



CONCORD HIGH SCHOOL

STUDENT ATHLETE HANDBOOK

PURSUING VICTORY WITH HONOR

“High school athletics are a vital component of the overall educational experience for many students. At its best, athletic competition provides students with special opportunities to learn about teamwork, sportsmanship, ethical conduct, fair play and respect for others.”

(From the NCS Sportsmanship Home Page)

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Concord High School

4200 Concord Blvd.

Concord, CA 94521

(925) 687-2030

<http://www.concordhigh.org/>

PURPOSE

The purpose of this handbook is to acquaint the athlete, parents, coaches, faculty and administration with information pertaining to athletics at Concord High School. Additionally it attempts to define a common set of policies to which each athlete can adhere. Our hopes are that it will lead to a well-organized and productive athletic program. Undoubtedly, we cannot cover all situations in this publication. The intent is to supply guidelines for solving incidents and problems, which may arise.

It will be the Athletic Director's responsibilities to enforce these policies. However, only through the mutual cooperation, understanding and familiarization of these policies by athletes, coaches, parents and administrators can we more cooperatively incorporate a consistent and successful athletic program at Concord High School.

REQUIRED FORMS

The MDUSD Athletic Activity Clearance must be completed and turned into the coach prior to the first day of practice. *This form requires your physician's signature.* One form for the current school year can be used for multiple sports during that school year. If you plan on participating in more than one sport, we would suggest that you make copies and keep them in a safe place.

Copies of the form can be found in the back of this handbook or on the MDUSD website at:
<http://www.mdusd.k12.ca.us/adminservices/risk/athclear.pdf>

ATHLETIC CODE & RESPONSIBILITIES

Concord High School has an established athletic code. In it, the responsibilities of the athletes, coaches, and parents are defined. Each owes it to themselves and their team, to develop those qualities of leadership and behavior that contribute to the teams' success; and eliminate all the traits and behaviors that tend to damage the best values of the game.

STUDENT ATHLETES

1. Attend all practices, contests, and team activities. Arrive on time and be prepared mentally, physically, and emotionally to participate at their highest level. If the athlete must miss any team event or practice, they are responsible for notifying their coach.
2. Realize that when class or practice is cut that they have placed their own well-being above that of the school or team and such actions could result in the athlete not being allowed to participate.
3. Respect the integrity and judgment of the officials, coaches, and teammates.
4. Show cordial courtesy to visiting opponents, and establish a positive relationship between visitors and home.
5. Athletes are in command of themselves at all times and understand that their appearance and actions reflect on the school and our community.
6. Adhere to the rules of good sportsmanship and promote school spirit.
7. Achieve a thorough understanding and acceptance of the game's rules and standards of eligibility.
8. Athletes must use district-approved transportation and are not permitted to transport themselves or teammates to and from athletic contests.
9. Show proper team attire and conduct while traveling to and from athletic contests.
10. Care for all gear issued to the athlete by the coach or team representative(s) and return all in good condition. Understand that you and your parents will be charged for the replacement value for any lost or damaged gear and/or indefinite suspension from athletic competition may result.
11. Maintain grades and attendance at their best level, remembering that their eligibility is at stake and that their grades affect the teams' ability to earn North Coast Scholastic Team awards.

COACHES' CODE

From the National High School Athletic Coaches' Association, <http://www.hscoaches.org/coachcode.html>

1. Exemplify the highest moral character as a role model for young people.
2. Recognize the individual worth and reinforce the self-image of each team member.
3. Encourage and assist team members to set personal goals to achieve their highest academic potential.

4. Create a set of training rules for athletes, which reflect the positive values of abstaining from the use of drugs, alcohol and tobacco.
5. Strive to develop the qualities of leadership, initiative, and good judgment in each team member.
6. Communicate and interpret program goals and objectives to parents and community.
7. Provide a safe environment for practice and competition.
8. Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
9. Respect the integrity and judgment of the game official.
10. Teach and abide by the rules of the game in letter and in spirit.
11. Build and maintain ethical relationships with Coaches and administrators.
12. Strive for excellence in coaching skills and techniques through professional improvement.
13. Promote personal fitness and good nutrition.
14. Be modest in victory and gracious in defeat.
15. Encourage a healthy respect for the overall athletic program and its vital roles in education.

PARENT/GUARDIANS

1. Encourage your student athlete to fulfill their responsibilities as a team member and to maintain grades and school attendance at their highest levels.
2. Support your player and the team by making your best effort to attend events.
3. Respect the integrity and judgment of the officials, coaches, and athletes; adhere to the rules of good sportsmanship.
4. Support the team's ability to properly function by assisting with team duties/responsibilities.
5. Along with your player, assume responsibility for the care of all gear issued to the athlete by the coach or team representative(s) and return all in good condition. Understand that you and your athlete will be charged for the replacement value for any lost or damaged gear and/or indefinite suspension from athletic competition may result.
6. Please consider joining the Athletic Booster Club (see the membership form at the end of the handbook). They provide support to all sports programs and athletes at Concord High.

ATTENDANCE ELIGIBILITY

Student athletes must attend a minimum of two-thirds of their classes on the day of any athletic competition. An attendance report will be provided to coaches and if an athlete is found to have not been in compliance and still competed, they will be ineligible to participate in the next contest. In addition, you risk forfeiting your teams contest if a player competes and is ineligible due to attendance.

ACADEMIC ELIGIBILITY

All students elected to school offices, or who represent their school in extra-curricular and/ or co-curricular activities shall have and maintain good citizenship records. Any student who does not maintain a good citizenship record shall not be allowed to represent fellow students, nor the school for a period of time recommended by the student's principal. In no case, except when extended by the action of the governing board, shall the time exceed twelve (12) calendar months.

Students in grades nine (9) through twelve (12) involved in extra-curricular and/or co-curricular activities must have earned a 2.0 ("C") average and passing grades during the most recent grading period (quarter or semester) in at least twenty (20) semester units of work.

Students must also maintain minimum progress toward graduation to be eligible. Students must have a minimum of 45 credits at the beginning of the tenth grade year; a minimum of 105 credits at the beginning of their eleventh grade year; and a minimum of 160 credits at the beginning of their twelfth grade year. This provision also enforces minimum progress achieved for eligibility toward class activities, i.e. "Senior Ball," "Junior Prom," etc.

WAIVER

Any student may request a waiver on the "C" (2.0) eligibility requirement, for **ONE** and **ONLY ONE** grading period during their high school career. Such a waiver is permitted under the law. Waivers are not automatic and application forms are located in the school's office.

ILLEGAL SUBSTANCES

Athletes will be suspended if found guilty of smoking, or using tobacco in any form; drinking or being in possession of alcoholic beverages; or misusing, possessing, selling, or distributing drugs, anti-depressants, or stimulants, and steroids. The possession and use of drugs prescribed by a physician may constitute an exception to these rules. Athletes should be aware that these regulations are in affect twenty-four (24) hours a day and twelve (12) months a year.

1. First Violation

- After confirmation of the first violation, the student shall lose eligibility for extra-curricular and co-curricular activities for forty-five (45) school days and a five (5) day suspension.
- The students must be enrolled in or have completed a school approved rehabilitation and counseling program.
- The student shall be restricted from participation in or attendance at all school activities during the 45-day period. This shall include affiliated activities, and all dances including Junior Prom and Senior Ball.

2. Second and Subsequent Violations

Student shall lose eligibility for one (1) school year, and/or 180 school days from the date of violation.

3. Appeals Process

Appeals board of the secondary level shall consist of the principals of each school at the level, and shall have the authority to reinstate a student should clear evidence be presented of extenuating circumstances.

GENERAL RULES

- Any athlete involved in situations concerning a civil offense, arrest, and suspension for conduct unbecoming his team and school, will be dropped from the team immediately until such matters are cleared to the school and athletic staff's satisfaction.
- “Quitting”** is considered a major offense. It is defined as dropping from a sport and the failure to:
 - Notify your coach.
 - Attend practices or contests without an adequate excuse.
 - Check in or pay for lost or damaged gear.

In such a case, the athlete will not be eligible for any awards or may not participate in another sport until that sport's last team competition has been completed. *This does not pertain to being cut.*

Dropping from a team due to illness, lack of interest, studies, outside interests, etc. is not “quitting” if the athlete seeks a proper withdrawal.

- To **withdraw** from a sport, you must do so before league competition begins. You must talk to your coach; return all equipment and uniforms with in one week of withdrawal. If all of these steps are not completed prior to league play you will be considered to have quit.
- The eligibility rules and regulations of the school, its' League, and the California Interscholastic Federation shall be followed.
- Swimmers are allowed to participate with USS teams during the high school season, as long as there is no conflict with the high school program. USS swimmers must compete in all league meets and practice with the high school team during the season unless prior permission is received from the high school coach.

LEAGUE AND SECTION

Concord High competes in the Valley Conference as part of the Diablo Foothill Athletic League (DFAL), which is located in the North Coast Section (NCS) of the California Interscholastic Federation of High School Athletics. For more information on the NCS, visit their website at <http://www.cifnsc.org/>

HIGH SCHOOL TEAMS IN THE DFAL

Acalanes (Lafayette)	Alhambra (Martinez)	Campolindo (Moraga)	College Park (Pleasant Hill)	Concord (Concord)
Dublin (Dublin)	Las Lomas (Walnut Creek)	Miramonte (Orinda)	Mt. Diablo (Concord)	Northgate (Walnut Creek)

Directions to these schools and other event facilities, please visit the Athletic Booster's web site at <http://www.concordhighschool.net/chsathletics>.

RECOGNIZED SPORTS & SEASONS

Freshmen, Frosh-Soph, Junior Varsity, and/or Varsity programs may be offered depending upon the sport, the number of participants, and availability of qualified coaches.

Fall	Winter	Spring
Cross Country	Basketball	Baseball
Spirit Squad	Soccer	Golf, Boys
Tennis, Girls	Spirit Squad	Softball
Football	Wrestling	Swimming
Volleyball, Girls		Tennis, Boys
Water Polo		Track & Field
		Volleyball, Boys

Guidelines for the *earliest date that practices can start (there are exceptions for some sports)*:

Fall: Late August Winter: Early November Spring: Early February

No interscholastic practices or games are to be held on Sunday

For more complete information on sport's start dates, visit the NCS web site: <http://www.cifncs.org>

ATHLETIC AWARDS

1. Student Athletes, who become academically ineligible, are removed from a team for disciplinary reasons, quit or drop, will not receive any awards.
2. Certificates of Participation and Chenille Pins are given to athletes who compete in and complete the team's season.
3. The North Coast Section presents three different scholastic awards each season:
 - a. Scholar Athlete Certificates: Earned by any student athlete who achieves a 3.50 or better GPA during the grading period while that student is participating in a sport.
 - b. Distinguished Scholastic Team: Awarded to any team (freshman, frosh-soph, junior varsity and/or varsity), and its members, having achieved a 3.0 or better composite GPA during the season of sport.
 - c. Scholastic Championship Team: Presented to the top three NCS varsity teams in each classification/division with the highest composite GPA. Scholastic Championship teams are awarded a pennant for the school.
Note: For NCS awards, all GPA's must be calculated on a 4.0 scale, the enhanced scaled (i.e., for AP classes) cannot be used. Scholar Athlete and Scholar Team Award patches for individual sports can be purchased on the NCS web site: <http://www.cifncs.org/sponsors/catalog.html>.
4. The Athletic Boosters sponsor the following award programs:
 - a. Athlete of the Month: Each month during the school year, sport's programs are assigned month(s), where the coaching staff selects athletes for this award. The suggested criteria for this award: "An Athlete of the Month isn't necessarily your star player; however, they are diligent students, who take pride and demonstrate leadership, good sportsmanship and enthusiasm for their sport, both on and off the field. They show respect to their coaches, officials, teachers, their teammates, opponents, and all others. Their work ethic sets them apart, whether it being during practice, a game, or with their studies. This student athlete is an example for the rest of your team".
Athletes of the Month receive a shirt, their name on the Marquee, an article in the Athletic Booster's monthly newsletter, and a plaque at the year-end award's presentation.
 - b. Senior Awards: Coach's Award, Scholar Athlete, Athlete of the Year, E.D.D.I.E. (enthusiasm, dedication, devotion, integrity, emotion) Award. All of these are presented to both a male and female athlete at the year-end Award's Ceremony. For most of these awards, coaches nominate athletes.
 - c. Athlete Scholarship: Detailed information on the scholarship criteria and process will be made available in the spring. In order to qualify, families must be Athletic Booster members as of October 31st.

VARSIITY LETTERING

1. CRITERIA: Letters will be awarded on the basis of participation as determined by the coach. To be considered for a varsity letter, athletes must have competed in at least 50% of the team's varsity league and non-league contests combined. At the sole discretion of the Athletic Director, varsity letters may be awarded based on special merit.
2. The Green Block "C" (varsity letter) is presented to athletes after they have met the participation criteria as described above. Athletes only receive one (1) Green Block "C" varsity letter throughout their tenure at Concord High.
 - a. Special Award – Gold Block "C" is awarded after an athlete has lettered in five (5) sports.
 - b. Special Award – White Block "C" is the highest athletic honor and is awarded by a committee consisting of coaches, the athletic director, and an administrator. The athlete must have lettered in eight (8) varsity sports.

In order to receive either a Gold or White Block "C", you must complete the Special Award form (found at the end of the handbook).
3. Upon coaches' recommendation, seniors and team managers may be awarded a Green Block "C" varsity letter even though the participation criterion has not been met.
4. All letters will be awarded during the team's award ceremony at the conclusion of the fall, winter, and spring seasons. To receive your awards, athletes must be in attendance, as this is considered the final team meeting of the year except in the case of a special circumstance, which must be cleared by your coach.

NORTH COAST EJECTION POLICY ATHLETE NOTIFICATION

These rules and minimum penalties are applicable to players and coaches during the time that officials have jurisdiction for the contest in accordance with National Federation rules for the respective sport.

1. Ejection of a player from a contest for un-sportsmanlike or dangerous conduct.
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season [league, section, or state] playoff, etc.).
2. Illegal participation in the next contest by a player ejected in a previous contest.
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
3. Second ejection of a player for un-sportsmanlike or dangerous conduct from a contest during one season.
Penalty: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.
Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season [league, section, or state] playoff, etc.).
5. School officials shall orally report ejections immediately to the commissioner. The commissioner shall receive a written report from the official within 48 hours.
6. Coaches shall orally report the incident immediately to the Athletic Director and write a written report within 48 hours. The Athletic Director in turn shall inform the principal of the ejection. The player(s) ejected for fighting will be subject to possible school suspension

RECOMMENDED WEB SITE LINKS

Concord High School

<http://www.concordhigh.org/>

Athletic Boosters (membership, programs/seasons, NCS, forms, athlete of the month, field of dreams, and directions to schools):

<http://www.concordhighschool.net/chsathletics>

Mount Diablo Unified School District

<http://www.mdusd.k12.ca.us/>

North Coast Section, CIF, High School Educational Athletics

<http://www.cifncs.org/>

SAEF – Student Athlete Educational Foundation (training, nutrition, college, stress and time management information).

<http://www.chap.com/index.html>

Mt. Diablo Unified School District
Athletic Activity Clearance
 FORM MUST BE COMPLETE PRIOR TO PRACTICE OR TRYOUTS

Print the following; Student name _____ School: _____

Grade: _____ Athletic Activities: _____, _____, _____ Year: _____
Fall Winter Spring

WAIVER OF LIABILITY AND RELEASE: I have read and fully understand the Waiver of Liability and release (see reverse side) and I am aware that serious catastrophic injuries and even death may result in participation in any athletic activity. ***Sign here and bottom of other side***

Date _____
Print name of parent or guardian Signature of parent or guardian

ACCIDENT INSURANCE REQUIREMENT: California Education Code Section 32221 requires that all students' participating in competitive athletic activities have insurance that covers at least \$1,500.00 in medical and hospital expenses in the event of an accident. I acknowledge that the Mt. Diablo Unified School District does **Not** provide accident, health, accidental death, or dental insurance. I understand that it is my obligation to provide such insurance before my son/daughter will be allowed to participate in any practice or contest. I certify the following:

Name of health insurance provider: _____	Policy or group number: _____
Health insurance effective date: _____	Expiration date: _____
Health insurance policy limits (min. \$1,500.00): Medical _____	Hospitalization: _____
Name of dental insurance provider: _____	Policy or group #: _____
Dental insurance effective date: _____	Expiration date: _____

Date _____
Signature of parent or guardian

NORTH COAST SECTION EJECTION POLICY: I have read the ejection policy (reverse side) of the North Coast Section I will abide by its conditions.

Date _____
Signature of parent or guardian Signature of student

STUDENT ATHLETE CONTRACT: I have read the student athlete contract (reverse side) and I fully understand these requirements. I agree that my participation in any athletic activity is contingent on my honoring this contract.

Date _____
Signature of parent or guardian Signature of student

STUDENT EMERGENCY MEDICAL INFORMATION: Student's specific medical needs, if any: _____

Emergency phone numbers: parent _____, _____, _____
Land Line Work Phone Cell Phone

MEDICAL CLEARANCE: I certify that I have examined the above named student and that I find, on the basis of that examination:
 _____ Approved for athletic participation, or
 _____ Disapproved for athletic participation (reason: _____), or
 _____ Approved for athletic participation with the following restriction: _____

Print name of physician: _____ Date of examination: _____
 Signature of Physician: _____

NCS Ejection Policy

These rules and minimum penalties are applicable to players and coaches during the time that officials have jurisdiction for the contest in accordance with National Federation rules for the respective sport.

1. Ejection of a player from a contest for un-sportsmanlike or dangerous conduct.
PENALTY: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season <league, section, or state> play-off, etc.)
2. Illegal participation in the next contest by a player ejected in a previous contest.
PENALTY: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
3. Second ejection of a player for un-sportsmanlike or dangerous conduct from a contest during one season.
PENALTY: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.
PENALTY: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, invitational tournament, post-season< league, section, or state> play-off, etc.)
5. School officials shall orally report ejections immediately to the commissioner. The commissioner shall receive a written report from the official within 48 hours.
6. Coaches shall orally report the incident immediately to the Athletic Director and write a written report within 48 hours. The athletic director in turn shall inform the principal of the ejection. The player(s) ejected for fighting will be subject to possible school suspension.

APPEALS:

Only appeals related to the factual situation of the player's ejection will be heard. Such appeals will only be made to penalties related to subsequent penalties after the ejection, they will not have jurisdiction to change the status of the player's ejection from the game in question. No appeal will be heard related to the official's judgment (other than an incorrect identification). Appeals will be heard initially through the ejected student's league. Subsequent appeals may be made through the applicable North Coast Section, CIF and State CIF appeals procedure.

Athletes will demonstrate good sportsmanship at all times. Un-sportsmanlike or dangerous conduct during practice games or at any time while representing the school will result in a team suspension (determined by the coach, athletic director and or the principal). Every player, parent, and coach must sign and read this NCS ejection policy before participation in an interscholastic contest. The Principal will send a statement verifying the fact that all players and coaches for the respective season have read and signed this Ejection Policy sheet. As a student and or parent I have read the NCS Ejection Policy and understand the penalties. **SIGNATURE REQUIRED ON OTHER SIDE**

STUDENT ATHLETIC CONTRACT

I _____ **Understand** the principles of sportsmanship, fair play and integrity and will adhere to the following regulations.

1. The use of alcohol/drugs (controlled substances) or tobacco in any form is prohibited and use or possession will result in a 45 school day suspension from all extracurricular activities (including sports).

2. **If you quit a team** you are not eligible for athletic points or awards and may not participate in another sport until the last team competition of the sport you quit has been completed.

If you withdraw from a sport: you must do so before league competition begins. You must talk with your coach; return all equipment and uniforms with in one week of withdrawal. If all of these steps are not completed prior to league play you will be considered to have quit.

3. Punctual, regular attendance at practices and contests is required. You must obtain permission from the coach if you are going to miss any of the above.
4. School uniforms are to be worn by team members only and at team sanctioned activities only.
5. Opponents and officials will be treated courteously.
6. Conduct on and off campus shall be of a nature to bring credit to my self, my family, the team and the school. Administrative suspensions from sports activities can occur for inappropriate behavior.
7. Eligibility rules of the school, Diablo Foothill Athletic League, Bay Valley Athletic League and the California Interscholastic Federation shall be followed.
8. It is the coach's prerogative to rule on violations of general rules and specific team rules. The coach will present these rules to players and parents at the preseason meeting.
9. Athletes not returning uniforms/equipment will be charged immediately at the end of the season and all bills will be turned over to the school treasurer. Athletes will not be allowed to try out for another team until he/she is cleared from a previous team.
10. **Athletes must use District approved transportation.**
11. Parents should encourage their athlete academically. The Student/athlete should strive to perform higher than at the 2.0 grade point average required to compete.

SIGNATURE REQUIRED ON OTHER SIDE

MT. DIABLO UNIFIED SCHOOL DISTRICT WAIVER OF LIABILITY AND RELEASE

STUDENT _____

Print name

I hereby give my consent for the above named student to compete and participate in the Mt. Diablo Unified School District approved activity program referenced on the front of this form and to travel with the school representative on authorized school trips, if applicable. I, the undersigned, hereby release and discharge the Mt. Diablo Unified School District, its officers, employers, agents, servants and volunteers (herein collectively referred to as District) from any and all liability arising out of or in connection with the above-described activity or all liabilities associated with any and all claims related to such activity that may be filed on behalf of or for the above-named minor/student. For the purposes of this agreement, liability is defined as all claims, demands, losses, causes of action, suits or judgments of any and every kind that occurs during the above-described activity and that results from any cause including the active or passive conduct and /or negligence of the District or its staff and personnel.

I also acknowledge on my behalf and on the behalf of the above-named minor/student that there are risks that are inherent in the above described activity, including the risk of serious injury or death that may occur through the conduct of the activity itself, participants, coaches, District, including conduct that may not be part of the ordinary risks of the activity. Additionally, serious injury or death may occur through conduct that is not authorized by the rules and regulations of the activity. This release and waiver as set forth in the above paragraph shall also apply to all conduct and any resulting injury of death that occurs thereby in whole or in part from any cause whatsoever.

I HAVE CAREFULLY READ THIS WAIVER AND RELEASE OF LIABILITY AND FULLY UNDERSTAND ITS TERMS AND CONDITIONS AND UNDERSTAND THAT BY SIGNING THIS DOCUMENT, I HAVE GIVEN UP SUBSTANTIAL RIGHTS FOR MYSELF AND THE NAMED MINOR/STUDENT

*****SIGNATURE REQUIRED HERE AND ON OTHER SIDE*****

Parent Signature

Revised 02/06/04



Concord High School Athletic Boosters Membership Form 2007-2008



Visit us at www.concordhighschool.net

The Concord High School Athletic Boosters is a non-profit organization comprised of dedicated parents, guardians, alumni, coaches, school administrators, and community members. Our goals and objectives are to:

- Improve the athletic facilities at CHS through the Field of Dreams Projects
- Support and recognize the efforts of our athletes
- Provide additional opportunities to our athletes
- Assist in building team and school spirit and pride

The Athletic Boosters supports all athletes at Concord High School by providing:

- Team Budget Augmentation
- Varsity Letters and Sports Pins
- Participation and Scholar Athlete Certificates
- Award Plaques
- Athlete of the Month Awards
- Scholarships to outstanding student athletes
- Funding to Field of Dreams projects

**Athletic Boosters
Meetings:**

**When: 2nd Monday
Each month**

Time: 6:30 p.m.

Place: CHS Rm 201

Please join us!!!

The Athletic Boosters are only able to provide this support through memberships, fundraisers, and corporate sponsorships. **WE NEED YOUR SUPPORT!** Three membership levels are available to fit any budget:

- **GOLD Membership \$100** – Receives two season passes for home football and basketball games, CHS memorabilia, and a CHS Decal for your car.
- **SILVER Membership \$50** – Receives one season pass for home football and basketball games, CHS memorabilia, and a CHS Decal for your car.
- **BRONZE Membership \$35** – Receives a CHS decal for your car.

By joining you will also receive our monthly newsletter and become part of a dedicated group of individuals who are making a difference by investing in our school, our community and our futures. Any questions, please contact:

Janet Ruiz, Co-President, 429-1234 – jungwal@aol.com
 Julie Lyster, Co-President, 639-0896 – Julie@StagedHomes.com
 Colleen Chase, Membership, 671-9621 – cojochase@astound.net

Membership Information 2007-2008

Name: _____ Home Phone: _____

Address: _____ Work/Cell Phone: _____

City: _____ Zip: _____ Occupations: _____

Preferred Method to receive Monthly Newsletter: e-mail (Provide e-mail address below) U.S. Mail

Communication between Newsletters is done only by e-mail. Please provide your e-mail address to receive this information.
 e-mail address: _____

ATHLETE'S NAME	GRADE	SPORT(S)

GOLD Member \$100

SILVER Member \$50

BRONZE Member \$35

Please make checks payable to CHS ATHLETIC BOOSTERS

Mailing Address: c/o Julie Lyster, 3737 Northpark Ct, Concord, 94519

WILLING TO HELP?? Please check areas of interest below. THANK YOU!!

Sports Program Ad Sales

Corporate Sponsorships

Home Football Games

Fundraising

Crab Feed

Field of Dreams Committee

Team Picture Photographer

Other: _____



**SPECIAL AWARD - VARSITY LETTER
APPLICATION FORM**

- Special Award – Gold Block “C” is awarded after an athlete has lettered in five (5) sports.
- Special Award – White Block “C” is the highest athletic honor and is awarded by a committee consisting of coaches, the athletic director, and an administrator. The athlete must have lettered in eight (8) varsity sports.

In order to receive either award, you must complete this form and turn it into your current Head Coach, who will forward it to the Athletic Director with their varsity letter listing. In order to receive this award during your current sport’s Awards Ceremony, please turn the form in a minimum of two weeks before the ceremony.

Date of Award’s Ceremony: _____

Athlete’s Name: _____

Applying For: Special Award – Gold Block “C” Special Award – White Block “C”

Current Sport: _____ **Head Coach:** _____

Coach’s Signature: _____ (current sport program)

Please list the varsity sports’ in which you have lettered and the year.

Year	Varsity Sport	Your Head Coach

I certify that the above is true.

Student Athlete’s Signature: _____ **Date:** _____

Below to be completed by the Athletic Director:

The above athlete has been approved for the following special award(s)

- Special Award – Gold Block “C”
 Special Award – White Block “C”

Athletic Director’s Signature: _____ **Date:** _____