



WELLINGTON
Christian School

2011-12



**Athletic
Handbook**

**"...whatsoever ye do, do all to the glory of God."
I Corinthians 10:31**

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WCS
Athletic Handbook
2011-12

Visit www.wellingtonchristian.org and click on "Athletics"
for team schedules, pictures, updates, directions, contact information, and more.

Wellington Christian School Athletic Department

Mission

The Wellington Christian School Athletic Department seeks to provide sustained competitive interscholastic programs that honor and glorify God; teaching student-athletes Biblical principles for use in athletics and life, so that they may be a witness to the world.

Philosophy

The Athletic Department of Wellington Christian School provides a wide range of competitive opportunities through which Christ may be honored. Support is given to allow our student-athletes to reach their highest level of athletic skill, increase their cognitive processes, improve social skills, and develop a strong spiritual bond with the One who has given these. WCS believes in the command to honor God “with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind,” Luke 10:27. The end result of hard work, commitment, and the right attitude is recognized success.

-COACHES - Coaches are presented with the unique setting of teaching and leading. They must strive to maximize their position to model and educate Biblical principles to those within this sphere of influence. Hard work, perseverance, commitment, poise, determination, respect, and sense of fair play are Godly characteristics that can be demonstrated and taught to players. By doing so, God is pleased, student-athletes mature, and teams become successful.

-VARSITY- Teams are comprised of student-athletes who are the most developed in their skill level, both mentally and physically. Development, team concepts, and character building are continued goals. An emphasis is placed on winning. However, like all levels, winning must not supercede any principles established by God.

-JUNIOR VARSITY- The program is designed to offer a variety of interscholastic experiences. Although winning is emphasized, fundamentals of the sport are stressed. Commitment to the team, building character, and respecting coaches and officials are all emphasized.

-MIDDLE SCHOOL- The middle school program is designed to offer a variety of interscholastic experiences. Fundamentals of the sport are emphasized. Commitment to the team, skill improvement, respect, and principles are all accented.

-ELEMENTARY- Fundamentals and team concepts in interscholastic sports are begun at the fifth and sixth-grade level. Participation and enjoyment through team involvement are primary. Proper attitude and healthy competition are learned.

Sixth-grade student-athletes may have the opportunity to participate on the fifth-sixth level or on the middle school level. A sixth grader may choose to play at one level or another for a particular sport. However, a sixth-grade student-athlete may not play on both levels in a particular sport unless there are insufficient numbers and has been granted permission by the Athletic Director.

At the fifth-sixth level, the Palms Athletic Christian Conference (PACC) has decided that season contests are for the benefit of all players to gain game-playing opportunities. Season contests have no bearing on playoff births. Playoffs offer an opportunity for competitive experiences. It is during this time coaches and teams will compete to win. WCS understands, during the fifth-sixth level playoffs, coaches will pursue with a strategy to win and playing time will be provided at the coaches' discretion.

WCS holds to the guidelines set forth by the National Federation of High Schools (NFHS), Palms Athletic Christian Conference (PACC), and the Florida High School Athletic Association (FHSAA). For further information regarding these organizations, you may contact the athletic director or visit www.fhsaa.com and/or www.nfhs.org.

Introduction

The following list of priorities is seen as God-honoring and beneficial to all involved: 1) God, 2) family, 3) academics, 4) athletics. It is the desire of this department to assist each student-athlete in reaching his/her greatest athletic potential under the will of God. Excellence in athletics requires diligence on the part of the athlete to use God-given abilities to vigorously strive in mastering the skills and understanding the intricacies of the sport. Success occurs with self-discipline, perseverance, and guidance. A student-athlete must appropriately balance this pursuit with all priorities.

Achieved commitment to athletics carries the inherent task of managing time and efforts in all areas. All student-athletes must take the responsibility to maintain proper academic status. This includes taking the necessary actions to submit or acquire class work prior to early dismissals due to athletic contests. Parents, coaches, teachers, and student-athletes must join together to assist in this multifaceted development. The best result can be reached through open and honest communication. We encourage all parties to remain active in communication so the student-athlete's priorities can be maintained.

This handbook provides information to best assist each person as well as for the benefit of everyone involved. We hope you will feel welcome in being an active part of the Eagles.

Code of Conduct

WCS, in all of its endeavors, seeks to represent God with a testimony that is honoring to Him. In words and actions, our coaches, players, employees, families, and spectators must abide by the policies and spirit of the policies as set in the WCS Handbooks (Student and Athletic), PACC, FHSAA, Palm Beach County Parks and Recreation Department, Village of Wellington, and other establishments where events may take place. Failure to comply may result in removal from contest and/or facility and further action which administration may deem appropriate. Participation in athletics is a privilege, not a right.

Alcohol, tobacco, and illegal substances are strictly prohibited on the premises at any athletic function.

Pleasant decorum at home and away contests are expected. Profanity or inappropriate gestures or comments toward players, spectators, coaches, officials, or others are forbidden.

Student-athletes are representatives of themselves, the school, the community, and their families. Therefore, they should act accordingly. Student-athletes are expected to follow the coach's instructions. Teammates not physically participating in the contest are expected to support and encourage other players. See also "Mission."

In the community, WCS seeks to hold an exemplary reputation. We are thankful to our entire school family for their efforts and successes. We ask that you continue to take pride and build the name we have worked diligently to attain. WCS reserves the right to prohibit, remove, or disallow any person or activity, which it views, may violate the spirit or letter of the philosophy or written policies in the handbooks.

Memberships

Florida High School Athletic Association (FHSAA)

WCS belongs to and abides by the guidelines of the Florida High School Athletic Association. Parents are encouraged to visit www.fhsaa.org for more details regarding FHSAA policies.

Palms Athletic Christian Conference (PACC)

WCS competes in the Palms Athletic Christian Conference. This conference offers competition at the upper elementary grades through middle school level.

Academic Eligibility

- A. WCS follows FHSAA policies. Complete FHSAA academic rules can be viewed at www.fhsaa.org .
 1. Sixth, Seventh, and Eighth-grade students must have a 2.0 Grade Point Average (GPA), on a 4.0 scale, at the conclusion of each semester.
 2. Incoming freshman are required to have been regularly promoted from eighth grade.
 3. All high school student-athletes must maintain a cumulative GPA of 2.0 on a 4.0 scale.
- B. The Athletic Department recognizes the value of academics supersedes athletic participation. In addition to the policies of the FHSAA, any student-athlete who receives two or more failing grades at the end of any marking period will be ineligible to participate. Eligibility may be restored at the next mid-term if the student-athlete is not failing more than one subject.
- C. Any student-athlete placed on Academic Probation is considered ineligible to participate.
- D. Any requested exceptions, submitted in writing by a parent, will be reviewed by administration and the secondary department chairs.
- E. Student-athletes will be held to the academic standards set in the Student Handbook.

Attendance

- A. School Attendance
 1. All student-athletes are expected to have a good attendance record.
 2. Student-Athletes must attend at least four classes (two for block scheduling) in the school day in order to compete that day. If a student-athlete leaves school due to sickness, it is believed that he or she is too sick to play.
 3. Any absence from school the day of competition must be approved in order for a student-athlete to be able to play.
- B. Team Event Attendance
 1. Student-athletes are required to attend all scheduled practices and games unless an excused absence is presented to the coach ahead of time. Varsity coaches reserve the option to hold practices on Saturday's, on days off of school, or over Holiday breaks, but no practices may ever be held on a Sunday.
 2. Excused absences include the following:
 - a. Medical conditions and appointments - Parents are asked to assist and support the team by not making appointments during practice or game times.
 - b. Excused absences from school
 - c. Academic needs
 - e. Previously scheduled school conflicts
 - f. Injury or sicknesses reported to the coach
 - g. Other, if excused prior to practice by the coachAn excused absence not communicated to the coach prior to a missed practice or contest may be considered unexcused, unless impossible to do so,
 3. Unexcused absences from practices or games are detrimental to personal and team performance. After three unexcused absences, a player may be removed from the team.
 4. Unexcused absences include the following:
 - a. Transportation conflicts
 - b. Detentions
 - c. Absences in which the coach was not notified prior to the practice or contest
 - d. Conflicts with recreational sports or other activities
 5. Tardy Policy - Each student-athlete is expected to be ready to participate at the designated time and place for practices and games.
 6. To eliminate distractions, practices (unless otherwise designated) are closed to anyone other than coaches and student-athletes.
 7. Student-athletes playing in one sport may be granted a two-day rest period before committing to a sport in a subsequent season.

Awards

"Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things,
and for thy pleasure they are and were created." Revelation 4:11

At the conclusion of the year, the Athlete Appreciation Banquet will be held. Student-athletes will be recognized for their accomplishments. These awards are given in recognition of outstanding athletic achievement and/or service at Wellington Christian School. While the student-athlete receives an award for his or her God-given talent, the ultimate praise belongs to Him. Student-athletes are expected to attend in modest attire consistent with school dress code.

Awards (cont'd)

Varsity Letter - A student-athlete will receive a letter at the completion of his/her first varsity year in a particular sport. If the following qualifications are met: successful completion of the sport, participating in 50 percent of the inter-scholastic competitions, or attending 95 percent of the practices.

Pin - For the first year a student-athlete "letters" in a sport, he or she will receive a pin.

Bar - Bars are given for each subsequent year a student-athlete letters in the same sport.

Captain - Captain pins are awarded to the captain of the team for completing the season as a student-athlete leader.

Manager - Managers are valuable for their numerous duties and hard work in assisting the coach throughout the season. A manager receives varsity letter status and a pin to recognize his or her efforts.

Most Improved Player - The MIP is presented to the student-athlete who has shown the greatest improvement since the early part of the season.

Most Valuable Player - is given to the male or female student-athlete who excels in that particular sport. The student-athlete is recognized by the coach for adding the most "value" to the team.

Eagle Award - This award is presented to the student-athlete on the team who best represents Wellington Christian School. This individual shows sportsmanship; character before, during, and after competition which best reflects the ideals of our school and biblical values; and demonstrates a work ethic required to become successful in the sport.

Golden Eagle Award - The Golden Eagle Award is presented only to a graduating male and female student-athlete. The criteria for this award are the same as the Eagle Award as well as the following: has earned four varsity letters at Wellington Christian School, has represented WCS positively while wearing the uniform, has demonstrated leadership, and has pursued his/her inter-scholastic athletic career with a desire to make the teams and school more successful.

Commitment

It is necessary for student-athletes to recognize the value of commitment. Coaches and teammates rely on the members of the team to practice or play when scheduled. Each member, regardless of playing time, has a significant role. Therefore, being absent or removed from a team without approval is strongly discouraged. Once an individual agrees and commits to participate on a team, he or she is expected to fulfill the obligations until their completion. Failure to honor this commitment may result in, 1) the disqualification of any award or recognition he or she may have earned for that team, 2) the ability to receive any credit for that sport (including loss of letter, athletic award, student-athlete recognition, etc.), and/or 3) the loss of eligibility to participate in another sport for that and the subsequent season.

To rejoin a team, with the coach's approval, a student-athlete must offer appropriate and sincere letters of apology, and restoration must be made.

Athletes who participate in multiple sports will not be required to become involved in activities of a sport outside its FHSAA designated season. Any conditioning or activities outside its designated season are on a voluntary basis. No penalties can be assessed to the student-athlete. All teams must adhere to all policies of the FHSAA regarding "Off-season Participation."

Conflict Resolution

"If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over, if he will not listen, take one or two others along so that every matter may be established by the testimony of two or three witnesses." Matthew 18:15-16

Inevitably, mistakes and differences of opinion occur in athletics. WCS Athletic Department personnel are hired with the understanding that a primary purpose of athletics is to provide the best and most beneficial experiences for each individual and the group as a whole. If a problem arises, the individual offended or in disagreement should go directly to the person. If a parent has a disagreement with a coach, he/she should approach the coach with an attitude of appeal at an appropriate time. Game-day confrontations are ill-advised.

Any parent/coach conflict should be handled discreetly, reasonably, and professionally. Appointments should be scheduled so as not to interfere with team or game-day responsibilities. The parent should seek to gain the perspective of the coach. Furthermore, coaches must understand the viewpoints of the parents. It is important parents' concerns are heard. Ideally, a unilateral effort produces results that truly benefit the child and team.

Conflict Resolution (cont'd)

According to the Matthew 18 principle, if the dispute is not resolved satisfactorily, the parent/coach should then contact the Athletic Director. The Athletic Director should meet with the parties to help in the matter. Coaches and families are compelled to peacefully resolve any issue. Parents and coaches must aim for the common goals of the school as stated in the "Mission" and "Philosophy" of this handbook.

Not every circumstance can be predicted or identically related to the policies in this handbook. The administration of the school reserves the right to review and override written Athletic Handbook policy for the best interest of the program, school, or student-athlete; and it does not violate FHSAA guidelines.

Concerns or complaints regarding matters or individuals related to athletics against other schools or organizations, including the FHSAA, must first be made in writing to the Athletic Director of Wellington Christian School. The Athletic Director, using discretion, will respond to the complaint. Failure to follow this protocol may result in the loss of privilege to participate in athletics of the related student-athlete.

Contests

Contests are generally scheduled in the afternoons on weekdays for the upper elementary and middle school teams. Junior varsity and varsity contests may be scheduled in the afternoon or evenings. Depending on league and FHSAA guidelines for competition, some contests may be scheduled on Saturdays or days in which school is not in session.

Because WCS wishes for our families to increase their spiritual growth, no games are scheduled on Wednesdays. Practices held on Wednesdays should conclude by five-thirty.

Controlled Substances and Testing

Our bodies are a temple for the indwelling of the Holy Spirit. We are stewards of the bodies God has lent us. The use of illegal performance-enhancing or mind or body altering substances are strictly prohibited. Student-athletes must submit to substance testing upon direction of school administration. Detection or failure to comply with school policy on this matter may result in discipline including, but not limited to, suspension or expulsion from the team and/or school. Further information regarding this policy can be found in the Student Handbook.

Discipline

Discipline is a vital part of an athlete's life and training. It is the obligation of the coach to administer discipline. Athletes should be disciplined in every area of life (spiritual, academic, social, athletic, etc.). With influences grounded in Scripture, coaches are supporting parents in the rearing of their children. Similarly, parents are to be respectful and supportive of the training given by the coach.

Dress Code

On game days, student-athletes are permitted to wear appropriate uniform tops (i.e. jersey with sleeves). Some coaches may request team members to dress in shirt and tie on game days. All other dress code rules apply. Student-athletes should expect to attend school looking appropriate, abiding by the letter and spirit of the policies. Sloppily attired student-athletes may lose this privilege for themselves and for their team.

All students are expected to maintain modest attire while attending Wellington Christian School contests. Students are expected to dress consistently with casual day dress code whether participating or not. Students are representatives of our school and athletic program at athletic contests and practices. We ask students to please be respectful of this fact and for parents to support this policy.

Fees

A \$65 per student-athlete / per sport fee is assessed to help offset the costs of the program. These fees help pay for dues, registration, uniforms, transportation, officials, equipment, etc. These fees enable students to become involved with various athletic teams, provide free admission to all regular season home games, and support an athletic program of which they can be proud. This fee is independent of consumable uniform/equipment purchases, i.e., hats, socks, etc., and is assessed after the first day of practice.

While this fee assists the expenses of the program, it is through the charitable contributions of gracious parents and donors our athletes are able to experience much more. If you are able to financially contribute to help provide these and additional opportunities, or you are interested in business sponsorships, please contact the athletic director.

Any processing or discipline fees incurred by the school from the FHSAA on behalf of a student(s) will be appropriately directed onto the school account of the athlete(s). Such fees would include, but are not limited to, ejection, sportsmanship, appeal, and/or hearing costs and expenses.

Forms

The following forms must be completely and correctly submitted before any student-athlete may practice:

1. WCS Athlete Consent Form
2. FHSAA Form EL2 - Pre-participation Physical Evaluation
3. FHSAA Form EL3 - Consent and Release from Liability Certificate
4. WCS Transportation Form (Optional – for student-drivers to “home” sites).
5. New, Transfer, Home Education, International, and other exceptional students may also be required to complete forms as required by the FHSAA and/or the school office. See the Admissions Director and the New, International, Transfer, Home Education Student and the FHSAA packet.

Extra-Curricular Activities Scheduling Conflicts

The Athletic Director, Fine Arts Department Chair, Principal, and other extra-curricular leaders work cooperatively to reduce the number of conflicts between activities. Should a scheduling conflict arise, these leaders will discuss possible alternatives. The Student Handbook outlines resolutions to such unavoidable occurrences. If a student-athlete recognizes a conflict, he/she should inform the coach and extra-curricular activity director so those leaders can resolve the situation.

Guidelines for Selecting Interscholastic Sports / Levels

Wellington Christian School desires to provide a range of interscholastic sports that meets the needs and requests of the school families. Sports are carefully selected to provide opportunities for our student-athletes to use their God-given talents. Interest, safety, and other factors also contribute to the selection process. Recognizing the challenge to accommodate the various requests, the following will be considered:

- a strong student-athlete interest to participate
- sport(s) which would not conflict with existing programs
- logistics able to be met, i.e., transportation, scheduling
- organized interscholastic competition available with which to compete
- sport(s) which show promise for WCS to offer competitive teams
- safety of student-athletes un-compromised
- FHSAA-sanctioned sport(s)
- ability to acquire competent coaches
- adequate facilities at disposal
- adequate funding available

Due to the wide variety of extra-curricular activities and sports, the Athletic Department cannot meet the desires of everyone, but seeks to serve as many as possible. The addition of teams at varying levels of currently provided sports is desired (i.e. junior varsity). Student interest generally drives the addition of such teams. Individuals interested in incorporating a new sport are encouraged to build enthusiasm and support through the development of a club team. Upon approval from the school, club teams must be developed with the above considerations in mind, with certainty of safety at the forefront, and with careful consideration of the coach/sponsor.

Parent Involvement

Parents are highly encouraged to become involved with the activities of their child(ren). Team parents, assistants, sponsors, drivers, and organizers are some ways parents can help. The Eagle Club (athletic booster club) is an important avenue parents can become involved and help enhance the programs. It is assumed that parents will verbally show their support to all the athletic teams. Support for all players, coaches, and the program help build comradery.

Because coaches have family lives and obligations, parents must pick up their child immediately following the close of practice, end of contest, or upon return from trips. Schedules and directions can be viewed on the school's athletic website.

Selection of Teams

1. Choosing the members of any athletic team is the responsibility of the head coach.
2. No cuts are made at the 5th and 6th grade team level.
3. There is no such thing as a final cut. Membership on any team is subject to proper behavior according to school, team, and FHSAA guidelines.

Transfer Students

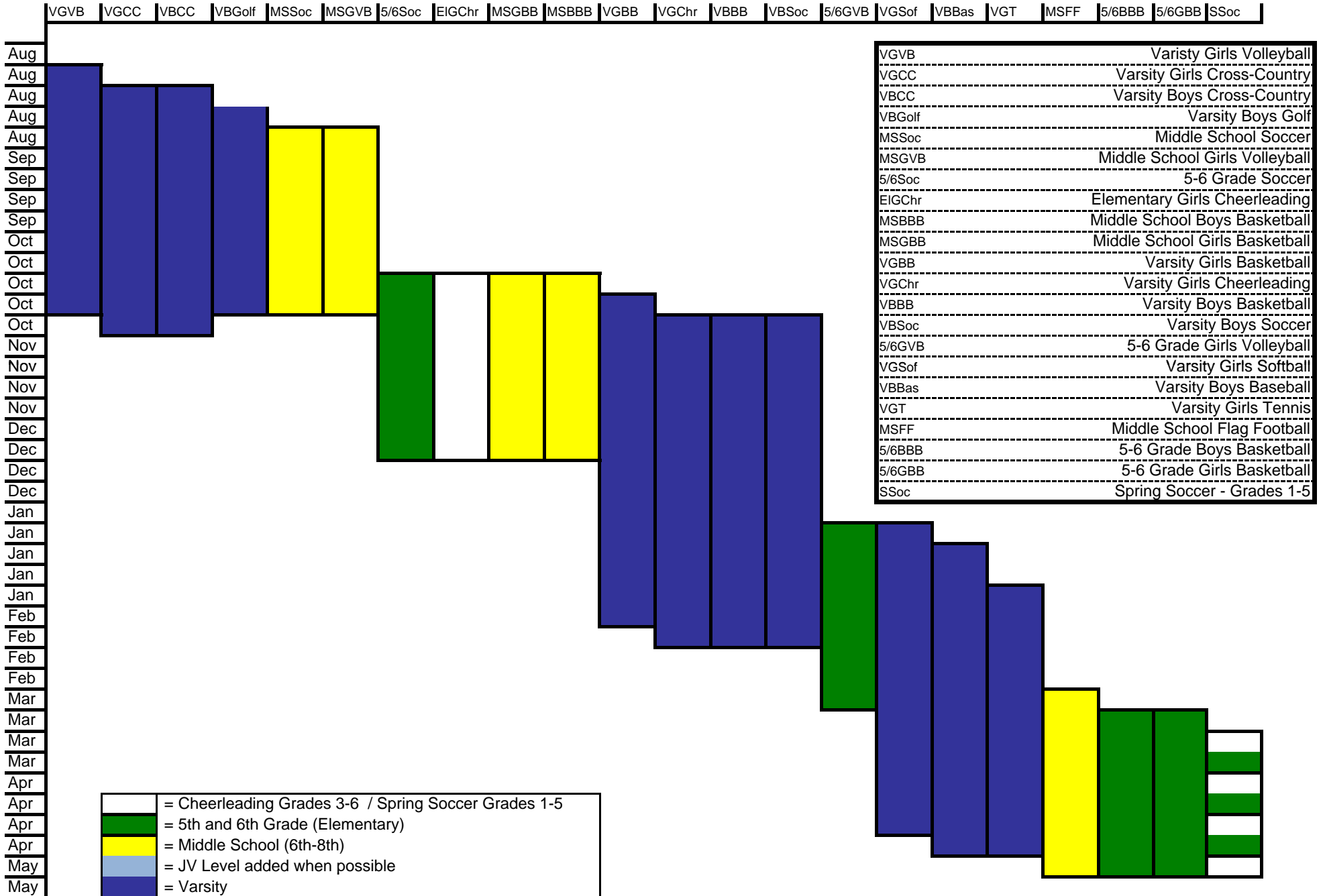
A student, who transfers and becomes a bona fide Wellington Christian School student after the start of the school year, will be given equal opportunity to try out for teams. All FHSAA guidelines apply. Transferring students should contact the coach to review eligibility status and arrange an opportunity to try out.

Uniforms

Uniforms are a large expense. Players are expected to treat property with good stewardship. Uniforms lent out become the responsibility of the student-athlete. Because of these large expenses, players returning uniforms with excessive damage or failure to return any or all pieces of the uniform within one week following the last game of the season will be charged up to \$250.

Wellington Christian School

2011-12 Teams and Seasons





PACC 2011-12 Playoff Schedule



<u>Level</u>	<u>Sport</u>	<u>Date</u>	<u>Schedule</u>	<u>Time</u>	<u>Location</u>
MS	Soccer	T 10/18	4 vs. 5	4:00	@ 4
		R 10/20	2 vs. 3	3:00*	@ TCA
			1 vs. 4/5	4:15*	@ TCA
		F 10/21	Championship	4:00	@ TCA
MS	Volleyball	T 10/18	4 vs. 5	4:00	@ 4
		R 10/20	2 vs. 3	4:00*	@ BCS
			1 vs. 4/5	5:00*	@ BCS
		F 10/21	Championship	6:00	@ BCS
Elem	Soccer	T 12/6	TCA (4) vs. WCS (5)	4:00	@ TCA
		R 12/8	LP (1) vs. 4/5	3:00*	@ WCS
			BCS (2) vs. SCS (3)	4:15*	@ WCS
		S 12/10	Championship	9:30	@ WCS
MS	Girls' Basketball	T 12/6	4 vs. 5	4:00	@ 4
		R 12/8	2 vs. 3	3:00*	@ BCS
			1 vs. 4/5	4:15*	@ BCS
		F 12/9	Championship	6:00	@ BCS
MS	Boys' Basketball	T 12/6	4 vs. 5	4:00	@ 4
		R 12/8	2 vs. 3	5:30*	@ BCS
			1 vs. 4/5	6:45*	@ BCS
		F 12/9	Championship	7:30	@ BCS
Elem	Volleyball	T 2/28	WCS (4) vs. LP (5)	4:00	@ WCS
		R 3/1	BCS (1) vs. 4/5	4:00*	@ WCS
			SCS (2) vs. TCA (3)	5:00*	@ WCS
		S 3/3	Championship	9:30	@ WCS
MS	Flag Football	T 5/1	1 vs. 4	3:30*	@ TCA
			2 vs. 3	5:00*	@ TCA
		R 5/3	Championship	4:00	@ TCA
Elem	Girls' Basketball	T 5/1	BCS (4) vs. SCS (5)	4:00	@ BCS
		R 5/3	TCA (1) vs. 4/5	3:00*	@ BCS
			WCS (2) vs. LP (3)	4:15*	@ BCS
		S 5/5	Championship	10:00	@ BCS
Elem	Boys' Basketball	T 5/1	LP (4) vs. BCS (5)	4:00	@ LP
		R 5/3	TCA (2) vs. WCS (3)	5:30*	@ BCS
			SCS (1) vs. 4/5	6:45*	@ BCS
		S 5/5	Championship	11:30	@ BCS

*Please note: Host schools have option of playing semi-final games at their preferred time.

Student Last Name: _____ First Name: _____ Grade _____



ATHLETIC CONSENT FORM



Parent/Guardian Name: _____ Parent /Guardian E-mail: _____

Address: _____

City: _____ ST: _____ Zip: _____

Emergency #1: _____ (Circle: Home, Cell, Work, other) Emergency #2: _____ (Circle: Home, Cell, Work, other)

If unavailable, contact: _____ Relationship: _____ Emergency #: _____ (Circle: Home, Cell, Work, other)

Student Information:

Date of Birth ____/____/____ Gender Male Female (circle) Year completed 8th Grade _____

For eligibility purpose, have you ever repeated a grade (between 6th and 12th grades)? Yes No (Circle)

For Middle School students: will you turn 15 years 9 months prior to graduating from 8th grade? Yes No (Circle)

For High School students: will your turn 19 years 9 months prior to graduating from high school? Yes No (Circle)

Are you residing with individual(s) other than your Parent(s) or legal guardian? Yes No (Circle)

Are you a U.S. citizen? Yes No (Circle)

If transferring into WCS after spending one or more days in another high school, follow the guidelines in the New, International, Transfer, Home Education Student and the FHSAA packet.

Parent/Guardian Consent

In addition to this form, FHSAA Forms EL2 – Pre-Participation Physical Evaluation and EL3 – Consent and Release from Liability Certificate must be correctly completed with appropriate signatures. You are encouraged to read these carefully.

Wellington Christian School claims the term “school” within those forms.

- Rights for use of photography and video of your child are granted to the FHSAA. WCS may also use these rights for school promotion and recognition. Written objections for use by WCS will be granted.
- The Athletic Handbook can be obtained online at www.wellingtonchristian.org or in the main office. By signing below, I attest that I have completely read the WCS Athletic Handbook and agree to support in word and action the letter and spirit of the Mission, Philosophy, and Policies. I give permission for my child to participate on the athletic teams of Wellington Christian School. Failure to adhere to policies may result in disciplinary action up to suspension or removal from athletic team and/or school.
- Students will need to be picked up at the practice and game sites no later than fifteen minutes after their practice time or game has ended. Our coaches spend hours in practice, preparation, and at competitions. However, they do have their own obligations and families for which to care. *Please* be sure to have a ride for your child when needed.

WCS utilizes the Village of Wellington, Palm Beach County, and other local facilities as *home* practices and contests sites for certain sports. Away contests naturally require transportation. Transportation to and from games will be provided by the school. After contests, students may be released to the care of their parent/guardian.

I am aware transportation for my child will be provided by the school via school, rented, or private vehicles and by drivers approved through the insurance company of the school. I absolve the school from liability of any injury to my child during trips.

Parent Signature _____

Student-Athlete Handbook Agreement

I have completely read the WCS Athletic Handbook and agree to support in word and action the letter and spirit of the Mission, Philosophy, and Policies.

Student Signature _____

Stamp and Signature

Notary

Swore to and subscribed before me this _____ (day) of _____ (month) in the year of our Lord _____.

(See Athletic or Main Office for complimentary notary service.)



Preparticipation Physical Evaluation (Page 1 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2.

Part 1. Student Information (to be completed by student or parent)

Student's Name: _____ Sex: ____ Age: ____ Date of Birth: ____/____/____
 School: _____ Grade in School: ____ Sport(s): _____
 Home Address: _____ Home Phone: (____) _____
 Name of Parent/Guardian: _____ E-mail: _____
 Person to Contact in Case of Emergency: _____
 Relationship to Student: _____ Home Phone: (____) _____ Work Phone: (____) _____ Cell Phone: (____) _____
 Personal/Family Physician: _____ City/State: _____ Office Phone: (____) _____

Part 2. Medical History (to be completed by student or parent). Explain "yes" answers below. Circle questions you don't know answers to.

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	___	___	26. Have you ever become ill from exercising in the heat?	___	___
2. Do you have an ongoing chronic illness?	___	___	27. Do you cough, wheeze or have trouble breathing during or after activity?	___	___
3. Have you ever been hospitalized overnight?	___	___	28. Do you have asthma?	___	___
4. Have you ever had surgery?	___	___	29. Do you have seasonal allergies that require medical treatment?	___	___
5. Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills or using an inhaler?	___	___	30. Do you use any special protective or corrective equipment or medical devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, shunt, retainer on your teeth or hearing aid)?	___	___
6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	___	___	31. Have you had any problems with your eyes or vision?	___	___
7. Do you have any allergies (for example, pollen, latex, medicine, food or stinging insects)?	___	___	32. Do you wear glasses, contacts or protective eyewear?	___	___
8. Have you ever had a rash or hives develop during or after exercise?	___	___	33. Have you ever had a sprain, strain or swelling after injury?	___	___
9. Have you ever passed out during or after exercise?	___	___	34. Have you broken or fractured any bones or dislocated any joints?	___	___
10. Have you ever been dizzy during or after exercise?	___	___	35. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints?	___	___
11. Have you ever had chest pain during or after exercise?	___	___	<i>If yes, check appropriate blank and explain below:</i>		
12. Do you get tired more quickly than your friends do during exercise?	___	___	___ Head	___ Elbow	___ Hip
13. Have you ever had racing of your heart or skipped heartbeats?	___	___	___ Neck	___ Forearm	___ Thigh
14. Have you had high blood pressure or high cholesterol?	___	___	___ Back	___ Wrist	___ Knee
15. Have you ever been told you have a heart murmur?	___	___	___ Chest	___ Hand	___ Shin/Calf
16. Has any family member or relative died of heart problems or sudden death before age 50?	___	___	___ Shoulder	___ Finger	___ Ankle
17. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	___	___	___ Upper Arm	___ Foot	
18. Has a physician ever denied or restricted your participation in sports for any heart problems?	___	___	36. Do you want to weigh more or less than you do now?	___	___
19. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, blisters or pressure sores)?	___	___	37. Do you lose weight regularly to meet weight requirements for your sport?	___	___
20. Have you ever had a head injury or concussion?	___	___	38. Do you feel stressed out?	___	___
21. Have you ever been knocked out, become unconscious or lost your memory?	___	___	39. Have you ever been diagnosed with sickle cell anemia?	___	___
22. Have you ever had a seizure?	___	___	40. Have you ever been diagnosed with having the sickle cell trait?	___	___
23. Do you have frequent or severe headaches?	___	___	41. Record the dates of your most recent immunizations (shots) for:		
24. Have you ever had numbness or tingling in your arms, hands, legs or feet?	___	___	Tetanus: _____ Measles: _____		
25. Have you ever had a stinger, burner or pinched nerve?	___	___	Hepatitis B: _____ Chickenpox: _____		

FEMALES ONLY (optional)

42. When was your first menstrual period? _____
 43. When was your most recent menstrual period? _____
 44. How much time do you usually have from the start of one period to the start of another? _____
 45. How many periods have you had in the last year? _____
 46. What was the longest time between periods in the last year? _____

Explain "Yes" answers here: _____

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation required by s.1006.20, Florida Statutes, and FHSAA Bylaw 9.7, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

Signature of Student: _____ Date: ____/____/____ Signature of Parent/Guardian: _____ Date: ____/____/____



Preparticipation Physical Evaluation (Page 2 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2.

Part 3. Physical Examination (to be completed by licensed physician, licensed osteopathic physician, licensed chiropractic physician, licensed physician assistant or certified advanced registered nurse practitioner).

Student's Name: _____ Date of Birth: ___/___/___
Height: _____ Weight: _____ % Body Fat (optional): _____ Pulse: _____ Blood Pressure: ___/___ (___/___, ___/___)
Temperature: _____ Hearing: right: P ___ F ___ left: P ___ F ___
Visual Acuity: Right 20/____ Left 20/____ Corrected: Yes No Pupils: Equal _____ Unequal _____

FINDINGS NORMAL ABNORMAL FINDINGS INITIALS*

MEDICAL

- 1. Appearance
2. Eyes/Ears/Nose/Throat
3. Lymph Nodes
4. Heart
5. Pulses
6. Lungs
7. Abdomen
8. Genitalia (males only)
9. Skin

MUSCULOSKELETAL

- 10. Neck
11. Back
12. Shoulder/Arm
13. Elbow/Forearm
14. Wrist/Hand
15. Hip/Thigh
16. Knee
17. Leg/Ankle
18. Foot

* - station-based examination only

ASSESSMENT OF EXAMINING PHYSICIAN/PHYSICIAN ASSISTANT/NURSE PRACTITIONER

I hereby certify that each examination listed above was performed by myself or an individual under my direct supervision with the following conclusion(s):

___ Cleared without limitation
___ Disability: _____ Diagnosis: _____
___ Precautions: _____
___ Not cleared for: _____ Reason: _____
___ Cleared after completing evaluation/rehabilitation for: _____
___ Referred to _____ For: _____

Recommendations: _____

Name of Physician/Physician Assistant/Nurse Practitioner (print): _____ Date: ___/___/___
Address: _____

Signature of Physician/Physician Assistant/Nurse Practitioner: _____



Preparticipation Physical Evaluation (Page 3 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2.

ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (if applicable)

I hereby certify that the examination(s) for which referred was/were performed by myself or an individual under my direct supervision with the following conclusion(s):

Cleared without limitation

Disability: _____ Diagnosis: _____

Precautions: _____

Not cleared for: _____ Reason: _____

Cleared after completing evaluation/rehabilitation for: _____

Recommendations: _____

Name of Physician (print): _____ Date: ____/____/____

Address: _____

Signature of Physician: _____

Based on recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.



Consent and Release from Liability Certificate (Page 2 of 2)

This completed form must be kept on file by the school

Attention Student and Parent(s)/Guardian(s)

Your school is a member of the Florida High School Athletic Association (FHSAA) and follows established rules. To be eligible to represent your school in interscholastic athletics, in an FHSAA recognized sport (i.e. bowling, competitive cheerleading, girls flag football, lacrosse, boys volleyball, water polo and girls weightlifting or sanctioned sport (i.e. baseball, basketball, cross country, tackle football, golf, soccer, fast-pitch softball, swimming & diving, tennis, track & field, girls volleyball, boys weightlifting and wrestling), the student:

1. Must be regularly enrolled and in regular attendance at your school. If the student is a home education student or attends a charter school, the student must declare in writing his/her intention to participate in athletics to the school at which the student is permitted to participate. Home education students must be approved by the FHSAA office prior to any participation. (FHSAA Bylaw 9.2)
2. Must attend school within 10 days of the beginning of **each semester** to be eligible during **that semester**. (FHSAA Bylaw 9.2)
3. Must maintain at least a cumulative 2.0 grade point average on a 4.0 unweighted scale prior to the semester in which the student wishes to participate. This GPA must include all courses taken since the student entered high school. A sixth, seventh or eighth grade student must have earned at least a 2.0 grade point average on 4.0 unweighted scale the previous semester. (FHSAA Bylaw 9.4)
4. Must not have graduated from any high school or its equivalent. (FHSAA Bylaw 9.4)
5. Must participate at the school in which the student first enrolls (attends), or at which the student first takes part in an athletic practice, at the beginning of the school year. (FHSAA Bylaw 9.2)
6. Must not transfer schools after the first day of fall practice or the first day of school, or otherwise the student cannot participate at the new school for the remainder of the school year. (FHSAA Bylaw 9.3)
7. Must not participate on a non-school team (i.e., AAU, American Legion, club setting, etc.) which is affiliated with a school or coached by a representative of a school other than the one the student attends, or has attended, and then attend that school, otherwise the student will be ineligible there for one year. (FHSAA Bylaw 9.3)
8. Must not transfer to a school that the student's coach has relocated to within a year, otherwise the student will be ineligible there for one year. (FHSAA Bylaw 9.3)
9. Must not have **enrolled in the ninth grade for the first time** more than four school years ago. If the student is a sixth, seventh or eighth grade student, the student must not participate if repeating that grade. (FHSAA Bylaw 9.5)
10. Must have signed permission to participate from the student's parent(s)/guardian(s) on a form (EL3) provided the school. (Bylaw 9.8)
11. Must be less than 19 years 9 months old to participate in high school; 16 years 9 months old to participate in junior high school; and 15 years 9 months old to participate in middle school, otherwise the student becomes ineligible to participate at that level. (FHSAA Bylaw 9.6)
12. Must undergo a pre-participation physical evaluation and be certified as being physically fit for participation in interscholastic athletics (form EL2). The physical evaluation is valid for 365 calendar days from the date that it was administered after which time the student must successfully undergo another physical evaluation to continue his/her participation. (FHSAA Bylaw 9.7)
13. Must be an amateur. This means the student must not accept money, gift or donation for participating in a sport, or use a name other than his/her own when participating. (FHSAA Bylaw 9.9)
14. Must not participate in an all-star contest in a sport prior to completing his/her high school eligibility in that sport. (FHSAA Policy 26)
15. Must display good sportsmanship and follow the rules of competition **before, during and after** every contest in which the student participates. If not, the student may be suspended from participation for a period of time. (FHSAA Bylaw 7.1)
16. Must not provide false information to his/her school or to the FHSAA to gain eligibility. (FHSAA Bylaw 9.1)
17. Foreign exchange and international students must be approved by the FHSAA office prior to any participation. (FHSAA Policy 17)

If the student is declared or ruled ineligible due to one or more of the FHSAA rules and regulations, the student has the right to request that the school file an appeal on behalf of the student. See the principal or athletic director for information regarding this process.

The Athletic Department of Wellington Christian School would like to extend a gracious thanks to our friends and families who play a critical role in making athletics possible. Your support is greatly appreciated by the department and, more importantly, the children. We look forward toward your continued involvement.

To our new and returning families: make it a point this year to become involved in your child's activities. We welcome the chance to *jointly* provide the best opportunities and experiences for all of our student-athletes.

**Matthew Winters
Athletic Director**

**793 - 1017 ext. 2602
mwinters@wellingtonchristian.org**