

**WEST PORTAL LUTHERAN SCHOOL**  
**2019-20 Boys and Girls AFTER SCHOOL SPORTS APPLICATION**

Child's Name \_\_\_\_\_

Child's Birthday \_\_\_\_\_ (Month/Day/Year)

Son/Daughter Current Grade: 4 5 6 7 8 (circle one)

Home Address \_\_\_\_\_

Street address City Zip

Primary Phone # \_\_\_\_\_ Primary Email: \_\_\_\_\_

Parent's Names \_\_\_\_\_ / \_\_\_\_\_ (Print please)

Please check the following sports that your child will play:

( ) Girl's Volleyball 4<sup>th</sup>-8<sup>th</sup> Grade: September - November  
My daughter played on the: A B C team last year (circle one) Did not play ( )

( ) Boy's Basketball 4<sup>th</sup>-8<sup>th</sup> Grade: December - February  
My son played on the: A B C team last year (circle one) Did not play ( )

( ) Girl's Basketball 4<sup>th</sup>-8<sup>th</sup> Grade: March - May  
My daughter played on the: A B C team last year (circle one) Did not play ( )

( ) Boys' Volleyball 4<sup>th</sup>-8<sup>th</sup> Grade: March - May  
\*\*\*To be offered only if there is enough interest. Do not send payment.\*\*\*

Total sports my child is signed up for: \_\_\_ @ \$225 each sport:  
Your application is not complete if payment is not made!  
Total fees paid \_\_\_\_\_ Make check out to West Portal Lutheran School

Please check the following to acknowledge that you have read and understand:

- ( ) The CYO Parent Code of Conduct.
- ( ) The Uniform Care and Maintenance letter
- ( ) The CYO Concussion information form

**Please return Emergency Information Sheet and Concussion sheet for each child**

Please check below to indicate your availability to coach. Remember, if we do not have a coach, we do not have a team.

( ) Yes, I would like to earn all my PPP hours by coaching a team.

Please check the sport(s) you would like to coach: ( ) Girls' Volleyball, ( ) Girls' Basketball  
( ) Boys' Basketball, ( ) Boys' Volleyball

**Parents**

**Signature** \_\_\_\_\_

**CYO ATHLETICS**  
**PARENT CODE OF CONDUCT**  
(NATIONAL YOUTH SPORTS SAFETY FOUNDATION)

THE ESSENTIAL ELEMENTS OF CHARACTER-BUILDING AND ETHICS IN SPORT ARE EMBODIED IN THE CONCEPT OF SPORTSMANSHIP AND SIX CORE PRINCIPLES:

TRUSTWORTHINESS  
RESPECT  
RESPONSIBILITY  
FAIRNESS  
CARING  
GOOD SPORTSMANSHIP

I THEREFORE AGREE:

1. I will not force my child to participate in sports
2. I will remember that **children participate to have fun** and that **the game is for youth, not adults.**
3. I will inform the coach of any physical disabilities or ailment that may affect the safety of my child or the safety of others.
4. **I will learn the rules of the game and the policies of the league.**
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. **I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.**
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. **I will teach my child that doing one's best is more important than winning**, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. **I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.**
13. I will emphasize skill development and practices and how they benefit my child over winning.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority before, during and after games and will never question, discuss, or confront officials and/or coaches at the game field or gym. **If I have a concern, I will take time to speak with my child's coach at an agreed upon time and place. I will contact my child's athletic director** regarding my concerns.
16. I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and I will refrain from their use at all sports events.
17. **I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.**

I ALSO AGREE THAT IF I FAIL TO ABIDE BY THE AFOREMENTIONED RULES AND GUIDELINES, I WILL BE SUBJECT TO DISCIPLINARY ACTION THAT COULD INCLUDE, BUT IS NOT LIMITED TO THE FOLLOWING:

1. Verbal warning by official, head coach, gym director, board member and/or CYO Director of Athletics.
2. Written warning.
3. Parental game(s) suspension with written documentation of the incident kept on file in the CYO Office.
4. Game forfeiture through the official, sport chairperson and/or Director of Athletics
5. Parental season suspension.

**I UNDERSTAND IF I AM REMOVED FROM A GAME FOR UNSPORTSMANLIKE CONDUCT I WILL BE AUTOMATICALLY SUSPENDED FOR THE REMAINDER OF THE SEASON, PLAYOFFS AND CHAMPIONSHIPS. REFUSAL TO LEAVE WILL RESULT IN FORFEITURE OF THE GAME.**

\_\_\_\_\_  
Child's Name  
Date

\_\_\_\_\_  
Parent Signature

West Portal Lutheran School  
 After-School Sports Program  
**Emergency Information Sheet – 2018-19**  
 (Please print neatly)

Last Name of Child	First	Date of Birth
Address	City	Zip Code
Father's Name/Guardian	Work Phone #	Cell Phone #
Mother's Name/Guardian	Work Phone #	Cell Phone #

In the event of apparent serious illness, accident or natural disaster, when I cannot be reached, I wish one of the following to be notified by telephone. They are authorized to act in my absence, and will be informed that their names have been used on this sheet. Please do not list mother, father or guardian in spaces below: It must be SOMEONE NEARBY who can be reached quickly. If need warrants, we of the coaching staff of West Portal Lutheran School will call 911 and seek medical help if a parent cannot be reached.

1. NAME: \_\_\_\_\_ PHONE # \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_

2. NAME: \_\_\_\_\_ PHONE# \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_

FAMILY DOCTOR \_\_\_\_\_ PHONE# \_\_\_\_\_  
 FAMILY DENTIST \_\_\_\_\_ PHONE# \_\_\_\_\_

**MEDICAL INFORMATION OR CONDITIONS**

We will assume that you, the parent or guardian will pick up your child. However, if your child will be picked up by anyone other than a parent or guardian, please give us the name(s) of that person and his/her relationship.

The following people are authorized to pick up my child. Please instruct these people to have a photo ID available upon request.

Child's name \_\_\_\_\_ Sport(s) \_\_\_\_/\_\_\_\_/\_\_\_\_ Grade/A, B or C team \_\_\_\_/\_\_\_\_

<u>Authorized Person</u>	<u>Relationship to Child</u>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

## Uniform Care and Maintenance of NBN Garments

To enhance the appearance of your team and extend the life of your garments, NBN Sports recommends the following cleaning and maintenance procedures.

- DO NOT DRY CLEAN YOUR UNIFORM
- DO NOT WASH IN WARM OR HOT WATER
- DO NOT USE CHLORINE BLEACH
- DO NOT DRY ON HIGH HEAT
- DO NOT USE FABRIC SOFTENERS
- DO NOT STORE OR LET SOILED UNIFORMS SET IN LAUNDRY BAG
- DO NOT SOAK NYLON OR SPANDEX GARMENTS
- DO NOT OVERLOAD MACHINE

### Laundry Preparation:

- Prior to laundering a load of new uniforms, a sample uniform should be washed according to label instructions
- For best results, launder uniforms IMMEDIATELY after wearing
- If garments cannot be cleaned promptly, place individually on rust-proof hangers or hooks since perspiration fading may occur if garments are left in a pile or laundry bag
- Garments should be inspected for tears, snags, etc. prior to washing so repairs can be made to prevent further damage
- All contrast color items (belts, etc) should be removed and washed separately

### Soaking:

- Soak heavily soiled garments in cold water with a protein release agent for a maximum of 45 minutes
- Garments should be washed in a normal cycle immediately after soaking

### Washing:

- Do not wash whites and colors together
- Wash and rinse all garments in cold water
- A mild detergent (pH under 10.0) are recommended, i.e., Ultra Tide, Liquid Tide, Cheer w/colorguard
- Maintain a high water level in the washing machine to minimize mechanical action. Only if uniforms are heavily soiled should the water level be low to increase mechanical action
- To minimize lint attraction and spark discharge, use an anti-static agent, especially on tumble dried garments
- Remove garments from machine immediately after washing. This will help avoid color bleeding

### Bleach:

- Do not use a chlorine bleach as it fades and weakens some material
- Do not bleach any garment that contains Spandex, or carries braid trim or embroidery
- A light application of an oxygen-based bleach is required to clean all white garments

### Drying:

- Line drying is recommended
- Be sure garments are completely dry before storing
- For best results, garments (Spandex) should drip dry. If a commercial dryer is used temperature settings should be set at COOL or AIR DRY

**COMMUNICATE THE ABOVE CARE INSTRUCTIONS TO ANY OUTSIDE PARTIES THAT MAY HANDLE OR LAUNDRY YOUR UNIFORMS. NBN SPORTS WILL NOT BE RESPONSIBLE FOR GARMENTS DAMAGED DUE TO IMPROPER CARE OR WASHING METHODS**

**Archdiocese of San Francisco CYO Athletics - Concussion Information Sheet**

**WHAT IS A CONCUSSION?**

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

**WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

**Signs Observed by Parents or Guardians**

*If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to or after hit or fall

**Symptoms Reported by Athlete**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

**HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?**

- Every sport is different, but there are steps your children can take to protect themselves from concussion.
- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. Learn the signs and symptoms of a concussion.

**WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?**

- Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent damage, affecting your child for a lifetime.
- Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

**WHAT IS THE PROCEDURE FOR A SUSPECTED CONCUSSION?**

- Any athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from the activity at that time and for the remainder of the day.
- Any athlete who has been removed 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 has received a written clearance to return to play from the health care provider.

**LET YOUR CHILD'S COACH KNOW RIGHT AWAY IF YOU SUSPECT YOUR CHILD HAS A CONCUSSION!** Adapted from the CDC. For more information you can go to:

<http://www.cdc.gov/ConcussionInYouthSports>

**I have read and understand the information on the Archdiocese of San Francisco CYO Athletics Concussion Information Sheet:**

\_\_\_\_\_  
Player Name Printed

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Name Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date