

Vintage High School

Student Athlete Handbook



This handbook describes the rules, policies, and procedures within which the Vintage High School Athletic Program functions. The contents should be reviewed carefully by both the player and his/her parents/guardians. After reviewing, please sign and return the player contract before the first game. *This handbook is available online at www.crushersonline.com*

Athletic Director's Message

Dear Prospective Vintage High Student Athlete:

This handbook signals a new academic year and a new season of high school sports for Vintage High School. I want to welcome you, whether you are new to Vintage or a returning athlete. I hope this year brings success to you as an athlete and student.

With that said, the coaches, administrators, and athletic director cannot guarantee nor promise that you will have success. We can provide an environment that encourages our athletes to have success, but the drive and desire must come from within. Your level of commitment to your sport(s) will ultimately determine your personal level of success. However, if you have a positive attitude and handle the adversity that comes with playing sports, you will greatly enhance your chances of achieving your goals.

This handbook is designed to assist you in your success as a student-athlete here at Vintage. Each team may have its own guiding principles, but this handbook outlines what are your responsibilities while a student-athlete here at Vintage. You will be held responsible for its contents, so please read it carefully and keep it in a spot that can be used as a reference for you and your parents.

There are many resources here at Vintage High that will contribute to your success. If you need assistance, there are many people that are willing to help and are interested in your welfare. Do not hesitate to ask whether it is a physical, academic, or mental health issue — we have people to help.

The integrity of our athletic program and the image of our student-athletes are extremely important. Please remember from this point on you are representing not only yourself, but our teams, and our school not only on the court and fields - but within the community too. Please always represent our school in a positive manner.

Sincerely,

Dave Shipp

Rich Anderson

Mission Statement for Vintage High School Athletics

In direct support of Vintage High School's mission, VHS Athletics:

- Promotes high academic achievement, the integrity of the individual, self-discipline, teamwork, and excellence in athletic performance for every student-athlete.
- Provides the entire school—students, faculty, staff, alumni, parents, and friends—with a common bond and source of community pride.
- Generates visibility in a manner that projects a positive image for the school throughout the community of Napa and uses this visibility to communicate the school's mission.

Victory pursued with honor

H*ard work and commitment*

Selfless — team and school first

Philosophy

The Vintage High Athletic program believes that each player should be given the environment to succeed. We strive to create a situation where those who choose to have success will be given every opportunity to do so. We also believe that every player can improve, regardless of talent level. The coaches believe that challenging players physically, emotionally, and mentally gives one the best opportunity for success.

Sacrifice is also part of our philosophy. Personal growth is extremely important at this age, but being committed to the team and its goals should be first and foremost on each player's mind – even if that means sacrificing one's own personal wants and desires.

Winning or losing becomes a secondary issue when compared to the manner that our players, coaches, and fans conduct themselves at athletic events. Exhibiting integrity and self-discipline in the face of adversity are considerably more important than the final result of an athletic contest. Game results are also secondary when compared to the extent of effort put forth by the coaches and players. Vintage High School has athletes of all ability levels, but being committed to the team, displaying self-discipline, and having a winning attitude are requisite expectations for any and all team members regardless of talent level.

Sportsmanship and Citizenship

Vintage High School Athletic members will be expected to display appropriate conduct and sportsmanship at all times throughout the season, both on and off the field. Specific violations might include, though are not limited to, misbehavior in the classroom, fighting, theft, use of improper language and misuse of school facilities and equipment. The conduct of individual athletes reflects on the entire team, the Athletic Department, and the school, and certainly contributes to the image and success of all of the above. Accordingly, exemplary behavior is a requisite for continued participation.

School Attendance

Unexcused absences or chronic tardiness to class or team practice may be sufficient reason for declaring a student ineligible at any time. The coach makes the decision as to whether a player will be ineligible, have limited playing time, or punished through physical activity (i.e. running).

Smoking, Substance Abuse and Steroids

The use of alcohol or drugs is strictly prohibited by or among Vintage Athletes. At the least, the use of either adversely affects the performance of an individual, which in turn impacts upon the success, unity, morale, and performance of the team. The safety of individual team members can be compromised in the process. Even further, abuse of alcohol or drugs is inconsistent with the philosophy of Vintage High School, which features dedication, loyalty, personal development, and dignified conduct among its tenets. The abuse of alcohol or drugs by a team member will automatically result in disciplinary measures, which might include criminal charges, suspension for one or more contests, or removal from the team. Any student found to be under the influence at school or at a school-related activity will be removed from the team they are currently playing in season.

The use of steroids is likewise prohibited at Vintage High School, as medical evidence clearly documents the ill effect that steroids have on an individual. The policy regarding drug abuse will be applied equally to the use of steroids. The well-established harmful effects of smoking also render cigarette smoking as a violation of the philosophy of athletics at Vintage High School and accordingly are not allowed among players. Mandatory discipline action will occur when a student is determined to be smoking during the season, which might include a suspension from a contest or dismissal from the team upon subsequent offense.

Late and/or Missing Practice

Prompt and regular attendance at practice sessions is necessary for the safety and conditioning of the student as well as for the benefit of the team. Team members should notify their coach prior to any practice that they must miss and should offer an adequate explanation for the absence. Chronic tardiness to practice or unexcused absences will be dealt with by the coach.

Transportation

Some teams are transported to contests by busses, while others are driven by coaches, and or parents. All athletes on teams that take busses are expected to return to the school on the bus, unless the coach determines that the student can return with his/her parents. In this instance, a written note must be provided to the coach. Similarly, students who are driven to contests must have the approval of their coach if alternative means of return travel is arranged. At all times, the coach reserves the final decision on how a player can return from any away event.

Athletic Participation – Eligibility Requirements

A student's academic eligibility is determined by the previous six week grading period. A marking period begins on the day that a progress report or semester mark is issued and continues until the day the next six week grading cycle.

Students participating in the Spirit Leadership Program which consists of the Cheer Team and Dance Teams must maintain a 2.5 GPA. Students trying out for and/or participating in the Spirit Leadership Program must have a 2.5 GPA at tryouts and must maintain that GPA during the following school year.

In order to participate in athletics students must meet the following criteria:

1. Students must earn an overall 2.0 Grade Point Average each grading period (Total Non-Weighted GPA). There are six grading periods: Fall Semester 1st Progress Report, Fall Semester 2nd Progress Report, Fall Semester Grades, Spring Semester 1st Progress Report, Spring Semester 2nd Progress Report, and Spring Semester Grades. The grade scale is as follows: A=4; B=3; C=2; D=1; F=0; W=0 and does not factor into the GPA; P=0 and does not factor into the GPA.
2. Students must be currently enrolled and passing a minimum of 20 semester units.
3. Students must be making progress toward graduation.

District policy regarding athletics clearly states the use of non-weighted GPA (4.0 scale). Athletic eligibility is based upon most recent grading period (1st and 2nd fall/spring progress reports and fall/spring semesters).

Summer school courses are offered for remediation only, and miscellaneous courses taken in summer school will not be included in determining eligibility unless the course was previously taken and failed or the student received and grade below C and is taking the course for UC/CSU eligibility. If a student takes a class in summer school to replace a failing grade, the summer school grade replaces the previously earned grade providing the student completed the same course in summer school with the same course number. In the instance that the failed course is not offered in summer school, the student's summer school grade will be added to the formula and then divided by the total number of classes including the summer school course, assuming the course is a necessary course required for the student to meet graduation requirements.

Entering 9th grade students may be granted probationary eligibility for the first grading quarter and are required to have a 2.0 grade point average each grading period thereafter to participate.

Parent Portal

The Aeries Browser Interface is designed for parents/guardians and their student(s) to view student attendance & grades electronically. To access the Parent Portal, follow the steps below:

- Go to the school's web site www.vhs.nvusd.k12.ca.us
- Click **Parent Portal**
- Enter your **User Name** and **Password** and click on the **Log In** button.
- When the portal opens, you will have five options on the top menu bar: **Student Info, Attendance, Grades, Medical, Guidance.**
- If you have questions regarding class assignments, the teacher's email is an active link. Simply select the teacher's name and an email message is automatically created.

Questions and Concerns

If a parent has a question or concern for a coach, there is a procedure that should be followed in order for the concern to be quickly addressed and maintain, or improve, an atmosphere that is positive for both the coach and player.

The first step is the player should ask to meet with the coach to discuss the concern. We encourage our athletes to become better communicators and learning how to effectively communicate with a coach or teacher is a step toward this goal.

If the concern is not resolved, the next move would be for the parent to contact the coach. Our coaches should be available to discuss concerns with parents, but a coach should never be approached before or after a contest. Please make arrangements with the coach to have any concerns addressed.

If the matter is still not satisfactorily resolved, the parent should then set up a time to meet with the athletic director. However, if the first two steps have not been taken, the AD will most likely ask the parent to first go through the above steps before addressing the issue.

Once meeting with the AD, if the concern is not resolved, and the student/parent decides to pursue the grievance process, a written summary of the concern will be submitted by both the AD and the student/parent to the principal.

The lists below are a guideline of what is a legitimate grievance and non-legitimate grievance:

Legitimate grievances:

1. Failure to provide due process in disciplinary action.
2. Failure to provide a fair tryout for the team.
3. Mistreatment of athletes: inappropriate language, derogatory remarks, etc.

Non-legitimate grievances:

1. Playing time issues.
2. Athlete not playing the right position.
3. X and O's/strategy of the coach.
4. Won/Loss record of the coach.

If a legitimate grievance is determined, the principal shall conduct a meeting as soon as possible, but within seven days to when the grievance was filed. Whatever the determination of the principal, a written summary of the meeting will be filed for future reference or action.

Vintage High School Player Contract

In order to be a member of a Vintage High School Athletic team, you must conduct yourself in a responsible fashion at all times. You must abide by the policies and conditions described in the Vintage High School Student-Athlete Handbook, and adhere to team rules and decisions made by the coach. Specifically, you must agree to:

1. Attend on time, all practices, meetings, and team functions
2. Exert efforts to improve at all times
3. Never belittle nor criticize team members, or opponents
4. Strive toward top physical conditioning
5. Attend class on a daily and timely manner
6. Exercise appropriate conduct in the school
7. Display good sportsmanship at all times
8. Work to maintain maximum academic standing
9. Refrain from use of cigarettes, alcohol, and drugs
10. Demonstrate a winning and productive attitude

Participation on any athletic team is a privilege! The privilege of participation will be determined by the Vintage High School administration, the athletic director, and coaches based upon academic performance and acceptable behavior at school.

You and your parent's/guardian's signature below will indicate that both have reviewed the Vintage High School Student-Athlete Handbook, and are prepared to accept the policies and guidelines therein.

Student's Signature _____

Date _____

Parent's/Guardian's Signature _____

Date _____

NAPA VALLEY UNIFIED SCHOOL DISTRICT

STUDENT/PARENT CONTRACT FOR ATHLETIC PARTICIPATION

The following regulations apply to all students participating in the middle/high school athletics program of the Napa Valley Unified School District.

Athletes are representatives of their schools and of the school district; therefore, they are responsible for their actions and for conducting themselves as good citizens. These regulations have been determined with the best interests of the individual student and the school in mind and will therefore be strictly enforced.

MIDDLE SCHOOL ATHLETIC PROGRAM: In keeping with this district's belief that programs for the middle grades should be centered on the needs and characteristics of middle grade students, the middle school athletic program is distinctively different from either the elementary or secondary programs. The program operates after school (not on evenings or weekends) and offers opportunity for carefully supervised coaching and competition as a member of a school team. Awards and trophies (except for ribbons which are awarded in track and field), pep squads, cheerleaders, or organized rooter groups are not included in this athletic program.

ELIGIBILITY: Students must be successfully progressing toward the graduation requirements and have a C average (2.00 GPA) in all work attempted during the previous grading period to be eligible for participation in extra-curricular activities. Additionally, all athletes must comply with California Interscholastic Federation (C.I.F.) regulations.

USE OF ALCOHOLIC BEVERAGES OR DRUG MISUSE: Any student that is suspended from school for the use of alcohol or drugs will automatically be suspended from the sport in which s/he is currently participating. Further, the student will not be able to participate in any other sport during the duration of the season for which s/he was suspended.

ANDROGENIC/ANABOLIC STEROIDS: The use of anabolic steroids or dietary supplements including synephrine to expedite the physical development and to enhance the performance level of athletes presents a serious health hazard to student athletes. (BP5131.63)

By signing this form, we agree that the student shall not use androgenic/anabolic steroids without the written permission of a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We understand that the student's violation of the District's policy regarding steroids or dietary supplements may result in discipline against the student, including, but not limited to, restriction from athletics, suspension, or expulsion.

OTHER MISCONDUCT: Other misconduct by a team member, such as smoking or chewing tobacco, shall be grounds for disciplinary action. The coach will analyze the specific nature of the infraction and initiate appropriate disciplinary action.

TARDINESS or ABSENCE: Any tardiness or absence from a practice or contest must be cleared with the coach. The coach will determine the athlete's status as a team member.

MISAPPROPRIATING EQUIPMENT: Any player misappropriating team equipment or property belonging to others shall be suspended for the season and appropriate disciplinary action will be determined.

INSURANCE: The California State Education Code requires that all participants in interscholastic athletic events be insured for a minimum of \$1,500.00 for medical and hospital expenses. This coverage may be purchased through the school insurance program or covered by the parent's insurance. (BP5143; EC 3221)

TRAVEL: All players are required to travel with the team to and from all events, unless prior arrangements are made by the parent/guardian with the coach. Written requests for exceptions are required. If approval is granted, the parent/guardian, or person specified by the parent/guardian, must personally call for the player at the event. Students may not transport other students.

PHYSICAL EXAMINATION: An annual physical examination, or a statement by a medical practitioner on the approved forms, certifying that the student is physically fit to participate in athletics is required before a student may try out, practice, or participate in interscholastic athletic competition. A student will be excused from this

physical examination provided there is compliance with the Education Code provisions concerning Parents' Refusal to Consent.

By its very nature, competitive athletics may put students in situations in which serious, catastrophic, and perhaps fatal accidents may occur. Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and their parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, athletic participation by middle/high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition. By granting permission for your student to participate in athletic competition, you, the parent or guardian acknowledge that such risk exists. **By choosing to participate, you, the student, acknowledge that such risk exists.**

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques. As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal, injury.

A complete physical examination by a physician is required to ensure that students do not participate in athletics with a pre-existing condition which might result in serious, catastrophic or even fatal injury. Parents are urged to have students examined for such conditions prior to participation in competitive athletics. (Education Code Section 49451 allows a parent or guardian to file annually with the school principal a signed statement that he or she does not consent to a physical examination.) By signing below you are authorizing the release of information contained in the physical examination form to be released to school personnel. We understand that the information is confidential and will be treated as such by all school personnel.

If any of the foregoing is not completely understood, please contact your school principal for further information.

Student's Name _____

Sport(s) _____

We recognize that under CIF Bylaw 200.D, the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.

This will acknowledge that we have read and understand the
material contained in the student/parent contract for athletic participation.

Signed _____
Parent or Guardian

Date _____

Signed _____
Student

Date _____

**NAPA VALLEY UNIFIED SCHOOL DISTRICT
Consent to Treat**

Student Name _____ Date _____

Address _____ Phone (____) _____
_____ Birth Date _____

Is covered under
Medical & Hospital _____ Medical Number: _____
Name of insurance company

Will policy be in force during the current full school year? _____ Yes _____ No

Maintaining said policy or policies in force shall be a parent/guardian responsibility

Medical/Hospital coverage may be purchased through the school insurance program.

**AUTHORIZATION TO CONSENT TO TREATMENT OF A MINOR
PLEASE CHECK YOUR INSURANCE PLAN**

QUEEN OF THE VALLEY

KAISER FOUNDATION HEALTH PLAN MEMBERS (see note below)*

(We), the undersigned, parents of _____, a minor, do hereby authorize

_____ School as agent(s) for the undersigned to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and surgeon licensed under the provisions of the Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which aforementioned physician in the exercise of his/her best judgment may deem advisable. This authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California.

(We) hereby authorize any hospital which has provided treatment to the above named pursuant to the provisions of Section 25.8 of the Civil Code of California to surrender physical custody of such minor to (my) (our) above-named agent(s) upon the completion of treatment. This authorization given pursuant to Section 1283 of the Health and Safety Code of California.

These authorizations shall remain effective until _____, 200____, unless sooner revoked in writing or delivered to said agent(s).

***NOTE:** The Kaiser Clinic in Napa does not provide medical services after 5:00 p.m. In case of emergency illness or injury in Napa after 5:00 p.m., the student will be referred to the Emergency Department of the Kaiser Foundation Hospital in Vallejo. However, if in the judgment of the coach-in-charge or team physician the student should be referred to a closer Emergency Department, the student will be referred to the Emergency Department at the Queen of the Valley Hospital. In the latter case, Kaiser Foundation Health Plan will determine whether expenses incurred will be borne by the Health Plan or the member.

However, if Kaiser Foundation Health Plan services are not readily available because of time or location, as stated in the Note above, I request that available medical facilities and emergency services be utilized instead.

AT OUT OF TOWN GAMES

Emergency cases as determined by the coach-in-charge or team physician will be referred to the nearest available emergency medical facility.

Date _____ Parent/Legal Guardian _____

Napa Valley Unified School District

High School Athletic Transportation Fee Agreement

Beginning with the 2009-10 school year, all high school student-athletes participating in district funded sports are required to pay a nonrefundable Athletic Transportation Fee as approved by the NVUSD Board of Education on June 29, 2009, to offset the district cost to transport athletes to games. All funds generated will be used for this purpose.

The following are the terms for the **Athletic Transportation Fee Agreement**:

- All student-athletes will be required to pay the following:

\$125.00	First Sport
\$100.00	Second Sport
\$ 75.00	for each additional sport
- The maximum fee per family is \$600.00 per year. An athlete who has not paid the transportation fee is ineligible to participate in all contests, home and away.
- Payment of the fee does not guarantee a given amount of playing time per game or season.
- Fee must be paid prior to the first day of practice. The fee will be returned only when the student-athlete does not make the team. No refunds will be made until full rosters have been turned into the Athletic Director.
- There are *no* refunds provided for students who quit, become academically ineligible, or dropped from the team as a result of discipline measures. Refunds would be issued in cases of injuries that negate travel with the team *prior* to the first contest. After first contest there are no refunds.
- Students who qualify for the "Free and Reduced Lunch Program" may receive a waiver for the transportation fee. It will be the student's responsibility to prove his/her eligibility to the athletic director. The student can do this by providing the athletic director a copy of the eligibility letter received from Food Services.
- Checks for transportation fees are to be made out to the school and returned to the Activities Office (not the coach or Athletic Director) prior to the start of the student's sport season. Upon payment the Activities Office will provide a receipt to the student-athlete as proof of payment.
- Student-athletes who have not paid the athletic transportation fee or provided proof of waiver will not participate until they have paid or waived.
- In the case of insufficient funds when a parent pays by check and the check does not clear, the student will not be permitted to participate until the check is cleared and fee paid in full.

We have read the above policy and agree to pay the **Athletic Transportation Fee** that supports my child's level of participation (First Sport (\$125), Second Sport (\$100) and Additional Sport (\$75).

Parent/Guardian Name (Please Print)

Parent/Guardian Signature

Student-Athlete Name (Please Print)

Student-Athlete Signature

Date

Thank you for your cooperation and support in helping

Napa Valley Unified School District
Athletic Transportation Fee Waiver Guidelines

(August 2009)

Students who are enrolled in the Free/Reduced Price Lunch (FRPL) program are eligible for a fee waiver to cover their transportation fees.

The FRPL program application process involves **three** different categories of students:

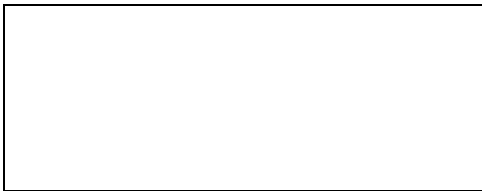
- Students who receive food stamps, CalWorks, KIN-GAP, and FDPIR Benefits. These students do not complete an application. Their benefits are forwarded to the Food Services by the County. This process is called “Direct Certification.” Food Services sends a certification letter directly to the families. In some cases, students may not receive the certification letter in which case we would direct them to contact Food Services.
- Foster Care Children, must submit application and a foster care parent or agency official must sign the application. These students will receive a certification letter from Food Services.
- All other eligible students submit a completed application and forward it to Food Services. If a certification letter is received from Food Services, they then can randomly check eligibility or verify eligibility for a school site if questions arise. The school has the ability to question eligibility. This request, if necessary will come from the Principal’s Office.

Other useful information:

- ➔ Once the student completes the form, it takes approximately 10 days to process.
- ➔ Students can submit forms any time during the year.
- ➔ Students must renew their FRPL application each year.
- ➔ At the beginning of each school year, students have 30 days from the first day of school to resubmit their application. This is generally until around October 1. This is called the “grace period”, if application is not resubmitted; FRPL status expires until new application is filed.

How will this work for our student-athletes?

- Coaches will direct student-athletes to inform the athletic director that they are on FRPL. Student-athlete can bring their certification letter or secretary can check.
- Student status will be pending if it is during the first 30 days of school. This will only happen for fall athletes. If their status does not change before the end of the season they will be responsible for paying the fee.
- Winter and Spring athletes need to pay ahead and submit application, if not done so already, at least 10 days prior to the start of the season.
- Questions? Call your principal.



SPORTS PARTICIPATION HEALTH RECORD

This evaluation is only to determine readiness for sports participation. It should not be used as a substitute for regular health maintenance examinations.

NAME _____ AGE _____ (YRS) GRADE _____ DATE _____

ADDRESS _____ PHONE _____

SPORTS _____

PHYSICIAN/NP _____ HEALTH PLAN _____ NO: _____

HEALTH HISTORY

PARENT & ATHLETE TO COMPLETE BEFORE EXAM

- | | YES | NO |
|---|-------|-------|
| 1. Have you ever had an illness that: | | |
| a. required you to stay in the hospital? | _____ | _____ |
| b. lasted longer than a week? | _____ | _____ |
| c. caused you to miss 3 days of practice or a competition? | _____ | _____ |
| d. Is related to allergies, i.e., hay fever, hives, asthma, insect stings? | _____ | _____ |
| e. required an operation? | _____ | _____ |
| f. is chronic, i.e., asthma, diabetes, etc.? | _____ | _____ |
| 2. Have you ever had an injury that: | | |
| a. required you to go to an emergency room or see a doctor? | _____ | _____ |
| b. required you to stay in the hospital? | _____ | _____ |
| c. required x-rays? | _____ | _____ |
| d. caused you to miss 3 days of practice or a competition? | _____ | _____ |
| e. required an operation? | _____ | _____ |
| 3. Do you take any medication or pills? | _____ | _____ |
| List all medications you are presently taking and what condition the medication is for. | | |
| a. _____ | | |
| b. _____ | | |
| c. _____ | | |
| 4. Have any members of your family, under age 50 had a heart attack, heart problem, or died unexpectedly? | _____ | _____ |
| 5. Have you ever: | | |
| a. been dizzy or passed out during or after exercise? | _____ | _____ |
| b. been unconscious or had a concussion? | _____ | _____ |
| 6. Are you unable to run 1/2 mile (2 times around the track) without stopping? | _____ | _____ |
| 7. Do you cough or have difficulty breathing with exercise/running? | _____ | _____ |

8. Do you:
- a. wear glasses or contacts? _____
- b. wear dental bridges, plates or braces? _____
9. Have you ever had a hear murmur, high blood pressure, or a heart abnormality? _____
10. Do you have allergies to any medicine? _____
11. Are you missing a kidney? _____
12. When was your last tetanus booster? _____
13. Are you worried about any problem/condition at this time?
 Yes _____ No _____
 If yes, please explain: _____
14. **FOR WOMEN**
- a. at what age did you experience your first menstrual period? _____
- b. in the last year, what is the longest time you have gone between periods? _____
- _____
- _____
- _____

EXPLAIN ANY "YES" ANSWERS _____

I hereby state that, to the best of my knowledge, my answers to the above questions are correct.

Signature of Athlete

Signature of Parent

Date: _____

Continued on back →



Napa Valley Unified School District
 2425 Jefferson St.
 Napa, CA 94558

ATHLETIC MEDICAL PARTICIPATION RELEASE

NAME _____ AGE _____ (YRS) GRADE _____ DATE _____

ADDRESS _____ PHONE _____

SPORTS _____

PHYSICIAN/NP _____ HEALTH PLAN _____ NO: _____

_____ has been seen in our medical office for regular and routine health care visits.
 All age appropriate examinations and laboratory tests have been done.

Immunizations ___ Current ___ Not Current

Comments: _____

Participation Recommendations

___ No Participation in: ___ FULL PARTICIPATION ___ Other requirements for participation ___ Other things required for participation (referral, special equipment) Comments:	Physician Signature _____ Date _____
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Athlete Signature _____ Date _____

Parent Signature _____ Date _____

I hereby state that, to the best of my knowledge, the above information is correct.
 Por lo siguiente declaro, con el mejor de mi conocimiento, que la información de la parte superior es correcta.

Sac-Joaquin Section 2009-10 Calendar

Season	Dead Period Begins	Practice Begins	1st Scrimmage Date	1st Contest Date	Last Contest Date
FALL					
X-Country (b/g)	July 25	Aug. 17	Aug. 22	Aug. 27	Oct. 31
Football	July 25	* Aug. 24	Sept. 3	Sept. 10	Nov. 14
Golf-girls	July 25	Aug. 17	Aug. 22	Aug. 27	Oct. 21
Soccer-boys D I-II-III D IV-V-VI-VII	July 25 July 25	Aug. 17 Aug. 17	Aug. 22 Aug. 22	Aug. 27 Aug. 27	Oct. 30 Nov. 3
Tennis-girls Team Individual	July 25 July 25	Aug. 17 Aug. 17	Aug. 22 Aug. 22	Aug. 27 Aug. 27	Nov. 2 Nov. 5
Volleyball-girls	July 25	Aug. 17	Aug. 22	Aug. 27	Nov. 4
Water polo (b/g)	July 25	Aug. 17	Aug. 22	Aug. 27	Oct. 31
WINTER					
Basketball (b/g)	Oct. 20	Nov. 10	Nov. 15 (16)	Nov. 23	Feb. 19
Wrestling Duals Individual	Oct. 20 Oct. 20	Nov. 10 Nov. 10	Nov. 15 (16) Nov. 15 (16)	Nov. 23 Nov. 23	Feb. 3 Feb. 13
SPRING					
Badminton	Jan. 20	Feb. 10	Feb. 15	Feb. 20	May 15
Baseball	Jan. 20	Feb. 10	Feb. 15	Feb. 20	May 15
Golf-boys	Jan. 20	Feb. 10	Feb. 15	Feb. 20	May 5
Soccer-girls D I-II-III D IV-V-VI-VII	Jan. 20 Jan. 20	Feb. 10 Feb. 10	Feb. 15 Feb. 15	Feb. 20 Feb. 20	May 7 May 11
Softball	Jan. 20	Feb. 10	Feb. 15	Feb. 20	May 15
Swimming	Jan. 20	Feb. 10	Feb. 15	Feb. 20	May 1
Tennis-boys/coed Team Individual	Jan. 20 Jan. 20	Feb. 10 Feb. 10	Feb. 15 Feb. 15	Feb. 20 Feb. 20	May 3 May 6
Track (b/g)	Jan. 20	Feb. 10	Feb. 15	Feb. 20	May 15
Volleyball-boys	Jan. 20	Feb. 10	Feb. 15	Feb. 20	May 8
Lacrosse	Jan. 20	Feb. 10	Feb. 15	Feb. 20	May 15

* *Note:* Football pre-conditioning begins on Aug. 17. Official practice begins on Aug. 24.

Athletic Checklist

Turn in completed physical papers to Athletic Director/AD secretary.

Sign and turn in *VHS Player Contract* to Athletic Director/AD secretary.

Sign and turn in *NVUSD Student/Parent Contract for Athletic Participation and Consent to Treat* to Athletic Director/AD secretary.

Sign and turn in *NVUSD High School Athletic Transportation Fee Agreement* and pay transportation fees - obtain receipt from Activities Office.

Get clearance slip (GOLD) from Athletic Director/AD secretary before participating – Give slip (GOLD) to your coach.

Notes:



VINTAGE HIGH SCHOOL

ATHLETIC BOOSTER CLUB 2009-10 MEMBERSHIP FORM

TAKE PRIDE IN VINTAGE HIGH SCHOOL AND JOIN THE VINTAGE HIGH SCHOOL ATHLETIC BOOSTER CLUB TODAY!

BOOSTER CLUB MEMBERSHIP:

VINTAGE DIAMOND MEMBERSHIP	4 SEASON PASSES <small>ALL HOME REGULAR SEASON SPORTS EVENTS, RECOGNITION IN THE ATHLETIC PROGRAMS, AND FOUR STADIUM CUSHIONS!</small>	\$350	<input type="checkbox"/>
FAMILY MEMBERSHIP	4 SEASON PASSES	\$215	<input type="checkbox"/>
COUPLE MEMBERSHIP	2 SEASON PASSES	\$110	<input type="checkbox"/>
INDIVIDUAL MEMBERSHIP	1 SEASON PASS	\$60	<input type="checkbox"/>

RESERVED SEATING MEMBERSHIP: INCLUDES BIG GAME WHEN HOSTED BY NAPA

FAMILY MEMBERSHIP	4 SEASON PASSES & 4 RESERVED SEATS	\$455	<input type="checkbox"/>
COUPLE MEMBERSHIP	2 SEASON PASSES & 2 RESERVED SEATS	\$230	<input type="checkbox"/>
INDIVIDUAL MEMBERSHIP	1 SEASON PASS & 1 RESERVED SEAT	\$120	<input type="checkbox"/>

I WOULD BE PLEASED TO HELP OUT WITH THE FOLLOWING:

- | | | |
|--|--|--|
| <input type="checkbox"/> OFFICER OF SPORTS BOOSTERS | <input type="checkbox"/> CRAB FEED | AWARDS BANQUETS
<input type="checkbox"/> FALL SPORTS
<input type="checkbox"/> WINTER SPORTS
<input type="checkbox"/> SPRING SPORTS |
| <input type="checkbox"/> COMMITTEE CHAIRPERSON | <input type="checkbox"/> GOLF TOURNAMENT | |
| <input type="checkbox"/> PHONE CALLS | <input type="checkbox"/> PIG ROAST | |
| <input type="checkbox"/> CONCESSION STAND (FOOTBALL) | <input type="checkbox"/> TEXAS HOLD'EM | |

MEMBER INFORMATION

NAME(S)					
ADDRESS		CITY		ZIP	
PHONE		E-MAIL			
ATHLETE'S NAME(S)					
SPORT(S)				GRADE	

THANK YOU FOR SUPPORTING VINTAGE HIGH SCHOOL ATHLETIC

PLEASE RETURN TO VINTAGE ATHLETIC BOOSTER CLUB
1375 TROWER AVENUE, NAPA, CA 94558
ATTENTION : ATHLETIC BOOSTER CLUB MEMBERSHIP
TAX ID#: 94-2617798

TERESA PETERSON
VINTAGE ATHLETIC BOOSTER CLUB
PRESIDENT
EMAIL: SKIPETERS@AOL.COM
(707) 812-0397
(707) 251-8882 FAX

DAVE SHIPP
ATHLETIC DIRECTOR
(707) 299-2552 OFFICE
(707) 253-6920 FAX

ERIC SCHNEIDER
VINTAGE HIGH SCHOOL
PRINCIPAL

FOR INTERNAL USE ONLY

DATE RECEIVED	CHECK #/CASH	AMOUNT	DATE TICKETS DISTRIBUTED