

Christ the King School
A+ For America – Catholic Schools
1920 Barberry Drive. Springfield, IL 62704 217-546-2159

You have requested that your child be allowed to participate on a Christ the King School athletic team. The fee per child per sport is \$50.00. If paying by check, please make check payable to Christ the King School.

Payment must accompany this form. Attached is the \$50.00 athletic fee for:

Student Name	Sport	Grade
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Parent/Guardian: I have read and understand and will abide by:

- Permission to Participate/Proof of Insurance form
- Transportation Permission agreement
- CTK Parent Pledge
- Athletic Participation Contract
- Concussion Information

Parent/Guardian Signature	Date
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I certify my child is covered by medical/hospitalization insurance with the above company

Student: I have read and understand and will abide by:

- CTK Athlete Pledge
- Athletic Participation Contract
- Concussion Information

Student Signature	Date
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Please read this entire document and sign and complete this page
Hand in ONLY this page & sports fee to the CTK office

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Permission to Participate/Proof of Insurance Form

I/We request that our son/daughter be allowed to participate in athletics. I/We agree to abide by all Diocesan, Springfield Catholic Athletic Association, Illinois Elementary School Association, and Christ the King School athletic policies and regulations. I/We agree that Christ the King, Diocese of Springfield in Illinois, and all other individuals or entities participating in the Christ the King School athletic program in any capacity, including all public, private, and parochial schools who provide a practice or a playing site, will not be liable for any causes of action, claims, or injuries, arising out of the participation of the student in athletic events under the approval of Christ the King School and hereby release all individuals from such claims and liabilities on behalf of the student. I/We acknowledge that in all sports there are certain risks of physical injuries and that all students participate at their own risk.

Transportation Permission and Transporting Students by Car

I give permission for my child to leave school early in order to participate in an athletic event.

Parents assume all responsibility and liability for their child while traveling to, from, and during the trip. Your signature on the cover page indicates that you request your child be allowed to go to the scheduled athletic event in a car and that you assume all liability for your child.

:: Sign the first page of this document to signify you agree with the above ::

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Christ the King School Athlete Pledge

- I am a student first and an athlete second. Schoolwork is my first priority. I will work to keep up my grades so that I can remain eligible. (Students are to maintain achievement grades of A, B, C, or S. See Parent/Student Handbook and/or Sports Policy Manual for complete discussion of eligibility.) If I am academically ineligible, I cannot participate in practice or play in a game.
- I represent Christ the King School and I will always be polite and respectful to my fellow teammates, my opponents, my teachers, coaches, and officials.
- I will be respectful of decisions made by my coaches and the officials and continue to do my very best in practices and games. If I need to talk to my coaches, I will do it in private at an appropriate time.
- In order to practice or play a sport, I must turn in my fee and a signed copy of this Sports Packet. I must also provide proof of a physical in the last 13 months. If I play an additional sport, I must turn in my fee and another signed copy of this Sports Packet.
- I will attend ALL practices and come to practice ready to work hard and give 100%. I understand that if I do not attend practices and work hard that I may not play in the next game.
- I will arrive thirty minutes before each game for warm-up or as directed by the coach. I will be dressed in my uniform and ready to play.
- If I am unable to attend a practice or a game, I will inform the coach before that practice or game.
- I understand that my uniform is my responsibility. I will return my uniform one week after my last game in the same condition it was in when I received it. If my uniform is lost or damaged, I am responsible for its replacement. Uniforms from one sport must be returned in order to practice or participate in another sport.
- If I receive a conduct related technical foul in a game, I will be suspended from the next game. If I receive a second conduct related technical foul in the same season, I will be suspended from the team for the rest of the season. (Each technical foul will be reviewed by the school.)
- If I am playing on an SCAA team, I will receive comparable playing time with my teammates. If I am playing on an IESA team, my playing time will be determined by the position that needs to be filled, my skills, my effort and attendance at practice, eligibility, and attitude.

:: Sign the first page of this document to signify you agree with the Athlete Pledge ::

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Christ the King School Parent Pledge

- I will be a positive role model for my child.
- I will make sure my child knows that win or lose, I love him/her and am not disappointed with his/her performance.
- I will be realistic about my child's physical ability.
- I will help my child set realistic goals.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win. I will not relive my own athletic past through my child.
- I will encourage my child to work hard in practices and games
- I will demand a safe environment for training and competition; this includes proper training methods and use of equipment.
- To further insure safety, I will not drop off my child at a practice or a game without adult supervision.
- I will support the coaches and officials working with my child in order to encourage a positive and enjoyable experience.
- I will respect my child's coaches and communicate openly with them. If I disagree with their approach or decision, I will discuss it privately or set up an appointment to talk with the coach in private first. If my issue is not resolved, I will involve the athletic director next and finally the principal.
- I will treat all players, coaches, and officials with respect and dignity.
- I will expect my child to treat other players, coaches, fans, and officials with respect and dignity.
- I realize that if my child plays on an IESA team they are not guaranteed playing time nor are they guaranteed the same amount of playing time as other athletes on the same IESA team.
- I agree to work the concession stand at athletic events as scheduled by the PTO.

:: Sign the first page of this document to signify you agree with the Parent Pledge ::

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Athletic Participation Contract

I hereby request Christ the King School to grant permission for my student to participate in Christ the King School athletics. I understand that I am entering into a voluntary contract between myself, the parent of a Christ the King School student, and Christ the King School for participation in school sponsored athletic activities.

I agree to cooperate with and support the rules and regulations of the Diocese of Springfield in Illinois, Christ the King School and school board, and to be governed by these rules and regulations as announced to me by the pastor or principal of Christ the King School, as published in the Parent Student School Handbook, the Athletic Handbook, and as announced or published in other places by the school administration. I understand that I must be familiar with and accountable for these rules and regulations and the policies and procedures which govern participation in athletics representing Christ the King School.

As a player, I understand that I must fulfill all religious and academic responsibilities to Christ the King School and Parish, and conduct myself as a committed Christian in school, outside of school, and in particular, at any activity involving athletic competition representing Christ the King School. I agree to be bound by the rules and regulations regarding athletics and to submit myself voluntarily to the application of these rules.

As a parent of a Christ the King School athletic participant, I understand my responsibility and obligation to see that my student fulfills his/her religious and academic responsibilities, including school work and homework assignments, and complies with the rules and regulations for participation in Christ the King School athletics. I further agree that as an adult I will conduct myself in a responsible and mature Christian manner at all times at all practices and games, that I will show respect for authority, and will engage in no activity or conduct which in any way is disrespectful, combative or confrontational, or questions the jurisdiction of the pastor, school principal, athletic director, coach, officials or anyone connected with the conduct of Christ the King School athletics.

As player and parent, we acknowledge that a violation of the rules and regulations, including the terms and conditions of this contract, may result in forfeiture of ability to participate in athletics representing Christ the King School and/or the ability to attend athletic events.

Our signatures mean that we understand and accept these conditions for the participation of our student and family which are binding through the entire Christ the King School year.

:: Sign the first page of this document to signify you agree with the Participation Contract ::

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Concussion Information

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

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| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
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Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to-Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 7/1/2011, Reviewed 4/24/2013, Reviewed 7/16/2015

:: Sign the first page of this document to signify you agree with the Concussion Information ::