

MOUNTAIN VALLEY ATHLETIC LEAGUE 2019-2020

STUDENT / PARENT / ATHLETIC DEPARTMENT

CONTRACT & PERMISSION SLIP

The Rancho Solano Athletic Department is deeply committed to providing as many students as possible the opportunity to play competitive sports through the MVAL. Being a part of a team is a big responsibility for the students and the parents / guardians. We focus on self-discipline, teamwork, sportsmanship, and effort. Through sports, students will strengthen their athletic, mental, and social skills. In order to maintain a quality program, it is imperative that everyone agrees to the following provisions. Please read each one carefully and sign only if you give your full consent.

- Rancho Solano has a tryout for each sport. Please see your PE Teacher or Athletic Director for tryout dates. Students may not arrive late or leave early. Students should be properly dressed. Special arrangements for an alternative tryout before the scheduled date must be made at least one week in advance, and the arrangements are the complete responsibility of the student. Students absent the day of tryouts should contact the athletic director and may be given a make-up tryout the day they return to school.
- All contracts must be completed, signed and turned in no later than one week following the first day of practice. For example, if tryouts are held on Monday, athletes would have until 3:30 P.M. on the following Monday to have their MVAL contract.

<u>Fall Season:</u> 8/26/19-10/26/19	<u>Winter Season:</u> TBD	<u>Spring Season:</u> TBD
Flag Football	Boys Basketball	Boys Soccer
Girls Volleyball	Girls Soccer	Girls Basketball

- Athletes need the following uniform and equipment for each sport:

Volleyball	-	MVAL uniform, knee pads
Football	-	MVAL uniform, mouth guard, rubber cleats
Soccer	-	MVAL uniform, shin guards, soccer socks, rubber cleats
Basketball	-	MVAL uniform, basketball shoes

Uniforms will be provided by the school for the following sports: Football, Volleyball, Boys and Girls Basketball, Boys and Girls Soccer. The uniforms will be checked out to each student and returned at the end of the sports season. Note: You may purchase uniforms if you would like to keep them.

- Athletes will not be allowed to participate in practices, games, or team picture without the proper uniform and required equipment.
- Athletes are not guaranteed any set amount of playing time. Playing times is at the complete discretion of the coach.
- Practices will be held two days per week after school for approximately 1 ½ hours. Students must contact the coach at least one day prior if they will miss practice. Missing practice may affect playing time on game days. If there are multiple unexcused absences, the coach has the right to release the player from the team. If a student has a strong desire to play sports and attends the tryout, but has made a prior athletic commitment, he or she may request a “waiver” from the athletic director in order to participate on the team.



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- Athletes are required to attend all MVAL games and tournaments. Occasionally, games and / or tournaments may fall on half days or off days. Please check the on-line calendar before committing to becoming a member of a team. If a player misses a game or practice, the coach may choose to limit or eliminate playing time.
- Athletes are not allowed to quit the team once they have made this commitment. Permission to quit will only be granted by the Athletic Coordinator and only if it is determined that the student's well-being is in jeopardy. If a student chooses to quit without permission, his or her decision will be kept on file and will affect future eligibility with regard to the athletic program.
- Athletes are required to turn in all academic work on time. Leaving campus for athletic activity will not be an excuse for any missed work or assignments. Failure to turn in work may be grounds for immediate suspension or removal from an athletic team.
- Athletic eligibility will be based on the requirements set forth in the student handbook.
- Teachers who are concerned about the academic progress of an athlete during the course of a season may request a conference with the athletic coordinator to discuss the student's future participation on the team. This conference may lead to probation, make-up work, suspension, or dismissal from the team.
- For safety reasons, athletes must remain seated on the bus and exhibit exemplary behavior at all times on and off our campus. Any athlete who is reprimanded for inappropriate behavior at any time may be subject to suspension or removal from an athletic team.
- Any student who receives a non-academic agenda signing will not be allowed to participate in the next athletic contest. Any student who receives a discipline notice will be immediately removed from his or her athletic team for the remainder of the season.
- Athletes must be quality representatives of Rancho Solano Preparatory School at all times, displaying exemplary sportsmanship and respect for others. Parents, coaches, and athletes must maintain the highest level of respect for opposing schools, players, coaches, parents, and officials. There is a zero-tolerance policy with regard to arguing, swearing, or fighting. Win or lose, opponents must be sincerely congratulated at the conclusion of all athletic contests. Rancho Solano Athletics will also maintain the utmost respect for all facilities and grounds.



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Athletes will be treated fairly and with respect at all times. Athletes will be selected on the basis of their ability, attitude, behavior, and effort. The coaches and the athletic coordinator will always perform their duties to serve the best interests of the students, the athletic program, and Rancho Solano Preparatory School. If you have any questions, concerns, or suggestions throughout the year, please contact your student athletes' respective coach. If you need further assistance, contact your campus Athletic Coordinator- Gail Avenell at gavenell@ranchosolano.com.



RANCHO SOLANO MUSTANGS

(Please detach and return this portion of this contract to your coach)

MVAL CONTRACT / PERMISSION SLIP 2019-2020

We have read, understand, and agree to this Athletic Department Contract.

Student's Name: _____ Grade: ____ Signature: _____

Parent / Guardian Name: _____ Signature: _____

I give my child permission to tryout for and compete in the MVAL. I also understand that my child will be transported to away games by chartered bus.

Signature: _____ Emergency Phone#: _____

Insurance Co. / Policy #: _____

