

**Delran Middle School**  
**Health History Update Questionnaire**

**To participate in a school-sponsored interscholastic or intramural athletic team or squad, each student athlete shall provide a health history update questionnaire completed and signed by the student's parent or guardian prior to start date of the activity.**

**Student** \_\_\_\_\_ **Age** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Date of Last Physical Examination** \_\_\_\_\_ **Sport** \_\_\_\_\_

**Since the last pre-participation physical examination, has your son/daughter:**

1. Been medically advised not to participate in a sport? Yes\_\_\_ No\_\_\_

If yes, describe in detail \_\_\_\_\_

\_\_\_\_\_

2. Sustained a concussion, been unconscious or lost memory from a blow to the head? Yes\_\_\_ No\_\_\_

If yes, explain in detail \_\_\_\_\_

\_\_\_\_\_

3. Broken a bone or sprained/strained/dislocated any muscle or joints? Yes\_\_\_ No\_\_\_

If yes, describe in detail \_\_\_\_\_

\_\_\_\_\_

4. Fainted or "blacked out?" Yes\_\_\_ No\_\_\_

If yes, was this during or immediately after exercise? \_\_\_\_\_

\_\_\_\_\_

5. Experienced chest pains, shortness of breath or "racing heart?" Yes\_\_\_ No\_\_\_

If yes, explain \_\_\_\_\_

\_\_\_\_\_

6. Has there been a recent history of fatigue and unusual tiredness? Yes\_\_\_ No\_\_\_

7. Been hospitalized or had to go to the emergency room? Yes\_\_\_ No\_\_\_

If yes, explain in detail \_\_\_\_\_

\_\_\_\_\_

8. Since the last physical examination, has there been a sudden death in the family or has any member of the family under age 50 had a heart attack or "heart trouble?" Yes\_\_\_ No\_\_\_

9. Started or stopped taking any over-the-counter or prescribed medications? Yes\_\_\_ No\_\_\_

If yes, name of medication(s) \_\_\_\_\_

**Date:** \_\_\_\_\_ **Signature of parent/guardian** \_\_\_\_\_

**PLEASE RETURN COMPLETED FORM TO THE COACH/ACTIVITY ADVISER PRIOR TO FIRST TRYOUT/PRACTICE**

## **DELRAN MIDDLE SCHOOL PARENT'S ATHLETIC CODE**

Parents play a vital role in the development of student athletes and the success of Delran's program. Therefore, we expect parents to do the following:

- Be a positive role model through their own actions to make sure their child has the best athletic experience possible.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Refrain from instructing their children before, during or after a game, because it may conflict with the coach's plans and strategies.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Recognize and show appreciation for an outstanding play by either team.
- Help their child learn that success is experienced in the development of their skills and that they can feel good about themselves, win or lose.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if there is a concern. Be sure to follow the designated chain of command (Coach, Athletic Director, Principal, Superintendent, and Board of Education).
- Reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.
- Remember that admission to a school athletic event is a privilege to observe the contest.

## **DELRAN MIDDLE SCHOOL ATHLETE'S CODE**

Given our belief that middle school athletics provide a unique opportunity for the development of physical conditioning, athletic skill, and character traits, we expect every Delran athlete to strive for the following:

### **Civility**

- Practice good manners on and off the field.
- Refrain from “trash talk” and other put-downs of opponents and teammates.
- Treat all persons respectfully, regardless of individual differences and to show respect for legitimate authority (e.g., Coaches, Officials, Captains).
- Be fair and treat others as one wishes to be treated.
- Listen to and try to understand others.
- Be compassionate and sensitive to others.
- Actively support teammates and others.

### **Citizenship**

- Be faithful to the ideals of the game, including sportsmanship.
- Keep commitments to the team.
- Show team spirit, encourage others and contribute to good morale.
- Put the good of the team ahead of personal goals.
- Set a good example for teammates, younger athletes, fans, and school community.

We also expect every student athlete in our athletic program to abide by all rules and regulations developed for each individual sports team, and also all rules and regulations approved by the Board of Education and contained in the Student Handbook. For any violation of the Code of Conduct or any other rule or regulation of the Board of Education, student athletes may be subject to discipline, including but not limited to exclusion from extracurricular activities, suspension, and/or expulsion, consistent with law, regulation, and/or board policy.

**Delran Public School District  
Student-Parent Athletic Participation Contract**

Name: \_\_\_\_\_

Student ID: \_\_\_\_\_

Sports Team: \_\_\_\_\_

School Year: \_\_\_\_\_

I, \_\_\_\_\_, and I, \_\_\_\_\_  
(parent's name) (student's name)

have carefully reviewed the *Student- Parent Athletic Participation Information* and the *Student/Parent Athletic Participation Contract and Parent Permission Form*. I/We understand the conditions for participation in the Delran Public Schools Athletic Program.

I/We agree as follows:

- My son/daughter has my/our permission to participate in

\_\_\_\_\_ at Delran Middle School.  
(name of sport)

- I/We understand and conform to all of the statements in the Stipulations portion of the Contract.
- I/We I have responded truthfully and accurately to the questions in the Residency portion of the Contract.

Please sign below.

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

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

*\*In the event that both parents retain legal guardianship of the student, the signatures of both parents are required.*