

# Northshore Christian Academy

5700 23<sup>rd</sup> Drive West  
Everett, Washington 98203  
425.407.1119

## ATHLETICS MANUAL

A Communication Guide for Athletes, Parents, Coaches &  
Staff



### **Staff**

Middle School Principal  
Ms. Julie Schmitke  
425-322-2322  
[jschmitke@northshorechristian.org](mailto:jschmitke@northshorechristian.org)

Athletic Director  
Ms. Rachel Diede  
425-407-2394  
[rdiede@northshorechristian.org](mailto:rdiede@northshorechristian.org)

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Whenever a player is hurt in a game or practice a coach should fill out an accident report. The copy of this form is to keep parents informed and should be completed by the coaching staff and tracked by the school.

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All athletes and parents must check in with their coach, athletic director, or assistant athletic director before leaving an athletic contest to ensure all athletes have a ride home and to make sure an athlete has permission from his or her parent to ride home with an adult who is not his or her parent.

Page 17	<u>Northshore Physical Form</u>
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The NCA Physical Form must be submitted to the school *before* the first day of an athlete's team practice. Sports physicals in the state of Washington are valid for two years.

**Non-Discrimination Statement**

Northshore Christian Academy admits students of any color, race, national or ethnic origin. It does not discriminate based on color, race, or national or ethnic origin.

**Right to Amend**

The Northshore Christian Academy Athletic Manual is the official statement of athletic policies and procedures for Northshore Christian Academy, a ministry of Northshore Christian Church. Because of changes in state law or unforeseen circumstances, it may be necessary to make changes to this handbook before or during the school year. At its sole discretion, Northshore Christian Academy reserves the right to amend its policies and procedures without notice. Throughout this document, Northshore Christian Academy may be titled or known as “School,” “the academy” or “NCA.” The Northshore Christian Academy Family Handbook contains the academy’s general policies and procedures.

## **NCA Middle School Philosophy of Athletics**

NCA Middle School Athletics exists to provide our students with a valuable after-school sports experience. It is our hope that the students will learn new skills, deepen friendships, develop Godly character, and grow in their competitive athletic abilities. School sports provide an avenue into the lives of students that no other set of activities can afford. Through sports, players can learn to set spiritual, social, and physical goals in their lives. The overall goal of school sports is to better equip each participant not just in life skills but an individual person.

Ideally, every student would be involved in the athletic program and experience all that competitive sports have to offer. However, not all students are equally gifted and/or interested in this pursuit. Space on most teams is limited to provide students who are the best qualified an adequate opportunity to fully realize their potential. Additionally, a coach should play as many athletes as possible, but not necessarily all athletes in a given game. Throughout the course of the season, the coach should make every effort to increase playing time for athletes who do not start the game or are not in the regular rotation.

As with any quality academic program, the athletic program allows students to progress and compete at a level consistent with their ability regardless of age or grade level. Every effort is made to encourage and involve students who desire to be part of the program. Sports such as track and field provide opportunity for students with a range of abilities, including those with little or no experience. Other sports, such as soccer, volleyball, and basketball may offer junior varsity teams that allow less skilled players the opportunity to participate and develop. In the pursuit of excellence, our varsity teams provide an opportunity for those students demonstrating the highest level of ability, as evaluated by their respective coach, to compete against the best athletes other schools have to offer. Our memberships in an established league, county association, and state athletic association provide the teams with such opportunities.

While we are committed to this pursuit, we also recognize that winning is merely the object of the contest, not the sole purpose of the competition. Our goals for competing include, but are not limited to, building school spirit, teamwork, self-esteem, confidence in a competitive

environment and the ability to win humbly or lose graciously. A desire to win is healthy; the need to win is not. In a society that often encourages and honors those who would use athletics for selfish gain, Northshore Christian Academy seeks to use sports to bring out our best as we celebrate God's gifts to us.

This handbook contains information on all of our sports which include, but are not limited to, volleyball, co-ed soccer, boys' and girls' basketball, and track and field.

**It is the school's expectation that the players are exemplary in their conduct, attitudes, and language as we are representing Christ at all times.**

## **I. MISSION STATEMENT**

The mission of NCA athletics is to develop students in three areas: a) development of skills for team sports, b) development of character and c) development and display of Godly sportsmanship.

- A) The NCA athletics program will **develop skills** in which the participant can experience the expressiveness of movement, the creativity of play, the joy of participation, the excitement of total involvement, the satisfaction of intense effort, and the motivating influence of goal setting.
- B) Intensity of effort and pursuit of excellence are essential. However, "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control," are even more essential. **Character** response in choices of personal conduct, perseverance, intensity of effort, self-knowledge, self-control under stress, integrity, self-respect, and stewardship is expected from all our athletes.
- C) The athlete will learn about **sportsmanship** through cooperation, team spirit, developing positive relationships with team members, coaches, school personnel, and the community, and respecting opponents and game officials alike.

## **II. FEE AND REGISTRATION INFORMATION**

**NCA athletic fees are \$150 per sport, per student.** All participants must pre-register **before** each sport season. Deadlines for registration forms are strictly enforced. ***Fees must be paid at the time of registration.***

The sports fees cover, but are not limited to, the following:

- 1) Coaches stipends
- 2) Assistant coaches stipends
- 3) Referees
- 4) Field Reservation Fees
- 5) League Fees
- 6) Special Tournament / Jamboree fees
- 7) Equipment Purchases (where needed)
- 8) Uniform Purchases / up-keep (where needed)

- 9) Banquet supplies
- 10) Trophies / Awards costs

### **III. SEASONAL ORGANIZATIONAL MEETINGS**

#### **Meeting Dates:**

*FALL: Early September*

*WINTER: Mid-October/Early November*

*SPRING: Mid-January and Mid to Late March/Early April*

There will be a meeting of all coaches and parents at the start of each sport season. At this meeting, the following information will be discussed:

- Sports physicals, required before the first practice. Sports physicals are valid for two years.
- Rosters
- Schedule of Games (This may change as we are dependent upon other schools' planning)
- Schedule of practice times
- Information on how to find directions to the game
- Contact information for teammates and their families
- Team Mom / Dad Volunteers: They are responsible for a cooler for games, parent contact, and they are the transportation coordinator to 'away' games.
- Carpool plan

**Team pictures** will be scheduled on a practice day during the season. Costs vary and are optional to purchase.

### **IV. ATHLETICS GUIDELINES**

All coaches of the Athletic Program at NCA adhere to the following guidelines of Northshore Christian Academy.

#### **General Principles:**

The general principles which guide the Athletic Program for Northshore Christian Academy students are as follows:

1. Every player participates. Every player on the team will participate during the season; however every player may **not** have equal playing time. This is a competitive league and playing time during games will depend on skill levels, practice participation, and attitude.
2. Skill development and physical fitness are an important part of our program. Playing competitively in our league is also one priority of our team.
3. Coaches, players, and spectators are representatives of our school and are expected to act accordingly.

## **STUDENT/ATHLETE RESPONSIBILITIES:**

Athletes at NCA are expected to conduct themselves in a sportsmanlike manner, both as players and as spectators. Unsportsmanlike behavior directed towards other players, teams, officials, coaches, or fans will not be tolerated. This includes, but is not limited to, offensive gestures, cheating, disrespect to officials, or other behavior deemed inappropriate by NCA for the event, including behavior during transportation to and from the game/event or practice.

1. An athlete must show respect to coaches, officials, and players at all times.
2. An athlete must maintain the grades required to be eligible to participate. If a student has at least one D or F he/she will be placed on **Academic Probation** and will be ineligible to play games for as long as the student is below a 'C' average.
3. **Students are responsible for checking in with their teachers to make sure they complete any missed work when missing class due to games. Students should check with their teachers at least a day or two in advance of a game. Any work assigned by teachers the day a student-athlete has a game must be completed by the student-athlete on the same due date as the rest of the class.**
4. Athletes must personally inform their coach as soon as possible when they are going to miss practice or be late to practice.
5. An athlete must have a recent physical and parental consent form on file with the athletic director **before the first practice**. Northshore keeps sports physicals on file for two years.
6. An athlete must **be in school** on the day of a practice or game. If an athlete misses **more than half** of the school day (morning or afternoon), that athlete cannot participate in that day's practice or game.
7. An athlete must maintain a proper attitude and behavior. Students may be placed on **Behavior Probation** if attitude and performance at school does not meet NCA behavior and performance expectations. This may affect the playing time for the athlete until probation is lifted.
8. After practices and games, athletes may only leave school grounds with their parent(s) or pre-assigned carpool.
9. An athlete who is **suspended from school** is automatically suspended from the team, until the administration reinstates that student to school and the team.
10. An athlete must report all injuries to the coach **as soon as an injury occurs**.
11. An athlete must turn in his/her uniform at the end of the season, washed and in the same condition in which it was checked out at the beginning of the season. Athletes are responsible for replacement of any lost or damaged uniforms. **(The uniform must be returned within two weeks of the season's conclusion or the student may be charged the cost of the entire uniform replacement)**.

### **Game days:**

1. Each player must have attended 8 practices before playing in a game.
2. Athletes should pay attention to the game in order to learn various nuances of the sport being played.
3. When substituting, athletes must check in with the line judge/referee and identify the player being replaced. Athletes may not enter the game until the referee signals them to enter.

4. When an athlete is called for a penalty, he or she should acknowledge the call without showing disgust or disrespect to opponents or officials.
5. Athletes must not “put down” the other team.
6. Athletes must respect the property of others when the team travels to off-site facilities.
7. Athletes must stay with their team whenever they travel to away games. The Coach is responsible for each athlete’s well-being. If an athlete comes with their parents, the athlete should leave with their parents after checking out with the coach.

### **Dress and Appearance:**

1. Coaches may establish additional dress code guidelines for teams, which athletes must follow. Game day dress is set by the school as official NCA sport uniform *tops*. **Patches to or holes in any clothing article are prohibited and pants and shorts are to be worn properly – at or above the waist.**
2. Hair must be neatly trimmed and of appropriate length as outlined in the NCA dress code guidelines. No facial hair for participants. At the discretion of the coaches, an athlete may be required to wear their hair so it will not interfere with the ability to play. For example: Girls, long hair tied back, away from the face. Boys, cut short in back and around the ears.
3. Excessive make-up is not allowed.
4. **All jewelry (earrings, bracelets, necklaces and watches) is to be removed before games;** this is an NCA, Tri-County Sports League, WIAA and North County Officials rule.

### **Personal guidelines:**

*Remember that you have a testimony to maintain wherever you go. Your testimony as an athlete at a Christian school is much more important than winning any games. Games are won by team effort, not by individuals performing alone. Keep the right attitude whether you win or lose.*

### **TEAM MOM/DAD RESPONSIBILITIES:**

- Report to Athletic Director and Coach
- Help coordinate sports team activities
- Act as a liaison between school, athletic director, coaches, and parents
- Help with the planning and preparation of the end-of-season banquet

### **PARENT RESPONSIBILITIES:**

- Read email messages for any schedule changes or news
- Provide a Christ-like example of good sportsmanship and positive spectator
- Assist or cooperate with carpooling, practice, and game requirements
- Support school rules for your student such as academic and behavior probations, attendance rules, and practice rules
- Pray for the team, coach, and individual players
- Bring any concerns to the Athletic Director
- As a volunteer driver, follow the school’s policies and procedures

**TRANSPORTATION:**

- As a parent of the team, you may be responsible for transporting your child and perhaps transporting other team members who need a ride to away games. This does not mean you have to drive to all away games or practices. *All drivers who transport other players must comply with school field trip driving rules, **including a background check**, which include submitting to NCA current auto insurance, current driver's license, and driving record, if needed, BEFORE transporting athletes to games.*
- **All athletes and parents must check in with their coach, athletic director, or assistant athletic director before leaving an athletic contest to ensure all athletes have a ride home and to make sure an athlete has permission from his or her parent to ride home with an adult who is not his or her parent. (See Transportation Form on page 18).**
- When traveling to away games or practices, parents must comply with all regulations including using seatbelts, not using cell phones while driving, complying with transportation laws, and obtaining approval from the school to transport other students.

**CHANGE OF SCHEDULES:**

- The athletic director will attempt to contact parents and players when a game or practice schedule is changed. Sometimes the schedule is changed due to circumstances beyond our control.

**UNIFORMS:**

- A team uniform is issued to each player at the beginning of the season. Players are expected to care for the uniform properly, wear it to each game, and return it in good repair at the end of the season. Uniforms cannot be worn at any time except for game days. Uniforms are issued randomly to the team. There are no special preferences for numbers given to players. Uniforms are only worn at games unless special permission is given by the athletic director for special occasions. At the conclusion of the season each student must ensure that all uniforms are returned clean and in good repair. Uniforms must be returned to the athletic director within two weeks after the season's conclusion. Uniform replacement fees may apply thereafter.

**SUPERVISION:**

- To assist the coach in supervision before practices and games, parents may be asked to volunteer. All volunteers must be cleared and approved by having a current Washington State Patrol screening on file in the school office. When supervising players, students must be supervised at all times. They must follow the school rules on campus and off campus. **Students MUST NEVER be left alone without adult supervision.**

**COMMUNICATION:**

- Periodic email messages may be sent to parents with game information. It is important for parents to check their email messages to remain up-to-date on any changes in the game or practice schedule. Parents can also check the NCA website or call the front desk at NCA for information. The school calendar found on the website offers specific information regarding games and practices.

**WEBSITES:**

- Access our website for driving directions and a school calendar.  
[www.northshorechristianacademy.org](http://www.northshorechristianacademy.org)
- [Signupgenius.com](http://Signupgenius.com) (for carpools)
- <http://www.cascadeathletics.com/index.php?pid=0.1009.0.0.200> ( Schedules)

**END-OF-SEASON:**

- An end-of-season team awards banquet for cross country, soccer, volleyball, basketball and track will be planned by the athletic director and assistant athletic director. Generally, this is held the following week once the season ends. It is held at the school and generally occurs in the evening.

**CLOSED PRACTICES:**

- ***NOTE: Practice sessions may be closed by request of a coach. This means they are closed to spectators, unless special permission is received from the coach. The practice session is similar to a classroom situation where students are receiving instruction and learning is taking place; therefore visitors are restricted.***

**V. CONCERNS or CONFLICTS**

*Athlete or parent concerns should be brought to the coach first, then the athletic director, then the school administration. Athletes should address issues with their coach before parents are involved. Parents and athletes must follow the Matthew 18 principle as outlined in the NCA Family Handbook.*

**VI. ZERO TOLERANCE POLICY - EXPECTATIONS OF SPECTATORS**

NCA agrees with the Tri-County Sports League and Washington Interscholastic Activities Association (WIAA) policies that there will be zero tolerance for **fan misbehavior** at all sporting events. This includes but is not limited to: taunting, booing, shouting at officials, or arguing any call. Cheering in a positive fashion for both sides is highly encouraged. All officials and coaches are doing their best and we should all appreciate their efforts and support them, setting a good example for the students.

NCA expects Christ-like character and behavior from all athletes, fans, and coaches. We expect fans and athletes alike to limit words and actions at sporting events to those that are uplifting, encouraging, and always positive (Ephesians 4:29-32). We expect Christ-like behavior towards our students, our athletes, our opponents, our opposing fans, and game officials, whether 'home' or 'away', 'ahead' or 'behind.'

**Any spectator who does not behave appropriately according to NCA's sole discretion may be asked to leave the facility, according to the following steps:**

1. **Officials will identify violators to the coaches, or vice versa.**

2. **Officials may confer with the coach or the athletic director, at which point the spectator may be given a warning or be asked to leave. If the spectator is not recognized by either coach, the “home team” coach will speak to the individual and address the problem.**
3. **If the decision is made for the spectator to leave the facility, play will not resume until he/she has left the facility. If he/she refuses to leave, his/her team will forfeit, and the game will be over.**

**Please help us foster good sportsmanship and encourage positive experiences for our youth.**

## **VII. ACKNOWLEDGEMENT OF RISKS**

Northshore Christian Academy strives to provide properly trained coaches and equipment purchased from sport-approved vendors and facilities, and to make reasonable efforts to see that the extra-curricular program is safe for everyone. Nevertheless, sports activity can involve injury to the participants. The purpose of this warning is to highlight some of the dangers for particular sports. In addition, it is the responsibility of each parent and student to learn about a sport and to inquire of coaches, physicians, athletic director, and other knowledgeable persons about any concerns before participating in a sport. Athletic injuries can impair the participant's general physical and mental health. Such injuries can include death or serious physical injury and a possibility of emotional injury. Injuries can arise from the administration of first aid or failing to follow the game rules, safety, or other team rules. Transportation to and from a practice or a game/meet/event also involves risks.

**A. Basketball:** Basketball is a ball and hoop sport involving *some* PHYSICAL CONTACT. Since it is a contact sport, basketball involves the risk of serious injury to every part of the body. Common injuries sustained as a result of participating in basketball include, but are not limited to, ankle, knee, back, neck, head, and leg injuries. Bruises, lacerations, muscle strains, cramps, fractures, and dislocations are other common types of injuries sustained by basketball players. Basketball injuries can result from contact with other participants, spectators, the basketball, the playing surface, and other solid objects in and around the basketball court.

**B. Soccer:** Soccer is a net and ball sport involving sprinting, running, jumping, kicking, heading the ball and *some* PHYSICAL CONTACT. Since it is a contact sport, soccer involves the risk of serious injury to every part of the body. Common injuries sustained as a result of participating in soccer include, but are not limited to, ankle, knee, back, neck, head, leg injuries, bruises, muscle strains, cramps, lacerations, fractures, and dislocations. Soccer injuries can result from contact with other participants, the soccer ball, the playing field, and other objects in and around the soccer field.

**C. Track and Field:** Track and Field is a sport involving sprinting, running, jumping and throwing. Common injuries sustained as a result of track and field include, but are not limited to, the thigh and hamstring muscles. Shin splints, muscle and tendon injuries of the leg and

inflammation of the knee are also common. Head and neck injuries can occur as a result of being struck by throwing implements or track and field participants. Arm and shoulder injuries can occur to participants as well. The most common time for injury to occur is during practice or warm-up. Other possible injuries can include, but are not limited to, heatstroke or frostbite.

**D. Volleyball:** Volleyball is a competitive net and ball sport. Common injuries sustained when playing volleyball include, but are not limited to, the arms, hands, legs, feet, ankles, knees, lower back, shoulders, and elbows. Bruises, scrapes, strains, sprains, lacerations, fractures, ligament and cartilage damage, and concussions are also possible. Injury to the head and mouth, nose, teeth, eyes, ears, and other parts of the body can result, but are not limited to, by contact with the ball, players, the playing surface, and other solid objects in and around the playing area.

**E. Cross Country:** Cross Country is a sport involving running and some sprinting. Common injuries sustained as a result of cross country include, but are not limited to, the thigh and hamstring muscles. Shin splints, muscle and tendon injuries of the leg and inflammation of the knee are also common. The most common time for injury to occur is during practice or warm-up. Other possible injuries can include, but are not limited to, heatstroke or frostbite.

## **VIII. TRI-COUNTY CHRISTIAN LEAGUE SOCCER RULES**

1. All existing FIFA rules apply to games except where noted.
2. Each contest will consist of two thirty-five-minute halves with a five-minute halftime.
3. There can be no more than nine boys on the field at all times; at least two of the eleven players on the field must be girls. If a team does not have two girls on the field, that team must play short-handed.
4. If the hosting team is unable to acquire a certified referee, the home team has a responsibility to notify the visiting team's athletic director ahead of time, if at all possible. If the home team has no alternative but to have a non-certified individual officiate the game, the visiting team has the following **halftime** options:
  - a. To have the referee continue for the second half, or...
  - b. To provide an alternative referee of their own for the second half.
5. The home team is encouraged to open with prayer and to welcome the other team. Captains should be chosen to meet with the official before the start of the game.
6. Respect for the referees by coaches, players and spectators are required. At the game, teams will meet at centerfield to congratulate one another in a spirit of good sportsmanship.
7. Teams may substitute players only on their own throw-ins or goal kicks.
8. Teams must notify referee of goalie changes.

9. Metal cleats, or metal showing through on rubber cleats, must NOT be worn.
10. Slide tackling, or taking another player out with physical play, is against the rules of play.
11. Shin guards are required and must be covered by socks.
12. Home team supplies the game ball.
13. Pullover tops must be available by the game administrator in case there is a conflict with team colors.
14. At the end of the season, coaches will submit a first- and second- place vote for the team he/she feels deserve the League Sportsmanship Award.
15. Games ending in a tie will not be played off, but will be scored as a tie.
16. The team with the best League record will receive the championship trophy. In case of a tie in league, that team's non-league record will be the first tiebreaker. The second tiebreaker will be head-to-head records. If still tied, there will be co-champions.

## **IX. TRI-COUNTY/PSLSAL TRACK LEAGUE RULES**

### **Guidelines:**

- A.** Rules will be in accordance with accepted WIAA guideline for both boys and girls. League meet schedule will be set by the Cascade League athletic directors. National Federation rules will apply.
- B.** Officials will be assigned by host schools with each participating school providing two officials if required. These officials will contact the meet director for assignments prior to 3:30 p.m. Adults should be used as timers and pickers.
- C.** Event and Participation Guidelines:
  - a. All 7<sup>th</sup> grade students must compete against 7<sup>th</sup> graders
  - b. All 8<sup>th</sup> grade students must compete against 8<sup>th</sup> graders.
  - c. Athletes may compete in a maximum of 4 events. Not more than 3 can be running events (including relays) or field events. (3 running & 1 field or 3 field & 1 running)
  - d. The 1600 and 800m runs will have an Olympic start.
  - e. Fastest runners will be seeded in the first heat.
  - f. Heats will be run in all lane events.
  - g. False Start Rule:
    - i. The first false start is a warning to the field. The next false start will disqualify the violator(s).
  - h. Hurdle specifications:
    - i. Girls - 30" hurdle, 7 hurdles, 13m to 1<sup>st</sup> hurdle, 7.5m between hurdles, 11m from last hurdle to finish line
    - ii. Boys 30" hurdle, 10 hurdles, 13.176m to 1<sup>st</sup> hurdle, 9.144m (30') between hurdles, 13.988m from last hurdle to finish line.
  - i. High Jump specifications:
    - i. Boys: Opening height is 4' for both 7<sup>th</sup> & 8<sup>th</sup> grades, raised 2" until 5' and 1" increments thereafter.
    - ii. Girls: Opening height is 3'6" for both 7<sup>th</sup> & 8<sup>th</sup> grades, raised 2" until 4' and 1" increments thereafter.
    - iii. It is recommended that the 7<sup>th</sup> and 8<sup>th</sup> grade be contested together with each gender.
  - j. Pole Vault specifications:
    - i. Athletic directors will determine if the pole vault is to be contested. If contested the starting height will be 6' for 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls.
  - k. In the shot put, discus and long jump each competitor is allowed 3 attempts.
  - l. In the high jump and pole vault the athlete is allowed 3 attempts at each height.
- D.** League Championship Meet
  - a. Entries:
    - i. Each school may enter unlimited contestants in individual events and 1 relay team
    - ii. Athletes may compete in a maximum of 4 events – not more than 3 can be running or field events.
    - iii. Athletes competing in an individual event must have established a mark or time during a regular season meet; the entry time will determine seeding for heats

- iv. The fastest entries will compete in the first heat followed by the next fastest time

## **X. WIAA Rules for Cross Country, Soccer, Basketball and Track**

The rules for sports falling under the purview of the WIAA can be found by accessing the WIAA website at [wiaa.com](http://wiaa.com) and clicking on the 'Publications' tab and then clicking on 'WIAA Handbook.' Additionally, the WIAA uses the National Federation of High Schools (NFHS) rule books for each individual sport.





## NORTHSHORE CHRISTIAN ACADEMY

### PRE-PARTICIPATION HISTORY AND PHYSICAL EXAMINATION

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Exam Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Sport: \_\_\_\_\_

### HISTORY

- |       | Yes                      | No                       |  |
|-------|--------------------------|--------------------------|--|
| 1 a.  | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any illness/injury recently, or do you have an illness/injury now?                    |
| b.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you had a medical problem, illness or injury since your last exam?                            |
| c.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any chronic or recurrent illness?  |
| d.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any illness lasting more than a week?  |
| e.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been hospitalized overnight?   |
| f.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any surgery other than tonsillectomy?   |
| g.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any injuries requiring treatment by a physician?                                 |
| h.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any organ missing other than tonsils (appendix, eye, kidney, testicle, etc.)?          |
| 2.    | <input type="checkbox"/> | <input type="checkbox"/> | Are you presently taking ANY medications (including birth control pill, vitamin, aspirin, etc.)?   |
| 3.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you have ANY allergies (medicines, bees, foods, or other factors)?                              |
| 4 a.  | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had chest pain, dizziness, fainting, passing out during or after exercise?           |
| b.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you tire more easily or quickly than your friends during exercise?                              |
| c.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any problem with your blood pressure or your heart?                              |
| d.    | <input type="checkbox"/> | <input type="checkbox"/> | Have any close relatives had heart problems, heart attack or sudden death before they were age 50? |
| 5.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any skin problems (acne, itching, rashes, etc.)?                                       |
| 6 a.  | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had fainting, convulsions, seizures or severe dizziness?                             |
| b.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you have frequent severe headaches?   |
| c.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a "stinger" or "burner" or "pinched nerve"?                                      |
| d.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been "knocked out" or "passed out"?  |
| e.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a neck or head injury?   |
| 7.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had heat exhaustion, heat stroke, heat cramps or similar heat-related problems?      |
| 8.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you had asthma, or trouble breathing, or cough during or after exercise?                      |
| 9 a.  | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear eyeglasses, contact lenses or protective eye wear?                                     |
| b.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any problem with your eyes or vision?   |
| 10.   | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear any dental appliance such as braces, bridge, plate, retainer?                          |
| 11 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a knee injury?   |
| b.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had an ankle injury?   |
| c.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever injured any other joint (shoulder, wrist, fingers, etc.)?                            |
| d.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a broken bone (fracture)?  |
| e.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a cast, splint, or had to use crutches?  |
| f.    | <input type="checkbox"/> | <input type="checkbox"/> | Must you use special equipment for competition (pads, braces, neck roll, etc.)?                    |
| 12.   | <input type="checkbox"/> | <input type="checkbox"/> | Has it been more than 5 years since your last tetanus booster shot?                                |
| 13.   | <input type="checkbox"/> | <input type="checkbox"/> | Are you worried about your weight?   |
| 14.   | <input type="checkbox"/> | <input type="checkbox"/> | FEMALES: Have you any menstrual problems?  |
| 15.   | <input type="checkbox"/> | <input type="checkbox"/> | Have you any medical concerns about participating in your sport?                                   |

\*\*\*\*\* ATHLETE SHOULD NOT WRITE BELOW THIS LINE \*\*\*\*\*

EXAMINER'S COMMENTS ON ALL "YES" ANSWERS (refer to question number):

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Recommendations (equipment, taping, rehabilitation, etc.):

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DATE: \_\_\_\_\_

EXAMINER'S SIGNATURE:

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EXAMINER'S PHONE: (    ) \_\_\_\_\_ PRINT EXAMINER'S NAME: \_\_\_\_\_