

- I understand that as a student athlete my participation in athletics cannot come at the expense of my academics. I understand that I must maintain an overall C average (2.5 GPA). I understand that if I earn a D or an F in any subject or if my average drops one full letter grade (from a B to a C), I may be removed from the team indefinitely or until I improve.
- I understand that my first priority is academics. I understand that I am responsible for any work done that I missed due to participation in sports activities.
- I understand that being in school is a pre-requisite for me to participate in sports. I understand that if I am absent for more than half of my classes on the day (for any reason) of a sporting event (practice or game), I will not be allowed to participate that day.
- I understand that by being a student athlete, it is my responsibility and not the responsibility of YHS, the Athletic Director or my coach to arrange for transportation to any practice or games, which are in Boca.
- I understand that as a student athlete I have a responsibility and commitment to others, including my teammates and my coach. I understand that if I am unable to attend a practice or game I must contact the coach either by phone or email and notify him/her that I will absent or late.
- I understand that the Jewish values which I adhere to in school apply outside of the classroom. I understand that at all YHS sporting events, I will dress in a way, which is in accordance with Orthodox Jewish values. (e.g. Boys wear kippot and girls dressing modestly).
- I understand that I represent my school and must thus conduct myself in the appropriate manner. (e.g. Good sportsmanship and proper speech).
- I understand that YHS has lent me a uniform to use for this season. I understand that I must return all articles of my uniform issued to me by YHS or I will not receive my report card, final transcript or diploma at the end of the year.
- I understand that being selected and committing to a sports team does not guarantee
 me any amount of playing time and that I will put forth as much effort regardless of
 my playing time.
- I understand that failure to comply with this contract can and will result in probation or removal from the athletic team.

I,	have read and understand the
(Please print your name)	
above contract and agree to abide them.	
(Student's Signature)	(Date)
(Parent's Signature)	(Date)



Preparticipation Physical Evaluation (Page 1 of 2)



Revised 3/08

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.

dent's Name:				Sex:	Age:	Date of Birth:	/
nool:		Grade in		School:	ec.	Sport(s):	
rent/Guardian:							
rsontoContactinCaseofEmergency:							
lationshipto Student: Hom	e Phone N	lumber: ()	Wor	k Phone Nun	nber: ()	
sonal/FamilyPhysician:		City/State:			Officer	'hone:()	
art 2. Medical History (to be completed by studen	t or parei	nt). Explain "	yes" answers bel	low. Circle	questions y	ou don't know answei	rs to.
	Yes	No					Yes N
1. Have you had a medical illness or injury since your last check up or sports physical?	· =		Have you ever bec		· ·	the heat? breathing during or after	
Do you have an ongoing chronic illness?			activity?	i, wheeze, or	nave trouble	oreasing using or area	
Have you ever been hospitalized overnight?		28.	Do you have asthr	na?			
Have you ever had surgery?		29.	Do you have seaso	onal allergies	that require m	edical treatment?	
Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler?		30.	Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing				
Have you ever taken any supplements or vitamins to help you gain or			aid)?	t roll, loot oft	notics, retaine	r on your teetn, nearing	
lose weight or improve your performance?			Have you had any	problems wit	h your eyes o	r vision?	
Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?		32.	Do you wear glass	ses, contacts,	or protective e	eyewear?	
Have you ever had a rash or hives develop during or after exercise?		33.	Have you ever had	d a sprain, stra	in, or swellin	g after injury?	
Have you ever passed out during or after exercise?		34.	Have you broken	or fractured a	ny bones or di	slocated any joints?	
Have you ever been dizzy during or after exercise?		35.	Have you had any	other problem	ns with pain o	or swelling in muscles,	
Have you ever had chest pain during or after exercise?			tendons, bones, or	-			
Do you get tired more quickly than your friends do during exercise?			If yes, check appro		-		
Have you ever had racing of your heart or skipped heartbeats?			Head Neck	Elbow Forearm	Thigh	Iip	
Have you had high blood pressure or high cholesterol?			Back Chest	Wrist Hand	Knee Shin/C		
Have you ever been told you have a heart murmur?	=		Shoulder Upper Arm	Finger Foot	Ankle		
Has any family member or relative died of heart problems or sudden		36.	Do you want to we	eigh more or	less than you	do now?	
death before age 50?		37.		ht regularly to	meet weight	requirements for your	
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?		38.	sport? Do you feel stresse	ed out?			
Has a physician ever denied or restricted your participation in sports for any heart problems?		39.	Record the dates of	of your most r	ecent immuni	zations (shots) for:	
Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?			Tetanus:				
Have you ever had a head injury or concussion?			Hepatitus B:		Chickenpox	:	
Have you ever been knocked out, become unconscious, or lost your memory?			WALES ONLY (op When was your fir	,	period?		
Have you ever had a seizure?		41.	When was your m	ost recent me	nstrual period	?	
Do you have frequent or severe headaches?		42.	How much time d	o you usually	have from the	e start of one period to	
Have you ever had numbness or tingling in your arms, hands, legs, or			the start of another	r?		<u> </u>	
feet?		43.		-	-	ear?	
Have you ever had a stinger, burner, or pinched nerve?		44.	What was the long	gest time betw	reen periods in	the last year?	
olain"Yes"answershere:							





Preparticipation Physical Evaluation (Page 2 of 2)

Revised 3/08

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 below.

Part 3. Student's N	Physical Examina	ation (to be con	npleted by licensed physician, licen	ised osteopat	thic physic	ian, licensed chiropractic physicia	an, licensed physician assistant o	rcertified advanced i DateofBirth:			
Height:			% Body Fat(optional)	:		Pulse:	Blood Pressure:	Datcolbiliii / (/		
_	nity: Right 20/						Unequal		;		
FINDING	S	NORMA	AL			ABNORMAL FINDI				INIT	TIALS*
MEDICAI											
1. A	appearance		_								
2. E	Eyes/Ears/Nose/Throat		_								
3. L	ymph Nodes										
4. H	Ieart										
5. P	ulses										
6. L	ungs		_								
7. A	Abdomen										
8. (Genitalia (males only)										
9. S	kin										
MUSCUL	OSKELETAL										
10. N	leck										
11. E	Back									-	
12. S	houlder/Arm		_								
	lbow/Forearm		_								
14. V	Vrist/Hand										
15. F	Iip/Thigh										
16. K	Inee									-	
17. L	.eg/Ankle										
18. F	oot									_	
* – station	-based examination only	,									
ASSESSN	IENT OF EXAMINING	G PHYSICIA	AN/PHYSICIAN ASSI	STANT/	'NURS	E PRACTITIONER					
I hereby ce	ertify that each examinat	ion listed abo	ve was performed by m	yself or a	ın indiv	idual under my direct s	supervision with the fol	llowing conclu	sion(s	s):	
Clear	ed without limitation.										
Not c	leared for:						Reason:				
Clea	red after completing ev	aluation/reha	bilitation for:								
Refe	rred to						For:				
Recommen	dations:										
	hysician/Physician Assis								_ Da	ate:	
Address:											
Ciamatuma	of Dhygiaian/Dhygiaian A	agistont/Num	a Dragtition or								
	of Physician/Physician A										
ASSESSN	IENT OF PHYSICIAN	TO WHOM	REFERRED (if appli	cable)							
I hereby ce	ertify that the examinatio	n(s) for which	h referred was/were per	formed b	y myse	lf or an individual unde	er my direct supervision	n with the follo	wing	conclu	sion(s):
Clear	ed without limitation.										
	leared for:						Reason:				
	ed after completing eva		litation for:								
Recomme	ndations:										
	hysician (print or type):										
Address:											
g: .	CDI ::										
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.



Revised 06/10

Consent and Release from Liability Certificate (Page 1 of 2)

This completed form must be kept on file by the school

Part 1. Student Acknowledgement and Release (to be signed by student at the bottom)

I have read the (condensed) FHSAA Eligibility Rules printed on the reverse side of this "Consent and Release Certificate" and know of no reason why I am not eligible to represent my school in interscholastic athletic competition. If accepted as a representative, I agree to follow the rules of my school and FHSAA and to abide by their decisions. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, including the potential for a concussion, and even death, is possible in such participation, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved. Should I be 18 years of age or older, or should I be emancipated from my parent(s)/ guardian(s), I hereby release and hold harmless my school, the schools against which it competes, the school district, the contest officials and FHSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against FHSAA because of any accident or mishap involving my athletic participation. I hereby authorize the use or disclosure of my individually identifiable health information should treatment for illness or injury become necessary. I hereby grant to FHSAA the right to review all records relevant to my athletic eligibility including, but not limited to, my records relating to enrollment and attendance, academic standing, age, discipline, finances, residence and physical fitness. I hereby grant the released parties the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation. The released parties, however, are under no obligation to exercise said rights herein. I understand that the authorizations and rights gr

Part 2. Parental/Guardian Consent, Acknowledgement and Release (to be completed and signed by a parent(s)/guardian(s) at the bottom; where divorced or separated, parent/guardian with legal custody must sign.)

A. I hereby give consent for my child/ward to participate in any FHSAA recognized or sanctioned sport except for the following sport(s):

List sport(s) exceptions here

- B. I understand that participation may necessitate an early dismissal from classes.
- C. I know of, and acknowledge that my child/ward knows of, the risks involved in interscholastic athletic participation, understand that serious injury, and even death, is possible in such participation and choose to accept any and all responsibility for his/her safety and welfare while participating in athletics. With full understanding of the risks involved, I release and hold harmless my child's/ward's school, the schools against which it competes, the school district, the contest officials and FHSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against the FHSAA because of any accident or mishap involving the athletic participation of my child/ward. I authorize emergency medical treatment for my child/ward should the need arise for such treatment while my child/ward is under the supervision of the school. I further hereby authorize the use or disclosure of my child's/ward's individually identifiable health information should treatment for illness or injury become necessary. I consent to the disclosure, by my child's/ward's school, to the FHSAA, upon its request, of all records relevant to his/her athletic eligibility including, but not limited to, his/her records relating to enrollment and attendance, academic standing, age, discipline, finances, residence and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation. The released parties, however, are under no obligation to exercise said rights herein.

READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF MY CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS AND FHSAA USES REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOUARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM MY CHILD'S/WARD'S SCHOOL, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS AND FHSAA IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND MY CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS AND FHSAA HAS THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.

D. I agree that in the event we/I pursue litigation seeking injunctive relief or other legal action impacting my child (individually) or my child's team participation in FHSAA state series contests, such action shall be filed in the Alachua County, Florida, Circuit Court.

E. I understand that the authorizations and rights granted herein are voluntary and that I may revoke any or all of them at any time by submitting said revocation in writing to my school. By doing so, however, I understand that my child/ward will no longer be eligible for participation in interscholastic athletics.

F. Please check the appropriate box(es):

- My child/ward is covered under our family health insurance plan, which has limits of not less than \$25,000.
- Company: Policy Number:
- My child/ward is covered by his/her school's activities medical base insurance plan.
- I have purchased supplemental football insurance through my child's/ward's school.

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t/g
ua
rdi
an
sig
na
tu
re i
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Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date
I HAVE READ THIS	CAREFULLY AND KNOW IT CONTAINS A RELEA	ASE (student must sign)
		/ /
Name of Student (printed)	Signature of Student	Date

Revised 06/10



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.





Created 06/12

Consent and Release from Liability Certificate for Concussion and Heat-Related Illness (Page 1 of 2)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

Concussion Information

What is a concussion?

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You can't see a concussion, and more than 90% of all 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. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared by a medical doctor.

What are the signs and symptoms of concussion?

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10-14 days or longer for symptoms to resolve and, in rare cases or if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include: (not all-inclusive)

- · Vacant stare or seeing stars
- · Lack of awareness of surroundings
- Emotions out of proportion to circumstances (inappropriate crying or anger)
- · Headache or persistent headache, nausea, vomiting
- Altered vision
- · Sensitivity to light or noise
- · Delayed verbal and motor responses
- · Disorientation, slurred or incoherent speech
- Dizziness, including light-headedness, vertigo(spinning) or loss of equilibrium (being off balance or swimming sensation)
- Decreased coordination, reaction time
- · Confusion and inability to focus attention
- Memory loss Sudden change in academic performance or drop in grades
- · Irritability, depression, anxiety, sleep disturbances, easy fatigability
- · In rare cases, loss of consciousness

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

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved and the brain has had a chance to heal are at risk for prolonged concussion symptoms, permanent disability and even death (called "Second Impact Syndrome" where the brain swells uncontrollably). There is also evidence that multiple concussions can lead to long-term symptoms, including early dementia.

What do I do if I suspect my child has suffered a concussion?

Any athlete suspected of suffering a concussion should be removed from the activity 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 written medical clearance from an appropriate health-care professional (AHCP). In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes), or a licensed physicians assistant under the direct supervision of a MD/DO (as per Chapters 458 and 459, Florida Statutes). Close observation of the athlete should continue for several hours. You should also seek medical care and inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than to have your life changed forever. When in doubt, sit them out.

When can my child return to play or practice?

Following physician evaluation, the *return to activity process* requires the athlete to be completely symptom free, after which time they would complete a step-wise protocol under the supervision of a licensed athletic trainer, coach or medical professional and then, receive written medical clearance of an AHCP.

For current and up-to-date information on concussions, visit http://www.cdc.gov/concussioninyouthsports/ or http://www.seeingstarsfoundation.org

Statement of Student Athlete Responsibility

I accept responsibility for reporting all injuries and illnesses to my parents, team doctor, athletic trainer, or coaches associated with my sport including any signs and symptoms of CONCUSSION. I have read and understand the above information on concussion. I will inform the supervising coach, athletic trainer or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers of participation for myself and that of my child/ward.

Name of Student-Athlete (printed)	Signature of Student-Athlete	Date / /				
Name of Parent/Guardian (printed)	Signature of Parent/Guardian					





Created 06/12

Consent and Release from Liability Certificate for Concussion and Heat-Related Illness (Page 2 of 2)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the most recent signature.

FHSAA Heat-Related Illnesses Information

People suffer heat-related illness when their bodies cannot properly cool themselves by sweating. Sweating is the body's natural air conditioning, but when a person's body temperature rises rapidly, sweating just isn't enough. Heat-related illnesses can be serious and life threatening. Very high body temperatures may damage the brain or other vital organs, and can cause disability and even death. Heat-related illnesses and deaths are preventable.

Heat Stroke is the most serious heat-related illness. It happens when the body's temperature rises quickly and the body cannot cool down. Heat Stroke can cause permanent disability and death.

Heat Exhaustion is a milder type of heat-related illness. It usually develops after a number of days in high temperature weather and not drinking enough fluids.

Heat Cramps usually affect people who sweat a lot during demanding activity. Sweating reduces the body's salt and moisture and can cause painful cramps, usually in the abdomen, arms, or legs. Heat cramps may also be a symptom of heat exhaustion.

Who's at Risk?

Those at highest risk include the elderly, the very young, people with mental illness and people with chronic diseases. However, even young and healthy individuals can succumb to heat if they participate in demanding physical activities during hot weather. Other conditions that can increase your risk for heat-related illness include obesity, fever, dehydration, poor circulation, sunburn, and prescription drug or alcohol use.

By signing this agreement, the undersigned acknowledges that the information on page 1 and page 2 have been read and understood.

Name of Student-Athlete (printed)	Signature of Student-Athlete	Date	/	/		
Name of Parent/Guardian (printed)	Signature of Parent/Guardian	Date	/	/		