

August 2025

Dear Parents,

We at Junction Middle School are proud of our past and present athletic teams. This pride and spirit at Junction Middle School is most evident and cultivated when our students attend our athletic events. Positive cheering and enthusiasm towards the team and its players is encouraged by our spectators.

During the athletic seasons, games begin at approximately 4:00pm and end at approximately 6:00pm. Parents please be on time to pick up students, there is no supervision after the games are over. The schedule of all games can be found on the Junction website, as well as, school calendar and bulletin. There will be supervision inside the gym only, students are here to watch the games and will not be allowed to play on the playground or on the courts outside.

In an effort to make this a positive experience for everyone, we would like to revisit some of the do's and don'ts of watching athletic events at Junction Middle School.

- 1) Students are welcome to watch athletic events.
- 2) Students attending a game must go home after school and come back in order to watch a game. They can return back on campus 15 minutes before the start of the first game. Students on campus earlier than that will be sent to After School.
- 3) Students and athletes must be supervised on campus at all times.
- 4) Athletes must go home after school and may not "hang out" unless they are directly supervised by a staff member, team parent, or coach with agreements between all parties.
- 5) Students and athletes may not leave campus and go to the "store" and then return to school.
- 6) Students violating these rules will be sent home. Repeat offenders will not be welcome at athletic events.

The student handbook states that Junction students not participating in the athletic programs for a particular season, are encouraged to attend games. However, attendance at an athletic event means that they are there to watch the game and they are NOT to be wandering the campus, loitering around outdoors, or playing on the playground. The school district does not provide adult supervision outside the athletic event. ***Additionally, students waiting to attend games or practices must be under adult supervision and are NOT to leave campus to walk to the store, etc.***

Athletes, parents, and spectators have all helped in making Junction School a spirited, proud school.

Enjoy the games,

Andy Mills
Athletic Director

Athletic Packet
Parent/Student Acknowledgement Statement

I hereby acknowledge that I have received the following forms my school has provided and I have read their contents. I understand that if I have questions regarding these forms or the athletic program, I can call the Athletic Director or school office at (530) 547-3274. I also acknowledge that if I have any additional questions regarding Concussion, Cardiac Arrest, signs, symptoms, or "Return to Play" protocol, I will consult my physician.

- Sudden Cardiac Arrest (SCA) and Concussion Information Sheet
- Athlete Transportation Notice
- NCAA Code of Conduct
- JMS Student/Parent/Spectator
- Junction Athletics Brochure (Junction Athletics Compact)

PRINT NAME

PARENT/GUARDIAN SIGNATURE

DATE

PRINT NAME

STUDENT ATHLETE SIGNATURE

DATE

**PLEASE RETURN THIS PAGE ALONG WITH A COMPLETE BLUE CARD TO THE
ATHLETIC DIRECTOR**

Northern California Athletic Association Parent & Spectator Sport Code of Conduct

Children's sports are supposed to be fun—for the children. Unfortunately, many parents, fans, and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because adults unfairly take the fun away. The following Code of Conduct for parents and spectators has been adapted from the National Youth Sports Foundation. We expect all parents, spectators, and coaches to abide by this simple code and help reinforce what sports are all about...BEING FUN FOR EVERYONE. The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

As a parent or spectator:

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. 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.
3. 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.
4. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
5. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, gender, or ability.
6. I will respect the officials and coaches and their authority during games and will never question, discuss, or confront officials or coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
7. 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.
8. I understand playing time is based on performance at practice and sportsmanship.
9. I will not approach the official scorebook or clock operator. 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:
 - Verbal warning by official, head coach, Athletic Director, and or school administrator
 - Written warning
 - Parental game suspension with written documentation of incident kept on file by the school
 - Game forfeit through the official
 - Parental season suspension
 - Student/athlete dropped from the team

Athlete's Name: _____

Parent/Guardian Signature: _____

*This form must be signed and returned in order for your child to participate in any games for the season.



JUNCTION ELEMENTARY SCHOOL DISTRICT

9087 Deschutes Rd., Palo Cedro, CA 96073
Phone: (530) 547-3274 FAX: (530) 547-4080
www.junctionesd.net

Sudden Cardiac Arrest (SCA) and Concussion Parent/Student Information Sheet

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

Recognize the Warning Signs and Risk Factors of Sudden Cardiac Arrest.

Tell your coach and consult your health care provider if these conditions are present in your student athlete:

Potential indicators 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.

Factors that increase the Risk of SCA:

Known structural heart abnormality, repaired or unrepaired;

- Family members with unexplained fainting, seizures, drowning or near drowning, or car accidents;
- Family history of known heart abnormalities or sudden death before age 50;
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD);
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance enhancing supplements.

Risk of Inaction: Ignoring such symptoms and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

Concussion

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. Although there may be cuts or bruises on the head or face, there may be no other visible signs of a brain injury. You do not have to pass out (lose consciousness) to have a concussion. Some people will have obvious symptoms of a concussion, such as passing out or forgetting what happened right before the injury. However, other people may not experience such obvious symptoms.

Causes of a Concussion

Your brain is a soft organ that is surrounded by spinal fluid and protected by your hard skull. Normally, the fluid around your brain acts like a cushion that keeps your brain from banging into your skull. However, if your head or your body is hit hard, your brain can crash into your skull and be injured. Concussions can appear in any sport, and can look differently in each person. Most concussions get better with rest and over 90% of athletes fully recover, but, all concussions are serious and may result in serious problems including brain damage and even death, if not recognized and managed the right way.

Symptoms of a Concussion

Symptoms of a concussion fit into four main categories:

1. Thinking and remembering

- Not thinking clearly
- Feeling slowed down
- Not being able to concentrate
- Not being able to remember new information

2. Physical

- Headache
- Fuzzy or blurry vision
- Dizziness
- Sensitivity to light or noise
- Balance problems
- Feeling tired or having no energy

3. Emotional and mood

- Easily upset or angered
- Sad
- Nervous or anxious
- More emotional

4. Sleep

- Sleeping more than usual
- Sleeping less than usual
- Having a hard time falling asleep

Young children can have the same symptoms of a concussion as older children and adults. But sometimes it can be hard to tell if a small child has a concussion. Young children may also have symptoms like:

- Crying more than usual
- Headache that does not go away
- Changes in the way they play or act
- Changes in the way they nurse, eat, or sleep

August 14, 2025

Dear Parents/Guardian of Junction School Athletes,

Junction School District does not provide transportation for students to and from athletic events. Parents/guardians will need to follow these guidelines in transporting your child to and from games.

1. You may only drive your child.
2. In order to transport other students, you must fill out a Junction School District **Private Transportation form** and have that form approved by the district. The district will also require a **photocopy** of your insurance policy. You must have a note from the parent of the student whom you are transporting on the day of the event. The note must be cleared by either the Athletic Director or Principal.
3. At the conclusion of every away game you must sign your child out with his/her coach. You may not take any other student home from a game unless you meet all the requirements listed above.

We know these protocols might be difficult for you, but we hope we can all work together to make our Junction School District athletic program continue to be a positive program for all. If you have any questions, please call the office at 547-3274. Thank you for your continued support of our athletic program.

Sincerely,

Andy Mills
Athletic Director

.....
I have read and understand the rules in transporting my child to and from Junction School District athletic events.

(Parent Signature)

(Athlete's Name)

(Sport)

(Phone Number)



Junction Elementary School District

Clay Ross, Superintendent

PRIVATE DRIVER APPLICATION (Volunteers Driving Personal Vehicle)

For School Year 20__/20__

A. PERSONAL USE DRIVER INSTRUCTIONS

Drivers and private vehicles being operated for Junction Elementary School District purposes must meet or exceed the following guidelines:

1. All drivers must be approved by the school or site administrator.
2. The driver must be at least age 21 to drive for business purposes and age 25 if transporting students, possessing a valid California driver's license, and have been continuously licensed for a minimum of 3 years.
3. Driver must be free of any medical condition that may affect his/her ability to operate a vehicle.
4. No alcohol or drugs will be consumed prior to, or while operating the vehicle.
5. The vehicle will be in excellent condition and repair.
6. The number of passengers shall not exceed the capacity for which the vehicle was designed.
7. No one may transport more than nine passengers plus the driver in any vehicle.
8. All occupants must wear seat belts whenever the vehicle is in motion.
9. All students who are less than 8 years of age or under 4'9" tall must be properly secured in a rear seat, in a child passenger restraint system, meeting applicable federal motor vehicle safety standards.
10. The use of cell phones, Walkman's, pagers or other electronic devices while driving is prohibited.
11. Smoking a pipe, cigar or cigarette/electronic cigarette in the vehicle is prohibited.
12. The driver accepts the added responsibility that comes from carrying extra individuals and, therefore, will be conscientious in obeying all driving rules and regulations in accordance with federal, state and local laws. The California Supreme Court has eliminated the protection of the former California Guest Law; therefore, a guest passenger may sue his/her host owner/driver.
13. The driver must provide a MVR (Motor Vehicle Report / Driver Record) dated within 30 days of this application and have an acceptable driving record as determined by the Junction Elementary School District policy. The Junction Elementary School District reserves the right to require a current H6 Motor Vehicle Report (10 year MVR) and/or accident reports for determination of driver eligibility.
14. Driver must have an automobile liability insurance policy and assume all responsibility for all physical damage to the vehicle. When driving a personal vehicle while on Junction Elementary School District business and involved in an accident, by law your liability insurance policy is used first. The Junction Elementary School District liability policy would be used only after your policy limits have been exceeded. **Minimum liability limits of insurance required are:**

Bodily Injury	<u>\$100,000 each person; \$300,000 each occurrence</u>
Property Damage	<u>\$ 50,000 each occurrence</u>

or

Combined Single Limit	<u>\$300,000 each occurrence</u>
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15. If the above conditions change and/or cannot be met, I will no longer participate as a driver until the requirements can be met.

B. DRIVER INFORMATION

Driver Name _____	Date of Birth _____
Address _____	License # _____
_____	Expiration Date _____
Home Phone _____	Cell Phone _____



Junction Elementary School District

Clay Ross, Superintendent

F. ATTACH

1. Copy of Driver's License.
2. Copy of Declaration Page of Insurance.
3. MVR (Motor Vehicle Record / Driver Record) dated within past 30 days.
<https://www.dmv.ca.gov/portal/dmv/detail/online/dr>

G. DRIVER ACKNOWLEDGEMENT

I certify the above information is correct and agree to advise the Junction Elementary School District, in writing, of any changes in the above information. I have read and understand the Personal Use Driver Instructions.

Print Driver Name _____ Driver Signature _____

Date _____

H. ACKNOWLEDGEMENT BY REGISTERED OWNER:

As the registered owner, I certify the above insurance information is correct. I understand I must have liability insurance coverage in force and agree to advise the Junction Elementary School District, in writing, of any changes in the above information. I further certify that to the best of my knowledge, the above vehicle is mechanically safe. If an accident occurs, my auto liability policy is primary and used first for losses or claims for damage. The Junction Elementary School District does not cover, nor is it responsible for, comprehensive and collision (physical damage) coverage to my vehicle.

Print Registered Owner Name _____

Owner's or Authorized Representative Signature _____ Date _____

Authorized Driver's Name (if different from registered owner) _____

For District Use Only:

Approved Driver and Vehicle: _____
(Designated District Official)

Date: _____

Program Description

Athletic programs at Junction Middle School are designed to prepare students for high school athletics and lifelong teamwork situations. Students are encouraged to try out for sports in which they would like to participate. It is important to remember that making a sports team at Junction is a commitment that students and parents must take seriously. **Players who quit one sport shall be ineligible for the next sport.**

Fundamentals and good sportsmanship are the two most important elements of the program. Coaches are to teach the fundamentals of their sport. Equal playing time is not guaranteed to any player. Coaches of 6th and 7th, or "B" teams should have every player on their team play as much as possible with all players having approximately equal playing time by the end of the season. Coaches of 8th grade or "A" teams may have their best team playing, but all players should play each time and develop as the season continues. All coaches must look for situations to play all of their players where they can be successful.

Players, coaches, and parent/guardians must use good sportsmanship at all times. Players that do not use good sportsmanship will lose playing time. Coaches who continually do not use good sportsmanship may be removed from their position, and parents/guardians may be excluded from events.

Not all players who try out for a sport will make the team. The after school athletic program is a competitive program. Ability and the safety of our students are taken into consideration during try-outs. A full P.E. program is offered at Junction for those students that would like to work on skill development to make future teams.

AVAILABLE ATHLETICS AT JUNCTION MIDDLE SCHOOL

FALL:

- 'B" Girls' Volleyball
- 'A" Girls' Volleyball
- Co-ed Soccer
- Co-ed Flag Football
- Cross Country (K-4)
- Cross Country (5-8)

WINTER:

- 'A" Girls' Basketball
- 'B" Girls' Basketball
- 'A" Boys' Basketball
- 'B" Boys' Basketball

SPRING:

- 4/5 Girls and Boys Basketball
- Girls' Softball
- Boys' Baseball
- Track (5th—8th Grade)
- Tennis

Junction Athletics



Combining
Fundamentals and
Sportsmanship for the
Success of All Our
Athletes

Junction ESD
9087 Deschutes Rd.
Palo Cedro, CA 96073
(530) 547-3274

HOME OF THE
Raiders

Please sign below. Detach and send only this section back to the school.

By signing you are confirming that you have read the Junction Athletics Compact and have discussed this with your student athlete.

Parent / Guardian Signature

Student/Athlete Signature

Junction Athletics Compact

The Coach will:

- Fulfill all coaching requirements defined by the district.
- Teach and model good sportsmanship.
- Be on time and attend all practices.
- Teach the fundamentals of the sport to determine what advanced skills should be taught.
- Follow district guidelines on playing time.
- Help athletes develop their potential.

The Student Athlete will:

- Remain academically eligible (GPA over 2.0 and no F's)
- Attend all games and practices
- Always use good sportsmanship
- Not receive any referrals
- Represent Junction in a positive manner
- Be a positive team player
- Work to develop their potential
- Follow dress code and other guidelines

The District will:

- Provide support with administration and athletic director
- Provide supervision at all home events
- Provide guidelines for coaches
- Determine coaching eligibility by district guidelines

ATHLETICS CONTACT NUMBERS:

(Please remember to first contact the coach of your child's team if you have questions.)

Athletic Director:

Andy Mills 547-3274

Superintendent/Principal Darin Pust
Vice Principal Megan Coates
Phone: (530) 547-3274