

Athletics / N.E.S.T. Informational Meeting

Please sign-in on the back table



Athletics

Athletic Director

Renan Romero

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Assistant Principal

Megan Duits

mduits@nmcusd.org

OUR ATHLETIC PROGRAM

Fall Season (August-November)



Boys Soccer
Girls Soccer



7th Grade Girls Volleyball
8th Grade Girls volleyball

Winter Season (November-February)



7th Grade Girls Basketball
8th Grade Girls Basketball

7th Grade Boys Basketball
8th Grade Boys Basketball

Spring Season (February-May)



Wrestling



Track & Field



Golf

ATHLETIC PACKET CONTENTS

This packet is
REQUIRED in
order to
participate in
tryouts for any
sport.

**Emergency
Information**
Contact
information AND
proof of physical

North Monterey County Middle School
Athletic Emergency Card

Name _____
(Last) (First) (Middle)

Address _____
Number Street City Zip Code

Father's Name _____ World Cell Phone _____
Mother's Name _____ World Cell Phone _____
Emergency Contact _____ Contact Phone # _____

Family Doctor _____ Phone _____
Insurance Company _____ Policy Number _____
Allergies or medications _____
Important Medical Information _____
Last Vaccination (Date) _____
Authorization to treat a minor _____
(Parent or guardian Signature)

Authorization To Treat A Minor
We, undersigned, as parent, parent-in-law, guardian of _____ a minor, do hereby authorize and consent to any x-ray, examination, x-rays, tests, or surgical diagnosis rendered under the provisions of our Medical Practice Act or a service rendered under the provisions of the Dental Practice Act or an authorized General Hospital/Health Care Center to operate, in any hospital from the state of California.

It is understood that this permission is given in advance of any specific diagnosis, treatment, or care being required but is to provide authority and consent to render care which the above-named physician in the exercise of his best judgment, it is understood that he shall be held to contact the undersigned prior to rendering treatment to the parties that any of the above consent will not be held if the undersigned cannot be reached. This authorization is given pursuant to the provisions of section 146 of the Civil Code of California.

List any restrictions: _____
Date _____ Signature of parent/guardian _____

HEALTH STATEMENT
HEREBY CERTIFY THAT THE ABOVE STUDENT IS PHYSICALLY FIT TO ENGAGE IN SPORTS

Physician signature _____ State License # _____

Physicals must
be dated with a
year.

↑ **Must be signed & returned** ↑

Additional Information

- Boys Soccer Tryouts begin Monday, August 25th
- Girls Soccer Tryouts begin Wednesday, August 27th
- The end of each season will be celebrated with a Potluck Awards Banquet
- Try out dates, game schedules and award banquet dates will be announced and posted on our website as soon as they are available.

PRACTICE TIMES

All athletes need to be picked up at the end of their practice time slot. If a ride is not available at the end of the practice slot, athletes may register for N.E.S.T. which can provide care until 6pm.

VOLLEYBALL

3:45pm - 5:15pm

BOYS SOCCER

3:45pm - 5pm

GIRLS SOCCER

No practice Mondays
3:45 pm to 5pm

SPORTSMANSHIP CONTRACT

Must be signed by
parent/guardian and athlete

Respect
Integrity
Safety & Service
Excellence

North Monterey County Middle School Athletics
Sportsmanship Contract



Coaches are expected to:

- Treat players, parents, opponents and officials with respect.
- Teach and inspire players to love the game and compete fairly and in a sportsmanlike manner.
- Demonstrate by example the type of person he/she wants the players to be.
- Have control of his/her players and command discipline at all times.
- Respect and abide by all rules and regulations for his/her sport.
- Realize that as the coach he/she is an educator and therefore understands the sport he/she is coaching and the proper behavior for that sport.
- Report any breach of conduct by their athletes to the appropriate school authority.
Example: Fighting during an athletic contest. The student will be subject to the appropriate disciplinary measures according to NMCMS Policy.

Players are expected to:

- Treat opponents with respect.
- Adhere to all rules and regulations in regard to sportsmanship and participation.
- Demonstrate self-control.
- Respect and accept all official's calls and decisions without gestures or arguments.
- Win with dignity, lose without excuses.
- Show respect for your coaches, the opposition's coaches and players and the officials.
- Adhere to all school and team rules.
- Complete grade checks in order to maintain eligibility.

Parents are expected to:

- Be positive role models at all athletic games.
- Be supportive of the coach. The team is the coach's responsibility, not the parents. Parents do not coach from the sidelines.
- Remember the primary value of athletic participation is to provide our youth with an opportunity for self-development, physically, emotionally, and mentally.
- Respect the judgment of the officials and refrain from openly criticizing each and every call the official makes.
- Understand and respect the different roles of parents, coaches and officials. Parents should parent, coaches should coach, and officials should officiate and each should be treated with respect for what they do.
- Understand that any issues/concerns should be addressed appropriately with the athletic director.

COACH SIGNATURE _____ DATE _____

PARTICIPANT SIGNATURE _____ DATE _____

PARTICIPANT FULL NAME _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____