

SPANGDAHLEM SENTINELS SPORTS PACKET 2019-2020

Welcome to Sentinel Athletics! This packets contains all the required DoDEA Europe forms. It is completed once for the year!

Individual coaches may also have an additional form, team rules, etc. to give you during their season.

**** SPORTS PHYSICALS ARE REQUIRED FOR PARTICIPATION****

Complete forms may be turned in to the Student Affairs Office, or Athletic

Director: Mr. Christopher Howard

Reminder: Completed forms must be submitted **BEFORE** students can participate.

Checklist of forms to participate.

	Sports Physical - Physicals can be obtain on or off base! Physicals are turned into the nurse.		SHS Athletic Code
	Interim Travel form		Drug and Alcohol Policy Form
	Inherent risk of Injury Statement		Parent Code of Conduct
	Scholastic Eligibility		Competition with Over 19 year old person –(some sports will scrimmage with teams on base)

FALL	Cheerleading, **Cross Country , Football, **Golf , **Tennis , Volleyball
WINTER	Basketball, Cheerleading, **Wrestling
SPRING	Baseball, Softball, Soccer, **Track and Field

**** 7th and 8th graders are permitted to participate.**



DEPARTMENT OF DEFENSE EDUCATION ACTIVITY, EUROPE



Interim Travel Form

Please print legibly

STUDENT NAME: (Last) (First) (MI)

PASSPORT NUMBER/EXPIRATION AND COUNTRY
(dd/mmm/yy)

DATE OF BIRTH (Day-Month-Year)

U.S. Identification Card: Yes No

Home State and Town: _____

CITY and STATE of Birth

PARENT/SPONSOR (Last) (First)

LOCAL HOME ADDRESS

PARENT HOME EMAIL

STUDENT EMAIL

APO ADDRESS

CELL PHONE NUMBERS(S)

DUTY PHONE NUMBER

HOME PHONE NUMBER

NAME OF HEALTH INSURANCE COMPANY

(circle one) Civilian Insurance Military Insurance

I, _____, the parent or guardian of _____ grant permission for this child to participate in the Spangdahlem High School Athletic Program. In the event that my dependent is injured or becomes ill before, during, after his/her participation in the school activities, whether locally or away, necessitating immediate medical examination or care, I authorize and release the DoDDS-E Coach/Sponsor of this activity to take my dependent to an U.S Medical facility or to any civilian hospital if deemed necessary. I understand that I am responsible for all medical costs, to include ambulance service relating to my dependents injury or illness. The US Government, DoDDS-E, DoDEA and the Department of Defense bear no financial burden related to my dependent's injury or illness with regard to participation in school activities.

I understand the Coach/Sponsor of this activity will use all diligent and responsible efforts to contact me or my spouse. If neither my spouse nor I can be contacted after reasonable attempts by these personnel, or the U.S. medical treatment facility, I authorize and release any physician or other qualified medical personnel to examine my child. I authorize any and all emergency care necessary for treating injuries or illness involving immediate danger to life or limb of my dependent. I further authorize and release any physician or other qualified medical personnel to administer non-emergency care necessary to treat minor injuries or illness of my dependent. I authorize necessary treatment such as suturing superficial lacerations, treating colds, minor allergies and minor gastrointestinal upsets, splinting sprains, casting uncomplicated fractures, or other similar treatment, not including major surgery or procedures involving substantial risk.

My dependent is allergic to: _____

My dependent requires the following medication _____

Additional Information (medical conditions such as diabetes, seizures, asthma, heart and kidney disease, bee stings)

PARENT/SPONSOR SIGNATURE

DATE

**This document is effective through June 30, 2020.

DODEA-EUROPE
ACKNOWLEDGEMENT OF INHERENT RISK OF INJURY

I give permission for _____ (name of child/ward) to participate in any of the following sports (please circle)

Baseball	Basketball	Cheer	Cross country
Football	Golf	Soccer	Marksmanship
Softball	Tennis	Track	Volleyball
Wrestling			

I am aware that with the participation in high school sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk can vary significantly from one sport to another with contact/collision sports carrying the higher risk. I also understand that it is not possible to specifically list each and every individual risk, but that most activities may involve risks associated with strenuous exercise, as well as risks from the use of equipment or participation in group activities.

I acknowledge that we will either ask for or have been given any information that we need to determine the general risks associated with the activities in which my son/daughter will participate.

Name of Sponsor: (Print Name) _____

Signature of Sponsor: _____

Date: _____

DODEA SCHOLASTIC ELIGIBILITY

Each school is to develop a specific plan for monitoring grade eligibility criteria; however, to achieve uniformity, all schools must complete the grade checks by 4 p.m. every Tuesday of each week that interscholastic programs are being held. A student declared ineligible on the Tuesday grade check will be ineligible from Wednesday 8 a.m. through the following Wednesday 8 a.m. A letter of exception to this policy may be submitted to the Area Athletic Coordinator for changing the day. This request must be based upon unique needs.

Quoted from DoDEA instruction M 2740.2, Paragraph 8 item e.

Schools may not establish additional eligibility criteria. Schools will provide intervention support services to students who have been identified as having academic difficulty. Examples of these support services include, but are not limited to monitoring sessions, tutoring, before and after school study halls/instruction, etc.

Quoted from DoDEA instruction M 2740.2, Paragraph 8 item d.

SPANGDAHLEM HIGH SCHOOL'S ELIGIBILITY PLAN:

1. All class grades are evaluated on the Friday before a Tuesday grade check. Students should be notified of failing grades. Students should check their grades on Friday and check with their teachers for missing or makeup work to be turned in by Monday. Teachers should be aware and assist any coach in fulfilling the DoDEA regulation above that pertains to providing support services to any student identified as having consistent academic difficulties.
2. Each teacher may establish a Monday or Tuesday deadline for completion of item 1.
3. All grades are to be reported to the SAO by 1500 Tuesday. Ineligible athletes will be identified by the Athletic Director off the grade checks report sheet and then notified by their coach. Athletes are not to dress out or be located on the team bench during competition. They may not travel! **NOTE:** A parent of a home-schooled athlete must e-mail, or otherwise deliver to the Athletic Director, individual grade progress for all home-schooled subjects and this must be done each week, by Tuesday at 1200 hrs. while the home-schooled athlete is involved with sports.
4. Students may appeal incorrect grades or teacher mistakes in the following manner:
 - a. Approach the teacher with the individual problem and ask for a correction.
 - b. The Principal will approach the involved teacher for a clarification.
 - c. If a mistake has occurred, the Principal will clear the student via a note to the student's coach.
 - d. If no mistake has occurred, the student will remain ineligible according to DoDEA regulations.

Any clarification or question of the above procedure should be immediately addressed to the administration.

STUDENT NAME

STUDENT SIGNATURE

PARENT SIGNATURE

DATE

SPANGDAHLEM HIGH SCHOOL ATHLETIC CODE OF CONDUCT

The DoDEA Interscholastic Athletic Program (IAP) have established the following Athletic Code of Conduct. It consists of regulations that all participants in interscholastic athletics are expected to adhere to while in training during a sport season.

1. To be eligible to participate in Spangdahlem High School athletics, students must not have reached their 19th birthday prior to August 1st of the current school year. Students beyond the eighth semester of high school are ineligible to participate in interscholastic athletics.

2. The athlete must submit: a completed Physical Examination, a signed SHS Athletic Code of Conduct and a completed Internal Travel Form. All are valid for one calendar year.

3. All athletes will be monitored for academic eligibility on a weekly basis. When an athlete has two or more failing grades during a monitoring period, they will be ineligible for the next competition but may continue to practice. Students identified as ineligible will be given the opportunity to reestablish eligibility.

4. **Controlled Substance Policy** – Refer to attached DoDEA-Europe Drug and Alcohol Policy.

5. **Attendance Requirements**

- a) A student cannot be absent from school and attend practice except for an excused absence approved by administration.
- b) Students are required to be in school the full day of a weekday game. The only exception is for a medical appointment approved by administration or approved field trip.
- c) If games are scheduled for Saturday, a student must be in school for the full day prior to the contest to be eligible to play except for an approved medical appointment.
- d) When a team is traveling, the athlete must be in school (a minimum of .5, if applicable) on the day of departure.
- e) **School Suspensions:** any student suspended from school is not eligible, at the minimum, for the next scheduled DoDEA-E competition. A Friday/Saturday scheduled competition is considered one event and the championships (post-season) are considered one event.

6. Any athlete or team participating in a DoDEA IAP will participate in all team events and practices. Participating in a non-team event in lieu of a scheduled team practice or event is not permitted.

7. Athletes may not change team membership following the opening contest of the sports season.

8. As representatives of Spangdahlem High School, any athlete directly involved in committing a wrongful act or serious incident either at school or in the community, will be removed from the team until an investigation is completed.

9. An athlete who is truant or is suspended from school is ineligible for the next athletic competition.

Ultimately, the Principal is the final judge and arbitrator on whether or not an athlete may participate in a competition.

My signature below acknowledges that I have received a copy of the SHS Athletic Code and commit myself to meeting the expectations outlined in the code.

STUDENT'S NAME

STUDENT'S SIGNATURE

PARENT'S SIGNATURE

DATE

DoDEA-Europe Drug & Alcohol Policy – Revised – November 2018

All participants to include athletes, managers, coaches, parents and any other person involved in the athletic program are expected to adhere to the highest principles of conduct and sportsmanship at all times. All participants and their parents are required to sign the Code of Conduct/Contract. The policy goes into effect on the first official practice/tryout day with the coach.

1. Illegal/Controlled Substances/Alcohol/Tobacco/Other Drugs:

All participants in the DoDEA-E IAP will adhere to DoDEA and DoDEA-E regulations concerning unlawful possession, use, or distribution of illegal/controlled and mind altering substances. (See DoDEA Regulation 2051.1)

- a) This policy refers to the use, consumption, sale, distribution, transfer, promotion, and/or possession of tobacco/nicotine, alcohol or other drugs, drug paraphernalia (equipment or apparatus designed for, or used for the purpose of measuring, packaging, distributing or facilitating the use of drugs) such as items used to consume tobacco, alcohol or other drugs, or tobacco, alcohol or drug use promotion or marketing.

Tobacco/Nicotine Products		
Tobacco products in any form (for smoking, chewing, etc.)		
	During School Time/Events	Outside of School
First Offense	<ul style="list-style-type: none"> • School Consequence: Level 1 ** • Attend 1 ASACS session • 1 game suspension from a DoDEA-E regularly scheduled game 	<ul style="list-style-type: none"> • ASACS Counseling – 1 session • 1 game suspension*
Second Offense	<ul style="list-style-type: none"> • School Consequences: Level 2 • Removal from team for remainder of the season 	<ul style="list-style-type: none"> • Removal from the team for the remainder of the season
Third Offense:	<ul style="list-style-type: none"> • School Consequences: Level 3 • No athletic participation for remainder of the school year 	<ul style="list-style-type: none"> • No athletic participation for remainder of the school year
Alcohol and Other Drugs		
<p>Alcohol (any alcohol related product, such as beer, wine, distilled spirits, malt beverages, etc.) Alcohol may also include medicinal products such as mouthwash and cold medicine, which contain alcohol.</p> <p>Other Drugs: refers to any mind-altering substance, legal or illegal. The only acceptable drugs are those medications prescribed by a board certified doctor or nurse practitioner to an individual, or over-the-counter</p>		

medication given to a school nurse or other designated staff by a parent or legal guardian; that are registered with the school nurse or other designated staff; that are dispensed by or under the supervision of a parent, legal guardian, or the school nurse or other designated staff; and that are taken as prescribed or directed. To include any legally prescribed medications and/or drug that is used by a non-prescribed user.

Infraction	During School Time/Events	Outside of School
First Offense:	<ul style="list-style-type: none"> • School Consequence: Level 1 • Suspension from school • Removal from the team for the remainder of the season. Parents are liable for return travel if infraction occurs during at away competition 	<ul style="list-style-type: none"> • 1 game suspension* • ASACS Counseling – 1 session
Second Offense	<ul style="list-style-type: none"> • School Consequence: Level 2 • Removal from team for the current season and the next sports season; Parents are liable for return travel if infraction occurs during an away competition 	<ul style="list-style-type: none"> • Removal from team for the current season and next sports season
Third Offense	<ul style="list-style-type: none"> • School Consequence: Level 3 • Removal from the team and no athletic participation for 1 calendar year starting at the end of the current season (three consecutive sport seasons) 	<ul style="list-style-type: none"> • No athletic participation for the current season and removal from sports for 1 calendar year (three consecutive sport seasons)

Drug and Controlled Substances:

Includes any of the following: A controlled substance identified in Schedules I, II, III, IV or V of the Controlled Substance Act, 21 U.S.C. § 812 (c); but does not include such a substance that is legally possessed or used under the supervision of a licensed professional or that is legally possessed or used under any other authority under the Controlled Substances Act or under any other provision such as school medication policy, in school buildings, on school property and grounds, in school sponsored vehicles or at school-sponsored events at other sites.

It does mean controlled substances including, but not limited to, cannabis (marijuana); hallucinogens (LSD, psilocybin mushrooms); stimulants (cocaine, amphetamines such as “speed” or Ritalin); depressants (barbiturates, “Quaaludes”); narcotics (opium, heroin); inhalants (nitrous oxide, medical products, or other fume-producing substances); anabolic steroids and counterfeit (look-alike) controlled substances.

Prescription medication or over-the-counter (OTC) medications, herbal or homeopathic medications for personal use shall be allowed only as per DoDEA medication policy, under the supervision of school personnel, with written orders from a physician. Federal, state and local laws shall apply to students and employees alike.

DRUG PARAPHERNALIA: Means equipment or apparatus designed for, or used for the purpose of measuring, packaging, distributing or facilitating the use of drugs.

SUBSTANCE ABUSE: Means the use of any substance that alters a person's ability to perform physically, intellectually, emotionally or socially.

Infraction	During School Time/Events	Outside of School
First Offense	<ul style="list-style-type: none">• School Consequence: Level 1• No athletic participation for remainder of the school year.	<ul style="list-style-type: none">• No athletic participation for remainder of the school year.
Second Offense:	<ul style="list-style-type: none">• School Consequence: Level 2• No athletic participation for remainder of high school years.	<ul style="list-style-type: none">• No athletic participation for remainder of high school years.

All infractions occurring during the post-season championships, at the minimum, will result in immediate removal from the team, loss of athletic letter and suspension from athletic participation for the next season which will carry over to the next school year, if the infraction occurred at the end of the SY. If this is a second offense occurring during the school year, the athlete will be removed from participation for the remainder of the SY. However, if there is a violation of controlled substances, the athlete will be immediately removed from the team, loss of athletic letter and removal from athletic participation for 1 calendar year (three seasons).

- b) **Championships:** Any athlete in violation of the policy during (departure from school until the championships are over and the team has returned to school), the postseason championships will be immediately suspended from the championships, removed from the team, and will not be permitted to participate in the next season. Parents are responsible for providing transportation from the championships when their athlete violates this policy. Exception: Athletes using Illegal Drugs during the championships will be immediately suspended from the championships, removed from the team, and will not be permitted to participate for one calendar.

I have read and agree to the DoDEA-E drug and alcohol policy and agree to abide by this policy during SY 2019-2020.

Student Printed Name: _____

Parent/Guardian Signature _____ Date: _____

Student-Athlete Signature _____ Date: _____

DoDEA-Europe Parent Code of Conduct Contract

As developed by Christopher Stankovich, Ph.D.

When kids are surveyed about the reasons why they play sports, the #1 response kids consistently report is *to have fun*. In addition to the fun kids experience while playing sports, additional benefits from sport participation include physical, cognitive, and emotional growth and development. Unfortunately, all these great things do not happen automatically, but instead occur as a direct result of your positive efforts as a parent. It is in this spirit that we have created the following Parent Code of Conduct Contract to remind parents of a few important tips designed to help your child maximize his or her athletic experience.

As a parent, it is important that you:

Respect the game, including your child, his or her teammates, and opponents.

This means ensuring that your child attends and comes prepared for all practices and games, and treats both teammates and opponents with dignity and respect. Good sportsmanship means playing fair and safe, controlling negative emotions, and keeping the spirit of competition a healthy endeavor.

Respect the officials. Remember, officials, (a.k.a. referees), are an important part of sports and add to the overall experience for your child. It is important that you distinguish between bad calls (human error) and wrong calls (when an official doesn't know the rule). In either case, it is important that you respect all officials and develop tolerance skills for when bad calls are made (which will happen – officials are human and like all of us, will occasionally make a mistake!).

Refrain from coarse and threatening language, as well as all forms of physical aggression. There is never a place in youth sports to use vulgarities, threaten, intimidate, or use physical aggression.

Let the coach(es) coach. While it may be easy to second-guess your child's coach from the sidelines, most parents forget or overlook how challenging it is for coaches to both win games and at the same time make sure that all of the players have an opportunity to develop. The job of being a coach is an incredibly challenging task, so be sure to support your child's coach as much as possible.

Watch for the safety of all players at all times, including physical and emotional dangers.

Be sure to pay attention to injuries, including concussions, and respond to them in a timely manner. Additionally, pay attention to signs of sport burnout and be sure to respond to your child if he or she needs help.

Cheer whenever possible, and stay away from booing and other negative fan behavior. High school sports provide a great opportunity for positive fan support, including cheering. Booing and other negative gestures and language from the sidelines

are never appropriate, so be sure to stay focused on positively supporting your child's team at all times.

As the parent(s) or guardian(s) of _____, I agree to follow the above

Print name of child – Please print legibly

listed principles and understand that by signing this document, if behaving inappropriately, I may be asked to leave the game site.

NAME _____ / _____ DATE _____

SIGNATURE(S) _____ / _____

