

Harrison School Sports Participation Packet

2018-2019

Harrison Public School
PO Box 7
120 Harrison Street
Harrison, MT 59735
(406) 685-3428

Activity Fee: \$25 per sport
*cap at \$50 per school year

WHAT MAKES A NIGHTMARE SPORTS PARENT – AND WHAT MAKES A GREAT ONE

By: Steve Henson 2/15/2012

Hundreds of college athletes were asked to think back: “What is your worst memory from playing youth and high school sports?” Their overwhelming response: “The ride home from games with my parents.”

The informal survey lasted three decades, initiated by two former longtime coaches who over time became staunch advocates for the player, for the adolescent, for the child. Bruce E. Brown and Rob Miller of Proactive Coaching LLS are devoted to helping adults avoid becoming a nightmare sports parent, speaking at colleges, high schools and youth leagues to more than a million athletes, coaches and parents in the last 12 years.

Those same college athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame. Their overwhelming response: “I love to watch you play.”

There it is, from the mouths of babes who grew up to become college and professional athletes. Whether your child is just beginning T-ball or is a travel-team soccer all-star or survived the cuts for the high school varsity, parents take heed.

The vast majority of dads and moms that make rides home from games miserable for their children do so inadvertently. They aren’t stereotypical horrendous sports parents, the ones who scream at referees, loudly second-guess coaches or berate their children. They are well-intentioned folks who can’t help but initiate conversation about the contest before the sweat has dried on their child’s uniform.

In the moments after the game, win or lose, kids desire distance. They make a rapid transition from athlete back to child. And they’d prefer if parents transitioned from spectator – or in many instances – from coach back to mom and dad ASAP.

Brown, a high school and youth coach near Seattle for more than 30 years, says his research shows young athletes especially enjoy having their grandparents watch them perform.

“Overall, grandparents are more content than parents to simply enjoy watching the child participate,” he says. “Kids recognize that, a grandparent is more likely to offer a smile and a hug and say “I love watching you play,” and leave it at that. Meanwhile a parent might blurt out...

“Why did you swing at that high pitch when we talked about laying off it?”

“Stay focused even when you are on the bench.”

“You didn’t hustle back to your position on defense.”

“You would have won if the ref would have called that obvious foul.”

“Your coach didn’t have the best team on the field when it mattered most.” And on and on

Sure, an element of truth might be evident in the remarks. But the young athlete doesn’t want to hear it immediately after the game. Not from a parent. Comments that undermine teammates, the coach or even officials run counter to everything the young player is taught. And instructional feedback was likely already mentioned by the coach.

“Let your child bring the game to you if they want to,” Brown says.

Brown and Miller, a longtime coach and college administrator, don’t consider themselves experts, but instead use their platform to convey parents what three generations of young athletes have told them.

"Everything we teach came from me asking players questions," Brown says. "When you have a trusting relationship with kids, you get honest answers. When you listen to young people speak from their heart, they offer a perspective that really resonates."

So what's the takeaway for parents?

"Sports is one of the few places in a child's life where a parent can say, 'This is your thing,'" Miller says. "Athletics is one of the best ways for young people to take risks and deal with failure because the consequences aren't fatal, they aren't permanent. We're talking about a game. So they usually don't want or need a parent to rescue them when something goes wrong."

"Once you, as a parent, are assured the team is a safe environment, release your child to the coach and to the game. That way all successes are theirs, all failures are theirs."

And discussion on the ride home can be about a song on the radio or where to stop for a bite to eat. By the time you pull into the driveway, the relationship ought to have transformation from keenly interested spectator and athlete back to parent and child:

"We loved watching you play...Now, how about that homework?"

FIVE SIGNS OF A NIGHTMARE SPORTS PARENT

Nearly 75 percent of kids who play organized sports quit by age 13. Some find that their skill level hits a plateau and the game is no longer fun. Others simply discover other interests. But too many promising young athletes turn away from sports because their parents become insufferable.

Even professional athletes can behave inappropriately when it comes to their children. David Beckham was recently ejected from a youth soccer field for questioning an official. New Orleans radio host Bobby Herbert, a former NFL quarterback, publicly dressed down LSU football coach Les Miles after Alabama defeated LSU in the BCS title game. Herbert was hardly unbiased: His son had recently lost his starting position at LSU.

Mom or dad, so loving and rational at home, can transform into an ogre at the game. A lot of kids internally reach the conclusion that if they quit the sport, maybe they'll get their dad or mom back. As a sports parent, this is what you don't want to become. This is what you want to avoid:

*Overemphasizing sports at the expense of sportsmanship: The best athletes keep their emotions in check and perform at an even keel, win or lose. Parents demonstrative in showing displeasure during a contest are sending the wrong message. Encouragement is crucial --- especially when things aren't going well on the field.

*Having different goals than you child: Brown and Miller suggest jotting down a list of what you want for your child during their sport season. Your son or daughter can do the same. Vastly different lists are a red flag. Kids generally want to have fun, enjoy time with their friends, improve their skills and win. Parents who write down "getting a scholarship" or "making the All-Star team" probably need to adjust their goals. "Athletes say their parents believe their role on the team is larger than what the athlete knows it to be," Miller says.

*Treating your child differently after a loss than a win: Almost all parents love their children the same regardless of the outcome of the game. Yet often their behavior conveys something else. "Many young athletes indicate that conversations with their parents after a game somehow make them feel as if their value as a person was tied to playing time or winning." Brown says.

*Undermining the coach: Young athletes need a single instructional voice during games. That voice has to be the coach. Kids who listen to their parents yelling instruction from the stands or even glancing at their parents for approval from the field are distracted and can't perform at a peak level. Second-guessing the coach on the ride home is just as insidious.

*Living your own athletic dream through your child: A sure sign is the parent taking credit when the child has done well. "We worked on that shot for weeks in the driveway," or "You did it just like I showed you." Another symptom is when the outcome of the game means more to a parent than to the child. If you as a parent are still depressed by a loss when the child is already off playing with friends, remind yourself that it's not your career and you have zero control over the outcome.

FIVE SIGNS OF AN IDEAL SPORTS PARENT

Let's hear it for the parents who do it right. In many respects, Brown and Miller say, it's easier to be an ideal sports parent than a nightmare. "It takes less effort," Miller says. "Sit back and enjoy." Here's what to do:

*Cheer everybody on the team, not just your child: Parents should attend as many games as possible and be supportive, yet allow young athletes to find their own solutions. Don't feel the need to come to their rescue at every crisis. Continue to make positive comments even when the team is struggling.

*Model appropriate behavior: Contrary to the old saying, children do as you do, not as you say. When a parent projects poise, control and confidence, the young athlete is likely to do the same. And when a parent doesn't dwell on a tough loss, the young athlete will be enormously appreciative.

*Know what is suitable to discuss with the coach: The mental and physical treatment of your child is absolutely appropriate. So is seeking advice on ways to help your child improve. And if you are concerned about your child's behavior in the team setting, bring that up with the coach. Taboo topics: Playing time, team strategy, and discussing team members other than your child.

*Know your role: Everyone at the game is either a player, a coach, an official or a spectator. "It's wise to choose only one of those roles at a time," Brown says. "Some adults have the false impression that by being in a crowd, they become anonymous. People behaving poorly cannot hide." Here's a clue: If your child seems embarrassed by you, clean up your act.

*Be a good listener and a great encourager: When your child is ready to talk about a game or has a question about the sport, be all ears. Then provide answers while being mindful of avoiding becoming a nightmare sports parent. Above all, be positive. Be your child's biggest fan. "Good athletes learn better when they seek their own answers," Brown says.

And, of course, don't be sparing with those magic words: **"I love watching you play"**

Below is a list of sports offered to students. Parents and the student should both read the information about the sports in which the student plans to participate.

Basketball

Basketball is a ball and hoop sport involving CONTACT. Because it is a contact sport, basketball involves the risk of injury to every part of the body. Common injuries sustained as a result of participating in basketball include ankle, knee, back, head or neck and leg injuries. Bruises, muscle strains, cramps, fractures, and dislocations are common types of injuries sustained by basketball players. Basketball injuries can result from contact with other participants, the basketball, the playing surface and other solid objects in and around the basketball court.

Cross Country

Cross country is a sport involving running. Common injuries sustained as a result of participating in cross country are to the thigh, and hamstring muscle in the back part of the leg. The most common time for injury to occur is during practice or warm-up.

Cheerleading

Cheerleading is a flexibility and agility sport. The risks of injury may include the possibility of neck and spinal injuries, which can result in paralysis; injury to the head or the body's bones, joints, ligaments, muscles and tendons. The risk of injury may result from falls or collisions with others, or with participants in the sports where the cheerleading takes place.

Track and Field

Track and field is a sport involving sprinting, running, jumping and activities such as pole vault, high jump and discus throw. Common injuries sustained as a result of participating in track and field are to the thigh, and hamstring muscle in the back part of the leg. Shin splints, muscle and tendon injuries can occur as a result of falls competing in the pole vault or high jump. Injury can occur as a result of being struck by a discus, shot put or javelin. The most common time for injury to occur is during warmups or practice.

Volleyball

Volleyball is a competitive net and power ball sport. Common injuries sustained as a result of participating in volleyball are to the arm, hand, legs, feet, ankle, low back, shoulder and elbow. Bruises, scrapes, strains, sprains, fractures, ligaments, cartilage damage and concussions are also possible. Volleyball injuries can result from the correct or incorrect performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercises or matches. Injury to the head and mouth, nose, teeth, eyes, ears and other parts of the body can result from contact with the ball, players, the playing surface and other solid objects in and around the play area.

HARRISON SCHOOL DISTRICT ATHLETIC PARTICIPATION FORM

Please read carefully before signing:

The Harrison School District provides a wide range of athletic and extra-curricular activities for both boys and girls. Participation in such activities is voluntary. The school district recognizes that participation in athletic and extra-curricular activities can bring the student many rewards.

These activities require that the student make a commitment to the activity, submit to the discipline of the coach or advisor, and develop self-discipline to be able to successfully participate. Participation in these activities often requires considerable physical exertion, physical conditioning and adherence to training rules and regiments.

The rewards for participation are obvious. Learning to function in a team effort teaches a student important lessons in life. Participation in individual sports teaches self-reliance and commitment. All such activities develop in the student an appreciation for his or her physical abilities and develop enthusiasm and school spirit. Competition is fun and everyone must learn how to deal with both victory and defeat.

Athletic and extra-curricular activities tend to keep the student involved in a constructive endeavor. The district's experience has been that its athletes and members of other extra-curricular activities tend to be good citizens and good students. The district believes that you should encourage your child to participate in these activities and support and encourage him or her during the ups and downs of the participate endeavor.

The school district will provide properly trained coaches, safe equipment and facilities, and make reasonable efforts to see that the athletic or extra-curricular program is safe for your child. Nevertheless, because athletic activity can involve injury to the participants, we must warn you of such dangers.

The purpose of this warning is to aid you in making an informed decision as to whether the student should participate in the athletic activity. In addition, its purpose is to make you aware that as a student athlete and parent or guardian, it is your responsibility to learn about the sport involved and to inquire of coaches, physicians and other knowledgeable person about any concerns that you might have regarding athletic safety and the school district's athletic program.

Athletic injuries can impair the student's general, physical and mental health and the student's ability to earn a living and engage in social or recreational activities and general enjoyment of life. Such injuries can include serious physical injury and possible emotional injury. Injury can arise from training room procedures, the administration of first aid, or failing to follow game, training, safety or other team rules. The use of transportation provided or arranged by the school district to and from games also involves the risk of injury or death.

BUS TRANSPORTATION

Under the direction of our insurance carrier and the board of trustees, students involved in activities representing Harrison Schools must travel with school approved transportation (i.e. buses or school van).

We understand that there will be times when it is necessary for custodial parent(s) or legal guardian(s) to request permission for their student/athlete to return to Harrison with them after the game or event is over. If this is necessary, then the parent must sign them out to themselves and have it ok'd by the responsible school official. Students shall be released to parents only, unless prior arrangements have been made at least 24 hours in advance and approved by the administrator. Students of age 18 shall be required to have a parent sign them out as well.

Student transportation to bus departure and bus return points are the parents' responsibility. Athletes should arrive 15 minutes before departure time and be picked up within 15 minutes of return. Coaches are required to wait until ALL athletes are picked up. Please be respectful of their personal time and adhere to the 15 minute return pickup.

EXTRACURRICULAR ACTIVITIES

The Harrison School District provides for and encourages student participation in any and all co-curricular activities. It should be noted that the standards established below relate to all students grades 5-12. Students who break the rules in grade school or junior high have to opportunity to start over upon entering high school. Covered activities include but are not limited to all sports, Speech & Drama, Pep Band, extra-curricular choir performances, Cheerleading, Pep Bus, and Drill Team. These rules are in effect from the first day of allowable practice as set forth by MHSAA in the fall until the last day of school or the last day of competition whichever is later.

Please note: Student clubs and performing groups such as the band, choir, and drill and athletic teams may establish standards of behavior — including consequences for misbehavior. If the violation is also a violation of school rules, the consequences specified by the school administrator will apply in addition to any consequences specified by the organization.

MINIMUM ELIGIBILITY AND PARTICIPATION STANDARDS:

Eligibility standards imply the philosophy that regular academic study is the first priority of the individual student. Eligibility standards will be enforced for all extra-curricular activities, *excluding* Missoula Children's Theatre, the school play in the spring and whole band performances at District Music Festival.

A ACADEMIC ELIGIBILITY

1. Harrison High School will follow the MHSAA guidelines. In addition, a student must have a cumulative 2.0 GPA and no Fs at each grade check.
2. Grade checks will be conducted weekly (*Wednesdays*) for junior high athletics.
3. Grade checks will be conducted at every mid-term / quarter break for high school athletics. Grades are typically due Wednesday morning after a mid-term ends. A student who is ineligible at a mid-term grade check (approximately every 4 ½ weeks) shall be placed on academic probation until the next regular grade check.

4. If a student is on academic probation, he or she shall be ineligible to play for a minimum of 1 week. The student's grades will be checked *weekly* during the probationary period (*on Wednesdays*). If the student is eligible after the week, he or she shall be permitted to play so long as they are eligible for each subsequent week during the probationary period. If a student who is on probation is not eligible at the next Wednesday grade check, he or she will remain ineligible to play for another full week.
5. Students may not participate in games or attend meets, if they are declared ineligible due to their academic eligibility and may not travel with the team. Students who are academically ineligible may practice, *however*; if they are missing assignments and are capable of still completing them for credit, the coach may require the completion of the missing work prior to practicing.
6. If a student is ineligible for extra-curricular activities for three consecutive weeks, the principal may assign additional intervention time after school or on Saturdays.
7. Semester grading will be cumulative *for high school*. The only "fresh start" will occur at the semester. If a student is ineligible at the semester, he/she will be required to sit out a minimum of 2 weeks.

B TRAINING RULES

1. Use or possession of alcohol (in any form) or illegal drugs is illegal and is forbidden. The penalties for violations are as follows:
First offense for the use or possession of any of the above shall result in a suspension from all extra-curricular activities for 45 calendar days.
Second offense will result in suspension for one (1) calendar year. The student must also successfully complete an approved substance abuse program at his or her own expense.
Third offense will result in permanent suspension for the remainder of one's high school career.
2. Being in the proximity (conscious decision to remain in a situation where peers are using drugs/alcohol) or possession or use of tobacco (including e-cigarettes, vapor or alternative nicotine) will result in a suspension from all activities for a period of 10 school days.
3. Students who receive a citation for possession will be suspended immediately as will any student charged with any felony offense or non-felony offense, if the administration deems it appropriate.
4. Students may be suspended by the school without being charged or convicted in a court of law; the burden of proof is much less for the school. All students will receive Due Process and be allowed to appeal the suspension to the Board of Trustees.

C ATTENDANCE: Students who are not in class for 4 periods are not allowed to play or practice that day, unless the principal grants approval. Students must be in the school for 4 periods on Friday to participate on Saturday, *unless approval is granted by the administration*.

D APPEARANCE: NEAT AND CLEAN CLOTHING; SHIRTS WITH COLLARS, SLACKS, SKIRTS OR DRESSES WILL BE WORN AT ALL HOME AND AWAY GAMES. All clothes worn must meet student dress code regulations. Individual coaches may set more specific dress regulations.

E HOURS: Night before activities-10:00pm or one half hour after the last activity.

Penalty – suspension from the next day’s scheduled activities. The student will attend (but not participate in) scheduled home activities during the suspension period. Individual coaches will set hours and penalties for other nights.

F **GOOD STANDING:** A student must be in good standing in order to participate in school activities. If a student has been the subject of disciplinary action, the administration has the right to preclude that student’s participation in events.

CLASS TIME

Students will not be excused from classes to practice or to work on co-curricular activities without prior approval from the administration.

INSURANCE

Each participating student is required to carry medical insurance at his/her own expense.

PARTICIPATION NOTE: Students may not participate in any practice until they have their sports physical and concussion certification turned in. Those forms can be turned into the AD or their coach. Students may not participate in any game until the sports packet is completed in full and fees are paid (or arrangements for fee payment are made with the AD or administration).

FOOTBALL TRANSPORTATION NOTE:

While transportation will be provided to practices in Whitehall during the school week, parents of both high school and junior high will be responsible for making arrangements for their football player’s return home from games. The school will drive your players to practice and then back to the school afterwards during the school week. The school will also transport your players to the bus during the school week for games, which are typically held on a weekday. Varsity and JV games are normally on Mondays and Fridays, while JH varies (Saturdays and Mondays, generally).

Parents will be responsibility for getting their football player/players to the bus in Whitehall and then back home on non-school days; although if a school staff member so desires to utilize a school vehicle, he/she may transport them.

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians *If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily or answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptom Reported by Athlete

Headache or “pressure” in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion
Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

- Every sport is different, but there are steps your children can take to protect themselves from concussion.
 - Ensure that they follow their coach’s rules for safety and the rules of the sport.
 - Encourage them to practice good sportsmanship at all times.
 - Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- Keep your child out of play. Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon –while the brain is still healing–risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- Tell your child’s coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

REMEMBER: When in doubt, sit them out!

It’s better to miss one game than the whole season.

A Fact Sheet for ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even you haven't been knocked out
- can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

-Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

-Get a medical checkup. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.

-Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different but there are steps you can take to protect yourself.

- follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you it must be:

* The right equipment for the game position, or activity

*Worn correctly and fit well

*Used every time you play

REMEMBER: When in doubt, sit them out!

It's better to miss the game than the whole season.

Student-Athlete & Parent/Legal Custodian Concussion Statement

Because of the passage of the Dylan Steiger’s Protection of Youth Athletes Act, schools are required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after a concussion or head injury. Montana law requires that each year, before beginning practice for an organized activity, a student-athlete and the student-athlete’s parent(s)/legal guardian(s) must be given an information sheet, and both parties must sign and return a form acknowledging receipt of the information to an official designated by the school or school district prior to the student-athlete’s participation during the designated school year. The law further states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at the time of injury and may not return to play until the student-athlete has received a written clearance form a licensed health care provider.

Student-Athlete Name: _____

This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal custodian Name(s) _____

We have read the Student-Athlete & Parent/Legal Custodian Concussing Information Sheet.

If true, please check box

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Custodian Initials
	A concussion is a brain injury, which should be reported to my parents, my coaches, or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be “seen.” Some symptoms might be present right away. Other symptoms can show up hours or days after injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or licensed health care professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a licensed health care professional to return to play or practice after a concussion.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion Fact Sheet.	

Signature of Student-Athlete

Date

Signature of Parent/Legal Custodian

Date

Parent and Student: Please read and understand the preceding policy:

Your signatures will indicate that you:

1. Have completed the MHS physical examination form.
2. Approve of the student's participation in extra-curricular activities.
3. Have read the athletic participation form and warning about the risks of injury or death. In consideration of the Harrison School District's permitting my child or ward to participate in its athletic programs and to engage in all activities relating to the event, we recognize and assume the risks outlined within which are inherent in the sport.
4. Give your consent to allow your child to travel to school sponsored events on district provided transportation.
5. Read and understand the MINIMUM eligibility and participation standards.
6. Read and understand transportation policy.
7. Read and understand the Parent Activities Contract
8. Paid athletes sports fee.
9. Read and completed the Concussion Statement.

Parent or Guardian Signature

Student Signature

Witness-School Official

Witnessed on the _____ day of _____, 20_____.

School Representative

Position

Student approved for participation _____

Athletic Director

Date

Parental Activities Contract

As a member of the Montana State High School Activities Association, it is our belief that interscholastic activities are an integral part of the secondary curricular program and an extension of the classroom. Our school's program shall supplement the curricular program of the school and shall provide the most worthwhile experiences possible. These expectations shall result in learning situations that contribute to the development of the attributes necessary for good citizenship.

Fundamentals of High School Activities: When hosting an event, the opponent should be treated as guests and treated cordially. Officials should be recognized as impartial arbitrators who are trained to do their job with the best of their ability. Familiarity with the current rules of the game and the recognition of the necessity for a fair contest are essential. Sportsmanship requires one to understand his or her own bias and the ability to prevent the desire to win from overcoming rational behavior. Applause for an opponent's good performance is a demonstration of generosity and good will and should not be looked at negatively.

Expectations of Parents: Your enthusiasm as a spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon our school and our community.

Parents are expected to:

- Know and demonstrate the fundamentals of good sportsmanship.
- Respect school property and authority.
- Show respect for opponents and opposing coaches and fans.
- Show respect for players who are injured.
- Respect the judgement and strategy of the coach (even if you disagree).
- Respect the judgement of game officials (even if you disagree).
- Avoid profane language and obnoxious behavior at all times.
- Avoid applauding errors or penalties of the opponents.
- Refrain from heckling, jeering or distracting opponents, including distracting behavior during the shooting of free throws.
- Refrain from being critical of players, coaches or officials for a loss.
- Refrain from throwing objects on the playing area or in the bleachers.
- Refrain from using cheers that taunt or ridicule opposing players, coaches, cheerleaders or spectators.
- Refrain from booing or showing displeasure with game officials or game activities.

I certify that I have read and understand the above expectations and information related to sportsmanship. I understand that I am a role model for my son / daughter and that I represent our school and our community when I attend an activities function. I also understand that if I do not comply with the above listed responsibilities that I may forfeit my privilege of attending future activities involving our school.

Parent's Signature

Date

