



**Our Lady of Guadalupe CYO Girls
Athletic Program 2016-2017 Season**

REGISTRATION INFORMATION

When: August 20, 2016 10:00 am – 1:00 pm
September 10, 2016 10:00 am – 1:00 pm – Last volleyball sign-ups
January 7, 2016 10:00 am – 1:00 pm – Last basketball sign-ups

Where: Our Lady of Guadalupe School (under school awning)
40374 Fremont Boulevard, Fremont

Sports/Fees: Volleyball (\$150.00* plus \$35.00 jersey for new players)
Basketball (\$155.00* plus \$35.00 uniform lease for all players)

***NOTE:** An additional \$10.00 discount will be applied for a sibling discount. An additional \$10.00 discount will be applied if signed up for 2nd sport. All fees must be paid in full at the time of sign-ups to receive the discount(s).

Please Bring the Following:

- Completed Registration Packet:
- Proof of Residency: PG&E Bill, Garbage Bill or Water Bill (does not apply to OLG or Religious Education Students)
- Copy of Birth Certificate (new players to OLG CYO Sports Program)
- Last season's jersey (for returning players only)
- Uniform Lease Agreement (Basketball program only)
- Check book to pay fees payable to OLG-CYO

Registration packets will also be available on-site on registration days or can be downloaded from OLG Saints CYO website:

www.olgsaints.org

If you have any questions, please send an email message to:
ckashima@yahoo.com

DIOCESE OF OAKLAND – CATHOLIC YOUTH ORGANIZATION (CYO)
PARENTAL PERMISSION, HEALTH AUTHORIZATION, RELEASE FORM

THERE MUST BE A COPY OF THIS FORM AT ALL CYO ACTIVITIES

Child's Name _____ Parish Our Lady of Guadalupe

Address _____ Phone _____
(street, city, zip)

School _____ Grade for 2016/2017 = _____

Date of Birth _____ ☐ Male ☐ Female

Parent/Guardians Name _____ Home Phone _____

Address _____ Work Phone _____
(street, city, zip)

Cell Phone _____ Email _____

IN CASE OF EMERGENCY, NOTIFY PERSON OTHER THAN PARENT/GUARDIAN:

Name _____ Phone _____

HEALTH AND MEDICAL INFORMATION

Family Physician _____ Phone _____

Address _____

Medical Plan _____ Plan Number _____

Do you authorize the adult leader to authorize medical treatment for your child in an emergency, as considered necessary by the attending physician? ☐ Yes ☐ No

State any reasons why you do not want medical care given to your child in an emergency: _____

List all conditions (such as allergies, seizures) for which your child requires ongoing medication and state the type of medication given: _____

Has your child had difficulty with the following (check all that apply):

- | | | | | |
|---|--|--------------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Fainting Spells | <input type="checkbox"/> Convulsions | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart |
| <input type="checkbox"/> Eyes | <input type="checkbox"/> Ears | <input type="checkbox"/> Nose | <input type="checkbox"/> Throat | <input type="checkbox"/> Lungs |
| <input type="checkbox"/> Menstrual Problems | <input type="checkbox"/> Other _____ | | | |

List any physical restriction or restriction for any sport activity on the basis of medical condition: _____

State the date of your child's last physical examination: _____

IT IS STRONGLY RECOMMENDED THAT EACH CHILD HAVE A PHYSICAL EXAMINATION PRIOR TO PARTICIPATION IN ANY SPORTS ACTIVITY.

**Parental Permission and Acknowledgement of
Conditions for Participation in Program**

1. I/we, parent or authorized guardian of the child named above give permission for his/her participation in **(check all that apply)**: ☐ basketball ☐ cross country ☐ softball ☐ track & field ☐ volleyball ☐ cheerleading and all related activities, including but not limited to transportation to and from games or practice sessions.
2. I/we agree to direct my/our child to cooperate and comply with reasonable directions and instructions from CYO staff or adult volunteer leaders (coaches).
3. I/we agree to be responsible for all medical expenses relating to injury of my/our child as a result of his/her participation in any sport activity, whether or not caused by the negligence of parish, school, or CYO program employees, agents or volunteers or other participants.
4. I/we understand that children competing in athletic and recreational sports programs risk injury to the body, psyche or property damage to themselves and others. Such injuries can be caused by teammates, other persons or accidentally or intentionally self-inflicted, faulty equipment or facilities, conditions of recreational facilities or the schools or parishes where sports activities are held, vehicle accidents while in transport or through the activity itself. Protective equipment used in a sports activity is not a safeguard against injury.

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration for being permitted to participate in the sports activities of CYO, use the equipment provided and to enter the premises or facilities of the Diocese of Oakland (Diocese) for any purpose including observation and participation in activities, the parent or guardian for him or herself and any successors in interest and on behalf of the minor child agrees:

1. To release, waive, discharge and promise not to sue the Diocese of Oakland, and its affiliated entities, its officers, directors, employees, agents and volunteers (hereafter referred to as "Releasees") from all liability for any loss or damage, and any claim or demands therefor on account of serious or mortal injury to the body, injury to psyche or property of the minor child, or undersigned parent or guardian, whether caused by negligence or other conduct by the Releasees while the minor child, parent or guardian is participating in CYO sports activities or in, upon or about the premises of the Diocese or any of its facilities or equipment.
2. To indemnify and hold harmless the Releasees from any loss, liability, damage or cost it may incur due to the presence of the minor child, parent or guardian in, upon or about the premises of the Diocese, its facilities or equipment, or while participating in any CYO sports activities whether caused by the negligence of Releasees or otherwise.
3. That the parent or guardian has read this Agreement, voluntarily signs the Agreement and that no oral representations, statements or inducements apart from the contents of this written Agreement have been made.

I have read this Agreement and understand everything written above.

Signature of Parent or Guardian

Date

Signature of Parent or Guardian

Date

Diocese of Oakland CYO • Concussion Information Sheet

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to or after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

- Every sport is different, but there are steps your children can take to protect themselves from concussion.
- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent damage, affecting your child for a lifetime.
- **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

WHAT IS THE PROCEDURE FOR A SUSPECTED CONCUSSION?

- Any athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from the activity at that time and for the remainder of the day.
- Any 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 concussion and has received a written clearance to return to play from the health care provider.

LET YOUR CHILD'S COACH KNOW RIGHT AWAY IF YOU SUSPECT YOUR CHILD HAS A CONCUSSION!

Adapted from the CDC. For more information you can go to: <http://www.cdc.gov/ConcussionInYouthSports>

I have read and understand the information on the Oakland Diocese CYO Concussion Information Sheet:

Player Name Printed

Player Signature

Date

Parent or Legal Guardian Name Printed

Parent or Legal Guardian Signature

Date

DIOCESE OF OAKLAND - CATHOLIC YOUTH ORGANIZATION CODE OF CONDUCT and SOCIAL MEDIA POLICY AGREEMENT

The Catholic Youth Organization (CYO), through the vehicle of sports, provides youth with an opportunity to practice Christian attitudes and responsibilities and to become friends with other children throughout the diocese. CYO activities should be examples of the meaning of Christian sportsmanship. The guiding principle behind the enforcement of this code is that the behavior of everyone involved in CYO should not detract from the children's enjoyment of the sport.

1. COACHES

Acceptable standards of coaching behavior include:

- Set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior;
- Respect the judgment of officials, abide by rules of the event;
- Treat opposing coaches, participants and fans with respect;
- Instruct participants in sportsmanship and demand they display good sportsmanship;
- Coach in a positive manner, reflecting Christian values;
- In basketball and volleyball, remain seated on the bench at all times except in the instances in the National Federation Basketball Rule book.

Penalties:

- Any coach ejected from a game because of unsportsmanlike conduct will be suspended for the next two games and may be subject to additional penalties.
- Any coach who physically abuses another person may be suspended for the remainder of the season and may be disqualified from CYO participation
- Any coach who physically abuses an official will be suspended for the remainder of the season and may be disqualified from CYO participation.

2. PLAYERS

Acceptable standards of participant behavior include:

- Treat opponents with respect; shake hands prior to and after contests;
- Respect the judgment of officials and abide by the rules of the contest;
- Accept seriously the responsibility of representing the school or parish by displaying positive behavior at all times;
- Play in a positive manner, reflecting Christian values. Do not bait or taunt opponents.

Penalties:

- Any player ejected from a game because of unsportsmanlike conduct will be suspended from the next game and may be subject to additional penalties.
- Any player who physically abuses another player, participant or official may be suspended from play for the remainder of the season and may be disqualified from CYO competition.

3. SPECTATORS

Acceptable standards of spectator behavior include:

- Remember that the players are children and are playing for their enjoyment, not yours.
- Remain seated in the spectator area during the games;
- Respect decisions made by contest officials;
- Be a role model by positively supporting teams and by not shouting instructions or criticism to the players, coaches or officials. Do not coach from the stands;
- Make no derogatory comments or gestures to players, coaches, parents of the opposing team, officials or league administrators.

Penalties:

- Participating teams and their coaches are responsible for the conduct of their spectators.
- Any spectator who displays poor sportsmanship may be removed from the facility by an official, their team coach, a league official or the host gym person-in-charge.
- Any spectator who interferes with the conduct of a CYO activity may, at the discretion of the spectator's parish, league, or the Oakland Diocese, be barred from attendance at subsequent CYO activities.

4. ENFORCEMENT

The parishes and leagues, under the supervision of the Diocesan CYO Office, shall enforce this code. Complaints regarding violations of this code shall be first brought to the attention of the athletic directors of the parishes / schools involved. Coaches, participants or spectators may be placed on probation or suspended from CYO activities for their actions.

OAKLAND DIOCESE CYO - SOCIAL MEDIA POLICY

The Oakland Diocese Catholic Youth Organization (CYO), as a part of the larger community of faith in the diocese that embraces technology, recognizes the following:

- Words transmitted using the Internet and related technologies are published materials, available for worldwide access, and are public documents;
- The values of dignity and respect for every person apply to all of our interactions with each other - in person at games, practices and events, or by virtual means;
- Using technology to publish opinions which are obscene, work against the values of dignity and respect of each person, or bring harm to the individual as well as to our CYO community are contrary to the mission of CYO.

The Diocese of Oakland CYO discourages players, coaches, spectators and family members from using technology in irresponsible ways relative to their CYO participation. CYO will hold all users responsible for their published words if they adversely affect individual teams, parishes and schools, leagues, sports officials, team members and families. Those affiliated with CYO who use technology in ways that are contrary to our mission will face disciplinary action, up to and including suspension/dismissal.

I (We) have read the CYO Code of Conduct and the CYO Social Media Policy.
I (We) agree to follow these guidelines in my (our) participation in all CYO activities.

Signature of Player

Signature of Parent (s)

Date



Our Lady of Guadalupe CYO Girls Athletic Program

Uniform Lease Agreement (Basketball Program Only)

A family registering a new player or a player who is not currently enrolled in the uniform lease program will be asked to submit a fee for the lease of a uniform for the season.

For 2017 Season: Leasing fee will be \$35.00.

Starting 2017 Season, the money will be held in the program until the player leaves the girls basketball program, provided the uniform is returned in a *re-issuable condition at the conclusion of each season of play* on the given deadline. (**NOTE:** Due to playoffs or makeup games, a team's deadline may be pushed out by the board. This new date will be given to the coach to pass along to the parents.) A refund check in the same amount you paid will be mailed to you when your player leaves the program, typically at the conclusion of their eighth grade season.

- **Damaged or Non-reusable Uniforms:** If a uniform is returned at the end of a season in damaged and non-reusable condition,
For 2017 Season: The money held by the program will be used to replace the damaged item and you will need to re-enroll in the program the following season at the then-current lease rate.
- **Unreturned Uniforms:** If a uniform is not returned by the given deadline,
For 2017 Season: The fee is forfeited and you will need to re-enroll in the program the following season at the then-current lease rate if your child returns.
A player cannot hold onto their uniform to save for use the following season. It must be returned by the deadline. The player will not be allowed to use that uniform in subsequent seasons.
- **Opting Out (Requesting a Refund):** If you would like to opt-out of the uniform lease program at the end of any season, you may.
For 2017 Season: Upon return to the program the lease rate may increase and you will have to pay the new rate.
Those who remain enrolled in the program will "lock-in" the rate at the original price. Uniform lease enrollment is non-transferable between registered players. The request must be made in writing to the board for approval and is still dependent on the return of the uniform in reusable condition.

Uniform Use:

Uniforms must be worn to all official games. Uniforms should not be worn for casual wear, practices or scrimmages.

NOTE: Uniforms being issued are reversible.

- The **BLACK** side of the uniform is the official "home" uniform which should be worn at most if not all games
- If you are playing another team whose "home" uniform is black or you are playing against another OLG team who is the "home" team, the players must wear the **WHITE** side of the uniform as the "visitor".
- If the player chooses to wear a t-shirt under the jersey, it must be black or white, depending on if the team is "home" or "visitor," or the predominant color of the uniform and cannot have any pictures or printing showing through under the uniform jersey (do not wear a white t-shirt under the black uniform and vice-versa)
- If a player shows up with a t-shirt the wrong color, he will be asked to remove it or the team will be assessed a technical foul for the uniform violation.

Uniform Care Instructions:

All uniforms must be properly handled while washing and drying so uniforms will last for several years. **Failure to do so may result in paying for a replacement.**

Please use these instructions while washing / drying the uniform:

- Machine wash **cold**
- Wash with **like colors**
- **Do not use Fabric Softener**, it will cause printed cloth patterns to separate from material.
- **Do not use chlorine bleach**, as the chance of color separation and the weakening of some material is increased
- **HANG DRY ONLY!!!!** Do NOT put the uniforms in the DRYER. This causes the numbers to peel off!
- Do not dry clean
- Do not iron

Uniform Return:

1. Your uniform must be returned in satisfactory condition immediately following:
 - The final date of practice or
 - The final contest or
 - The date the player has left the program, whichever is earliest.
2. If loss or damage of the uniform occurs and determination is made that the loss or damage is a result of improper cleaning care or negligence, the borrower will be held financially responsible for the repair or replacement of the item(s).
3. Uniforms cannot be loaned or transferred to anyone without official approval from the governing board of OLG CYO girls basketball.
4. Uniforms must be turned in upon request by an OLG CYO Girls Basketball Board official.



Our Lady of Guadalupe CYO Girls Athletic Program

Uniform Lease Agreement

I have received and read a copy of the Uniform Lease Agreement from OLG – CYO Girls Athletic Program.

I, hereby, acknowledge and agree with the terms and conditions stated in the Uniform Lease Agreement.

Player's Name _____

Grade _____

Parent/Guardian's Name _____

Parent/Guardian's Signature _____

Date _____