

Home of the



George A. Buljan Middle School
California Distinguished School

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Greg White, Principal
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AFTER SCHOOL ATHLETIC PARTICIPATION CLEARANCE FORM

<u>Student's Name</u>	<u>Cross Country</u> Activity	<u>Buljan middle</u> School Site
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I hereby give my son/daughter permission to try out, practice and participate in the Roseville City School District After School Athletic Program.

I recognize that these activities may require strenuous physical exertion. I believe that my child is physically able to participate without damage to his/her health, and I release the Roseville City School District of any liability arising from any such physical activities.

I understand, acknowledge, and agree that the Roseville City School District, its employees, officers, agents, or volunteers, shall not be liable for any injury suffered by my son/daughter which is incident to and/or associated with the preparing for and/or participating in this activity.

In case of accident or other emergency if a parent/guardian cannot be reached, I hereby authorize a representative of the school to make such arrangements as he/she considers necessary for my child to receive medical or hospital care, including transportation. Under such circumstances, I further authorize the physician named below to undertake such care and treatment of my child, as he/she considers necessary. In the event that said doctor is not available, I authorize such care and treatment to be performed by any licensed physician or surgeon. The undersigned hereby agrees to bear all costs incurred as a result of the foregoing.

SPECIAL INSURANCE NOTICE

California Education Code 32221 requires that any student of any "educational institution" who participates in any athletic event MUST BE INSURED FOR A MINIMUM OF \$1,500.00 covering the medical expenses of accidental injuries. Students are not allowed to participate in athletic events until adequate insurance is in force, which meets the requirements of this law.

The information you fill out on the reverse side indicates that your family coverage will meet the requirements of the law.

STUDENT'S NAME

_____ Last	_____ First	_____ Middle	_____ Birth Date	_____ Grade	_____ Sex
_____ Address (Street/P.O. Box)		_____ City	_____ Zip	_____ Home Phone	
_____ Father's Name		_____ Father's E-mail		_____ Work Phone	
_____ Mother's Name		_____ Mother's E-mail		_____ Work Phone	
_____ Name of Family Physician or Medical Advisor				_____ Phone	
_____ Name of Health Plan		_____ Group or Policy #		_____ Phone	

EMERGENCY CONTACTS – Persons who make act for parents when parents cannot be reached:

_____ Name/Address	_____ Phone
_____ Name/Address	_____ Phone

Medical Information:

****Does your child have any conditions/allergies/health problems,*** which could require emergency medical care? If so, please explain below:

****Is your child on any regular medication? If so, please list below:***

PLEASE NOTE THAT PARTICIPATION WILL NOT BE ALLOWED UNTIL ADEQUATE COVERAGE IS PROVIDED. IF YOUR INSURANCE CHANGES OR IS DISCONTINUED, IT IS YOUR RESPONSIBILITY TO NOTIFY THE SCHOOL IMMEDIATELY.

I give my permission for my son/daughter to use the school's sports transportation to and from any sports activity.

I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS FORM AND UNDERSTAND AND AGREE TO ITS TERMS:

_____ Parent/Legal Guardian Signature	_____ Date
_____ Student Signature	_____ Date



George A. Buljan Middle School Athletic Expectations

Code of Ethics for Athletics and Cheerleading

Participation in athletics/cheerleading activities, as in any co-curricular activity, is a privilege not a right. Any student-athlete who wishes to be a member of an athletic team/cheerleading squad must meet all requirements academically and must follow school rules and regulations. **Acts of disrespect or defiance** toward a coach, assistant coach, parent volunteer or parent supervisor, or other team members may result in temporary or **permanent suspension** from the athletic team or cheerleading squad.

- **Behavior displaying a failure to obey training rules, a continued lack of effort, a negative attitude or conduct detrimental to the welfare of the team/squad, insubordination, etc., are also grounds for dismissal.**
- Drinking, smoking or drug use are causes for immediate dismissal from the entire athletic program.
- The coach/supervisor may also exercise his/her judgment in recommending to the Assistant Principal that participation in a particular sport would be dangerous for an individual.
- An athlete/cheerleader who quits or is dismissed from one team is not allowed to try out for another sport/activity until the season of the first sport/activity is completed. If an athlete is cut from one of the teams, he/she may go out for another sport immediately.
- In order to maintain integrity, all members of a team are treated as integral parts of a cooperative venture with the same rules and regulations applying to all.
- Students who wish to participate in school-sponsored sports that have similar or overlapping seasons or a school-sponsored sport and cheerleading may do so only if the student can meet the commitment of consistent attendance at practices and games of both sports or cheerleading and the sport.
- Coaches and cheerleading advisors shall have the authority of determining if the student's request for dual participation will work and the ability to decide whether a situation that has been approved is to continue or if a change is necessary.
- In the event that issues arise which cannot be resolved between coaches, advisors, and/or parents, the principal shall make the final decision.

Athletics, Cheerleading Eligibility

In order to tryout or participate in any team sport students must meet the following requirements:

1. **No student may participate if they are below the passing standard in any two classes.**
2. A student must be academically eligible as of the most recent official grading period in order to participate in tryouts. Once selected, grade checks will be conducted at official grading period.
3. In order to participate, a student must not have more than one rarely behavior grade.
4. Any student assigned to A.L.C. is ineligible to participate in any and all extracurricular activities until the A.L.C. assignment is completed. Students involved in sports are not excused from detention because of a practice or an athletic event.

Parent/Student Handbook Acknowledgment Form

I have read and understand the expectations for participation in the athletics program at Buljan Middle School.

Student Signature

Parent/Guardian Signature

Runners Name: _____ Parent Name: _____ Parent EMAIL <i>Print Clearly please</i>): _____ Preferred phone contact: _____ <i>(Working email/phone required or student cannot participate)</i>

RULE 600: F.I.S.A.L. Participation Eligibility: A student/athlete may try-out and be on the roster for, but cannot compete in a scrimmage/game, practice, and/or attend a practice/game for “outside” team (Example: AAU, Club, Tournament teams, Rec. teams etc.) while attending practice or participating for their school in the same sport in the same season (playoffs are a part of the season) with the exception of Wrestling. Wrestlers may participate for both club and school. Athletes in both Cross Country and Track may have personal trainers and run unattached in 5K and 10K races but may not participate in organized Cross Country or Track and Field events. All athletes may attend trainings and/or clinics as long as they do not participate in a scrimmage or game during the trainings and clinics.

Penalties of Rule 600:

Individual:

For the first offense in any sport the student becomes immediately ineligible for participation for his/her middle school team for a number of contest equal to twice the number of times the rule is broken.

Any subsequent offense in any sport the student becomes immediately ineligible for one year from the second infraction in all sports.

Team:

Games in which a student participated on his/her middle school team after violation of Rule 600 shall be forfeited.

I understand, acknowledge and agree to abide by the above rule.

Parent/guardian signature: _____

Dear Parents:

Our distance runners put in a great deal of effort to improve throughout the season. As part of their training, they take long runs on pre-set off-campus routes. These make practices more enjoyable and give the runners opportunities to run on different terrain. Can't wait to see you at the meets!!!

I understand, acknowledge and agree to off campus running (cross country/track sports only)

Parent/guardian signature: _____

* We are asking for a \$40 donation per athlete/sport to help offset costs. The donation is not required for participation in any sport.

*Make checks payable to **RCSD** – Paper clip check or Cash to this paper.

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Buljan Cross Country Q & A
Reading this should answer most of your questions about cross country.

- Completed Blue Medical Form AND XC forms needs to be returned to coaches before you are allowed to practice.
- First practice is Monday
- Cross Country Q & A meeting in the multipurpos room
- Races are 1.5 miles, practices can go up to 5k (3 miles)
- All Runners run in the first meet However,
- Runners must be able to run 1.5 miles in 22 minutes or under to participate in additional meets*, they are still welcome to come to all practices until they have trained enough to meet this minimum requirement.
- Practice time 2:25-3:15pm at the OUTDOOR STAGE

- behind the school. (PE black-top area)
- Shoes made for running are required, Vans/Basketball type shoes can cause foot injuries.
 - Runners will get a jersey for races it **must be returned** at the end of season they can wear black PE shorts or any black short in the race and for practice.
 - "Meets" or races last from 3:30-5:45pm
 - Starting times are as follows, and you can take your runner home after their race but we would prefer they stay to cheer on their fellow team members in the other races.
 - 6/7th girls 4pm – 6/7th boys 4:25 – 8th girls 4:50pm – 8th boys 5:20**
 - Runners should always have their own water bottle even though we bring water to every meet and there are water fountains at every
 - On triple digit hot days or unhealthy air index (151-200) or Rainy days we will mainly practice indoors in the multi.
 - Hats are fine for sun protection and we recommend the kids put sunscreen on as well.
 - Runners can use electronic devices for practice but NOT during a race.
 - We need at parent volunteers for our home meet here at Buljan, please contact me if you can help! Mostly just making sure runners stay on the course and it would only be for the race at Buljan.
- Contact:** Coach Denney kdenney@rcsdk8.org
Coach Hall ahall@rcsdk8.org
- Cross Country Website:** <https://buljan.rcsdk8.org/cross-country>

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