



2023

Football

Registration

Packet

2023 Football Season

We are happy to welcome all athletes and parents to the Shasta Jr. Wolves Youth Football/Cheerleading program. We are hopeful that this will be the most exciting and rewarding season you've ever experienced. Our goal is to develop well-rounded young men and women who learn not only the fundamentals of football/cheerleading, but also, the importance of education and teamwork. We intend to create an atmosphere that is conducive to developing a sound mind, strong body, and good character. Of course, we want to have a good time along the way! We practice the ideals of sportsmanship, scholarship, and physical fitness. Our program stresses learning lessons of value such as: self-discipline, teamwork, concentration, friendship, leadership, and good sportsmanship.

THE LOVE OF THE GAME

This is an important part of any athlete. A good athlete enjoys the competition and is willing to work 100% to be an asset to the team. He or She has the willingness to fill any position, has the motivation to study the playbook/cheer sheet and be responsible to his/her teammates.

POSITIONS

During the first **few weeks** of practice, the coaches will decide the best position for each athlete. This is a coaching staff decision and will be made based on what each athlete has demonstrated through ability, determination, and commitment. Athletes will be assigned positions that are in the best interest of the team. Not all athletes will play positions that parents may desire them to play, but positions that will help the team successfully achieve their goals.

WINNING

Nothing in life, INCLUDING football/cheerleading, is worthwhile unless you enjoy it and gain something from the experience. Certainly, we desire to win games/competitions and we will set our goals high, but our lives will not be ruined if we do not achieve a victory. Our team should not believe that a loss is a tragedy, but rather an opportunity to learn and strive to achieve better performance. The only expectations we hold is that each athlete does their best. If we are victorious, GREAT! If we are not victorious, it's not the end of the world. When one game ends (victorious or not) it is time to focus on the next game. Coaches that think only of winning do not belong in football/cheerleading. Please try this: at the end of each game, ask your child if he/she had a good time instead of whether he/she won or lost.

Please understand, we feel that we owe it to the athletes to do everything we can to make them winners. We intend to win every game/competition. To this end, we will expect each athlete to practice hard and to play hard, always striving to perform to the best of their ability on that day. Our scores will reflect this.

Welcome to Shasta Jr Wolves. We are looking forward to an amazing 2023 Season.

Please read and discuss the following information with your player, then sign and initial in all areas required. Your player will not be allowed to participate at practice until all required paperwork has been signed and returned. Thank you

- * All practices will be held at Shasta High School's Thompson Field
- * Practice will be held Monday – Thursday, 6:00 – 8:30pm, prior to Jamboree.
- * Practice will be held Tuesday – Thursday, 6:00 – 8:00pm, after Jamboree.
- * All Home games will take place at Shasta High School's Thompson Field.
- * Football Players are to be there 2 hours prior to their scheduled game time for check-ins.
- * If you are late for check-ins, you will sit out the first half of the game.
- * Game times and schedule will be provided as soon as they are available.

>As a representative of the Shasta Jr. Wolves, you will be expected to abide by all rules set forth by Sacramento Youth Football (SYF), the Shasta Jr. Wolves Board of Directors, and your coaching staff. Failure to abide by these rules may result in suspension or expulsion from the program.

>It is a privilege, not a right, to be a Shasta Jr. Wolf. Many people have donated their time, money and support to provide this opportunity. This is a time for you to establish winning attitudes develop leadership skills and be a true team player.

Player Print _____	Player Signature _____
Parent Print _____	Parent Signature _____

Sincerely,

Shasta Jr Wolves



Youth Football Fees

Registration Fee: \$275.00

Worker Bond Fee: \$50.00

All Player fees must be paid within the time allotted for registration or your spot on the prospective team/squad May be lost and an athlete on the waiting list will be selected instead.

Refund Policy: All refund requests made prior to the first day of practice will be considered on a case-by-case basis by the SJW board.

**All monies due must be paid in full for players to be allowed on the field or receive any equipment.
NO EXCEPTIONS!!!**

***All paperwork (player sports physical dated after April 1st, 2023, school enrollment form, parent/ athlete contract and wallet size photo) must be turned in by the first day of practice or your child will be ineligible to begin practices.**

**AUTHORIZATION FOR SHASTA JR. WOLVES
CONSENT TO MEDICAL TREATMENT
OF A MINOR**

Player _____ D.O.B. _____ Weight _____

Mailing Address: _____

Best way to contact parent/guardian is (i.e., cell phone, text, etc.): _____

Mother/Guardian: _____ Cell _____

Mother/Guardian Email: _____

Father/Guardian: _____ Cell _____

Father/Guardian Email: _____

Player/Cheerleader Physician: _____ Phone: _____

Medical Conditions: _____

Medications being used: _____

Insurance Responsible Party _____

Insurance Plan Name _____

Insurance Plan Number _____

Allergies: _____



2023 Shasta Jr Wolves Rules Parent/Player Contract

Parent-Athlete Contract for _____ (Player

Name) ORGANIZATION RULES/ATHLETE CODE OF CONDUCT

- Keep up with your schoolwork. Academics are priority within the organization; parents and coaches may use disciplinary action if schoolwork falls behind.
- If you don't practice, you don't play. All excused absences must be coordinated in advance with the coaches. If you don't make an effort to attend practices, the organization is not required to play you.
- What the coaches say goes. Back talking, profanity, or any form of disrespect will result in disciplinary actions. With the high quality of kids, we have in this program, this is not expected to be a problem.
- Respect other players. Remember your teammates are working with you, not against you. Any unnecessary aggression or violence towards another player will result in disciplinary action. This also goes for our opponents. Without them, there would be no contest, so treat them with respect.
- Take care of your equipment. Let the coaches know if your equipment needs repair. This is the key to safety.
- Come to practice on time. Be prepared to work and participate.
- Learn the rules of the game. Remember especially the safety rules. Players who draw flags for unsportsmanlike conduct, late hits, or other serious safety violations may be removed for the remainder of the game at the coach's discretion.
- Know the function of each position. This will help you as an athlete and your team's success.
- Arrive on time for practices and games. Six PM means you are on the field and imposition at six PM, so you must be a few minutes early. A six PM practice begins at 5:55PM.
- Read and understand your play book. It is there to help you succeed.

_____ Parent _____ Player

DISCIPLINARY ACTIONS

Running is an everyday part of practice. On those few occasions when it is necessary to discipline a player for a minor infraction, like failing to pay attention, or talking while the coaches are talking, the player may be asked to run additional laps around the practice field, do pushups, or perform another exercise. Normally that will be the end of disciplinary action. The last resort is to use game suspensions. Coaches will use each of these sparingly. With such a high caliber of kids, severe disciplinary problems are not expected to be a problem in this organization.

_____ Parent _____ Player

PARENTS

Parents are as important to the success of the team as the players. Coaches and parents must work together. Please keep the coaches informed about problems that may be going on with your child. If the child has been sick, taking medication, or going through some emotional trauma please make sure the coaches are made aware of the problem as soon as possible. Parents and

coaches must communicate with mutual respect. Parents and coaches reserve the right to postpone conversations that are getting out of hand. Heated discussions have no place in front of the players.

1. I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, game officials, and administrators always.

2. I will place the emotional and physical well-being of all athletes ahead of any personal desire to win.

3. I will support the coaches, officials, and administrators working with my child, in order to encourage a positive and enjoyable experience for all.

4. I will remember that the game is for the children, not for the adults.

5. I will ask my child to treat other athletes, coaches, game officials, administrators, and fans with respect.

6. I will always be positive.

7. I will always allow the coach to be the only coach, by refraining from coaching from the sidelines or at home.

- 8.I will not enter into arguments with the other squad's parents, athletes, or coaches.
9.I will not enter the practice or game areas for any reason during the game or practice.
10. I will not criticize game officials.
11.I will be held financially responsible if equipment is lost or damaged beyond minor repair.
12.I will not argue or show aggression with a coach 24 hours prior to a game, during a game or 24hours after a game, If you disagree with something you can speak with the player rep or Vice-president.

I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating or participating in a youth sports event I will be subject to disciplinary action, including but not limited to the following in any order or combination:

- Verbal warning by SJW Board members Suspension or immediate removal from SJW season
- Written warning by SJW Board members Expulsion from the Shasta Jr Wolves Program
- Suspension or immediate removal from SJW event

In taking the opportunity to make this year with the Shasta Jr. Wolves as positive and memorable as we can, by signing this agreement, you the Parent and Athlete agree to abide by the rules set forth by the SJW Organization.

Parent Signature: _____ Date: _____
Athlete Signature: _____ Date: _____

By signing below, I acknowledge that I am the Parent/Guardian of _____.

My signature also states that I have received, read, and agree to Shasta Jr. Wolves Youth Football. I am agreeing to pay the \$275.00 player fee plus 50.00 worker bond in full at the time of sign ups. I understand that if the above amount is not paid in full at sign ups that my child may be moved to the waiting list and will not be issued any gear nor be allowed to participate in any practices. I also understand that all paperwork, including physical, Demographic and photo, must be turned in to Shasta Jr. Wolves no later than the first day of practice. My player will be ineligible to practice until all said paperwork has been completed and turned in. Lastly, I agree that I received, read and fully understand Shasta Jr. Wolves refund policy and my rights to a refund.

Make Checks Payable to Shasta Jr. Wolves

Mail to: PO Box 990058

Redding, CA 96099

Parent/Guardian Name (Please Print):

Parent/Guardian Signature:

Attendance Policy:

Attendance at all practices and games is mandatory. However, a player may not attend practices from time to time, and for this reason this policy will address those issues.

Excused Absences/Tardiness

- Absence due to illness of the player.
- Absence due to a serious illness or death of a family member.
- Absence due to Family vacation and taken prior to the Annual Jamboree.
- Absences due to scheduled school or church activities.
- Absences due to schoolwork or assignments.

The Head Coach may determine exceptions to the above, provided the same are enforced uniformly.

Unexcused Absences/Tardiness

- Unexcused absences shall be defined to include but not limited to the following:
- Failure, in a timely fashion, to advise the Head Coach of the absence.
- Absence due to family trips or vacation taken after the Jamboree.
- Absence due to conflict with other sports/teams.

The Head Coach may determine exceptions to the above, provided the same are enforced uniformly.

Consequences of Absences

- If a player misses one (1) EXCUSED practice, there will be no consequences.
- If a player misses one (1) UN-EXCUSED, or two (2) EXCUSED practices the player will not be allowed to be on the starting unit in that week's game.
- If a player misses two (2) UN-EXCUSED or three (3) EXCUSED practices the player will not be allowed to play in that week's game.
- If a player misses all three (3) practices for ANY reason the player will not be allowed to play in that week's game.

Decisions shall be the sole discretion of the head coach.

Tardy Policy:

It is very important to everyone that all athletes are ready to practice promptly at the time scheduled. we do however understand that some days an athlete may be late to practice. The Shasta Jr. Wolves will use this policy to deal with tardiness.

0-30 minutes late:

Head Coach will determine disciplinary action to athlete depending on circumstances could include but not limited to, extra conditioning, extra stretching, etc...

30+ minutes late:

Athlete will be given an unexcused absence.

Player Name Print _____
Player Signature _____ **Date** _____
Parent Name Print _____
Parent Signature _____ **Date** _____

Shasta Jr. Wolves Photo Release

I hereby authorize Shasta Jr. Wolves, to publish photographs taken during any league event of my minor child and his/her name, for use on the website or any publications. (announcements, newsletters, etc.)

I hereby release and hold harmless Shasta Jr. Wolves from any reasonable expectation of privacy or confidentiality for myself and for my minor child and associated with images specified above. Further, I attest that I am the parent or legal guardian of the child listed and that I have full authority to consent and authorize Shasta Jr. Wolves to use in their likenesses and names.

I hereby release Shasta Jr. Wolves, and its board members, and web developers from liability for any claims by me or any third party in connection with my participation of the minor child listed below.

Authorization:

Printed Name: _____

Signature: _____

Date: _____

-This release is valid for one year from the date of signature

Relationship to child: _____

Name and Age of Minor Child:

Name: _____ Age: _____ Team: _____



Shasta Jr Wolves Player Card

Player Information

Legal First Name _____ Legal Last Name _____

Address:

Street _____ City _____

State _____ Zip Code _____

School of Enrollment _____

Grade (As of 8/01/2023) _____

Gender _____ Date of Birth _____

Parent Information

First Name _____ Last Name _____

Email _____

Cell _____ Home _____

Emergency Contact

First Name _____ Last Name _____

Email _____ Phone _____



CIF Concussion Information Sheet

Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

1. *The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.*
3. *Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

Every 2 years all coaches are required to receive training about concussions (AB 1451), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs seek medical evaluation from your team's athletic trainer and a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 to take him or her immediately to the emergency department of your local hospital.

On the CIF website is a ***Graded Concussion Symptom Checklist***. If your child fills this out after having had a concussion, it helps the doctor, athletic trainer or coach understand how he or she is feeling and hopefully shows improvement. We ask that you have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of his or her everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, he or she should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering from the concussion.

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be “normal”, the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

Signs observed by teammates, parents and coaches include:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Looks dizzy • Looks spaced out • Confused about plays • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or awkwardly • Answers questions slowly | <ul style="list-style-type: none"> • Slurred speech • Shows a change in personality or way of acting • Can't recall events before or after the injury • Seizures or has a fit • Any change in typical behavior or personality • Passes out |
|--|--|

Symptoms may include one or more of the following:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or throws up • Neck pain • Has trouble standing or walking • Blurred, double, or fuzzy vision • Bothered by light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Loss of memory • “Don’t feel right” • Tired or low energy • Sadness • Nervousness or feeling on edge • Irritability • More emotional • Confused • Concentration or memory problems • Repeating the same question/comment |
|--|---|

What is Return to Learn?

Following a concussion, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid reading, texting, video games, loud movies), and may even need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or a half-day depending on how they feel. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or doctor can help suggest and make these changes. Student athletes should complete the Return to Learn guidelines and return to complete school before beginning any sports or physical activities, unless your doctor makes other recommendations. Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see cifstate.org for a graduated return to play plan. *[AB 2127, a California state law effective 1/1/15, states that return to play (i.e., full competition) must be **no sooner** than ~~7-days~~ after the concussion*

diagnosis has been made by a physician.]

10 days in SYF

Final Thoughts for Parents and Guardians:

It is well known that high school athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if he or she experiences such symptoms, or if he or she suspects that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

References:

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012
- <http://www.cdc.gov/concussion/HeadsUp/youth.html>

CIFSTATE.ORG

05/2015 CIF

School:
& Team

CIF Concussion Information Sheet

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1. *The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.*
3. *Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

Every 2 years all coaches are required to receive training about concussions (AB 1451), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

For current and up-to-date information on
concussions you can visit:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

I acknowledge that I have received and read the CIF Concussion Information Sheet.

Student-Athlete Name
Printed

Student-Athlete
Signature

Date

Parent or Legal Guardian
Printed

Parent or Legal Guardian
Signature

Date



SACRAMENTO YOUTH FOOTBALL AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY (YOU MUST READ AND UNDERSTAND ENTIRELY BEFORE SIGNING) In consideration of participation in the SACRAMENTO YOUTH FOOTBALL (ASYF@) league (its member team's football and cheer programs), related practices and events, and the many benefits received in this conditional privilege, the undersigned agrees, understands, appreciates, and covenants as follows. I UNDERSTAND AND AGREE that the risk of injury from the activities involved in SYF are significant due their physicality, aggressive nature, including but not limited to the potential and risk of the following: (1) falls, sprains, ligament damage, broken bones, paralysis, neck/spine and back injury, and even sudden death; (2) intentional and unintentional contact with other players or coaches; (3) injuries associated with extreme heat, humidity, cold and other uncertain weather conditions inherent in a game played outdoors; (4) concussions and head and brain injuries (I have read the Concussion Information Sheet and the Concussion Management and Return to Play Protocol sheet-both available on the SYF website, understanding that the science, factors, and symptoms of concussions remains uncertain and changing). I FURTHER UNDERSTAND AND AGREE that while rules, training of all concerned, properly fitted and certified helmets and equipment may reduce these risks, the risk of serious injuries still does exist. The uncertainty and risks of injury are great since SYF football and cheer programs are operated by many volunteers and untrained persons with limited resources and training. I UNDERSTAND AND FREELY ASSUME ALL RISKS BOTH KNOWN AND UNKNOWN AND ASSUME FULL RESPONSIBILITY. I assume these risks due to the many significant benefits associated with participation in SYF including but not limited to life lessons/skills, discipline, accountability, skill development, team and friendship building, confidence, and a strong work ethic. I FURTHER UNDERSTAND AND AGREE that my child will be ineligible for the first two games of the season if transferring from one youth program to another, unless approved by SYF commissioner or meets related high school transfer eligibility rules. I AGREE to comply with all stated, customary terms, and conditions for participation by SYF and its teams. I consent, for no compensation, to the use of my (or my child=s) name, image, or likeness in any video, advertising, promotion, or review by SYF and its member teams. I, for myself, and on behalf of my minor child, my spouse, executors, heirs, representatives, and next of kin, HEREBY RELEASE, AND SHALL HOLD HARMLESS AND INDEMNIFY SYF, its commissioner, vice commissioners, game site hosts, all teams, officers, board members, agents, volunteers, coaches, officials, medical personnel, sponsors, advertisers, attorneys, owners/lessors of property (herein ARELEASEES@), FOR ANY AND ALL INJURY, DISABILITY, DEATH, LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER ARISING FROM THE NEGLIGENCE OR GROSS NEGLIGENCE OF RELEASEES, OR OTHERWISE. I FURTHER AGREE TO INDEMNIFY AND HOLD HARMLESS RELEASEES from all claims, liabilities, damages, and expenses (including attorney's fees) in any proceeding to enforce or defend this Waiver and Release (venue Sacramento, California). If any portion of this form is found by a court to be invalid or stricken the remaining provisions shall be given full force and effect. I HAVE READ COMPLETELY AND UNDERSTAND THIS WAIVER AND RELEASE OF LIABILITY. I FULLY UNDERSTAND THE RISKS AND ABOVE TERMS. I UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS AND LEGAL RIGHTS BY SIGNING IT; I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT OR UNDUE INFLUENCE.

Name of Minor/Coach (print) _____ Team _____

Name of Parent/Guardian (print) _____

Parent/Guardian/Coach

Signature _____ Date _____

SYF CODE OF CONDUCT AS A PARENT, COACH, or ADMINISTRATOR, I hereby pledge to provide positive support, care, and encouragement for my child and/or the athletes in youth sports by following this Code of Conduct and ethics: (1) I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event recognizing that youth and adult participation is a condition privilege and not a right. (2) I will insist that my child and/or the athletes play in a safe and healthy environment. I acknowledge being trained on concussions and head injuries, and I shall strictly following all concussion laws, rules, protocols, and full-contact practice limitations. (3) I will require that my child=s coaches, or those with whom I am working, be trained in the responsibilities of being a youth sports coach and that coaches uphold this Code of Conduct, leading by example and being a mature responsible role model. (4) I will support coaches and officials working with my child or athlete in order to encourage a positive and enjoyable experience for all in a sports environment that is free from drugs, tobacco, and alcohol and I will refrain from their use at all youth sports events. (5) I will remember that the game is a privilege for youth participants and athletes - not the adults. I further understand and agree that my child or participant will be ineligible for the first two games of the season if transferring from one youth program to another, unless approved by SYF commissioner or meets CIF transfer eligibility rules (i.e. residential move into gaining boundary). (6) I will do my very best to make youth sports fun for my child and the athletes recognizing that winning is not the goal -teaching my child and the athletes the importance of teamwork and discipline is first and foremost. I will ask my child and the athletes to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability and I will refrain from cursing, vulgar language and any other detrimental or unsportsmanlike conduct understanding that I alone am responsible for my actions. (7) I will help my child and the athletes enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, providing transportation, or otherwise assisting the team/organization. (8) I will read the National Standards for Youth Sports, doing what I can to help SYF as well as all youth sports organizations implement and enforce them.

AS AN ATHLETE AND PARTICIPANT IN SACRAMENTO YOUTH LEAGUE, I understand commitment, hard work and dedication will be required by me before I can wear the colors of the team. Once I have tried out and made the team, I have accomplished an achievement for which I can be proud. Being a member of the team means much more than just learning about and playing football or being a cheerleader. As an athlete, both on and off the field, I am a representative of SYF and expected to act accordingly at all times. (1) I understand as an Athlete I am to maintain an academic standard at 2.0 (AC@ average) during the season or risk being benched or dismissed from the team/organization. Grade checks may be performed at random. (2) I understand I am to maintain good citizenship. Fighting, misconduct, vulgar or derogatory language, cursing, or disrespect can lead to being dismissed from SYF or the team/organization. Any athlete who has an altercation at school or with law enforcement authorities or is observed displaying conduct (Anytime, Anywhere) below the acceptable standards of an athlete may face dismissal from the organization/team or SYF. (3) I understand Athletes are responsible for notifying their coach if they will be absent from a practice or game. Missing a Practice or game will hurt both my team and may be reason for not playing in games. If I have too many absences, I may be dismissed from SYF or the team/organization. (4) I am expected to come to practices and games prepared and ready to give 100%. An athlete may be benched at a practice or dismissed due to too many absences, not giving 100%, failure to know plays or routines, being out of condition, and/or not following SYF or team rules. (5) I will treat their coaches, teammates, officials, and adult authority figures with respect. (6) I am responsible for the maintenance of my equipment and uniforms. Uniforms must be washed regularly. I will report all equipment problems to my coach immediately. If I lose my uniform or equipment, I am financially responsible to replace it. (7) I agree to follow all general and customary rules in accordance with SYF and my team/organization.

ALL PARENTS/GUARDIANS MUST SIGN. I/We, have read, understand, agree, and will abide by the above, certifying I am a legal parent authorized to sign. I/We have voluntarily signed, understanding if I/we violate this Code of Conduct I/we shall be subject to immediate termination or suspension from SYF or the team/organization. _____

Print Name _____

Parent/Guardian Signature _____ Date _____

Print Name _____

Parent/Guardian Signature _____ Date _____

Print Name _____

Coach/Administrator Signature Date _____

Print Name _____

Athlete/Participant Signature _____ Date _____

Sacramento Youth Football

California Uniform Electronic Transactions Act (CUETA)

Please consult Calif. Civil Code Sections 1633.1-1633.17 for more information. Remember the (1) SYF Amateur Athletic Waiver & Release of Liability, (2) SYF- CIF Concussion Information Sheet, and (3) SYF Code of Conduct shall, for all football and cheer athletes, be part of the electronic transaction agreement. Consider the following in your electronic registration agreement to comply with CUETA. [By entering this website and submitting the information below you agree and consent to all of the terms & conditions for the year _____, if you do not wish to agree and consent exit now.] [Upon due consideration of all factors and risks, including the fact that football and/or cheer are physical and contact sports in which injuries will and do occur] [By continuing, I agree and consent this transaction creates a legally binding agreement and is consideration for my child (name below) participation. These agreements shall be governed by the laws of California, including California Uniform Electronic Transactions Act (Civil Code 1633.1-1633.17), venue shall be "Sacramento/ Butte/ Yolo/Yuba/Placer/Solano County." [Enter all pertinent information to include name of parent (both mother and father), child=s legal name, address (for both parents), telephone number(s), email addresses, contact information in case of emergency, etc.]

I have read, agree and consent to the SYF Amateur Athletic Waiver & Release of Liability.

Initial _____

I have read, agree and consent to the SYF Code of Conduct. **Initial** _____

I have read, agree, and consent to the SYF/CIF Concussion Awareness Information Sheet.

Initial _____