

SS. Felicitas & Perpetua School  
2955 Huntington Drive  
San Marino, CA 91108

## 2019-2020 Sports Application

### **CROSS COUNTRY**

#### **The team is open to 3rd thru 8th Grade Students**

- Cross Country uniforms will be the same as the Track Team Uniform.
- A \$75 fee is required if you order a uniform.
- A \$40 fee is required if you have a Track & Field Uniform.
  
- Practice location will be at Lacy Park. Practice attire is athletically appropriate attire.
  
- Practices will be on days to be determined.
  
- It will be mandatory that athletes attend one practice each week. Students may participate in Cross Country and another **SSFP school event** (ex: Football, Volleyball, Theater Club) as long as they adhere to this request.
  
- Applications are due on or before **Wednesday, August 21st**. NO LATE APPLICATIONS WILL BE ACCEPTED!!! Please return to the school office.
  
- All parents are required to have their Automobile Insurance Coverage Information on file in case you are asked to transport children to and from practices or meets.

Any questions, please contact Mrs. Early  
626-796-8223 ext. 115 or [annettee@ssfp.org](mailto:annettee@ssfp.org)

# Saints Felicitas and Perpetua School

## C.Y.O. APPLICATION FORM

Name \_\_\_\_\_ Grade \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

Shirt Size: Please circle: Youth Sizes M L Adult Sizes S M L XL

Short Size Please circle: Youth Sizes M L Adult Sizes S M L XL

Sport: Cross Country

In order to qualify to participate in the after school sports program you must fill out the form completely. In signing this document, the parent(s) or guardian(s) agree to pay the non-refundable sports fee whether your child "drops" from the team or not. This fee is to be turned in with the sports application by the due date. If during the season, your child does decide to drop from the team, the athletic director must be notified in writing to keep all rosters current.

I give my child \_\_\_\_\_ permission to be part of the after school sports program and agree to pay the sports fee in signing this document.

We have read the attached sports contract and agree to abide by it and follow its rules. If I am not able to follow the rules, I understand that there may be consequences.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*As a parent I will support the team by at least one of the following:*

\_\_\_\_\_ Drive my child and others if needed to meets. Only drivers who have their insurance forms on file in the office will be allowed to drive.

\_\_\_\_\_ Providing beverages/snacks for meets. Details to follow.

\_\_\_\_\_ Team Parent \_\_\_\_\_

### **Academic Policy**

A student must maintain a 2.0 GPA in addition to a minimum of a C- in each subject including conduct and effort. Any student who does not maintain these requirements will not be allowed to participate in the given sport at the time.

**Saints Felicitas and Perpetua School**

**EMERGENCY/MEDICAL CONSENT FORM**

I hereby give my consent for my son/daughter \_\_\_\_\_ to participate in any or all of the after-school Sports Program activities at Saints Felicitas and Perpetua School through June 2020.

I hereby give the representatives of the after-school Sports Program permission to obtain medical treatment and services for my son/daughter if, in the judgment of such representative, any medical treatment or services are necessary or desirable. I also hereby give permission to the physician or hospital selected by such representative to render all medical treatment as may be necessary or appropriate in the opinion of the physician or hospital.

I agree that, in the event my son/daughter is injured as a result of his/her participation in any activity of the after-school Sports program, including transportation to and from any such activity, payment and any and all hospital, dental and medical or related costs and expenses will be my obligation and that of my insurance carrier.

My son/daughter and I agree that we will not hold Saints Felicitas and Perpetua School or the after-school Sports Program or any of their representatives responsible for any injuries sustained or the payment of any such expenses related thereto.

While certainly not anticipated, should my son/daughter become a disciplinary problem during any after-school Sports Program activity, it is understood and agreed that I will be called and that I will come and pick him/her up at the after-school Sports Program activity.

If I am unable to pick up my son/daughter on time, they will be sent to the Extended Daycare Program and I will be financially responsible for such action as deemed necessary by the after-school Sports Program representative.

Signature of Parent (Legal Guardian): \_\_\_\_\_ Date: \_\_\_\_\_

Home Phone No.: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

***This consent will be valid and effective from the date signed by me.***

***If I cannot be reached in case of emergency, please notify:***

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Telephone No.: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone No.: \_\_\_\_\_

Physician's Address: \_\_\_\_\_

Date of last Tetanus Shot: \_\_\_\_\_

Insurance Co.: \_\_\_\_\_ Policy #: \_\_\_\_\_

Any special medical problems (asthma, allergies, medications, etc.): \_\_\_\_\_

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***Please notify the office immediately if any of the above information changes during the school year.***

# **SAINTS FELICITAS AND PERPETUA SCHOOL**

## **SPORTS CONTRACT**

Revised 2016

*“I will not cheat, nor will I play for keeps. I will treat my opponent with courtesy. If I play in a group game, I will play not for my own glory, but for the success of my team and for the fun of the game” - Anonymous*

### **GOALS**

The goal of the after-school Sports Program is to assist the moral and physical development of each student-athlete through athletic skill development and experience obtained through participation. Each athlete, provided they have met the necessary requirements, will participate in each game, whether it is during regulation play or friendship games.

### **ACADEMIC REQUIREMENTS**

A student must maintain a 2.0 GPA in addition to a minimum of a C- in each subject including conduct and effort. Any student who does not maintain these requirements will not be allowed to participate in the given sport at the time.

### **PRACTICE AND GAMES**

Student athletes are expected to attend all practices. If a practice must be missed, the parent must notify the coach. If the student athlete misses more than 3 unexcused practices, the coach has the right to dismiss the student from the team. If a student misses a practice right before a game, the coach has the right to not allow that student to participate in the game. Conditioning is a large part to being a good athlete; it is not a punishment but assistance in helping you grow as an athlete. No practice or games will be held on campus on Tuesdays due to the parish Religious Education classes.

If a student is absent from school for illness or personal reasons, they are not permitted to take part in that day's game.

Students are expected to follow all school rules during practices and games. Good sportsmanship and exemplifying our school values is expected from all athletes at all times. Respect will be shown to all coaches, team mates, scorekeepers and other athletes at all times.

Student athletes are required to be picked-up by the end of practice and games. Those students not picked up will be placed in after school Daycare and you will be charged the appropriate fee. If the student athlete is at an away game, they will be brought back to the school. No student is permitted to wait at the school alone for their parent. Students must wait with their coach until their parent arrives, you cannot wait on Palomar or Huntington Drive.

### **SIBLINGS**

Parents are responsible for arranging rides home for siblings during practices and games. Any sibling wishing to stay for the game must be supervised by their parent. If a sibling is not with their parent, they will be signed into after-school Daycare and charged the appropriate drop-in fee. If you are driving to a game, please be sure you are able to leave on time with all of your children.

## **CALENDAR**

Schedules will be distributed by the coach to the players as soon as it is available. Changes are inevitable, please always check the week-at-a-glance or website for schedule changes or check with the coach or athletic director. There is also a schedule posted in the school hallway that your child may view.

## **SPECTATOR RESPONSIBILITIES**

Spectators are to abide by the school rules and be role models to the student athletes. They are to remain in their designated area. They should only verbalize support and show their appreciation for all athletes and coaches. Language should always be appropriate. Please treat coaches and officials with respect and allow them to do their jobs. Appropriate consequences for the spectator may result from not following these guidelines. These guidelines are set forth by the C.Y.O.

In order for any student to attend the game as a spectator, the parent/guardian must have given written permission for a specific parent to be responsible for your child after school. This signed, written permission must be turned into the office no later than 9:00 am on the day of the game.

## **UNIFORMS AND PRACTICE CLOTHES**

All clothing worn will be modest and will follow the school rules. Athletic shorts, t-shirts, athletic shoes, and socks shall be worn for practices. No tank tops are allowed. Current year jerseys and P.E. shorts will be worn for all games. If jerseys are not here yet, please wear a previous year's uniform or your P.E. uniform. Football players are not allowed to wear shorts with pockets. Volleyball players must wear kneepads and football players must wear mouth-guards. Softball players must have their own glove.

Students are allowed to change for games during lunch only. Many games are a distance from school and we must arrive on time or risk forfeit, therefore students must change at lunch. Please be sure you have all your gear in the morning before you are dropped off. Students will change for practices in the downstairs school restrooms from 3:00-3:15 and will be supervised by the coaches. Once changed, please go directly to the lunch benches until the coach or parent drivers arrive.

## **LEAVING CAMPUS**

No student athlete is ever permitted to leave campus in between or after practices and games for any reason. If a student is caught doing so, they will lose their eligibility as a team member. No exceptions.

*All students and parents must sign the C.Y.O. Application Form that states they have read the above Sports Contract and will abide by it. Please keep this contract for your reference.*

**CITY OF SAN MARINO**  
**RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE**

I, \_\_\_\_\_ fully understand that my participation in the SS. Felicitas and Perpetua Cross Country Team (hereinafter "event") exposes me to the risk of personal injury, death or property damage. I hereby acknowledge that I am voluntarily participating in this event and agree to assure any such risks.

I hereby release, discharge and agree not to sue SS. Felicitas and Perpetua School and the City of San Marino for any injury, death or damage to or loss of personal property arising out of, or in connection with, my participation in the event/class from whatever cause, including the active or passive negligence of SS. Felicitas and Perpetua School and the City of San Marino or any other participants in the event/class.

In consideration for being permitted to participate in the event/class, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless SS. Felicitas and Perpetua School and the City of San Marino from any and all claims, demands actions or suits arising out of or in connection with my participation in the event/class.

I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT ON MY OWN FREE WILL.

Date: \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature





# Saints Felicitas & Perpetua School

2955 Huntington Drive ♦ San Marino, CA 91108 ♦ (626) 796-8223

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## SS FELICITAS AND PERPETUA ATHLETICS CONCUSSION FACT SHEET FOR PARENTS

### SS. Felicitas and Perpetua Athletics Concussion Policy:

Any player showing signs or symptoms characteristic with concussion will be removed from participation/competition. If an athlete has been removed from athletic activity due to a suspected concussion, the athletic department shall notify a parent or guardian of that athlete of the time and date of the injury, the symptoms observed, and any treatment provided to that athlete for the injury.

The athlete will not be allowed to return to participate in any activity (practice, competition, etc.) until he/she has a full and unconditional medical clearance from a licensed health provider or physician who is trained in the evaluation and management of concussions and is acting within the scope of his or her practice.

The clearance must be on the physician's letterhead and include his/her original signature and display the office location. It is important to note that conditional clearance will **NOT** be accepted.

If the licensed health care provider determines that the athlete sustained a concussion or other head injury, that athlete shall also complete a graduated return-to-play protocol of no less than seven days in duration under the supervision of a licensed health care provider.

**By signing and returning this form to the athletic department, I acknowledge that I have reviewed the information contained within this document.**

Parent/Guardian Full Name (print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_