

# Cumberland Christian School

## INTERSCHOLASTIC SPORTS PARTICIPATION SHEET

2023-2024 School Year

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Birth Date (Month/Day/Year)

This form must be completed before a student may attend or participate in the school interscholastic sports program in any manner. Please **note that a parent will need to sign this form on both sides**. Please return this form to the Athletic Office or to the particular coach who will forward it to the Athletic Office.

### A. Permission and Liability Waiver of Parent

- I give my child (named above) permission to participate in the interscholastic school sports program at CCS including practices and games, including all travel involved.
- I understand that there are dangers inherent, including possible bodily injury that may result from participation in athletic activities. I will not hold the coaches, other school personnel, or the school liable or responsible in the event of an injury. I understand the Cumberland Christian School will hire the best coaches that it can and that said coaches may or may not be specifically degreed or certified in physical education.
- I understand that my child is responsible for compliance to the coach and school policies in all matters, some of which are noted on the reverse side. I understand that my child will have a personal responsibility for conditioning and stretching/warming up before participation.
- I certify that to the best of my knowledge my child has no physical impairment which could be a danger for him. I understand that the major responsibility of physical conditioning lies with my child and myself due to limited time available for practices.

### B. Health and Emergency Information

Are there any medical or physical situations about this student which the Coaching Staff should know? (Heart problems, allergies to medicine, diabetes, kidney problems, asthma, or otherwise.) Please specify:

\_\_\_\_\_  
\_\_\_\_\_

Parent Business Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone \_\_\_\_\_

Health Insurance Company \_\_\_\_\_ ID # \_\_\_\_\_

In the event of an emergency requiring medical attention, I hereby grant permission to a physician or other hospital personnel designated by Cumberland Christian School to attend to my son/daughter. I also grant permission to the Coaching Staff to administer first aid for cuts, bruises and other health items resulting from sports participation according to normal health practices, including non-prescription medicine, as well as to oversee my child's athletic conditioning/training program. I expect every effort will be made to contact me in order to receive my specific authorization before any physician's treatment or hospitalization is undertaken.

If there are any other persons you wish to give permission to act on your behalf for this student, please specify:

Name \_\_\_\_\_ Phone \_\_\_\_\_

**I agree to both A. and B. above and to the procedures described on the back of this form.**

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

(Please sign other side also)

**A student must have a physical by a licensed physician before participating in any high school sports. The school nurse must have an annual record of said examination before the student may attend practice.**

# Cumberland Christian School

## Sports Participation Rules and Guidelines

The following are some of the major items that govern participation in the school sports program. Students and parents need to be familiar with these policies and related policies found in the School Handbook.

- Practice** - The coach will issue rules regarding attendance at practice. If a student cannot make practice, he/she must speak personally to the coach in advance. Failure to do so will warrant discipline action by the coach.  
The student must learn to realize that as a team member there are responsibilities to the entire group. The student needs to fulfill such responsibilities to the best of their ability.  
Once selected to a team, students may not quit the team without a valid reason in the opinion of the coach and athletic director. Students who quit without such approval may be impacted on the next co-curricular activity in which he/she participates.
- Eligibility** - A student must be academically eligible to participate in co-curricular activities. Ineligible players may not participate in any way including observation at practices. The policies describing academic eligibility are described in the School Handbook.  
A student on social probation or suspended from school is restricted from all school activities including being a spectator at athletic events. **NOTE: Any student in grades 7 or 8 will not be permitted to compete against students in grade 9-12.**
- Conditioning** - The student athlete is personally responsible for proper conditioning including exercise (warm-ups, cardiovascular, and strength), proper eating, elimination of bad health habits, and satisfactory rest. A student may be suspended from the team for failure to follow proper conditioning.
- Health/Injury** - The decision as to whether a student who is injured can travel with the team will be made by the principal based upon the particular circumstances.  
If there is a question before a game concerning the ability of a student to participate due to injury or sickness, the student will not be allowed to participate unless the school administrator has been satisfied.  
Please be advised that in all sports there is a possibility of serious injury. This may include severe bleeding, broken bones, paralysis, and possibly even death. By signing this form both parent and student state that they are aware of said risks.  
The school carries a secondary insurance for athletes. Parent's insurance is primary. School insurance is not designed to be comprehensive but only to assist.
- Attendance at School** - A student must be in school by 11:00 AM in order to be allowed to participate or attend a school sponsored activity. This means the student must be present at the start of the school day.  
Exceptions will be granted for doctors' appointments which cannot be scheduled at another time. Such appointments must be approved by the principal in advance and the student must be in school immediately before and immediately after the appointment.  
Students must participate in PE classes held that day or they cannot participate with the athletic team
- Travel** - Athletes must travel with the team. Any exceptions must be approved by the AD in advance. If a student misses the bus, they will not be able to participate in any way with the team even if they go to the event.  
After "away" games, students are permitted to go home with their own parents if the parent signs the student out properly.
- Attire** - The students represent CCS in the way they dress. We believe in a "team appearance" and no individual should be dressed or groomed in a way to call special attention to themselves.
- School Discipline** - In grades 6-12, detention or discipline takes priority over any other school activity. A teacher may detain a student after school if required work has not been completed. If a student is involved in an activity and is unable to travel with the group due to detention, that student may not participate that night with the group.
- Testimony** - Being selected to represent the school is an honor. Athletes also represent their families and the Lord. Actions of CCS athletes on and off the athletic field must represent high standards of Christian practice towards opponents, officials, or teams. Failure to display Christian attitudes in such areas will warrant suspension from the team. It is expected that spectators at athletic events will abide by these standards as well.

**We have read and understand the above explanation and agree to abide by the rules and guidelines as written.**

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date