



**Football**  
**Fall 2017 Season**  
**Packet**

## WHEN?

The first day of practice will be held at Sacred Heart High School on Friday, August 18th at 5 pm. Please follow <http://sacredhearthischoolma.bigteams.com/> for the schedule of our co-op team. Select: Fall; Football; Boys Varsity; Fall 2017-2018.

## WHO CAN TRY-OUT?

*Students in grades 9 - 12.*

## WHAT DO YOU NEED?

1. Signed athletic participation waiver form.
2. Completed concussion awareness form. Both the student and a parent/guardian must take the NFHS or CDC online concussion course and sign the form as proof of successful completion.
3. Completed pre-participation head injury form. Must be signed by both the student and a parent/guardian.
4. Concussion Impact Testing. Initial Impact test will need to be completed prior to the start of try-outs. Dates for the testing will be determined at a later time at Sacred Heart or Rising Tide.
5. Updated physical form on file with the school. **This means you need to have had a physical within 13 months of the last day of the season, and it must be on file in the nurse's office.**
6. Equipment. Students should wear cleats, athletic clothing, and bring a water bottle.
7. User Fee Deposit: A deposit of **\$200.00** is required to participate in the Co-op Football program with Sacred Heart High School in Kingston. ***Checks can be made out to Rising Tide Charter Public School.***

## WHAT SHOULD I DO WITH THESE FORMS?

In order to try out for the team, mail or drop off the forms at the Rising Tide Middle School building, located at 6 Resnik Road in Plymouth, or with Mr. Peterson at the Upper School.

Forms are due by **Monday, June 19<sup>th</sup>**. If you need more time, please email Mr. Peterson at [mpeterson@risingtide.org](mailto:mpeterson@risingtide.org).

**More Details:**

- All students participating in football will have an ImPact baseline test completed at Sacred Heart with the Athletic Trainer or at Rising Tide with Mr. Peterson. Specific times will be determined at a later date.
- During Rising Tide school days, students will be picked up by a Sacred Heart bus/van at dismissal time (3:00 pm). Practices will be held at Sacred Heart from 3:30 - 5 pm. All parent/guardian pick-up will be at Sacred Heart High School located at 399 Bishops Hwy, Kingston, MA 02364 at 5 pm.
- You can view the Football schedule at <http://sacredhearthischoolma.bigteams.com/> and through Rising Tide's google calendar link on our athletics page at [risingtide.org](http://risingtide.org). Updates on the football schedule and the athletic calendar will occur daily if necessary.
- A Parent communication email will be developed. Any sudden changes in schedules (such as a snow/rain cancellation), or setting up a daily carpool list will be sent out via this email blast. Please list the email addresses you would like to be part of this list if your child is participating on the Football team.

email: \_\_\_\_\_

email: \_\_\_\_\_

email: \_\_\_\_\_

email: \_\_\_\_\_



2017-2018 ATHLETIC PARTICIPATION WAIVER

Name of Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Home Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Relationship: \_\_\_\_\_

Emergency Contact Phone #: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Participation in athletics can result in serious injury, even when measures have been taken to ensure safety. In the event of an injury the school will provide first aid, but all other treatment is the responsibility of the parent/guardian. Participating on an athletic team/club at Rising Tide is not required, and students do so on a voluntary basis with the permission of their parent(s) or guardian(s).

Families are required to pay a user fee for each season. If a student is removed from the team/club before the conclusion of the season for any reason, Rising Tide has the right to keep the entire user fee.

Rising Tide will use buses and/or parent carpools to transport students to and from practices and games. By signing this waiver you are permitting your child to ride in a private vehicle driven by another student's parent or guardian as well as a bus chartered by the school.

All uniforms are property of Rising Tide and should be returned to the school at the end of the season or the family will be charged for the replacement cost.

A student may be removed from the team at any point in the season if the grade-level team, coach, and/or AD determines it is necessary. Students can be dismissed from a team/club for both academic and non-academic reasons.

A student will not be permitted to participate in any activities until s/he has a physical form on file with the school which has been completed within 13 months of the tryout date. A completed concussion awareness form, pre-participation head injury/concussion reporting form, and user fee must also be submitted before a student is allowed to participate in the tryout.

I hereby give permission for \_\_\_\_\_ to participate in the Rising Tide Athletics programs.

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Date



## CONCUSSION AWARENESS FORM

Dear Parents/Guardians:

As the prevalence and dangers of head injuries in athletics have become more evident, it is important for both student-athletes and their families to have a greater understanding of the issue. For the safety of our student-athletes, Rising Tide Charter Public School is requiring that both parents/guardians AND the student complete ONE of the following free online concussion courses. The completion of this course is required before your child tries out for an athletic team at Rising Tide. It must be completed once per school year.

Complete one of the online courses on concussion/head injuries. It should take less than 30 minutes to complete the course, including registration. Please print a copy of the completion certificate for your records.

- National Federation of High School Coaches Course, *Concussion In Sports - What You Need To Know*

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

OR

- Centers for Disease Control Course, *Heads Up Concussion In Youth Sports*

[http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

Signing below acknowledges that you have successfully completed one of the online free sports concussion awareness courses.

Student-Athlete Name \_\_\_\_\_ Sport \_\_\_\_\_

Student-Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian  
Signature \_\_\_\_\_ Date \_\_\_\_\_



**PRE-PARTICIPATION HEAD INJURY/CONCUSSION REPORTING FORM FOR EXTRACURRICULAR ACTIVITIES**

This form should be completed by the student’s parent(s) or legal guardian(s). It must be submitted to the Athletic Director in the Try Out Packet prior to the start of each season a student plans to participate in an extracurricular athletic activity.

Student’s Name	Sex
Date of Birth	Grade
School MIDDLE UPPER	Sport FOOTBALL
Home Address	Telephone

Has student ever experienced a traumatic head injury (a blow to the head)? Yes / No

If yes, when? Dates (month/year): \_\_\_\_\_

Has student ever received medical attention for a head injury? Yes / No

If yes, when? Dates (month/year): \_\_\_\_\_

If yes, please describe the circumstances:

Was student diagnosed with a concussion? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, when? Dates (month/year): \_\_\_\_\_

Duration of symptoms (such as headache, difficulty concentrating, fatigue) for most recent concussion: \_\_\_\_\_

Parent/Guardian:

Name: \_\_\_\_\_ Signature/Date \_\_\_\_\_

Student Athlete:

Signature/Date \_\_\_\_\_

\_\_\_\_\_

Athletic Consent Form

SACRED HEART HIGH SCHOOL/RISING TIDE CHARTER SCHOOL, ATHLETIC PARENTAL CONSENT, AND  
RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

2017-2018 School Year

We the undersigned father and mother or guardian(s) of

\_\_\_\_\_

(Print}

a minor, do hereby consent to his/her participation in voluntary athletic programs and do forever  
RELEASE, acquit, discharge and covenant to hold harmless Sacred Heart High School/Rising Tide  
Charter, the Sisters of Divine Providence, and its successors, departments, officers employees,  
servants and agents, of and from any and all actions, causes of actions, claims, demands, damages,  
cost, loss of services, expenses and compensation on account of, or in any way growing out of,  
directly or indirectly, all known personal injuries or property damages which we/I may now or  
hereafter have as the parents(s) or guardian(s) of said minor, and also all claims or right of action for  
damages which said minor has or hereafter may acquire, either before or after he/she has reached  
his/her participation in the Sacred Heart High School/Rising Tide Charter School Physical Education  
Department's athletic program; FUTHERMORE, we/I hereby agree to protect Sacred Heart High  
School/Rising Tide Charter School, the Sisters of Divine Providence, and its successors, departments,  
officers, employees, servants, and agents, against any claims for damages, compensation or  
otherwise on the part of said minor growing out of or resulting from injury to said minor in  
connection with his/her participation in the Sacred Heart High School/Rising Tide Charter School  
Physical Education Department's voluntary athletic program, and to INDEMNIFY, or make good to  
Sacred Heart High School/Rising Tide Charter School and the Sisters of Divine Providence, or its  
successors, departments, officers, employees, servants and agents any loss of damages or costs,  
including attorney's fees, the Sisters of Divine Providence community, or its representatives may  
have to pay if any litigation arises from said minor's intentional, grossly negligent, of reckless acts or  
omissions while participating in said sports programs.

School \_\_\_\_\_

\_\_\_\_\_

Signature(s) of Parent (s) or Guardian (s)  
Relationship

Date

\_\_\_\_\_

Signature of Student

Date