



# Manteca Unified School District ACORN LEAGUE

## RELEASE OF LIABILITY and ASSUMPTION OF RISK AGREEMENT FOR INTERSCHOLASTIC ATHLETIC AND/OR EXTRA CURRICULAR ACTIVITIES PARTICIPATION

SPORT: \_\_\_\_\_ SEASON: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

STUDENT  
NAME: \_\_\_\_\_

**This is a release of liability and assumption of risk agreement. Read it carefully and sign below.**

Completion of this release is a prerequisite to participation in any interscholastic athletic and/or extracurricular activity. This release essentially says that my son/daughter \_\_\_\_\_ (name of student) is physically fit and is going to voluntarily participate in a high school interscholastic athletic and/or extracurricular activity. We know and fully understand that any interscholastic athletic and/or extracurricular activity involves numerous risks, dangers and hazards, both known and unknown, where serious accidents can occur, participants can sustain physical injuries, damage to their property, and even suffer a fatal injury. If he/she is hurt, injured or suffers a fatal injury, we (i.e., the student, parents and heirs) will not make a claim against or sue the Manteca Unified School District (hereinafter MUSD), its trustees, officers, employees and agents, or expect them to be responsible or pay for any damages.

In consideration for MUSD allowing the student to participate in this interscholastic athletic and/or extracurricular activity, we voluntarily agree to release, waive, discharge and hold harmless MUSD and their trustees, officers, employees and agents from any and all claims of liability arising out of their negligence, or any other act or omission which causes the students illness, injury, death and damages of any nature in any way connected with student's participation in this activity.

**WE, THE UNDERSIGNED HAVE READ THIS DOCUMENT. WE UNDERSTAND THAT IT IS A RELEASE OF ALL CLAIMS. WE FURTHER UNDERSTAND THAT WE ARE ASSUMING ALL RISK INHERENT IN THIS INTERSCHOLASTIC ATHLETIC AND/OR EXTRA CURRICULAR ACTIVITY. WE VOLUNTARILY SIGN OUR NAME AS EVIDENCE OF OUR ACCEPTANCE OF THE ABOVE PROVISIONS.**

\_\_\_\_\_  
Signature of Student/Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date  
Phone# \_\_\_\_\_



ACORN ATHLETIC LEAGUE  
Student Athlete/Spectator Guidelines

**Student Athlete shall:**

1. Treat opponents, game officials, visiting students, and spectators with respect.
2. Accept graciously the decision of the officials and coaches.
3. Demonstrate sportsmanship at all times by displaying self-control before, during and after all contest.
4. Demonstrate respect for public and private property.
5. Properly use and place signs/posters which promote school spirit without derogatory words/statements toward the other team in designated areas. Take down the sign upon leaving the area.
6. Notify school personal before leaving the area of competition.
7. Attend all scheduled practices and games. If unable, communicate with the coach.
8. Follow all school rules and regulations.
9. Abide with the no fight or join a fight policy.

**Parents/Spectators will**

1. Keep clear of the playing area, court, or field of play before and during the contest, including half times or time-outs.
2. Respect the officials' interpretations of the actions or rules during a contest. Verbal or physical assault of an official can be prosecuted **under Penal Code 2438.**
3. Maintain an understanding that the Acorn League is a developmental instructional league dedicated to improving basic skills and allowing for maximum participation by student athletes.
4. Model behaviors that you wish to see reciprocated by student athletes and spectators throughout the league.
5. Abide and respect supervisory personnel, coaching staffs, in the maintenance of an environment of discipline and self-control.
6. Exit the playing field and spectator areas in an orderly and timely manner, particularly when another contest follows.
7. Provide supervision for children during games and timely transportation to and from contests.

Signing below signifies that the student athlete and parents/guardians have read the above rules and abide by the expected behaviors. To deviate from these behaviors will result in possible removal of student athlete and or spectators from an event. The behaviors would then be referred to the site building principal for disciplinary action and /or to a law enforcement agency.

\_\_\_\_\_  
Print Student Athlete Name

\_\_\_\_\_  
School

\_\_\_\_\_  
Student Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Legal Guardian

Return to coach



# Acorn League



This form will be given to the parents of athlete: (parent packet)

Student/Athlete Parent/Coach

Communications

Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to students.

## **COMMUNICATIONS YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:**

- Coaching philosophy and team rules.
- Expectations the coach has for your child.
- Locations, times for all practices and games.
- Team requirements-shoes, shorts etc.
- Transportation requirements.
- Procedures to follow should your child be injured during participation.
- Discipline that may result in the denial or your child's participation.

## **COMMUNICATIONS THAT COACHES EXPECT FROM PARENTS:**

- Concerns expressed directly to the coach.
- Specific concerns regarding the coaches' philosophy and/or expectations.
- Notifications of any illness or injury or missed practices.

## **APPROPRIATE CONCERNS TO DISCUSS WITH THE COACHES:**

- Treatment of our child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you may hope. Coaches are teachers. They make judgement-decisions based on what they believe to be the best for all students involved. As you have seen from the above list, certain things can and should be discussed with the coach. Other things, such as the ones listed below, must be left to the professional judgement of the coach.



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## ISSUES NOT APPROPRIATE TO DISCUSS WITH THE COACH:

- Playing time
- Team strategy
- Play calling
- Other student-athletes

There are often situations that may require a conference between the coach and the parents. The student/athlete will attend and be involved in these meetings. To resolve the problem, we must have everyone's help and involvement. These meetings are encouraged. **The student should be excluded only if the meeting is about personal issues not pertaining to his/her involvement with the team.**

## IF THERE IS A PROBLEM:

- Have your son/daughter talk to the coach one on one.

## IF THIS DOES NOT RESOLVE THE PROBLEM, THE PARENTS SHOULD:

- Call the school and request a return call or a face-to-face meeting with the coach.
- Coaches will make time available in their day to meet with students and parents.

## PARENTS MUST **NOT**:

- Confront the coach before or after practice.
- Confront the coach before or after a game.
- Coaches are teachers. A parent would not walk into a classroom during class time and yell at the teacher about a poor grade, so please do not confront the coach in public. There are proper ways to communicate and have your concerns addressed. Practices and games are highly emotional times for everyone involved. Issues and concerns DO NOT get resolved when emotions are high.

## WHAT TO DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION:

- Contact the principal and put in writing the issue, the principal will attempt to mediate a resolution.
- The principal will investigate and make a finding. The principal's finding is not appealable.

We hope this information helps make your child's and your experience with the Acorn athletic program less stressful and more enjoyable.



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## HOW TO ESTABLISH RAPPORT WITH YOUR ATHLETIC CHILD

Here are some Golden Rules:

1. Make sure that your child knows that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. Be the person in their life they can look to for positive-reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, their sportsmanship and their actual skill level.
3. Be helpful but do not "coach" them on the way to the track, court or field.....on the way back...at breakfast...and so on.
4. Teach them to enjoy the thrill of the learning the sport and competition, to be "out there trying", to be working to improve their skills, and attitudes...to take the physical bumps and come back for more. Do not say, "Winning does not count," because it does. Instead, help them develop the feeling for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Do not pressure them because of your pride. Find out what they are all about and do not assume they feel the same way you did, want the same things, and the same attitudes. You gave them life, not let them learn to handle and enjoy it. Let them need you on their terms.
6. Do not compete with their coaches. The young athlete often comes home and chatters on about "coach says this and coach says that." I realize this is often hard to take, especially for the father or mother who has had some experience coaching. When a certain degree of disenchantment about the coach sets in, some parent's side with the youngster. This is a perfect opportunity to discuss (not lecture) with the youngster the importance of learning how to handle problems, react to criticism, and understand the necessity for discipline, rules, regulations, and so on.
7. Do not compare the skill, courage, or attitudes of your child with that of other members of the team. If your child shows a tendency to resent the treatment they get from the coach, or the approval of other team members get, be careful to talk over the facts quietly and try to provide fair and honest counsel. If you play the role of the overly protective parent who is blinded to the relative merits of your youngster and his/her actual status as an athlete and individual, you merely perpetuate the problem.

The Acorn league developmental sports program is for all MUSD students.

