

# ***HOOK JUNIOR HIGH SPORTS PACKET***



ALL INFORMATION IN THIS PACKET MUST BE COMPLETED AND RETURNED TO THE ACTIVITIES OFFICE. CLEARANCE MUST BE RECEIVED PRIOR TO ATTENDING TRYOUTS.

Please review each page carefully for required signatures.

**Incomplete packets will not be accepted.**

OFFICE USE ONLY	
Student Name and Grade _____	Packet Received _____
Student ID Number _____	Received by _____
Physical Expiration Date _____	Scanned _____

## Hook Junior High Athletics Program

### Mission Statement

The mission here at Hook Junior High is to create a place where players have a positive atmosphere: where young athletes who want to be a better athlete have the opportunity to get better. Our goal is to develop happy, healthy and confident athletes. We strive to provide a safe, fun and successful experience for every player.

### **ATHLETIC CODE**

Participation in athletics at Hook Junior High School means more than competition between individuals or teams representing different junior high schools. It teaches fair play and sportsmanship, understanding and appreciation of teamwork. It teaches that to quit means failure, while to work hard means success. Participation on an athletic team is a privilege that is extended to every student who is eligible under regulations set up by the High Desert Athletic League, State CIF, Hook Junior High School and the Victor Valley Union High School District. With every privilege goes responsibility. The conduct of a Hook Junior High School athlete is closely observed by many people. An athlete is a representative of a team, the school and the community, therefore it is important that a Hook athlete be at all times and all places, a gentleman or lady. Any situation not specifically covered in the code will be referred to the school administration. The following rules, indicative of the school's philosophy, are in effect during the school year.

### **ATHLETIC STANDARDS**

Hook Junior High School athletes represent our school. They are held to high standards of academic achievement, behavior and dress. In order to participate in any sport, an athlete must remain academically eligible by maintaining a 2.0 or better Grade Point Average (GPA), follow the athlete dress code and maintain acceptable behavior. Athletes who do not maintain these standards may be dismissed from their current team. These standards are specifically outlined below.

**It is important for parents and students to understand that many teams will have more players than needed to field a team. Therefore, some players may get more playing time than others. This is at the discretion of each coach.**

I have read and understand the above.

Student Name \_\_\_\_\_ Student ID Number \_\_\_\_\_ Grade 7 8

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

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

## GRADE REQUIREMENTS

A student must have a 2.0 overall Grade Point Average (GPA) with no more than one 'F' on their last report card academically to be eligible for participation in extracurricular athletics. This includes tryouts and during the season. Eligibility will be based on published quarterly grades. Coaches will also use grades as in-season participation guides.

All incoming seventh grade students will have automatic eligibility for the first nine-week grading period of the school year.

*In order to allow time for grades to be recorded and analyzed, any ineligibility/eligibility will begin the second Monday after the nine-week grading period and continue until the second Monday following the subsequent nine-week grading period.*

## CITIZENSHIP

Athletes must maintain satisfactory citizenship. Any athlete with a combination of **three** or more U's or N's on a report card will be **ineligible to tryouts** for any sport. An athlete who receives more than two U's or N's on any report card **while they are participating** in a sport may continue to participate but will be required to present a weekly progress report to the coach until the next report card is issued. If an athlete receives two or more U's or N's on any weekly progress report, they will be benched for the next game or meet for **each** sport they participate in at the time of the progress report.

## DISCIPLINE VIOLATIONS

Athletes receiving a referral for violence, fighting, drugs, alcohol or a weapon will be removed immediately from any team they are participating on. All other referrals will lead to a benching at the next meet or game for **each** sport they participate in at the time of referral.

## ATHLETE DRESS CODE

Athletes will be required to maintain the Hook Junior High Dress Code at all times. While in uniform, tops must be tucked in and bottoms must be worn at the natural waistline.

On game day, athletes will be required to dress up for school. Male athletes will wear a shirt, tie and slacks or pants other than blue jeans. Female athletes will wear a dress or skirt, skort, slacks or pants other than blue jeans with a blouse, shirt or sweater.

**Team uniforms may not be worn to school or used for practice or as PE clothes.**

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Parent Signature

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Student Signature

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Date

## GUIDELINES FOR PARENTS AND ATHLETES FOR TRYOUTS AND PARTICIPATION

### Prior to participation:

- Student will complete a Hook Junior High School Sports Packet
  - Make sure all pages that require a signature are completed by student and parent
- **All athletes must have medical insurance to participate in sports.** If you do not have medical insurance, information can be provided to you regarding school time insurance that is available for purchase at a minimal cost.
- Have a **Sports Physical** completed by a physician (must state okay to play sports)
- Sports Physical form must be signed, dated and **STAMPED**
- Return sports packet to Activities Office for processing and to receive a RED OKAY TO PLAY card
- Upon receipt of a completed sports packet final clearance (red card) will begin
- Grades will be checked
- ASB records will be checked to be sure student does not owe any ASB fees
- Library records will be checked for fees or outstanding textbooks or library books
- Once all requirements are met - student will be placed on the Ok to Tryout list
- EACH sport requires a separate Ok to Tryout - {physical is good for one year}

### During any sport season:

- Athletes are expected to follow the Athletic Code and adhere to the Athletic Standards included in this packet.
- At the discretion of Hook Administration, an athlete may be dismissed at any time
- Athletes who make the final team for any sport are expected to remain on that team for the entire season. If for some reason, an athlete is considering dropping from any team, it is expected that they will notify the coach immediately. An athlete may not drop from one team to join another in the same season.
- Athletes who make the final team may be issued uniforms and equipment. It is the responsibility of the athlete to return any uniforms or equipment at the end of the season.
- Athletes will be financially responsible for any loss or damage to uniforms or equipment
- Athletes who are required to miss any class time due to a sporting event will be responsible for missed assignments

**I understand these requirements and authorize my student to participate in sports.**

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

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

**VICTOR VALLEY UNION HIGH SCHOOL DISTRICT**  
**Informed Consent Sheet for All Sports**  
**OTHER THAN FOOTBALL**

**WARNING TO STUDENT AND PARENTS**

**SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION**

By its very nature, competitive athletics may put students in situations in which SERIOUS, CATASTROPHIC and, perhaps, FATAL ACCIDENTS may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, athletic participation by junior high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegic, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your son/daughter to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper use and techniques.

If any of the foregoing is not completely understood, please contact your school Athletic Director for further information.

**THIS WILL ACKNOWLEDGE THAT WE HAVE READ AND UNDERSTAND THE MATERIAL CONTAINED IN THE NOTICE TO ATHLETES AND PARENTS OR GUARDIANS:**

I have read and understand the above.

Printed Student name \_\_\_\_\_

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

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

# HOOK JUNIOR HIGH SCHOOL ATHLETIC AUTHORIZATION FORM

ID # \_\_\_\_\_ Student Name: \_\_\_\_\_  
Last Name: First Name

## Emergency Contacts:

	Name	Primary Number	Secondary Number
Father			
Mother			
Guardian			
Alternate			

## Insurance Information: (All athletes must have medical insurance to participate in sports)

Name of Insurance Company: \_\_\_\_\_

Policy Number or Member ID Number: \_\_\_\_\_

## Treatment Authorization:

I, the undersigned parent or legal guardian of a minor, do hereby authorize and consent to any x-ray examination, anesthetic, medical or surgical treatment of the medical or emergency room staff licensed under the provisions of the Medicine Practice Act, or a dentist licensed under the provisions of the Dental Practice Act and on the staff of any acute general hospital holding a current license to operate a hospital from the State of California Department of Public Health. It is understood that this authorization is given in advance of any specific diagnosis, treatment of hospital care deemed advisable by the aforementioned physician in the exercise of his judgment.

It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that none of the above treatment will be withheld if the undersigned cannot be reached. This Authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California.

## Consent to Participate and Travel:

Furthermore, I hereby give my consent for the above named student to compete in interscholastic sports and to go with and be supervised by a representative of VVUHSD on any trip.

Parent or Legal Guardian:

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**HOOK JUNIOR HIGH SCHOOL - Victor Valley Union High School District**  
**SPORTS PHYSICAL**

ID# \_\_\_\_\_ Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

**To be completed by parent:**

**Medical History:** Has your student at any time had:

1. Any restrictions from sports \_\_\_\_\_
2. Head injuries, unconsciousness or seizures \_\_\_\_\_
3. Eye or ear disease \_\_\_\_\_
4. Lung disease \_\_\_\_\_
5. Heart disease or murmurs \_\_\_\_\_
6. Bone or joint disease, back or neck injuries \_\_\_\_\_

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

**To be completed by a physician:**

Height \_\_\_\_\_ Weight \_\_\_\_\_ Blood Pressure \_\_\_\_\_ Pulse \_\_\_\_\_

General Appearance: Good \_\_\_\_\_ Average \_\_\_\_\_ Less than Average \_\_\_\_\_

Stature: Slight \_\_\_\_\_ Medium \_\_\_\_\_ Heavy \_\_\_\_\_ Obese \_\_\_\_\_

Muscle Tone: Good \_\_\_\_\_ Average \_\_\_\_\_ Poor \_\_\_\_\_

Back, Shoulder or Extremity Deformity: YES/NO Restrictive: YES/NO

Ears: Evidence of Past or Present Ear Disease: YES/NO

Eyes: Pupils Regular: YES/NO BOM's Normal: YES/NO

Nose Obstruction: None \_\_\_\_\_ Slight \_\_\_\_\_ Restrictive \_\_\_\_\_

Mouth and Teeth: Hygiene: Good \_\_\_\_\_ Fair \_\_\_\_\_ Poor \_\_\_\_\_ Cavities: YES/NO

Throat: Airway Unrestricted \_\_\_\_\_ Airway Restricted \_\_\_\_\_

Chest Excursion: Good \_\_\_\_\_ Fair \_\_\_\_\_ Poor \_\_\_\_\_

Lungs: Clear \_\_\_\_\_ Abnormality \_\_\_\_\_

Heart: Tones Normal \_\_\_\_\_ Functional Murmur \_\_\_\_\_ Questionable Murmur \_\_\_\_\_

Hernia: YES/NO

Impression: Qualified for Sports \_\_\_\_\_ Referred to physician for evaluation: \_\_\_\_\_

Qualified, but with the following restrictions: \_\_\_\_\_

Date: \_\_\_\_\_ Physician's Signature: \_\_\_\_\_

MEDICAL OFFICE STAMP:

