



MIRA COSTA ATHLETIC CLEARANCE PACKET

2010-2011

Help us save athletics at Mira Costa High School!

In March and April 2009, the Board of Trustees of the Manhattan Beach Unified School District was forced to take a number of drastic steps to reduce costs in the District. Many school districts throughout California are experiencing these same pressures and many have elected to eliminate – or severely reduce – the athletic programs at the high school level. Mira Costa High School has a long and proud tradition of outstanding athletic programs, and we don't want to see that happen here. In an effort to make sure the Mustang tradition stays alive, representatives from every high school sports team and the Manhattan Beach Athletic Foundation met last spring to develop an alternative funding strategy.

Again during the 2010 – 2011 school year, we are asking you to pay more, because we have to provide more. We are requesting \$325 for the first sport your child participates in and \$200 for each additional sport.

The student participation fee, along with funds raised by the Manhattan Beach Athletic Foundation and net income obtained by renting the Waller Stadium turf field, will allow the Foundation to fund:

- **Over \$180,000 in stipends to the coaches and assistant coaches of our 25 sports;**
- **Over \$22,000 in costs for safety equipment;**
- **Approximately \$90,000 in costs related to the transportation of athletes to away games, and**
- **Over \$60,000 in costs associated with our sports trainer.**



While the donation is voluntary, the costs and the needs are real. Help Mira Costa, the athletic department and the 1,200 students who participate in Costa athletics to keep our athletic program strong.

**Send your check for \$325 payable to the Manhattan Beach Athletic Foundation
(1097 Aviation Blvd, Hermosa Beach, CA 90254) or**

Visit our website at www.mbathleticfoundation.org to make your tax deductible donation.

Thanks in advance for your continued support of MCHS Athletics,

Gary Wayland

President, Manhattan Beach Athletic Foundation

Paula Spence

Vice Principal/Director of Athletics

MANHATTAN BEACH UNIFIED SCHOOL DISTRICT
Mira Costa High School

Athletic Clearance Forms and Information

Due to changes in CIF rules, in an effort to fully protect all athletes and coaches

**ALL ATHLETIC PACKETS MUST BE SUBMITTED BEFORE SCHOOL BEGINS
REGARDLESS OF THE SEASON OF THE SPORT.**

**ALL ATHLETIC CLEARANCE PACKETS ARE DUE BY
THURSDAY, JULY 29, 2010**

Your participation in the sport may be delayed if forms are returned after the deadline.

**Parent, student and physician signatures must be legitimate. Forgery will result in
discipline and possible non-participation.**

Physicals:

- A physical is required to participate in sports. A physical is good for one calendar year from the date of the exam. Example: an exam given on 7/13/09 is valid through 7/13/10; this is why we are requesting that ALL athletes obtain their athletic clearances in the summer. The physical date must cover the athlete through the season of the sport including the CIF playoffs. If not, the athlete will need to schedule a new exam before the season begins.
- If you do not have a doctor or your yearly physical does not coincide with your health plan, you may use:

Ocean Medical Family and Urgent Care
1106 S. Pacific Coast Highway, Redondo Beach
310-316-1661

Minute Clinic
Inside CVS/Pharmacy #9496
2900 N Sepulveda Blvd, Manhattan Beach
(310) 546-3481

Medical Insurance:

California Education Code states that all students who participate in a co-curricular activity must have insurance coverage prior to practice or participation. If students do not have insurance coverage with their family, they may purchase school insurance from Meyers-Stevens. Medical brochures and forms are available in the school office and must be returned with the completed athletic forms.

Questions: Paula Spence, Vice Principal & Director of Athletics, 310-318-7337 ext. 5028

Have a Great Season!

▶ INDICATES INFORMATION MUST BE FILLED OUT OR SIGNED

FOR OFFICE USE ONLY

Yes No

Physical date: _____

MBUSD – Mira Costa High School **Athletic/Activity Report**

Forgery of these forms will result in disciplinary action by MBUSD

Print Last Name Above _____ Print First Name _____ Grade _____ Male/Female _____ Sport (s) _____

Address _____ City/Zip _____ Home Phone Number _____

Age as of June 15, 2010 _____ Birth date _____ Month and year started ninth grade _____

Did you transfer from another high school? _____ If so, what date? _____ List name, city, and state of the high school from which you transferred. _____

M.B.U.S.D. Board Policy BP 5145.3 **Nondiscrimination**

District programs and activities shall be free from discrimination, including harassment, threats, and intimidation, with respect to gender, race, color, religion, national origin, ethnic group, marital or parental status, sexual orientation, physical or mental disability, or any other personal preference or characteristic.

Insurance Requirements

California Law (Educational Code 32220-24) requires every member of an athletic team to have \$1,500.00 medical and hospital coverage. **STUDENTS MUST HAVE THEIR OWN INSURANCE TO PARTICIPATE. The Manhattan Beach Unified School District does not have insurance to cover athletic injuries. School insurance is available to all students. Pick-up a brochure from the school office.**

Your Family Insurance Coverage

Our family insurance coverage for our son/daughter meets the requirements of California law.

The name of our insurance company is: ▶ _____

Our policy or group number is: ▶ _____

I will promptly notify the school in the event insurance coverage no longer applies to my son/daughter.

School Insurance: Myers/Stevens Insurance Company

I am purchasing Myers/Stevens insurance and returning the Myers/Stevens envelope with the Athletic/Activity Packet, so the school can send it to the company. I am purchasing the following coverage:

(Check the appropriate coverage.)

____ Student Health Care Plan (sickness & accidents)	____ School Time Accident	Low	Mid	High
____ Tackle Football Accident	____ Dental Accident Plan	Low	Mid	High
____ Full-Time (24 hr.) Accident	____ Pharmacy SmartCard	Low	Mid	High

Athletic/Activity Commitments and Responsibilities

I have read and understand the following sections of the Athletic Packet:

<input type="checkbox"/> Athletic/Activity, Insurance, & Discrimination Report	<input type="checkbox"/> District Letter Regarding Insurance Coverage
<input type="checkbox"/> Athletic/Activity Emergency Card	<input type="checkbox"/> NCAA Scholarship Information
<input type="checkbox"/> Participation Physical Evaluation	<input type="checkbox"/> Academic Eligibility Standards
<input type="checkbox"/> Athlete's Code of Ethics	<input type="checkbox"/> CIF Athletic Eligibility Rules
<input type="checkbox"/> Steroid Use Student Agreement	<input type="checkbox"/> Athletic Contract
<input type="checkbox"/> Athletic Participation Donation Letter and Form	

▶ _____
Parent or Guardian Signature

▶ _____
Student Signature

▶ _____
Date

Forgery of any of these forms will result in disciplinary action by MBUSD

MBUSD – Mira Costa High School
ATHLETIC/ACTIVITY EMERGENCY CARD

Female ___ Male ___
Year _____

Print Last Name _____ First Name _____ Middle Initial _____ Grade _____ Sport _____

Address _____ City _____ Zip _____ Home Phone Number _____

Did you transfer from another high school? _____ List date, name, city and state of high school from which you transferred _____

Father/Guardian's Name _____ Father/Guardian's Phone Number _____ Mother/Guardian's Name _____ Mother/Guardian's Phone Number _____

Father's Work Number _____ Mother's Work Number _____ Other to Call in Emergency (Name and Phone Number) _____

THIS SECTION MUST BE FILLED IN BY PARENT

▶ Medication(s) athlete uses: _____

▶ Purpose of medication: _____

▶ List any physical condition or injury that should be watched: _____

▶ Print physician's name _____ ▶ Print physician's phone number _____

* * * PARENT CONSENT * * *

I hereby give my consent for the above-named (student) to compete in sports and go with a representative of the school on any school related trip. **In case of injury, you are authorized to have him/her treated.**

▶ _____ ▶ _____ ▶ _____ ▶ _____
Date Parent/Guardian Signature Name of Insurance Co. Policy/Group No.

MBUSD – Mira Costa High School
ATHLETE'S CODE OF ETHICS

Female ___ Male ___
Year _____

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that **AT ALL TIMES** it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Follow the principles of Pursuing Victory With Honor - Win with character, lose with dignity.

▶ _____
Parent's Signature Date

▶ _____
Athlete's Signature School Date

▶ _____
Athlete's Name Printed

A copy of this form must be kept on file in the Athletic Director's Office at the local high school on an annual basis and the Principal's Statement of Compliance must be on file at the CIF Southern Section Office.

Students

STEROIDS

**MANHATTAN BEACH UNIFIED SCHOOL DISTRICT
AGREEMENT FOR STUDENT ATHLETE AND PARENTS/GUARDIANS
REGARDING USE OF STEROIDS**

Name of student athlete:

▶ _____

The Board of Trustees of the Manhattan Beach Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids or any dietary supplement banned by the U.S. Anti-doping Agency, as well as the substance synephrine. The Board requires that all participating students and their parents/guardians sign this agreement in order for a student athlete to participate in district/school-sponsored interscholastic sports.

By signing below, we agree that the student shall not use androgenic/anabolic steroids or any dietary supplement banned by the U.S. Anti-doping Agency, nor the substance synephrine, without the written prescription from a licensed health care practitioner, to treat a medical condition.

We recognize that 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.

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

▶ Signature of student athlete

▶ Date

▶ Signature of parent/guardian

▶ Date

Exhibit
adopted: September 20, 2006

MANHATTAN BEACH UNIFIED SCHOOL DISTRICT
Manhattan Beach, California

MBUSD/MBAF – Mira Costa High School
Athletic Participation Donation

Dear Parent/Guardian:

As you may know, all school districts and schools have to make choices as to how to best meet the needs of their students with the limited resources provided by the state. The Manhattan Beach Unified School District, Manhattan Beach Athletic Foundation, and MCHS Athletic Booster Clubs have joined forces to support MCHS Athletics; we have chosen to request a donation for some services outside the classroom as an alternative to cutting programs as we enumerated in our cover letter. While the donation is voluntary, the costs and the needs are real. Help Mira Costa, the athletic department and the 1,200 students who participate in Costa athletics to keep our athletic program strong.

During the 2010-2011 school year we are asking you to pay more, because we all are going to have to provide more. We are requesting \$325 for the first sport your child participates in and \$200 for each additional sport. Please note that no child will be denied access to our programs.

Please write your check, made payable to Manhattan Beach Athletic Foundation (MBAF), complete the donation form below and mail to MBAF at 1097 Aviation Blvd, Hermosa Beach, CA 90254, or visit the MBAF website at www.mbathleticfoundation.org to make your tax deductible donation.

Due to changes in CIF rules, in an effort to fully protect all athletes and coaches,
**ALL ATHLETIC PACKETS FOR RETURNING PLAYERS MUST BE SUBMITTED BEFORE SCHOOL
BEGINS REGARDLESS OF THE SEASON OF THE SPORT.**

ALL ATHLETIC CLEARANCE PACKETS ARE DUE BY THURSDAY, JULY 29, 2010

If you have any questions regarding the athletic participation donation, please call me at 318-7337, ext. 5028.

Sincerely,

Paula Spence

Vice Principal/Director of Athletics

Mira Costa High School Athletic Participation Donation Form

Please make check payable to: Manhattan Beach Athletic Foundation

Print Student's Name	Sport/Activity	Grade	Date
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Address	City/Zip	Phone
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Print Parent's / Guardian's Name

_____ I am enclosing a donation of \$ _____ by check made payable to MBAF for the athletic participation donation program. **PRINT YOUR STUDENT'S NAME ON THE BOTTOM PORTION OF THE CHECK.**

_____ In addition to the athletic participation donation, I am enclosing a donation of \$ _____, for students who may need assistance with their athletic participation donation.

Mail with payment to MBAF, 1097 Aviation Blvd, Hermosa Beach, CA 90254

MBUSD – Mira Costa High School
Student Insurance

Female___ Male___
Year _____

Dear Parent(s):

The Manhattan Beach Unified School District takes appropriate steps to protect your child from injuries. Even so, accidents can and do happen.

Your child's school **does not** provide medical insurance coverage for school accidents. This means that you are responsible for the medical bills if your child gets hurt during school activities. The student accident/health insurance plans are offered for your particular need.

The Student Health Care Plan is recommended since it covers both injuries and illnesses twenty-four hours a day. If your child has no insurance, ***California Law (Educational Code 32220-24) requires every member of an athletic team to have at least \$1,500.00 medical and hospital coverage.*** If your child does have other health insurance, student insurance may also be used to supplement eligible charges not covered by other insurance.

The health care brochure is available in the school office. Please read the brochure carefully. If you have questions, please call the plan administrator, Myers-Stevens at 1(800) 827-4695 or 1(714) 348-0656. Bilingual representatives are available for parents who need assistance in Spanish.

Yours truly,

Steve Romines, Ph.D.

Steve Romines, Ph.D.
Assistant Superintendent of Administrative Services

IMPORTANT NCAA INFORMATION TO QUALIFYING 11TH GRADE ATHLETES

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization that has established rules on eligibility, recruiting, and financial aid. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships. If you are a qualifying 11th grade athlete, and planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Eligibility clearinghouse. An application is required to be completed at the end of the 11th grade. The Clearinghouse was established by the NCAA member institutions in January 1993. The Clearinghouse ensures consistent application of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

To be certified by the Clearinghouse, you must: 1) graduate from high school. Apply for certification before graduation if you are sure you wish to participate in athletics as a freshman at the college to which you will be admitted. The Clearinghouse will issue a preliminary certification report when you have had all your material submitted. After you graduate, if your eligibility information is requested by a member institution, the Clearinghouse will review your final transcript to make a final certification decision according to NCAA standards. 2) Earn a grade-point average of at least 2.0 (on a 4.0 scale) . Only courses that satisfy the NCAA definition of a core course can be used to calculate your NCAA GPA. No special values are allowed for "+" or "-" grades.

NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

(from the NCAA Eligibility Center website, 05/07/08)

KNOW THE RULES:

Core Courses

- Starting August 1, 2008, 16 core courses will be required for NCAA Division I only. This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.
- 14 core courses are required in NCAA Division II. See the breakdown of core-course requirements below. *Please note that beginning August 1, 2013, Division II will require 16 core courses.*

Test Scores

- Division I has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on the next page.
- Division II has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a sum of the four sections on the ACT: English, math, reading and science.
- **All SAT and ACT scores must be reported directly to the NCAA Initial-Eligibility Clearinghouse by the testing agency.** Test scores that appear on transcripts will no longer be used. When registering for the SAT or ACT, use the clearinghouse code of 9999 to make sure the score is reported to the clearinghouse.

Grade-Point Average

- Only core courses are used in the calculation of the grade-point average.
- Be sure to look at your high school's list of NCAA-approved core courses on the clearinghouse website to make certain that the courses being taken have been approved as core courses. The website is www.ncaaclearinghouse.net.
- Division I grade-point-average requirements are listed on the next page.
- The Division II grade-point-average requirement is a minimum 2.000.

DIVISION I	
16 CORE-COURSE RULE	
16 Core Courses:	
4 years of English	
3 years of mathematics (Algebra 1 or higher)	
2 years of natural/physical science (one yr. lab)	
1 year of additional English, mathematics or physical science	natural/
2 years of social science	
4 years of additional courses (from any area foreign language or nondoctrinal religion/philosophy).	above,

DIVISION II	
14 CORE-COURSE RULE	
14 Core Courses:	
3 years of English	
2 years of mathematics (Algebra 1 or higher)	
2 years of natural/physical science (1 yr. lab)	
2 years of additional English, mathematics or natural/physical science	
2 years of social science	
3 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).	

Please note: For students first entering any NCAA college or university on or after August 1, 2005, computer-science courses may only be used for initial-eligibility purposes if the course receives graduation credit in mathematics or natural/physical science and is listed as such on the high school's list of NCAA-approved core courses.

OTHER IMPORTANT INFORMATION:

- Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.
- 14 Core courses are required for Division II.
- 16 Core courses are required for Division I.
- The SAT combined score is based on the verbal and math sections only. The writing section will not be used.
- SAT and ACT scores must be reported directly to the clearinghouse from the testing agency. Scores on transcripts will not be used.

For more information regarding these rules, please go to www.ncaa.org. Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the clearinghouse website at www.ncaaclearinghouse.net.

Please call the NCAA Eligibility Center if you have questions: TOLL-FREE NUMBER: 877.622-2321

**NCAA DIVISION I SLIDING SCALE
CORE GRADE-POINT AVERAGE/TEST-SCORE
SAT – verbal & math only**

Core GPA	ACT	SAT	Core GPA	ACT	SAT	Core GPA	ACT	SAT	Core GPA	ACT	SAT
3.550 & +	37	400	3.150	48	560	2.750	59	720	2.350	73	880
3.525	38	410	3.125	49	570	2.725	59	730	2.325	74	890
3.500	39	420	3.100	49	580	2.700	60	740	2.300	75	900
3.475	40	430	3.075	50	590	2.675	61	740-750	2.275	76	910
3.450	41	440	3.050	50	600	2.650	62	760	2.250	77	920
3.425	41	450	3.025	51	610	2.625	63	770	2.225	78	930
3.400	42	460	3.000	52	620	2.600	64	780	2.200	79	940
3.375	42	470	2.975	52	630	2.575	65	790	2.175	80	950
3.350	43	480	2.950	53	640	2.550	66	800	2.150	80	960
3.325	44	490	2.925	53	650	2.525	67	810	2.125	81	960
3.300	44	500	2.900	54	660	2.500	68	820	2.100	82	970
3.275	45	510	2.875	55	670	2.475	69	830	2.075	83	980
3.250	46	520	2.850	56	680	2.450	70	840-850	2.050	84	990
3.225	46	530	2.825	56	690	2.425	70	860	2.025	85	1000
3.200	47	540	2.800	57	700	2.400	71	860	2.000	86	1010
3.175	47	550	2.775	58	710	2.375	72	870			

**Mira Costa High School
Academic Eligibility Standards**

The Manhattan Beach Unified School District has established the following eligibility standards for co-curricular programs.

In order for a student to participate in the school co-curricular program, his/her report card from the previous grading period must reflect a "C" (2.0) grade point average or better with a minimum of (20) credits of new work completed or in progress. This may include physical education, work experience, and SCROC.

Academic eligibility will be determined in this manner:

- **First quarter** eligibility will be determined by the 2nd semester grades received the previous June. **Summer school** credits and grades for new course work will be counted toward making up credit and/or GPA deficiencies incurred during the grading period ending in June.
- **Second quarter** eligibility will be determined by the 1st quarter grades.
- **Third quarter** eligibility will be determined by the 1st semester grades.
- **Fourth quarter** eligibility will be determined by the 3rd quarter grades.

A student concurrently enrolled in a comprehensive high school and Independent Study or adult school is eligible providing his/her combined grades meet the academic standards as stated above.

Academic eligibility for a student transferring into the Manhattan Beach Unified School District and enrolling at Mira Costa High School, **after the first quarter of the ninth grade will be determined by applying the same standards to the student's last report card from his/her former school.**

All freshmen will be eligible to participate when school opens. Their first eligibility decision will be made on the basis of the student's first quarter grades which will be reported in November. Eligibility for the periods of November through the end of January will be based on the November grades.

If you have any questions regarding athletic eligibility, please contact the Director of Athletics.

CIF Athletic Eligibility Rules

TO PROTECT YOUR ATHLETIC ELIGIBILITY YOU MUST:

- Be under nineteen years of age prior to June 15.
- Have reached the ninth grade.
- Participate in no more than four seasons of the same sport after enrolling in the ninth grade.
- Be scholastically eligible.
- File an Application for Residential Eligibility if you have transferred from another school without a corresponding bonafide change of residence by your parents/guardians, or you are a foreign student.
- Since entering the ninth grade, not be in your ninth semester of attendance.
- Meet citizenship requirements.
- Maintain amateur standing.
- Not have participated in any tryout for a professional team.
- Maintain in your school files an annual physical examination certifying that you are physically fit to try out and/or participate in athletic activities.

YOUR ELIGIBILITY IS SUBJECT TO SPECIAL RULES: (Questions should be directed to your school coach and/or Director)

- Competition with an outside team during your high school season in the same sport is prohibited.
- Participation on the varsity football team is prohibited until you have reached your 15th birthday.

Special Note: By action of the State Federated Council, the Southern Section has been granted an experimental waiver to allow 14 year old student/athletes to play at the varsity level. Students must have filed with the school a letter of approval from a doctor and the parents. Additionally, a certificate of acknowledgment must be filed with CIF Southern Section Office on the appropriate form by the principal.

- If you transfer from one school to another without a bonafide change of residence by your parents/guardians, your eligibility is subject to special rules which may include non-participation at the varsity level.
- Students may participate in All-Star competition between conclusion of the Southern Section season of sport and September 1.

Special Note: The rules and regulations listed on this paper represent only a summary of all State CIF and Southern Section rules and regulations. You are urged to check with your athletic director or coach if you have any questions regarding your eligibility. Competing for your school team when you are not eligible could subject your team to forfeiture. If you are in doubt at your eligibility status, CHECK IT OUT!

Manhattan Beach Athletic Foundation
Mira Costa Voluntary Drug Testing Program 2010/2011 School Year
Student Information/Enrollment Form

Student: _____ DOB: _____ Gender: M / F

Parent/Guardian: _____ Phone Number: _____

Physical Address: _____ City: _____ Zip: _____

Parent Email Address: _____

I (the parent/guardian) hereby give consent for my child to participate in the voluntary drug testing program at Mira Costa High School. I understand the Manhattan Beach Athletic Foundation (“MBAF”) contracts with Vin’Ash Coaching to perform all testing and counseling services associated with the program, and I give both MBAF and Vin’Ash Coaching permission to communicate information, as necessary to conduct drug testing on my child. I understand that MBAF and Vin’Ash Coaching will not communicate the results of the test(s) to any other party without my written consent, including to any representatives of the Manhattan Beach Unified School District. I authorize Vin’Ash Coaching to collect urine samples from my child and perform analysis on such fluids consistent with current substance screening practices. Upon any presumed positive result, I give Vin’Ash Coaching consent to send the sample and participant identifier information to a certified lab of its choice for further testing and confirmation of results. I understand drug testing will take place at my child’s school during daytime class hours. The cost for the program is \$55 per semester and includes a minimum of two drug testing attempts, any necessary lab confirmation, and all referral and support services offered by Vin’Ash Coaching’s certified drug and alcohol counselors. Attempts on behalf of Vin’Ash Coaching are made periodically and randomly throughout the school year to collect samples from participants. Attempts are considered made if a child is called out of class to perform regardless of their ability to perform. At anytime, I may withdrawal my child from the voluntary drug testing program by providing written notice to the Manhattan Beach Athletic Foundation, however, I understand this will forfeit any unused services and no refund will be issued.

Signature of Parent or Guardian: _____ Date: _____

I (the student) hereby give my consent to participate in the voluntary drug testing program at Mira Costa High School. I understand that I may be called out of class periodically with no prior warning. I will be required to provide urine samples for screening. I may be required to empty my pockets and stow any items not permissible in the screening area. I give consent for Vin’Ash Coaching to provide any and all results to my parent/guardian via email or by telephone communication.

Signature of Student: _____ Date: _____

Disclaimer: Excluding legally mandatory reporting obligations, all information collected by Vin’Ash Coaching while performing duties in connection with the program at Mira Costa High School are kept strictly confidential. Vin’Ash Coaching conducts testing services on school property and requires the assistance of school personnel to perform drug screening. Excluding permissions mentioned herein, at no time will any information be released to the school, any other person, entity or agency without prior written consent of the child’s parent or legal guardian. The school does not take any punitive action against any student for their enrollment or participation in the voluntary drug testing program. The services offered by Vin’Ash Coaching, in conjunction with the Manhattan Beach Athletic Foundation, are designed to decrease juvenile alcohol and drug use, while increasing parent awareness about what their children are doing. Vin’Ash Coaching reserves the right to report to any person, entity, or agency, any testing result collected, provided that all personal information of participants’ is omitted from the report.

Registration options – Select the semester(s) you want your child tested. You may also add 2 additional tests per semester for an additional fee. Any questions with this form, please email admin@vinashcoaching.com

1 st Semester (includes a minimum of 2 tests) = \$55	\$
2 nd Semester (includes a minimum of 2 tests) = \$55	\$
add 2 more tests per semester = \$100	\$
Total	\$

Please includes this form and make checks payable to the Manhattan Beach Athletic Foundation and mail to:

Manhattan Beach Athletic Foundation, P.O. Box 1585
 Manhattan Beach, CA 90267-1585

MBUSD – Mira Costa High School
ATHLETIC CONTRACT

Female___ Male___
Year _____

As an athlete, I understand and agree to accept and obey the following rules and procedures as set forth by the Athletic Department:

1. The Athletic Information Packet is 14 pages and composed of the following forms:
 - MBAF / MCHS Athletics Cover Letter – page 1
 - Athletic Clearance Forms and Information-page 2
 - **Athletic/Activity Report-page 3**
 - **Athletic/Activity Emergency Card-page 4**
 - Pre-participation Physical Evaluation-pg. 5
 - Athlete's Code of Ethics-page 6
 - Steroids Information Form-page 7
 - **Athletic Participation Donation-page 8**
 - Student Insurance Information-page 9
 - NCAA Information-pages 10-12
 - Academic Eligibility Standards-pgs. 11-13
 - CIF Athletic Eligibility Rules-page 12
 - Voluntary Drug Testing Enrollment – page 13
 - Athletic Contract-page 14
2. Pages 3 – 8 (named above) must be completed and returned as the "Athletic Packet" to the athletic secretary by July 29, 2010 (or no later than 1 month before the season of sport for new athletes).

3. Page 8 - Checks for the Athletic Participation Donation are payable to **Manhattan Beach Athletic Foundation**, and should be returned directly to the MBAF. It is important that you please print your student's name on the bottom portion of the check. You may also pay via the web at www.mbatleticfoundation.org

Because participation in athletics or activities is a commitment, the participation donation will not be refunded once a student makes the team or quits. If a student does not make the team, they may request a refund from the MBAF.

4. Students athletes are expected to have a current ASB card and activity sticker, to be purchased on or before registration. If this presents a financial burden, please contact the athletic department. No student will be denied access.
5. The athlete accepts responsibility for all equipment checked out, and promises to return same in good condition and on time.
6. Athletes must maintain good citizenship and attendance records in all classes.
7. Athletics/sixth period is a class students take for credit. Therefore, students must be in class on time and dressed in the proper clothing. Excessive tardiness or absences will be cause for removal from the class. Athletic period P.E. will meet sixth period during the season of sport. Out of season athletic P.E. may meet zero period.
8. At the conclusion of sport/season, athletes are to follow the instructions of their coach. If dropped from the team, for any reason, the student is to report to his/her educational advisor the following day for instructions. Under no circumstances are student/athletes to leave campus without an off-grounds permit prior to the end of the school day.
9. **Forgery of any of these forms will result in disciplinary action by an administrator.**
10. Conduct of an athlete is expected to be of a high standard at all times both on and off campus. Misconduct, which reflects unfavorably upon the team and school, will be cause for suspension or removal from the team or sport.
11. Fighting during athletic or school event will result in suspension from the team and/or school. Unsportsmanlike conduct will not be tolerated.
12. Athletic participants are expected to attend school on the day of the contest.