____

Driver License # _____ Expires _____

Insurance Company: _____ Agent _____

Limits of Coverage: _____

(Signature)

(Date)

Mount Si High School
Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Mount Si High School
Concussion Information Sheet

What can happens if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>

By signing below you acknowledge you've read the above Concussion Information Sheet (Pgs. 3 & 4):

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

