

**Charlotte-Mecklenburg Schools
High School Student-Athlete Pre-Participation Form**

**** Please take the time, read through the questions, and answer to the best of your knowledge.****

PERSONAL INFORMATION

Name (First, MI, Last): _____ CMS Student ID # _____
 Gender: M F Date of Birth: _____ Age: _____ Home Phone: _____
 Parent(s) / Legal Guardian(s) Residing With: _____ Who has legal custody? _____
 Father's Name: _____ Phone (Work or Cellular): _____
 Mother's Name: _____ Phone (Work or Cellular): _____
 Street Address: _____ Apartment / Unit # _____
 City: _____ State: _____ Zip Code: _____

EMERGENCY CONTACT INFORMATION

Name (First, MI, Last): _____ Relationship: _____
 Street Address: _____ Apartment / Unit # _____
 City: _____ State: _____ Zip Code: _____
 Primary Phone: _____ Alternate Phone (Work or Cellular): _____
 Family Physician/Pediatrician: _____ Phone: _____
 Preferred Hospital: _____ Permission to Transport: Yes No

SPORT (*check all sports you are considering to participate in*)

FALL	WINTER	SPRING
<input type="checkbox"/> Football	<input type="checkbox"/> Men Basketball	<input type="checkbox"/> Baseball
<input type="checkbox"/> Men Cross-Country	<input type="checkbox"/> Women Basketball	<input type="checkbox"/> Softball
<input type="checkbox"/> Men Soccer	<input type="checkbox"/> Wrestling	<input type="checkbox"/> Men Track
<input type="checkbox"/> Cheerleading	<input type="checkbox"/> Cheerleading	<input type="checkbox"/> Women Track
<input type="checkbox"/> Women Tennis	<input type="checkbox"/> Men Swimming / Diving	<input type="checkbox"/> Women Soccer
<input type="checkbox"/> Women Cross-Country	<input type="checkbox"/> Women Swimming / Diving	<input type="checkbox"/> Men Golf
<input type="checkbox"/> Women Volleyball	<input type="checkbox"/> Men's Indoor Track	<input type="checkbox"/> Men Tennis
<input type="checkbox"/> Women Golf	<input type="checkbox"/> Women's Indoor Track	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

INSURANCE

School Board Policy (#5143) requires that all students who participate in athletics be adequately covered by medical or accident insurance. We certify that we have purchased and will maintain in full force and effect during student-athlete's participation in athletics the following insurance policy:

Check One: School Accident Insurance Personal Insurance Company

Name of Insurance Company _____ Policy Number _____ Group Number _____
 Insurance Phone for Authorization _____ Policy Holder _____

RELEASE

In consideration of CMS allowing the above-named individual to participate in athletics, we agree to release and hold CMS, its athletic coaches, and other employees free, harmless and indemnified from and against any and all claims, suits, or causes of action arising from or out of injury that the student-athlete may suffer from participation in athletics other than an injury from gross or willful negligence.

ASSUMPTION OF RISK

We acknowledge and understand that there is a risk of injury involved in athletic participation. We understand that the student-athlete will be under the supervision and the instructions of the coach in order to reduce the risk of injury to the student and other athletes. However, we acknowledge and understand that neither the coach nor CMS can eliminate the risk of injury in sports. Injuries may and do occur. *Sports injuries can be severe and in some cases may result in permanent disability or even death.* We freely, knowingly, and willfully accept and assume the risk of injury that might occur from participation in athletics.

PARENT / GUARDIAN SIGNATURE

Student-Athlete Signature: _____ Date: _____
 Parent/Guardian Signature: _____ Date: _____

Name (First, MI, Last): _____ CMS Student ID # _____
 Gender: M F Date of Birth: _____ Age: _____ Home Phone: _____

HIPPA / FERPA RELEASE

The above named student-athlete has opted his/her rights under the US Department of Health and Human Resources guidelines. By signing this release, the student-athlete allows sharing of medical information between the Sports Medicine Staff (team physicians and medical staff, athletic trainers, and student assistants), the CMS Athletics Staff (Athletic Director and Coaches), CMS Administration and his/her medical provider(s). In the event of an emergency situation, information may be shared with emergency medical personnel. Every reasonable effort will be made to protect this information. It is understood that once this medical information is disclosed, it is no longer protected under the HIPAA/FERPA guidelines.

MEDICAL HISTORY

*** Please take the time, read through the questions, and answer to the best of your knowledge.***

The following questions should be answered by the student-athlete with the assistance of a parent/guardian. Explain any "Yes" answers below. If additional space is needed, please attach to this form.

General Medical History YES NO

1. Does the athlete have a chronic illness or see a doctor regularly for any particular problem? YES NO
2. Has the athlete had surgery other than a tonsillectomy? YES NO
3. Has the athlete ever been hospitalized? YES NO
4. Does the athlete have sickle cell trait? YES NO
5. Does the athlete have history of seizures? YES NO
6. Does the athlete have only one of any paired organ (eyes, ears, kidneys, testicles, ovaries, etc.)? YES NO
7. Do you have any skin problems other than acne? YES NO
8. Has the athlete ever suffered a heat-related illness (heat exhaustion or heat stroke)? YES NO
9. Have you ever had a head injury, been knocked out, lost your memory, had your 'bell rung', or concussion? YES NO
10. Have you had mononucleosis or any significant illness in the last 60 days? YES NO
11. Do you wear glasses or contacts? YES NO
12. Does the athlete have trouble with hearing or wear hearing aid(s)? YES NO
13. Are you currently taking any medicines or do you take any medicines on a regular basis (prescription or over-the-counter)? YES NO
14. Have you ever taken any supplements or vitamins to help with weight loss/gain or improve performance? YES NO
15. Do you have any allergies (seasonal, insects, food, or medicines)? YES NO
16. Do you want to weigh more or less than you do now? YES NO
17. Do you lose weight regularly to meet weight requirements for you sport or other reasons? YES NO
18. Do you feel stressed out, tired, or depressed? YES NO
19. Have you ever been denied or restricted from participation in sports? YES NO
20. Are there any other issues you would like to discuss with a healthcare professional? YES NO

FEMALES ONLY

21. Are your periods regular (every month)? YES NO
22. Are your periods heavy? YES NO

Cardiovascular History YES NO

1. Do you cough, wheeze or have extreme trouble breathing with exercise? YES NO
2. Do you use an inhaler? YES NO
3. Ever passed out/nearly passed out during/ after exercise? YES NO
4. Ever been dizzy during or after exercise? YES NO
5. Ever had chest pain/discomfort during or after exercise? YES NO
6. Do you tire more easily or more quickly than your friends during exercise? YES NO
7. Ever had a racing of your heart or skipped heartbeats? YES NO
8. Ever been told you had a heart murmur? YES NO
9. Ever been told you have high blood pressure? YES NO
10. Has any member of your family:
 - Died of heart problems or sudden death before age 50? YES NO
 - Been told they had a serious heart problem before age 50? YES NO
 - Been told they had Marfan's syndrome? YES NO
 - Hypertrophic or dilated cardiomyopathy? YES NO
 - Heart rhythm abnormality? YES NO

Orthopedic History YES NO

1. Has the athlete ever broken or fractured any bones? YES NO
2. Has the athlete ever subluxed or dislocated any joint? YES NO
3. Have you ever had a stinger, burner, or pinched nerve? YES NO
4. Have you had any other problems related to your:
 - Neck, spine, or back? YES NO
 - Shoulders? YES NO
 - Elbows? YES NO
 - Wrists, hands, fingers? YES NO
 - Hips? YES NO
 - Knees? YES NO
 - Ankles, feet, or toes? YES NO
 - Other? YES NO

Please explain "Yes" answers in the space below. Please put date(s) of any injuries along with explanation: _____

CERTIFICATION / MEDICAL AUTHORIZATION

We certify that all of the information provided by us on this form is correct. We agree by the rules of the NCHSAA and CMS. We give our consent for the student-athlete to receive a medical screening prior to participation in athletics and **acknowledge that this is simply a screening evaluation and not suitable for regular health care**. If the student-athlete is injured while participating in athletics and CMS is unable to contact the parent, we grant CMS permission and the authority to obtain necessary medical care and/or treatment for the student's injury including first aid, CPR, medical or surgical treatment recommended by a physician and we accept the financial responsibility for such medical care or treatment.

PARENT / GUARDIAN SIGNATURE

Student-Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Name (First, MI, Last): _____ CMS Student ID # _____

PHYSICAL EXAMINATION: To be completed by a Physician, Physician's Assistant, or Nurse Practitioner ONLY

Height: _____ Weight: _____ Pulse: _____ Blood Pressure (sitting): (arm) _____ (leg) _____
 Vision: Right 20 / _____ Left 20 / _____ Corrected: Y N Body Fat% (opt.): _____ UA (opt.): _____

	Normal	Abnormal Findings	Initials
General Medical			
Appearance/Emotional Affect			
Head/Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart (standing/supine)			
Pulses (include femoral)			
Lungs			
Abdomen (include liver, spleen)			
Skin			
Neurologic (Balance, Coordination)			
Genitalia (males only)			
Orthopedic Record if any laxity, weakness, instability, decreased ROM			
Cervical/Spine			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			
Cardiologic (optional)			
EKG			
Echocardiogram			
Neurologic (optional)			
Baseline Neuropsychologic Testing			

CLEARANCE

I, the undersigned, certify that I have examined this student-athlete and find him/her medically:

Cleared

Deferred until: (e.g. Rehab, consultation, lab, referral, etc.) _____

May participate in the following sport(s) ONLY: (CHECK ALL THAT APPLY)

_____ Contact/Collision _____ Limited Contact _____ Non-Contact/Strenuous _____ Non-Contact/Non-Strenuous

Classification of Sports by Contact			
Contact/Collision	Limited Contact	Non-Contact	
		<i>Strenuous</i>	<i>Non-Strenuous</i>
Football	Baseball/Softball	Discus, Javelin, Shot Put	Golf
Wrestling	Basketball	Running/Cross Country	
Soccer	Cheerleading	Swimming	
	Diving	Tennis	
	High Jump, Pole Vault	Strength Training	
	Volleyball		

Please specify each condition requiring clearance before participating in a sport in the classification checked above:

Not cleared

Due to: _____

The following are considered disqualifying, but not limited to, until medical and parental releases are obtained: Atlantoaxial instability; Bleeding disorder; Hypertension; Dysrhythmia; Mitral valve prolapse; Acute infections; Obvious growth retardation; Diabetes mellitus; Jaundice; Severe visual or auditory impairment; Pulmonary insufficiency; Organ transplant recipient; Enlarged liver or spleen; Hernia; Musculoskeletal deformity associated with functional loss; History of convulsions or repeated concussions; Absence of one kidney, eye, testicle, ovary, etc.

Physician's Name: _____

Street Address: _____

City, State, Zip: _____

Telephone: _____

Signature: _____

Physician's/Provider's Stamp

MD PA NP

Date: _____

NAME:

Student ID #:

DRUGS/ALCOHOL

If an athlete is found in possession of, or under the influence of drugs or alcohol at school or at a school sponsored function, school board policy 5131.2 and 5141.5 will be in effect. An athlete will automatically be suspended from any athletic involvement for a minimum of 30 days.

NCHSAA REGULATIONS – STUDENT ATHLETE PLEDGE

As a student/athlete, I am a role model. Using inappropriate language; taunting; baiting or the use of unwarranted physical contact directed at opposing players, coaches and fans are contrary to the spirit of fair play and the good sportsmanship my school, my conference and the NCHSAA expects of its members. I accept responsibility to model good sportsmanship that comes with being a student athlete.

Student Initial: _____

PARENT PLEDGE

As a parent, I am a role model. I will remember that school athletics are an extension of the classroom, offering learning experiences for the students. I will show respect for the opposing players, coaches, spectators and support groups. I will appreciate in cheers that support and uplift the teams involved. Using inappropriate language and taunting are contrary to the spirit of fair play and the good sportsmanship our school, our conference and the NCHSAA expects of its members. I accept my responsibility to model good sportsmanship that comes with being the parent of a student athlete.

I certify that the home address as parents shown in this document is my sole bona fide residence and I will notify the school principal immediately of any change in residence, since such a move may alter the eligibility status of my student athlete. All other information contained in this form is accurate and current.

Parent / Guardian Initial: _____

NCHSAA SPORTSMANSHIP / EJECTION POLICY

We acknowledge that we, both the student and parent whose names appear below, have read and understand the NCHSAA Sportsmanship / Ejection Policy. We understand that the following types of behavior will result in an ejection from an athletic contest: fighting, taunting or baiting, profanity directed toward an official or an opponent, obscene gestures, disrespectfully addressing an official.

- 1st ejection **4 game suspension** in all sports except **two games** for football
- 2nd ejection Suspended for remainder of sport season
- 3rd ejection Suspended from all athletic competition for 365 days from date of third ejection.

I, the undersigned student and parent, have read this document and understand all of the expectations for athletic participation at Myers Park High School.

Student: _____ **Date:** _____

Parent: _____ **Date:** _____

NAME _____ STUDENT ID #: _____

Code of Sportsmanship: It is recommended that public school interscholastic athletic events should be conducted in such a manner that good sportsmanship prevails at all times. Every effort should be made to promote a climate of wholesome competition. Unsportsmanlike acts will not be tolerated. A player is under the coach's control from the time they arrive at the athletic field until they leave the field. The penalties listed in the NCHSAA Handbook will be adhered to for any athlete ejected from any athletic contest.

PROTECT YOUR ELIGIBILITY: KNOW THE RULES: TO REPRESENT YOUR SCHOOL IN ATHLETICS, YOU:

1. Must be a properly enrolled student at the time you participate, must be enrolled no later than the 15th day of the present semester and must be in regular attendance at that school.
2. Must have been in attendance for at least 85% of the previous semester at an approved school, with no more than 13.5 day of absence.
3. Must have not exceeded eight (8) consecutive semesters of attendance or have participated more than four (4) seasons in any sport since first entering the ninth (9th) grade.
4. Must be under 19 years of age on or before October 16.
5. Must live with your parents or legal custodian within the school administrative unit (exceptions must be approved by your principal and the NCHSAA). A student is eligible if he has attended school within that unit the previous two (2) semesters (if eligible in all other respects).
6. Must be present for a minimum of 50% of the student day of the day of any athletic contest in order to participate in the event.
7. Must have passed a minimum of five (5) of seven courses during the previous term in the seven period day schedule and maintain a 2.0 gpa per quarter
8. Must have passed a minimum of six (6) of eight (8) courses during the previous term in the four period day schedule.
9. Must have received a medical examination by a licensed physician within the past 365 days; if you miss five (5) or more days of practice due to illness or injury, you must receive a medical release before practicing or playing.
10. Must not accept prizes, merchandise, money or anything that can be exchanged for money as a result of athletic participation. This includes being on a free list or loan list for equipment.
11. Must not have signed a professional contract, have played on a junior college team or be enrolled and attending a class in college.
12. Must not participate in unsanctioned all star or bowl games.
13. May not play, practice or assemble as a team with your coach on Sunday.
14. May not, as an individual or a team, practice during the school day. (from first practice through conference tournament).
15. May not dress for a contest, sit on the bench or practice if you are not eligible to participate.
16. Must not play more than three (3) games in one sport per week (exceptions: baseball, softball and volleyball) and not more than one (1) contest per day in the same sport (exceptions: baseball, softball and volleyball.)
17. May attend only those summer camps to which you or your parents paid the fees.

I HAVE REVIEWED THE ELIGIBILITY RULES FOR THE NCHSAA AND CMS.

PARENT: _____ STUDENT ATHLETE: _____

Permission to Travel:

I give my student athlete permission to travel to athletic events sanctioned by CMS, the NCHSAA and Myers Park High. All travel will be on a CMS activity bus or approved charter bus. Parents may transport their own child to and from an event. This permission includes scheduled scrimmages, regular season and NCHSAA events. Under no circumstances will student athletes transport other student athletes to or from an event.

Parent / Guardian Signature / Date

Emergency Phone Contact