



NORTH SHORVIEW AFTER SCHOOL SPORTS PROGRAM

Dear Parents,

North Shoreview Montessori has joined the Small School Intermediate League whose focus is on the developmental needs of students in these crucial years, when so many students quit sports. Above all, the program strives to balance:

- * Traditional and nontraditional sports
- * Competition and teamwork
- * Skill building and skill use

In keeping with our commitment to inclusion and participation of competitive sports, North Shoreview Montessori Sports Program is open to any student who wants and commits to playing. We have no tryouts. This program is open to students who are in fifth through eighth grades. Fourth grade students may participate for the purposes of training and exposure only (they cannot play in an actual games).

PLEASE NOTE:

- ✓ Parents are responsible for transportation to and from games.
- ✓ Game locations will be local to San Mateo County.
- ✓ Athletes are responsible to have a clean uniform at all competitive games.
- ✓ Athletes may not be involved in North Shoreview After School Sports Program activities until they have returned this form.
- ✓ Athletes missing PE due to illness or injury may not be permitted to play or practice on that day.
- ✓ Athletes and parents representing North Shoreview Montessori are expected to represent the school in a manner that reflects a positive attitude about sports and our community.
- ✓ Athletes may NOT be behind in their studies and are required to show their "Signed Off" planner at least one week prior to games, meets or tournaments to Ms. Cindy Freshour.
- ✓ Athletes will always be able to practice but will not be allowed to participate in games, meets or until they are caught up on their work and this work is "Signed Off."

Please select the sport(s) of interest by checking the appropriate box(s):

- Cross Country (Fall)
- Volleyball (Girls only) (Fall)
- Flag Football (Fall)
- Basketball (Winter)
- Soccer (Spring)
- Bowling, Golf and Swimming (Typically these are one day events in the Spring)

COST: \$35.00 per sport

Please contact Bev Brock-Alexander at either bevba@att.net or 650-218-5526 for questions or assistance.

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 _____