



TVCS
TEMECULA VALLEY CHARTER SCHOOL
A School Family for Your Family

Extracurricular & Athletic Activity Handbook

Temecula Valley Charter School

35755 Abelia Street

Winchester, CA 92596

Phone: (951) 294-6775

Fax: (951) 294-6780

Website: www.tvcscougars.com

Extracurricular & Athletic Activity Code of Conduct

Extracurricular/Athletic Activity participation can be one of the most significant formative experiences in a young person's life. Extracurricular activities have the potential to not only be enjoyable, but also instructional and enriching to a child's development. Extracurricular activities help build friendships that can last for years. In your school, athletics and extracurricular activities including performing arts, academic competition teams, clubs etc... are an integral part of the education program. Extracurricular/Athletics Activities teach fair play, sportsmanship, teamwork, perseverance and appreciation for improvement, desire to succeed and excel, self-discipline, responsibility, leadership and quick thinking.

Participation in interscholastic athletics and extracurricular activities is voluntary. Participation is a privilege, not a right, and carries with it the responsibilities of courtesy and sportsmanship on the playing field, theatre, on campus and in the community. The following extracurricular activity code will aid you in building team morale, discipline, and spirit.

It is required that all coaches and extracurricular activity supervisors apply the standards of this code while participating in the athletic and extracurricular activities programs of Temecula Valley Charter School.

<p>I. CONDUCT</p> <p>The conduct of athletes and students involved in extracurricular activities are closely observed in many areas of life. It is important that one's behavior be above reproach in the following areas:</p> <p><u>On the Field or at Public Venues</u></p> <p>Students must</p> <ul style="list-style-type: none"> • Refrain from using profanity. • Be courteous and hospitable to visiting teams or groups/families. • Respect the integrity and judgment of officials and supervisors and accept their decisions. • Be gracious in defeat and modest in victory. • Control his/her temper and maintain his/her poise. <p><u>In the Classroom</u></p> <p>Students must</p> <ul style="list-style-type: none"> • Maintain prompt and regular attendance. Student absent rates cannot fall below 95%. Every three tardies is counted as an absence. • Maintain his/her grades in core classes at a 2.3 grade point average in accordance with TVCS, CIF when applicable, and LEA rules, when applicable • Strive to become a good student and citizen. • Show proper respect for faculty members and other students at all times. • When suspended from school will not practice or participate until suspension is over (including in-school suspension). TVCS administration reserves the right to remove any student from any activity for any student discipline issues. <p><u>On Campus and in the Community</u></p> <p>Students must:</p> <ul style="list-style-type: none"> • Demonstrate a high standard of conduct as it reflects not only on oneself but one's team, coach and school. • Maintains "good citizenship" by not being involved in any criminal activity • Any acts of vandalism will result in appropriate disciplinary action being taken. <p><u>On Trips</u></p> <p>Students must:</p> <ul style="list-style-type: none"> • Demonstrates a high standard of conduct as representatives of the school, community, family, and coach. • Respect the property of others • Travel to and from extracurricular/athletic events, meets, shows and contests on parent provided transportation. • Only be released by coaches and/or supervisors to parents/guardians only. <p>II. DRESS AND GROOMING</p> <p>Dress and grooming standards shall conform to TVCS regulations. Coaches may require that hair be restrained in an appropriate head covering, protective clothing be worn, and other grooming and dress standards that are more restrictive in order to ensure compliance with necessary safety precautions.</p>	<p>III. PHYSICAL CONDITIONING AND TRAINING RULES</p> <p>TVCS students participating in athletics and/or extracurricular activities will refrain from the use of tobacco (in any form), alcohol and other illegal drugs. This includes the illegal use of non-prescribed steroids and/or other performance enhancing substances. Proper diet and adequate sleep are equally important to the physical conditioning of an athlete. Students participating in athletics and extracurricular activities should maintain "good citizenship" by not being involved in any criminal activity.</p> <p>IV. ENFORCEMENT DUE TO VIOLATION OF RULES</p> <p>Failure to abide by the foregoing regulations will result in disciplinary action by the coaches, athletic director, supervisors of extracurricular activities and administrators of the school.</p> <p>Violations of the letter or spirit of the Extracurricular/Athletic Code will in one or more of the following penalties when recommended by the coach and athletic director with approval by the administration:</p> <ol style="list-style-type: none"> 1. Placement on probation. 2. Removal from one or more of the next scheduled events. 3. Referral for assessment and/or treatment of any alcohol/drug violation, and/or criminal activity. 4. Removal from the team or performance group. 5. Forfeiture of participation, privileges or awards. <p>V. ELIGIBILITY REQUIREMENT</p> <p>a. Grades</p> <p>In order to participate in athletics and/or extracurricular activities Students must demonstrate satisfactory educational progress in meeting the requirements for graduation. To encourage and support academic excellence the Board requires students to earn a minimum 2.3 grade point average in the core (English, Social Science, Science, and Math) classes (on a 4.0 scale) in order to participate in athletics and extra/co-curricular activities.</p> <p>a. Attendance</p> <p>In order to participate in athletics and/or extracurricular activities, students must demonstrate regular daily attendance. Students may not participate if "same-day" absence is:</p> <ol style="list-style-type: none"> 1. Unexcused 2. Due to illness 3. Early release for any other purpose other than to attend routine doctor or dental appointment 4. Results in missing more than 50% of daily core classes. 5. Due to discipline; OR 6. For any reason that violates the Health and Safety section of the Parent/Student Handbook. 7. Students whose average daily attendance falls below 95% will not be allowed to participate in any extra-curricular activity or sport until the following quarter in which their attendance is above 95%. 8. Students should not be sent to extra-curricular activities or events if they are noticeably ill. Students deemed ill by school staff will need to be picked up immediately by parent or emergency contact.
---	---

	9. Students and families should refrain from extending trips, meets or performances resulting in unexcused absences. A pattern of this behavior may result in removal from extra-curricular activities.
--	---

Athletics and Extracurricular/Co-Curricular Activities

TVCS provides an opportunity for students to participate in a variety of interscholastic team sports including flag football, volleyball, basketball, golf, cheer, baseball, Track and Field, Cross country, and soccer as well as all extracurricular activities including Show Choir, Robotics, academic competition teams and any school sponsored club activities. Sports, clubs, and extracurricular activities are optional activities. Parents are invited and encouraged to volunteer to help as coaches or assistants. Periodic grade checks (approximately every 2 weeks) determine student eligibility to participate in sports and extracurricular activities. **Non-participating students and siblings must be accompanied by a supervising adult to attend practices and/or games. TVCS will not provide supervision for nor assume any liability for any non-participating students. Parents should not bring ill or injured students to an activity. If a supervisor determines a student to be too ill to participate in an activity; parents must be prepared to pick up student no more than 30 minutes of phone call notifying them of their student's illness.**

Payment for Athletics or Extracurricular Activities:

Sports, choir, and other extracurricular activities often require purchase of a uniform, equipment, tickets for shows etc... Any student who is deemed ineligible for participation due to behavior, grades or attendance is not entitled to a refund of any monies already paid.

Parent/Guardian and Pupil Sudden Cardiac Arrest Warning Signs and Symptoms Information and Acknowledgment Form

On July 1, 2017, Assembly Bill 1639, known as the Eric Paredes Sudden Cardiac Arrest (SCA) Prevention Act, went into effect. This requires the pupil and their parent or guardian to read, sign, and return an SCA form of acknowledgment before the pupil participates in any athletic activity. Districts may use this form, a form located on the California Interscholastic Association (CIF) website, or design their own form. An SCA acknowledgment form must be signed and returned to the school site each school year.

On August 30, 2019, Assembly Bill 379 also added sudden cardiac arrest prevention requirements to the Health and Safety Code for youth sports organizations. The amended Health and Safety Code, Division 106, Article 2.5: now includes, Youth Sports Concussion and Sudden Cardiac Arrest Prevention Protocols [124235-124236].

What Is SCA?

SCA occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat. With the heart's pumping action disrupted, the heart cannot pump blood to the brain, lungs, and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

Who Is at Risk for SCA?

Thousands of sudden cardiac arrests occur among youth each year, as it contributes to the #2 medical cause of death of youth under the age of 25 and is the #1 cause of death of student athletes during exercise. While a heart condition may have no warning signs, studies show that many young people do have warning signs or symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think that they are out of shape and need to train harder, or they simply ignore the symptoms, hoping the signs will go away.

Possible Warning Signs and Risk Factors

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Removal from Activity

A pupil who faints during or following participation in an athletic activity must be removed from play and may not return to play until they are evaluated and cleared by a physician and surgeon, nurse practitioner or physician's assistant. I have reviewed and understand the symptoms, warning signs, and risk factors associated with SCA.

Print Student Name: _____ **Student Signature:** _____ **Date:** _____

Print Parent/Guardian Name: _____ **Signature:** _____ **Date:** _____

CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force: transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of a concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of a concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Headaches	"Pressure in head"
Sensitivity to light	Feeling sluggish or slowed down
Nausea or	Vomiting
Balance Problems	Dizziness
Blurred, Double or Fuzzy Vision	Feeling foggy or groggy
Drowsiness	Change in sleep patterns
Amnesia	"Don't Feel Right"
Fatigue or low energy	Sadness
Nervousness or anxiety	Irritability
More emotional	Confusion
Repeating same questions	Concentration or memory problems (forgetting game plays)
Neck Pain	

Signs observed by teammates, parents and coaches include:

Appears dazed	Vacant facial expression
Confused about assignment	Forgets plays
Slurred Speech	Is unsure of game, score or opponent
Answers questions slowly	Moves clumsily or displays incoordination
Loses Consciousness	Shows behavior or personality changes
Can't recall events after hit	Can't recall events prior to hit
Seizures or convulsions	Any change in typical behavior or personality

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

Athletes with the signs and symptoms of a concussion should *be* removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs particularly if the athlete suffers from another concussion before completely recovering from the first one. This could lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is therefore important that the parents and athletes understand the importance of recognizing the signs of a concussion and seek medical attention when a concussion is suspected.

If you think your child has suffered from a concussion...

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to an activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Parents should observe the child closely for several hours following a suspected concussion.

The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day."

and

"A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and received written clearance to return to play from that health care provider."

You should also inform your child's coach if you think that your child may have a concussion. Remember it is better to miss the whole game than to miss the whole season. And when in doubt, the athlete sits out.

Temecula Valley Charter School

Extracurricular/Athletic Activity Handbook: 2025-2026

TEMECULA VALLEY CHARTER SCHOOL ATHLETICS EXTRACURRICULAR/ATHLETIC HANDBOOK

CODE OF CONDUCT FOR PARENTS/GUARDIANS

Athletic competition and participation in extracurricular activities of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in extracurricular/sports programs have a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect fairness, caring and good citizenship (the “Six Pillars of Character”). The highest potential of extracurricular/sports is achieved when all involved consciously Teach, Enforce, Advocate, and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes and extracurricular activity participants can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child’s sports and extracurricular activity.

<p><u>TRUSTWORTHINESS</u></p> <ul style="list-style-type: none">• Trustworthiness – Be worthy of trust in all you do• Integrity – Live up to high ideals of ethics and sportsmanship and courage players to pursue victory with honor. Do what’s right even when it’s unpopular or personally costly.• Honesty – Live honorably. Don’t lie, cheat, steal or engage in any other dishonest conduct.• Reliability – Fulfill commitments. Do what you say you will do.• Loyalty – Be loyal to the school and the team. Put the interests of the team above your child’s personal glory. <p><u>RESPECT</u></p> <ul style="list-style-type: none">• Respect – Treat all people with respect at all times and require the same of your student-athletes.• Class – Teach your child to live and play with class and be a good sport. He/She should be gracious in victory and accept defeat with dignity, compliment extraordinary performance and show sincere respect in pre-and post-game rituals.• Disrespectful conduct – Don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport/activity.• Respect for Officials – Treat game officials with respect. Don’t complain or argue during or after events.	<p><u>RESPONSIBILITY</u></p> <ul style="list-style-type: none">• Role modeling – remember, participation in sports or extracurricular activities is a privilege is not a right. Parents/Guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.• Self-Control – Exercise self-control. Don’t fight or show excessive displays of anger or frustration.• Healthy Lifestyle – Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as unhealthy techniques to gain, lose or maintain weight.• Integrity of the Game – Protect the integrity of the game. Don’t gamble or associate with gamblers.• Sexual Conduct – Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities or school administration. <p><u>FAIRNESS</u></p> <ul style="list-style-type: none">• Fairness and Openness – Live up to high standards of fair play. Be open-minded, always willing to listen and learn. <p><u>CARING</u></p> <ul style="list-style-type: none">• Caring Environment – Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team. <p><u>CITIZENSHIP</u></p> <ul style="list-style-type: none">• Spirit of the Rules – Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship and competition.
---	---

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions

Parent/Guardian	Signature	Date
Parent/Guardian	Signature	Date

RISK ACKNOWLEDGEMENT AND CONSENT TO PARTICIPATE

Students Name: _____ Sport/Extracurricular Activity/Enrichment Program: _____
(Please Print)
Address: _____ Home/Cell Phone: _____
Parents/Guardians Name: _____ Work Phone: _____
(Please Print)
Emergency Contact Name: _____ Relationship to Student: _____
(Please Print)
Emergency Contact Address: _____ Emergency Contact Number: _____

WARNING OF POSSIBLE SERIOUS INJURY – SERIOUS CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETICS OR EXTRACURRICULAR ACTIVITY

By its very nature, competitive athletics or extracurricular activity, including tryouts, may put students in situations in which SERIOUS CATASTROPHIC, and perhaps FATAL ACCIDENTS may occur. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate the risk of injury. Just as driving an automobile involves the risk of injury, athletic participation by High School students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairments as a result of athletic participation. By granting permission for your child to participate in athletics and signing below, you, the parent or guardian, acknowledge that such risks exist. By choosing to participate, you, the student, acknowledge that such risks exist. Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment or work used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques. As previously stated, no amount of instruction! precaution, and supervision will totally eliminate all risks of serious, catastrophic, or even fatal injury. If any of the foregoing is not completely understood, please contact the School Principal or Athletic Director for further information.

I HAVE READ AND UNDERSTAND THE CONCUSSION INFORMATION PROVIDED IN THIS FORM. ACKNOWLEDGEMENT AND ASSUMPTION OF POTENTIAL RISK.

I authorize my son/daughter to participate in TVCS sponsored extracurricular/athletic activities. I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities. I understand and acknowledge that some of the injuries/illness which may result from participating include but not limited to the following:

- | | | | | |
|--------------------|--------------------|--------------------------|-----------------------------|--------------------------|
| 1. Sprains/strains | 3. Unconsciousness | 5. Loss of eyesight | 7. Neck and Spinal injuries | 9. Internal organ injury |
| 2. Fractured bones | 4. Paralysis | 6. Communicable diseases | 8. Brain damage | 10. Death |

I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by TVCS for course credit or for completion of graduation requirements. I understand and acknowledge that in order to participate in these activities. I understand and acknowledge, and agree that TVCS, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by my son/daughter which is incident to and or associated with preparing for and/or participating in this activity.

I understand that I have carefully read the RISK AND ACKNOWLEDGEMENT AND CONSENT TO PARTICIPATE form and that I understand and agree to its terms.

VOLUNTARY TRANSPORTATION ATHLETIC AGREEMENT

I understand that TVCS is not providing transportation to and from most extracurricular/athletic events.

Parents are responsible for their transportation to and from athletic and other extracurricular activities/ events.

IT IS FULLY UNDERSTOOD THAT TVCS IS IN NO WAY RESPONSIBLE, NOR DOES THE TVCS ASSUME LIABILITY FOR ANY INJURIES OR LOSSES RESULTING FROM THE NON-TVCS SPONSORED TRANSPORTATION. ALTHOUGH TVCS MAY ASSIST IN COORDINATING TRANSPORTATION AND/OR RECOMMEND TRAVEL TIMES, ROUTES, OR CARAVAINING TO OR FROM THESE EVENTS, I FULLY UNDERSTAND THAT SUCH RECOMMENDATIONS ARE NOT MANDATORY.

AS PARENT/LEGAL GUARDIAN. I HEREBY AUTHORIZE AND GIVE PERMISSION FOR MY CHILD TO RIDE AS A PASSENGER IN A VEHICLE DRIVEN BY

ANOTHER PARENT. I ALSO UNDERSTAND THAT THE DRIVE IS NOT DRIVING AS A AGENT OR ON BEHALF OF TVCS.

CONSENT TO PARTICIPATE

BY SIGNING BELOW, I/WE ASSUME ALL RISK INVOLVED WITH PARTICIPATION IN EXTRACURRICULAR/ATHLETIC ACTIVITIES AS OUTLINED IN ALL SECTIONS OF THIS FORM

STUDENT SIGNATURE _____ DATE _____

PARENT/LEGAL GUARDIAN SIGNATURE _____ DATE _____

EMERGENCY CONSENT & INSURANCE INFORMATION

EMERGENCY CONTACT INFORMATION

Student Birthdate _____ Grade _____

Athlete's Name _____ Cell/Home Phone _____

Address _____

Parent/Guardians Name _____ Cell Contact # (____) _____

Employer _____ Work Phone # _____

In the absence of parent/guardian, please call (in case of illness or accident) (____) _____

Emergency Contact Name _____ Relationship _____

INSURANCE AND PHYSICIAN INFORMATION

_____ My son/daughter (or ward) is covered for extracurricular/athletic activity under our family Health/Medical Plan that provides a minimum coverage of \$1 ,500 as required by *California Education Code* §32220-24. This is not administered by the school district.

TVCS is to be notified if insurance is terminated or changed

Insurance Company Name _____ ID/Policy/Group Number _____

Family Physician's Name _____ Phone Number (____) _____

Serious Medical Condition _____

Allergies (list) _____

CONSENT

___ Yes ___ No The student named above has my permission to engage in extracurricular/athletic/co-curricular activities, including travel.

ATHLETIC DIRECTOR/ATHLETIC TRAINER/ATHLETIC COACH/ATHLETIC ASSISTANT/EXTRA-CURRICULAR SUPERVISOR CONSENT

___ Yes ___ No I give my permission to the Athletic Director/Athletic Trainer/Athletic Coach/Athletic Assistant/Extracurricular Supervisor to administer immediate first-aid, follow-up treatment, and rehabilitation when appropriate in his/her professional judgment and/or as recommended by the consulting physician.

TREATMENT CONSENT

___ Yes ___ No In the event of accident or emergency, I (we) give permission for the school authorities to take my (our) child to any available doctor or hospital, or request their services I (we) grant consent to any healthcare providers to provide my (our) child with any necessary medical care as a result of any injury or illness

""IF YOUR ANSWER IS NO, PLEASE ADVISE THE SCHOOL AS TO WHAT ACTION YOU WOULD LIKE TAKEN:

I/We hereby consent that in the event that I/We cannot be reached in an emergency, I/We hereby grant permission to physicians selected by the coaches and staff of TVCS to secure proper treatment including hospitalization, injections, and/or anesthesia and surgery for the person named above. Any restrictions to this are listed below:

Parent/Guardian

Signature

Date

TEMECULA VALLEY CHARTER SCHOOL
Parent Notification and Permission to Publish Form

Dear Parent/Guardian:

From time to time, student work may be exhibited in a variety of ways, including publication on the school website, blog or other online resource. Such publishing requires parent/guardian permission. The work will appear with a copyright notice prohibiting the copying of such work without express written permission. In the event anyone requests such permission, those requests will be forwarded to the student's parent/guardian. Photos/audio/video of students may be published on school websites, illustrating student projects, sports events and achievements. As a precautionary measure TVCS will not permit a student's home address, phone number or SSN to appear on the Internet.

Student Name _____

- Permission to use student picture(s)/audio/video for school purposes _____, initial
- Permission to use student work produced by this student _____, initial
- Permission to use pictures of the student in the school yearbook _____, initial

Please check one and return signed form:

_____ We the parent/guardian and student DO grant permission for use of student images and intellectual property.

_____ We the parent/guardian and student DO NOT grant permission for use of student images and intellectual property.

Signature of Parent/Guardian

Name

Date

Students' Social Media Agreement

SOCIAL MEDIA CAN BE A USEFUL TOOL TO COMMUNICATE WITH TEAMMATES, FANS, FRIENDS, COACHES AND MORE. SOCIAL MEDIA CAN ALSO BE DANGEROUS IF YOU ARE NOT CAREFUL. EVERY PICTURE, LINK, QUOTE, TWEET, STATUS, OR POST THAT YOU OR YOUR FRIENDS PUT ONLINE IS FOREVER PART OF YOUR DIGITAL FOOTPRINT. YOU NEVER KNOW WHEN THAT WILL COME BACK TO HURT OR HELP YOUR REPUTATION DURING THE RECRUITING PROCESS, A NEW JOB, OR OTHER IMPORTANT AREAS OF YOUR LIFE.

RECOGNIZING THE ABOVE:

_____ I TAKE RESPONSIBILITY FOR MY ONLINE PROFILE, INCLUDING MY POSTS AND ANY PHOTOS, VIDEOS OR OTHER RECORDINGS POSTED BY OTHERS IN WHICH I APPEAR.

_____ I WILL NOT DEGRADE MY OPPONENTS BEFORE, DURING, OR AFTER GAMES.

_____ I WILL POST ONLY POSITIVE THINGS ABOUT MY TEAMMATES, COACHES, OPPONENTS AND OFFICIALS.

_____ I WILL USE SOCIAL MEDIA TO PURPOSEFULLY PROMOTE ABILITIES, TEAM, COMMUNITY, AND SOCIAL VALUES.

_____ I WILL CONSIDER "IS THIS THE ME I WANT YOU TO SEE?" BEFORE I POST ANYTHING ONLINE.

_____ I WILL IGNORE ANY NEGATIVE COMMENTS ABOUT ME AND WILL NOT RETALIATE.

_____ IF I SEE A TEAMMATE POST SOMETHING POTENTIALLY NEGATIVE ONLINE, I WILL HAVE A CONVERSATION WITH THAT TEAMMATE. IF I DO NOT FEEL COMFORTABLE DOING SO, I WILL TALK TO THE TEAM CAPTAIN, OR A COACH.

_____ I AM AWARE THAT I REPRESENT MY SPORT(S), SCHOOL, TEAM, FAMILY AND COMMUNITY AT ALL TIMES, AND WILL DO SO IN A POSITIVE MANNER.

STUDENT NAME (PLEASE PRINT)

STUDENT SIGNATURE

DATE

**TEMECULA VALLEY CHARTER SCHOOL EXTRACURRICULAR/ATHLETICS ACTIVITY
UNIFORM/EQUIPMENT POLICY**

Student _____ Grade: _____ Sport/Extracurricular: _____
(Last Name) (First Name)

In addition to the provisions of the TVCS Athletics/Extracurricular Activity Handbook, students must also return their uniforms and any school-owned equipment at the end of the season, washed, and complete with all pieces. Failure to comply with the terms of this agreement will result in a charge of the cost of the missing uniform/equipment.

All uniforms and equipment are property of Temecula Valley Charter School unless purchased by a parent/guardian, and must be treated as such.

The student SHALL be responsible for all of the following:

1. Maintain the cleanliness of the uniform by washing consistently and by the directions on the tags.
2. Maintain the quality of the uniform/equipment.
 - a. TVCS understands that uniforms may be damaged during competition, and the student will not be held responsible for this kind of damage.
3. Turn in the uniform/equipment, washed, and clean, at the conclusion of his/her season.

The student SHALL NOT:

1. Keep the uniform or equipment at the end of the season.
2. Allow anyone else to wear the uniform/equipment, unless for a specific uniform-wearing event.
3. Attempt to sell or distribute the uniform/equipment.
4. Alter the uniform/equipment in any way.

I understand and will abide by the provisions and conditions of this agreement, and that any violations of the above provisions may result in being charged for the cost of the uniform, and that the participation in Extracurricular/Athletic Activity at TVCS is a privilege, not a right.

(Print Student Name) (Student Signature) (Date)

I _____ understand that I will be responsible for any costs for replacement/repair due to the loss, theft or destruction of TVCS Extracurricular/Athletic Activity Uniforms.

As the parent or guardian of this student. I have read and agree to the provisions of this agreement.

(Print Parent/Guardian Name) (Parent Signature) (Date)

TEMECULA VALLEY CHARTER SCHOOL
EXTRACURRICULAR/ATHLETICS ACTIVITY HANDBOOK SIGNATURE

Students and their parents are required to read the *Extracurricular/Athletic Handbook*. A copy of this handbook may be downloaded on the TVCS website or a copy may be obtained from the TVCS main office.

I have read and understand the Temecula Valley Charter School Extracurricular/Athletic Handbook

Parent/Guardian Signature Date

Student Signature Date