

NSM After School Sports Program

Thank you for your participation in the NSM After School Sports Program. Your child will have the opportunity to learn life skills through team sports that will last a lifetime. We are very excited about this parent run program and look forward to getting to know you and your family.

The NSM After School Sports Program provides:

- ✓ Positive coaching
- ✓ Sport facilities
- ✓ Sport equipment
- ✓ Small School Intermediate League fees and representation
- ✓ Current sport offerings: Cross Country, Basketball and Soccer
- ✓ Future sport offerings: Volleyball and bowling

Program Committee

Bev Brock-Alexander, Director
Cindy Freshour, Co-Director and Head Cross Country Coach
Bridget Fain, Co-Cross Country Coach
Fred Garrett, Head Basketball Coach
Charlie Dreschler, Head Soccer Coach

This program is **not** funded by the PTA or the San Mateo-Foster City School District. We would like to see this program be offered free of charge, however because of budget cuts, this is impossible. Therefore, this program requires:

- ✓ Every family to pay a \$25.00 per athlete, per sport fee
- ✓ Every athlete and parent or guardian are expected to help with fundraising activities
- ✓ Every athlete and family to provide completed paperwork (forms, permission slips, etc.)
- ✓ Each family to be responsible for their own transportation
- ✓ Each family to provide the appropriate shoes and gear for their athlete

Athlete Name: _____ Sport(s) _____

Parent or Guardian Name: _____

Parent or Guardian Email Address: _____

Please Check One:

Enclosed is my check for \$25.00 and completed forms.

Enclosed is my check for \$25.00, plus an additional \$_____ to contribute to the program and completed forms.

We would like all students to have the opportunity to participate in After School Sports. If you would like to discuss other financial options, please contact Bev Brock-Alexander at (650) 218-5526 or email her at bevba@att.net.

Please make your check payable to North Shoreview Montessori. Donations beyond the program fee are tax deductible.

NSM After School Sports Program Parental Consent and Release to Participate

Extracurricular Activity _____

I recognize that my child's participation in extracurricular activities sponsored by the school is voluntary. In signing this consent to participate and waiver of responsibility, I recognize that participation in the after school sports and/or activity program can lead to injury. I hereby waive any and all claims against the San Mateo-Foster City School District for any injury or accident occurring during or by reason of my child's participation in such activities. I agree to indemnify and hold harmless the San Mateo-Foster City School District, its officers, agents, employees, and any volunteers from and against all injuries and damages including legal expenses and attorney fees of whatever nature arising out of participation in these activities except those accidents caused by the negligence of the District as established in a court of law.

Students Name _____

Father/Guardian Name _____

Home Phone _____ Work/Cell Phone _____

Mother/Guardian Name _____

Home Phone _____ Work/Cell Phone _____

Address _____ ZIP _____

Email address _____

Signature of Parent/ Guardian _____ Date _____

If the student has any medical conditions or takes any medications, please list below:

NSM After School Sports Program Student Athlete Responsibility Contract

In order to participate in the NSM After-School Sports Program, a student must meet and maintain the following criteria throughout the duration of the activity:

1. A signed Parental Consent and Release to Participate
2. At least a 3 on academic reporting (District Standard)
3. Appropriate and becoming conduct as defined in the school handbook, the athletic program and district guidelines.

Any student athlete who chooses not to abide by these guidelines will forfeit their athletic eligibility on a weekly basis.

These guidelines are basic expectations that all SMFC students are required to follow. However, student athletes are expected to do more. They are expected to rise above and beyond in many expectations due to their special place in representing the students, school, and community of their school.

Participation in student athletics is a privilege, which comes with the added responsibility of many hours of commitment to team meetings, practices, and games. This commitments is second however to the academic component of the student athlete. Academics must be maintained at all times, and student athletes should strive to rise above the average in the classroom as well as on the playing field.

Removal from the activity may occur for one or more of the following reasons:

1. Disciplinary issues in the educational setting
2. Behavioral issues within the educational or athletic setting.
3. Failure to meet academic standards as defined above.
4. Failure to complete team requirements (including defiant behavior, poor sportsmanship, breaking of team or league rules),
5. Active participation in athletics when having a medical excuse from P.E.
6. Any participation in athletics on a day when absent from school.

As a student-athlete and representative of my school, I understand and accept the guidelines and will abide by them to the best of my abilities at all times. I understand that if at any point during the activity I choose not to follow these guidelines that I may be dismissed from the activity.

Student-Athlete Name _____

Signature _____ Date _____

Parent/ Guardian Signature _____ Date _____

San Mateo - Foster City School District Code of Conduct for Student-Athletes and Parents

As a student athlete or concerned parent involved with Middle School Athletics, it is our duty to emphasize the ideals of sportsmanship, ethical conduct, and fair play. Athletes and parents are expected to respect the integrity and judgment of officials and coaches, and common courtesy to visiting guests and visiting players. Parents and student-athletes should always remember that they are an extension of and representative of their respective middle school at all times, and should conduct themselves with class and poise when visiting other sites as well.

The following guidelines should serve as a code of established behavior for student-athletes and parents.

1. I will treat the coach, teammates, opposing players and coaches, officials, parents, and administrators with respect and dignity.
2. I will carry myself with poise and use only positive language.
3. I will follow all school rules and policies as defined by school regulations in the school handbook, and I understand that participation in school Athletics is an extension of school and my education.
4. I will pledge allegiance to the team and the coach who is the instructional authority for my team. I will actively discourage fans, students, or parents from undermining the coach's authority.
5. I will support the team by attending all scheduled practices and games unless unforeseen circumstances arise. In the event I cannot make a practice or game, I will communicate with the coach to inform her/him of the situation
6. I will actively work to openly communicate with my teammates or coach in the event of a problem related to the team. I will work with everyone involved to resolve the situation.
7. I will strive to maintain or raise my grades and behavior, while realizing that school work and education take priority over athletics. I will not allow my grades to decline at the expense of practice or game time. I will complete all grade checks as requested by the athletic program and maintain my academic focus.

Your signature signifies your willingness to respect, emphasize, and abide by this code of conduct.

Student-Athlete Name _____

Signature _____ Date _____

Parent/Guardian Signature _____ Date _____