



*Student-Athlete and Parent Athletic Contract*

The purpose of the athletic program at Union Grove Christian School is to provide students a setting to glorify God through the development and exercise of personal character, sportsmanship, self-discipline, and athletic ability. Student athletes are encouraged to do their best and to learn the vital life skill of being a team player. In victory or defeat, students are taught to demonstrate both grace and dignity.

We are very thankful that your student is a part of the UGCS 2018-2019 athletic teams. We want our student athletes to understand the responsibility that is involved in participating in Union Grove's school athletic programs. They must also understand there will be consequences for violating any of the expectations outlined in this contract.

**Expectations of Student Participants**

- A current/previous year's sports physical must be given to the coach before the first game. No Exceptions!
- Parents and students MUST read, sign and return the NCCSA Student Liability Waiver form before a student plays in a game. There will be no exceptions.
- Athletes must be on time for practice. This means on the floor or field, ready to go when practice is scheduled to start. Practice time is quality time. If you do not practice, you may not play.
- Player attendance is VITAL. If you are going to be on a team, be on a team. Players are expected to attend all practices and games. There is a lot of information covered in practice and an athlete can fall quickly behind if a practice is missed. It is imperative that the coach be contacted if he/she will not be at practice. We understand illness, appointments, etc. however, please notify your coach of these arrangements. Players, who miss practice, excused or not, should expect less playing time than those who attend practice. On game day, students must be in attendance by 10:00 AM in order to play in that day's game. Exceptions may be granted by the Administration.
- Respect the coaches, listen to new ideas and at least try them (even if it is awkward,) because it just might help them and the team.
- Give 100% effort both at practice and in competitions.
- Players will dress neatly for all games that are scheduled home and away. You are representing UGCS. The dress code is up to the discretion of the coach.
- Maintain acceptable behavior and respect for others in times of success and of defeat.
- Maintain acceptable behavior and respect during competitions, on the court or on the field for opposing players, referees, coaches and fans.
- All players are required to wear the FULL uniform provided by UGCS.
- Uniforms will be provided by the school for athlete use. Athletes are responsible for the safe keeping, proper laundering after each use, and return of uniform(s) to the coach immediately after the season ends. The athlete will be charged the full cost of the uniform if it is not returned, or returned damaged due to neglect. This charge will be placed directly onto your school bill.
- **Schoolwork comes first.** Grade checks will be done when progress reports and report cards are issued. If the athlete fails to meet the academic eligibility requirements they will not be allowed to participate in any games. Grades will be rechecked at 2 weeks from the progress report or report card being issued. When the failing grades have been raised the player may be allowed to participate in games. If a player is ineligible they may continue to practice, if they attend the game they must sit on the bench, but they will not be allowed to dress out during games.
- ALL playing time is the coaches' discretion. Students unhappy with playing time should meet and discuss this topic with their coach. Parents are greatly encouraged to support coaches. If the player and parents are still not satisfied with playing time and their child has met with the coach, then a meeting with the coach, player, parents and athletic director will take place.

Thank you for your understanding and commitment to Union Grove Christian School Athletics. Please sign and return this form before the first game.

\_\_\_\_\_  
*Signature of Student-Athlete*

\_\_\_\_\_  
*Date*





**Parent Expectations**

- Review, understand, and agree to help my student-athlete abide by the UGCS Athletic Eligibility Policy.
- In order for a student athlete to participate a parent **must commit to at least 2 games** of assisting with concession or the collecting of tickets, per child.
- Failure to fulfill commitment of helping booster club with two games will result in a **\$50.00 fine per game**, which will be added to your school bill.
- Commit to following all posted COVID-19 guidelines and requirements at home and away games.
- Commit to my student-athlete's practice and competition schedule to minimize conflicts between family schedules and the athletic schedules and ensure that my student-athlete attends all practices, competitions, and special events.
- Support my student-athlete by attending team meetings, competitions, and special events as much as my schedule will allow.
- Discuss issues of concern with my athlete and the coach before they become a problem.
- Respect the coach and understand that it is his/her responsibility to determine strategy and player selection (any questions or concerns should be directed to the coach in a private meeting.)
- Work cooperatively with coaches, other parents, and school personnel to ensure a wholesome and successful athletic program for the school.
- Encourage and model good sportsmanship by demonstrating positive support for all players, coaches, and officials at every practice, competition, or special event.
- Any outward demonstration of anger by a parent directed at a player, coach, or official will not be permitted. If this occurs, parent will be ejected from facility.

\_\_\_\_\_  
*Signature of Parent/Guardian*

\_\_\_\_\_  
*Date*

*This form must be read and signed by athlete and parent before the student athlete can participate in any games.*



# NORTH CAROLINA CHRISTIAN SCHOOL ASSOCIATION

## Liability Waiver Form

*This Liability Waiver Form must be completed and signed by the parent or guardian for each student before participation in any **NCCSA Athletic Event**. The original must be on file in the school office.*

### PARENT/GUARDIAN RELEASE

FOR AND IN CONSIDERATION OF the mutual promises, covenants, conditions, representations, and warranties contained herein, and for other good and valuable consideration, the receipt and legal sufficiency of which are hereby acknowledged, it is agreed as follows:

The undersigned hereby releases and forever discharges the North Carolina Christian School Association (NCCSA) along with all of its agents, employees, directors, officers, assigns, and attorneys, from any and all claims, demands, actions, causes of action or suits arising out of any injuries, known or unknown, which have resulted or may in the future result from any NCCSA sponsored event that takes place at any location approved by the North Carolina Christian School Association.

The undersigned hereby assumes all risk of injury associated with any such event and fully indemnifies and holds harmless the NCCSA along with its agents, employees, directors, officers, assigns, and attorneys, from and against each and every liability, loss, cost, damage, and expense, including attorney's fees, which the NCCSA along with its agents, employees, directors, officers, assigns, and attorneys may incur as a result of any NCCSA sponsored event that takes place at any location approved by the North Carolina Christian School Association.

*This liability waiver/release applies to the following student-athlete:*

**Student's Name:** \_\_\_\_\_

*who is currently enrolled in the following NCCSA member school:*

**School Name:** \_\_\_\_\_

**School Address:** \_\_\_\_\_

Street

City

ZIP

**Date:** \_\_\_\_\_

\_\_\_\_\_  
**Parent/Guardian's Signature**

\_\_\_\_\_  
**Parent/Guardian's Printed/Typed Name**

**Notice to sponsoring school:** *A parent or guardian of the named student must sign this document before such student can participate in any NCCSA sponsored event.*

**Digital Signature:** This liability form is delivered electronically. Any signee who utilizes the digital signature format consents to using this method to sign this form and is legally bound to his/her acceptance of this form. The signee acknowledges that his/her electronic signature will have the same legal force and effect as a handwritten signature.

The NCCSA reserves the right to periodically perform random checks on schools to make sure their forms are current. Schools found out of compliance with these policies will be subject to a \$100 fine and/or forfeiture of games played.

# CONCUSSION

## INFORMATION FOR *STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS*

**What is a concussion?** A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

**How do I know if I have a concussion?** There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

*Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)*

**What should I do if I think I have a concussion?** If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

**When should I be particularly concerned?** If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

**What are some of the problems that may affect me after a concussion?** You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

**How do I know when it's ok to return to physical activity and my sport after a concussion?** After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

***You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.***

*This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.*

## Student-Athlete & Parent/Legal Custodian Concussion Statement

*\*If there is anything on this sheet that you do not understand, please ask an adult to explain or read it to you.*

Student-Athlete Name: \_\_\_\_\_

*This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.*

Parent/Legal Custodian Name(s): \_\_\_\_\_

- We have read the *Student-Athlete & Parent/Legal Custodian Concussion Information Sheet*.  
If true, please check box.

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Custodian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or medical professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation.	
	I realize that ER/Urgent Care physicians will not provide clearance if seen right away after the injury.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Legal Custodian

\_\_\_\_\_  
Date