





## Athletic Commitment

### Academic Eligibility Requirements

- Athletes must maintain at least a 2.00 GPA
- Athletes cannot have a failing grade in any subject. This applies to progress reports and semester report cards.
- Athletes must not have more than 2 "N's" or 1 "U" as a citizenship grade for any grading period

### Personal Conduct Commitment

- Athletes must adhere to all Maranatha Christian Schools rules
- Athletes are expected act in a manner consistent with the California Interscholastic Federation's (CIF) 6 Pillars of Character as well as their Principles of Pursuing Victory with Honor

### Attendance Commitment

- Athletes are expected to be punctual and attend all practices, games and other team activities
- Only absences for medical purposes or unexpected serious personal incidents (as determined by the school administration) will be considered excused absences
- Any absence, excused or not, may result in loss of playing time or a starting position at the discretion of the Head Coach. Unexcused absences may result in suspension or removal from the team.

### Classroom Commitment

- Athletes are expected to submit all homework and/or assignments that are due, to all of their teachers before they leave school to attend any athletic function.
- Athletes are expected to make arrangements with their teachers to make up any and all in-class assignments or tests due to an athletic absence from class.
- Athletes are required to attend all regularly scheduled classes on the day of a game or practice to be eligible to participate.

### Athletic Commitment

- Try outs will be conducted for each team. If a player is selected to participate, they will have until the first regularly scheduled contest to commit to the team, at which point, they are committed for the season. Any athlete who fails to fulfill their commitment will be ineligible for all sports until the following season of play.
- An Athlete on a CIF high school team becomes ineligible by competing or practicing with an "outside" team in the same sport during the high school season of sport. (See CIF Green Book, Article 600)

### Financial Commitment

- To participate in MCS athletics, the athlete agrees to pay a one-time sports participation fee and a spirit pack fee for each sport. These fees are determined by the Athletic Department.

### MCS Athletic Policies

- I have read and agree with the contents outlined on this document and in the MCS Athletic Policy Manual which can be found on the school's web site at [www.maranathachristianschools.org](http://www.maranathachristianschools.org).

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Athlete Signature

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Date

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Parent/Guardian Signature

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Date



## Participation Permission and Medical Release

\_\_\_\_\_  
**Student/Athlete's Name**

has my/our permission to travel to and from athletic games, practices and activities conducted by Maranatha Christian Schools, and to participate in such activities. I/we, the undersigned parent(s) or guardian(s) do authorize urgent care personnel to conduct any examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by and which is to be rendered under the general supervision of urgent care personnel, a physician and/or surgeon.

It is understood that authorization is given in advance of any specific diagnosis treatment or hospital care being required but is given to provide authority and power to school personnel to give specific consent to any and all such diagnosis, treatment or hospital care in the event the parent or guardian cannot be reached in case of emergency when such treatment is deemed necessary in the best judgment of urgent care personnel, physicians or surgeons. This authorization shall remain effective for the duration of the academic school year during games, practices and related sports activities and while traveling to and from such under supervision of school personnel.

Maranatha Christian Schools has no duty to provide first aid or urgent care to the student listed above, and the parent/guardian understands that the risk of injury is assumed by the parent/guardian when they sign this form. However, in the event that persons trained in the rendering of first aid or urgent care are available, volunteer or otherwise, and render aid to any student injured during the course of any such activities or travel, then the parents/guardians do release and forever discharge such persons and Maranatha Christian Schools from any liability arising out of any first aid or immediate treatment of injuries.

\_\_\_\_\_  
**Parent/Guardian Printed Name**

\_\_\_\_\_  
**Parent/Guardian signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent/Guardian's primary contact number**

\_\_\_\_\_  
**Parent/Guardian's secondary contact number**



## Drug and Steroid Policy Agreement

As a condition of CIF-SDS membership, all member schools are required to adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools are required to have participating athletes and their parents, legal guardians or caregivers agree that the athlete will not use steroids without the written permission of a fully licensed physician, as recognized by the American Medical Association (AMA) to treat a medical condition (bylaw 523).

By signing below, both the athlete and parents, legal guardians or caregivers hereby agree that the athlete shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. You hereby also recognize that under CIF Bylaw 200.D, there are penalties for false or fraudulent information.

You also understand that the Maranatha Christian School's policy regarding the use of illegal drugs stipulates that any athlete found to be using or abusing legal drugs will immediately be denied the privilege to participate in athletics. MCS has adopted a zero tolerance policy for the first offense and the student will be referred to counseling. Refer to Student Handbook; page 16 "Zero Defense Statement."

\_\_\_\_\_  
**Signature of Athlete**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Signature of Parent/Guardian or Caregiver**

\_\_\_\_\_  
**Date**



## Waiver and Release of Liability

I, the undersigned acknowledge the inherent risk involved in sports. Accordingly in consideration of being allowed to participate in any athletic activities and/or other activities at Maranatha Christian Schools or any other assigned venues, I agree to the following:

- I acknowledge and fully understand that my child will be engaging in activities that involve risk of serious injury, which may include death, permanent disability, severe, social and/or economic loss which might result not only from my child's actions but also from the action, inaction or negligence of others, the rules of play, or the condition of the premises, or of any equipment used and further that there may be risk not known to me or not reasonably foreseeable.
- I agree that prior to or during any athletic activity or contest whether at Maranatha Christian Schools or any other venue; upon discovering anything that may be deemed unsafe or possibly present a potentially dangerous situation, will immediately advise an MCS coach or staff member.
- I agree to assume all the foregoing risk and accept personal responsibility for my child's expenses and damages following such injury, permanent disability or death.
- I release, waive, discharge and covenant not to sue licensor, Maranatha Christian Schools and all their respective agents, affiliates, associates, officers, directors, owners and employees (collectively "Releasees") from demands, losses or damages on account of any injury death or damages to property, caused or alleged to be caused in whole or in part by the Releasees or any other party's actions, inactions or otherwise and agree to indemnify the Releasees from any and all third party claims caused in whole or in part by my actions
- I understand and acknowledge that Maranatha Christian School's athletic events, practices, games and other team functions may be visually recorded and/or broadcast. Still photos, including the publication of first and last names and performance statistics, will be released to media outlets.

I, the undersigned parent, legal guardian or caregiver have read the attached waiver and releases and agree to its terms on behalf of my child and myself. I understand that by signing below I am giving up substantial rights on behalf of my child and myself.

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**Athlete's Name (Printed)**

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**Signature of parent, legal guardian or caregiver**

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**Date**



## Social Media Usage Agreement

Student-athletes are not restricted from using any on-line social network sites and digital platforms. Participation in social media has both positive appeal and potentially negative consequences. It is important to be aware of these consequences and exercise caution while using. Student-athletes must understand that any content they make public via on-line social networks is expected to comply with federal and state laws, MCS rules, and CIF guidelines. A student-athlete must be aware of MCS Student Handbook and Student/Athlete Handbook regulations. Ignorance of these regulations does not excuse a student-athlete from adhering to them.

### Guidelines for Student-Athletes

MCS student/athletes should conduct themselves safely and responsibly in an on-line environment, you should:

- Be extremely careful with any identifying information you post on social networking sites. It is recommended that you use all of the provided privacy settings.
- Be aware that current and future employers, college admissions, and college coaches offices often access information you place on social networking sites.
- Be careful responding to unsolicited e-mails asking for passwords or PIN numbers.
- A photo put on a social network site's server becomes their property. Deleting a photo from your profile does not delete it from the server.

### Unacceptable Activities and Resulting Consequences

The following activities violate MCS policies and will bring disciplinary consequences:

- Derogatory language or remarks  
About coaches, teammates, opponents, other MCS student/athletes, administrators and/or players, coaches, administrators or representatives of other schools.
- Demeaning statements or threats to any third party.
- Incriminating photos or statements depicting violence, bullying; hazing; sexual harassment; vandalism, stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- Making a credible threat of serious physical or emotional injury to another person, or creating a serious danger to the safety of another person.
- Indicating knowledge of an unreported felony, theft or felony criminal damage to property.
- Indicating knowledge of an unreported school or team violation – whether intentional or unintentional.

Consequences resulting from any of these activities may include, but are not limited to, loss of playing time or removal from the team and/or non-athletic disciplines such as school suspensions and expulsions.

I have the read this information and agree to adhere to these guidelines as stated above, and as detailed in the MCS Student Handbook and the MCS Student/Athlete Handbook.

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**Signature of Athlete**

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**Date**

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**Signature of Parent/Guardian or Caregiver**

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**Date**



## Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### Symptoms may include one or more of the following:

- Headaches
- Pressure in head
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating the same question/comment

### Signs observed by teammates, parents and coaches include:

- Appears Dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Unsure of game, score, or opponent
- Clumsy or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Behavior or personality changes
- Can’t recall hits prior to hit
- Can’t recall events after a hit
- Seizures or convulsions
- Loss of consciousness

**What can happen if my child keeps on playing with a concussion or returns to soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under-report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

**If you think your child has suffered a concussion:**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

*“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”*

**Also:**

*“A student-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 received written clearance to return to play from that health care provider”.*

You should also inform your child’s coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

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

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**Athlete’s Name (Printed)**

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**Athlete’s Signature**

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**Date**

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**Parent, Legal Guardian or Caregiver Name (Printed)**

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**Signature of Parent, Legal Guardian or Caregiver**

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**Date**