

Hi all!

Congratulations to our Athletes! If you are receiving this packet, it is because you have made one of our awesome teams. Please keep in mind that it is a privilege to play sports and all coaches will expect that you keep your grades and assignments in order. We do have high expectations for our athletes and myself or any of the coaches have the right to remove you from participation if your grades or behavior isn't representative of Larchmont Charter School.

Please review this packet with your parents to make sure Larchmont Charter School has your updated medical and transportation information and you understand and accept the expectations placed on you as a Student-Athlete for Larchmont Charter School!

Parent Signature _____

Student Signature _____

Please return to _____ before our first game!

Thank You!

Larchmont Middle School Athletics Mission Statement (adapted from Harvard Athletic Department, 2018)

Education through Athletics

Athletic participation helps our students grow, learn, and enjoy themselves while they use and develop their personal, physical, and intellectual skills. Larchmont values the lessons that have long been taught by athletic participation: the pursuit of excellence through personal development and teamwork, ethical and responsible behavior on the field and off, adherence to the spirit of rules as well as to their letter, leadership and strength of character, and sportsmanship – respect for one’s opponents, acceptance of victory with humility, and acknowledgement of defeat with grace. In teaching these lessons to its students, Larchmont instills habits which will lead students to better and healthier lives. While winning is not an end in itself, we believe that the efforts by our intercollegiate athletes to be their best will lead them to succeed throughout their lives.

Build Community and Pride in Harvard

Athletics at Larchmont builds community through the engagement of students, faculty, staff, and alumni, and creates a portal through which neighboring communities can enjoy Larchmont Charter School. We all take pride in knowing that our coaches are educators and our athletes are true representatives of Larchmont’s mission – Larchmont athletes receive the same academic support, and are held to the same standards as every other Larchmont student. Successful athletic teams generate unique excitement across the campus and community, help strengthen bonds among the various arms of our school, build school and community loyalty in a healthy manner, and give our community members yet another reason to be proud to represent Larchmont Charter School.

By signing the below, you are acknowledging that you will do your best to uphold the standards required of a Larchmont Athlete:

X: _____

As a reward, you will be eligible for some TEAM SWAG (as well as have to participate in a team fundraiser to help pay for said SWAG). Please list your SHIRT SIZE below:

Shirt Size: _____

REQUIRED FORMS BEFORE 1st GAME*

Athlete Emergency Card

Emergency Contact Information

Student name:	Student ID #: <input type="checkbox"/> Male <input type="checkbox"/> Female
Date of Birth:	Graduating Year:
Home Street Address:	City & ZIP:
Mother/guardian name:	Email:
Cell phone:	Home phone:
Workplace:	Work phone:
Father/guardian name:	Email:
Cell phone:	Home phone:
Workplace:	Work phone:
Other emergency contact #1:	Phone:
Other emergency contact #2:	Phone:

Health Information

Date of last Tetanus booster: _____ Contact lenses? <input type="checkbox"/> Yes <input type="checkbox"/> No Inhaler? <input type="checkbox"/> Yes <input type="checkbox"/> No Type? _____
Are you allergic to any medications? Please list.
Any other allergies? Please list.
Presently taking medication? Please list.

Proof of Insurance

In compliance with California Education Code 32221, I certify that there is in effect at this time insurance coverage for medical expenses resulting from bodily injury of at least \$5,000 for my son/daughter, and that this coverage will remain in effect throughout the time that he/she participates in sports. I also give my permission for the above named student to participate in sports, including regularly scheduled trips by supervised school transportation.

Parent signature _____ Insurance Carrier _____
Policy # _____

Travel and Medical Consent

My son/daughter has permission to participate in athletics at Larchmont Charter School and to travel with his/her team for athletic contests with parent volunteers approved by the school. Should it become necessary for my child to have medical treatment while participating in sports or on a trip and the school is unable to contact me or does not have time to safely do so, I hereby authorize Larchmont Charter personnel to use their judgment in obtaining medical services for my child.

Parent signature _____ Date _____

AWARENESS OF RISK

STUDENT AND PARENT - I am aware that playing/practicing sports can be a dangerous activity involving many risks of injury. I understand that the risks of participation include, but are not limited to, death, serious neck and spinal cord injuries that may result in complete or partial paralysis, brain damage, serious internal injury to virtually any internal organs, bones, joints, muscles, tendons, or any other aspect of the skeletal system, and serious injury or impairment to other aspects of my body, general health and well being. I understand that the risks of participant may result not only in serious injury, but in impairment of my future ability to earn a living, to engage in other business, social and recreational activities, and generally to enjoy a good life. Because of the dangers of participant in sports, I recognize the importance of following coaches' instructions regarding playing techniques, training, equipment and other team rules, etc. both in competition and practice and agree to obey such instructions.

Parent Initials _____

PERMISSION FOR TREATMENT

I hereby grant permission to the Athletic Director, Coach and those professional personnel designated by Larchmont Charter School to treat my son/daughter in basic first aid at the event of an injury. In the event of a serious injury, if I am unable to give my consent at that time, this consent is to include any and all emergency procedures deemed necessary by the attending emergency personnel. I also understand that in the event of injury, every reasonable attempt will be made to contact me prior to securing medical treatment beyond basic first-aid.

Parent Initials _____

PROOF OF INSURANCE

In compliance with California Education Code 32221, I certify that there is in effect at this time insurance coverage for medical expenses resulting from bodily injury of at least \$5,000 for my son/daughter, and that this coverage will remain in effect throughout the time that he/she participates in sports. I also give my permission for the above named student to participate in sports, including regularly scheduled trips by supervised school transportation.

Parent Initials _____ Insurance Carrier _____ Policy # _____

NOTE: A COPY OF YOUR INSURANCE CARD *MUST* BE ATTACHED TO THE NEXT PAGE

I have read the above statement,, AWARENESS OF RISKS, PERMISSION FOR TREATMENT, PROOF OF INSURANCE, and understand them fully and agree/consent to their contents.

Parent Signature: _____

Date: _____

Student Signature: _____

Date: _____

***ATTACH COPY OF
YOUR INSURANCE
CARD HERE***

Parent Volunteer Form

As a small charter school, we depend on the community to support and augment our program to best serve our students and provide opportunities for their growth and development. That is why we need your special skills and talents to help the Larchmont Charter School athletics program!

Please check all of the boxes below that apply.

I can help the sport and athletic program by:

- Transporting students to practices or away games
- Bringing healthy snacks for athletes on game days
- Bringing water for athletes on game days
- Donating or purchasing sports equipment
- Assisting the coach with warming up students at the beginning of practice
- Assisting the coach with equipment set-up at the beginning of practice
- Creating, designing, or purchasing team spirit wear (team shirts/sweatshirts/etc) for players
- Donating or purchasing uniforms
- Assisting with food for sports award banquets
- Assisting with set-up for sports award banquets
- Creating banners, posters, or signs to advertise upcoming sports events and games
- Joining a sports booster club to create and run fundraising events
- Scouting practice or game locations
- Contacting schools for competition opportunities (applicable while associate CIF member)
- Contacting and finding coaches for sports still in need
- Acting as a team coach for sports still in need

Sports of interest or expertise:

girls volleyball boys soccer girls soccer boys basketball girls basketball
 boys tennis girls tennis boys baseball girls softball track

Do you have experience playing or coaching these sports?

Other comments/ideas:

Your student's name:
Your name(s):
Best contact method/info:

Your help is much appreciated!
Student Athletic Transportation Permission

Our primary mode of transportation for away games is parent volunteers. All students using this or any other mode of transportation must fill out the following form.

**VOLUNTARY ACTIVITY TRANSPORTATION
PARTICIPATION AGREEMENT**

STUDENT NAME _____

ACTIVITY: ***Athletics contests and practices***

DATE(s): Start Date - _____ End Date - _____

My Student will be utilizing the following method of transportation to and from the above activity. This election **MUST** be designated before the above activity commences. Please **initial all methods below**, and please note that #2 Prequalified School Volunteer will be the most commonly utilized transportation method.

1. Public Transportation _____ *(parent/guardian initial)*
2. Prequalified School Volunteer _____ *(parent/guardian initial)*
3. Parent / Legal Guardian _____ *(parent/guardian initial)*
4. Student Self-Provided Transportation _____ *(parent/guardian initial)*

IF THE STUDENT USES OTHER THAN SCHOOL PROVIDED TRANSPORTATION, IT IS FULLY UNDERSTOOD THAT LARCHMONT CHARTER SCHOOL IS NOT RESPONSIBLE, NOR DOES THE CHARTER SCHOOL ASSUME LIABILITY, FOR ANY RESULTING INJURIES OR LOSSES TO THE FULLEST EXTENT PROVIDED FOR BY LAW.

ALTHOUGH LARCHMONT CHARTER SCHOOL MAY ASSIST IN COORDINATING TRANSPORTATION AND/OR RECOMMEND TRAVEL TIME, ROUTES, OR CARAVANNING TO OR FROM THIS EVENT, I FULLY UNDERSTAND THAT SUCH RECOMMENDATIONS ARE NOT MANDATORY.

Student Printed Name: _____

Student Signature: _____ Date _____

Parent/Legal Guardian Printed Name: _____

Parent/Legal Guardian: _____ Date _____

(If student is under 18 years of age)

Parent Athletic Transportation Volunteer Automobile Use Permission

Our primary mode of transportation on away games is parent volunteers. All parents providing this transportation must fill out the following form.

**VOLUNTEER AUTOMOBILE USE
PERMISSION FORM**

This form may be used for a single trip or for general permission for a given school year.

I volunteer to drive my personal vehicle to transport students for practices, contests, events, and/or field trip(s) during the current school year.

Name:

Driver's Licence #: _____ Expiration Date: _____

Year and Make of Auto:

Vehicle Licence #: _____

Insurance Carrier / Agent:

Insurance Carrier Telephone: _____

Liability Limits:

Policy Date: _____ Expiration Date: _____

Driving Restrictions:

**I CERTIFY THAT THE ABOVE INFORMATION IS CORRECT AND THE INSURANCE
COVERAGE IS IN FORCE. I UNDERSTAND I MUST HAVE LIABILITY INSURANCE
COVERAGE IN FORCE AND AGREE TO ADVISE LARCHMONT CHARTER SCHOOL, IN
WRITING, OF ANY CHANGES IN THE ABOVE INFORMATION.**

Parent's Signature: _____ Date: _____

Parent Cell Number: _____

COPY OF Student Athlete Weekly Academic Progress Report

Name: _____

Date Submitted: _____

It is your responsibility to have your teachers sign off on all necessary fields and turn this form into your coach by the agreed time. You must have a C or higher in all subject areas, must not be missing more than two assignments in all of your classes, and must be consistently demonstrating the ESLRs. Failure to meet these requirements will potentially make you ineligible to compete and will require you to meet with your coach to establish a plan to return to good academic standing.

Class	Grade of C or better?	More than 2 missing assignments?	Consistently meeting all of the ESLRs?	Teacher's Signature
Language Arts	Yes No	Yes No	Yes No	
Math	Yes No	Yes No	Yes No	
Science	Yes No	Yes No	Yes No	
History	Yes No	Yes No	Yes No	
PE	Yes No	Yes No	Yes No	
Spanish	Yes No	Yes No	Yes No	
Elective 7a	Yes No	Yes No	Yes No	
Elective 7b	Yes No	Yes No	Yes No	
OTHER COMMENTS:				

In addition, students will be expected to follow behavioral expectations consistent with those required by Larchmont Charter School:

- 1) If student has any repeated comments/corrections on their behavior sheet 1-2 times they may be asked to sit out the entire first half of the game.
- 2) If student has any repeated comments/corrections written on their behavior sheet 3-4 times they will sit out the entire game.

More than 4, we will review student's behavior/choices with our Middle School Leader and discuss next steps, which could include being removed from the team.

Sign below when both parent/student have reviewed this document:

Student Signature: _____

Parent Signature: _____

Fueling for Performance: How proper timing of meals affects both sport and academic performance

*adapted from

<http://www.ncaa.org/health-and-safety/nutrition-and-performance/fueling-performance-how-proper-timing-meals-affects-both>

Nutrition is critical for both academic and sports performance. A diet that is adequate in carbohydrate, protein, healthy fat, vitamins, minerals, and fluid is the foundation of day-to-day eating for overall health. As important as *what* to eat, though, is *when* a student-athlete eats. The right fuel at the right time influences how well they feel, learn, perform and recover.

Student-athletes need to fuel early and often in order to meet their daily energy needs. Studies show that students who eat breakfast before school have better concentration, attention spans and memory, three benefits that are significant for both sports and scholastic performance. Consuming food and fluid at regular intervals throughout the day has also been shown to impact total health, body composition, appetite satisfaction and well-being.

The bottom line: When and how often the student-athlete eats impacts how nutrients will be used, their health, body composition, athletic performance and recovery.

Timing of Day-to-Day Nutrition

While the amount and timing of carbohydrates before, during, and after exercise plays an important role in sports performance, it must not be considered more important than the day-to-day diet. Total dietary intake over the course of days, weeks, and months must be adequate or else training and performance will be negatively affected. First and foremost, the body must meet its daily energy needs. Insufficient overall calories will limit storage of carbohydrate as muscle or liver glycogen. All athletes should make it a priority to eat regularly throughout the day.

A sports dietitian can help an athlete understand these guidelines by translating the science of meal timing into practical examples of what, when and how much food and fluid to consume at any given time.

SAMPLE FOOD CHOICES (starting with Dinner the evening before the event!)

Dinner – grilled chicken breast with BBQ sauce, baked potato, light sour cream, green beans, 1% milk, and water

Breakfast – bowl of cereal with 1% milk, banana, and 100% fruit juice

Morning snack – granola bar, fruit, and water

Lunch – turkey sandwich with lettuce and tomato, pretzels, carrot sticks, drinkable yogurt, and water

Pre-game snack – 1/2 hour to 1 hour before your event – dry cereal, grapes, and water

Sign below when both parent/student have reviewed the nutrition information above:

Student Signature: _____

Parent Signature: _____

RE: Donation Letter

Hello Parents!

Thank you so much for your support of our fledgling Athletics program here at Larchmont Charter School Lafayette Park! This program is possible because of the assistance provided by families, volunteers and friends. It is tremendous to see the enthusiasm that the community brings to each and every school endeavor, and it is motivating to be a part of.

At the beginning of the season, we ask for a suggested donation for participation in the basketball program of **\$50 per player**. This helps cover registration fees for the league and our (new) team jerseys, and printing! By no means is this a requirement for participation, as every student has already been registered and covered financially by the school, but if you are in a position to donate to the Athletics fund, that would be extremely helpful.

If you would like to make the **\$50 suggested donation**, please attach payment in an envelope in cash or check to this letter. Checks can be made out to **Larchmont Charter School**, and in the Notes/Memo section of the check please specify **LARCHMONT CHARTER MIDDLE SCHOOL ATHLETICS**. Envelopes can be dropped off to LFP's Middle School Athletic Director, or submitted to your child's coach.

Thank you so much for your support! Go Timberwolves!