

GYMASTICS

Bonjour! Welcome to the 2019 gymnastics season! We are excited to start a new team this year!

The coaches are:

- Chantal McLaren (head coach), email: chantal_mclaren@kprdsb.ca
- Kathryn Hall, Jennifer Hosking, Stephanie Doyle, Shelby Greer and,
- Trisha Carlton (dance coach).

*****Please direct any questions via email to Chantal McLaren.

Please make sure to FULLY read and fill in the required permission form for TRYOUTS as this is a high risk sport. If your child makes the team, there will be another form for permission to travel that will come out after the March Break. There will be a board-wide meet in Peterborough on April 25th and this is what the team will be prepping for.

If your daughter has a school leotard from last year and it still fits, great! We are keeping the same colour and design for this year. If it no longer fits, please send it to school (room 138) and we will resell it to another gymnast on the team at a rate of \$20, this will be on a first come first serve basis. Sizing for new suits and re-selling of last year's suits will happen at the start of March. New suits are \$50. There will also be some items needed for your gymnast, for the dance, the cost of this will be approx. \$10.

ATTIRE: There are strict safety rules for attire. Any gymnast that shows up unprepared for practice or tryouts will have to sit out. **BOYS** must wear shorts and a t-shirt, **GIRLS** must wear a tank top or tight fitting shirt that will not fall over their head while doing a cartwheel, shorts or leggings and have long hair tied back in a ponytail.

Gymnastics is a 3 month commitment from coaches and students. We will be taking attendance at every practice. If your child chooses to skip a practice, they will receive one warning and will then be removed from the team should they choose to skip a 2nd practice. This is only if your child makes a choice to skip practice because they felt like it. If they are absent from school because of illness or a trip that will not count as a skipped practice.

Permission to tryout forms are due back on Friday, FEBRUARY 8th.

Thanks!

Chantal McLaren

PRACTICE AND TRYOUT TIMES/DATES:

-Try-outs: Feb. 11th and 14th @ 2:45-3:45pm (gym, please be on time for pick-up)

-Practices: starting Feb. 18th: every Monday and Thursday @ 2:45-3:45pm, until the meet on April 25th (gym, please be on time for pick-up)

**PARENT/GUARDIAN PERMISSION TO TRYOUT, PARTICIPATE
AND TRAVEL FOR INTERSCHOOL ATHLETICS**
PARENTS RETAIN PAGE 1

APPENDIX "D6"
PAGE 1 OF 3

KAWARTHA PINE RIDGE DISTRICT SCHOOL BOARD

Parents should retain:

Page 1: Information regarding the interschool athletic activity/team/club.

Please return pages 2 & 3 to the coach prior to the athlete's first team tryout by: February 8, 2019

Page 2: Student, Emergency and Medical Information.

Page 3: Acknowledgment of Risks, Permission to Participate and Travel.

School:	Duke of Cambridge PS		Phone:	905-623-5437
Head Coach:	Chantal McLaren chantal_mclaren@kprdsb.ca	<input checked="" type="radio"/> KPR Staff <input type="radio"/> Volunteer	Grade(s):	4 to 8
Team Name:	Duke Gymnastics Team	Selection of Members:	<input type="radio"/> All interested students	
School Year:	2019/2019		<input checked="" type="radio"/> Based on tryouts <input type="radio"/> Other: _____	
Schedule of tryouts, practices and/or games:	<p>TRY-OUTS: FEB. 11th and 14th from 2:45-3:45</p> <p>PRACTICES: FEBRUARY, MARCH & APRIL: Mondays and Thursdays from 2:45-3:45pm</p> <p>*Please arrive on time, for after school pick-up (3:45pm)*</p> <p>ACTUAL MEET DATE AND LOCATION: - April 25th -Peterborough Sports and Wellness Centre -times TBD</p>			
Travel arrangements: The following transportation methods will be used for the majority of travel	<input checked="" type="checkbox"/> KPR Bus <input type="checkbox"/> Commercial vehicle <input type="checkbox"/> Private vehicle <input type="checkbox"/> Public transit <input type="checkbox"/> By foot <input type="checkbox"/> Plane	<input type="checkbox"/> Train <input type="checkbox"/> Boat <input type="checkbox"/> Participants must arrange own transportation <input type="checkbox"/> Other: _____	Additional Instructions: - if your child will not be taking the bus, we will need to know this, 2 weeks before the meet, in order to have the departure from itinerary forms filled out	
	<i>All drivers of private vehicles (volunteers) must be approved by the Principal. A "Departure from Itinerary" form must be completed in advance if a student intends to depart from the specified itinerary or uses alternative modes of transportation to and from destinations. This form is available on request.</i>			
Clothing and equipment requirements:	<p>PRACTICES: tight fitting clothing (leggings and tank top), hair tied back, no jeans</p> <p>FOR THE MEET: -GIRLS: must have a DUKE gold and purple leotard -BOYS: black shorts (tight fitting), school jersey will be lent out</p>			
Additional requirements (e.g. fees)	<p>LEOTARD (if you dont already have one): approx. \$65 DANCE ACCESSORIES : approx. \$10 BUS COST : approx \$10</p>			
Supervision arrangements:	<p><i>Chantal McLaren & volunteers with current police check, -# of volunteers to meet KPR Supervision Ratios.</i></p>			

Coach's signature:

Chantal McLaren

Date: Jan. 25th/19

Principal's signature:

*Sherif Hunter acting principal
for Robert Pellerin*

Date: January 26, 2019.



**PARENT/GUARDIAN PERMISSION TO TRYOUT, PARTICIPATE
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RETURN PAGES 2 AND 3 TO THE COACH

APPENDIX "D6"

PAGE 2 OF 3

KAWARTHA PINE RIDGE DISTRICT SCHOOL BOARD

This form is to be completed on behalf of an athlete who wishes to participate on the Duke Gymnastics Team team and must be returned to the coach **prior to the athlete's first team tryout by: February 8, 2019**

Student Information:

Student/Athlete Name:		Health Card # (optional):	
Parent/Guardian Name:		Home Phone #:	
Home Address:		Work Phone #:	

Emergency Contact Information:

Emergency Contact Name:		Home Phone #	
		Work Phone #:	
Emergency Contact Name:		Home Phone #	
		Work Phone #:	
Physician Name:		Physician Phone #:	

Medical Information (note: an annual medical examination is recommended)

- Date of last complete examination: _____
- Date of last tetanus immunization: _____
- Is your son/daughter/ward allergic to any drugs, food or medication/other? Y__ N__
If yes, provide details _____
- Does your son/daughter/ward take any prescription drugs? Y__ N__
If yes, provide details _____
- What medication(s) should the participant (son/daughter/ward) have available during the sport activity?

- Who should administer the medication? _____
- Does your son/daughter/ward wear a medical alert bracelet, neck chain, or carry a medical alert card? Y__ N__
- Has your son/daughter/ward been identified as being anaphylactic? Y__ N__
If yes, does he/she carry an EpiPen®™? Y__ N__
- Does your son/daughter/ward wear eyeglasses? Y__ N__ Contact lenses? Y__ N__
- Please indicate if your son/daughter/ward has been subject to any of the following and provide pertinent details:
 - epilepsy, diabetes, orthopaedic problems, deafness, hearing loss, asthma, allergies:

 - head or back conditions or injuries (in the past two years): _____
 - arthritis or rheumatism, chronic nosebleeds, dizziness, fainting, headaches, hernia, swollen or hyper mobile or painful joints, trick or lock knee: _____
- Please indicate any other medical condition that will limit participation:

- If a concussion has been diagnosed over the summer break, the Request to Resume Participation - Concussion Related Injuries form must be completed by a physician before the student returns to class/intramural and interschool activities. Should your son/daughter/ward sustain an injury or contract an illness requiring medical attention during the competitive season, notify the coach and complete the "Request to Resume Athletic participation Form".

Freedom of Information Notice: The information provided on this form is collected pursuant to the school board's education responsibilities as set out in the Education Act and its regulations. This information is protected under the Freedom of Information and protection of privacy act, and will be utilized only for the purposes related to the Board's policy on Risk Management for Interscholar Athletics. Any questions with respect to this information should be directed to your school principal.



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PAGE 3 OF 3

KAWARTHA PINE RIDGE DISTRICT SCHOOL BOARD

This form is to be completed on behalf of an athlete who wishes to participate on the Duke Gymnastics Team team and must be returned to the coach **prior to the athlete's first team tryout by: February 8, 2019**

Medical Services Authorization (optional): In a situation when emergency medical or hospital services are required by the above listed participant, and with the understanding that every reasonable effort will be made by the school/hospital to contact me, my signature on this form authorizes medical personnel and/or hospital to administer medical and/or surgical services, including anaesthesia and drugs. I understand that any cost will be my responsibility.

Signature of Parent/Guardian: _____ Date: _____

Athlete Accident Insurance Notice: The Kawartha Pine Ridge District School Board does not provide any accidental death, disability, dismemberment/medical/dental expense insurance on behalf of the athletes participating in the activity. For coverage of injuries, you are encouraged to consider the Student Accident Insurance Plan made available by the school to parents at the beginning of, and throughout, the school year.

Transportation Insurance Notice: The "Departure from Itinerary Form" must be completed in advance if a student intends to depart from the specified itinerary. Departure from itinerary includes finding alternative modes of transportation to and from destinations. This form is available on request. In the case of an accident the Kawartha Pine Ridge District School Board recognizes the insurance coverage carried by the vehicle owner as the primary insurance and the primary owner's policy would apply before any other insurance. Only if the claim exceeds the liability limit carried on the owner's Auto policy would the Board's excess insurance for non-owned automobiles apply, and then only for the amount in excess of the limit. The Kawartha Pine Ridge District School Board will not cover speeding tickets or other parking or traffic fines; collision, comprehensive, or other primary insurance policy deductibles carried by owner; reimbursement of vehicle damage not otherwise covered by the owner's primary policy and premium increases resulting from at-fault accidents.

Elements of Risk Notice: The risk of injury exists in every athletic activity. Falls, collisions and other incidents may occur and cause injury. Due to the nature of some activities, injuries may range from minor sprains and strains to more serious injuries affecting the head, neck or back. Some injuries can lead to paralysis or prove to be life-threatening. Injuries as a result of participation in an activity can occur without fault on either the part of the student, or the school board and its employees or agents, or the facility where the activity is taking place. The Kawartha Pine Ridge District School Board does not provide any accidental death, disability, dismemberment or medical expenses insurance on behalf of students participating in these activities.

Higher Risk Activity: This is is not considered a higher risk activity. Examples of risks associated with this higher risk activity are:

1. muscle sprains and strains 2. fractured bones 3. dislocated joints

These risks result from the nature of the activity and can occur without any fault on either the part of the student, or the School Board or its employees or agents, or facility where the activity is taking place. By choosing to participate in the activity, you, the student, are assuming the risk of an accident occurring. The chances of an injury can be reduced by carefully following instructions at all times while engaged in the activity. The Kawartha Pine Ridge District School Board attempts to manage, as effectively as possible, the risk involved for students while participating in school athletics.

Acknowledgement of Risks, Permission to Participate and Travel, Informed Consent Agreement: As this activity is part of or an extension of the school program, students must adhere to the school Code of Conduct. Please discuss with a school representative, any personal, family, financial, or cultural factors which may prevent your child/ward from participating in this activity.

- I/We have read and understand the notices of Accident Insurance. _____ (initials of Parent/Guardian)
- I/We have read and understand the notice of Elements of Risk. _____ (initials of Parent/Guardian)
- I/We give permission for my son/daughter/ward to try out, participate and travel with the _____ team during the _____ school year.
- I/We hereby acknowledge and accept the risk inherent in the requested activity and assume responsibility for my/our son/daughter/ward for personal health, medical, dental and accident-insurance coverage.

Student Name (please print): _____

Parent/Guardian Signature: _____ Date: _____

Photo and Video Consent: In compliance with the Municipal Freedom of Information and Protection of Privacy Act, the Kawartha Pine Ridge District School Board requires permission to allow photo/video recording of identifiable students and staff. Please indicate your consent by checking the boxes and signing in the space provided.

- I authorize the Kawartha Pine Ridge District School Board to use the name, grade, photograph, art work, articles and school projects of my child/children, in school newsletters, Board publications, Board supported electronic media (e.g. Board website) or other displays.
- I authorize the Kawartha Pine Ridge District School Board to allow the news media to interview and publish photographs or audio/visual productions of my son/daughter.

Signature of Parent/Guardian: _____ Date: _____

Freedom of Information Notice: The information provided on this form is collected pursuant to the school board's education responsibilities as set out in the Education Act and its regulations. This information is protected under the Freedom of Information and protection of privacy act, and will be utilized only for the purposes related to the Board's policy on Risk Management for Interschool Athletics. Any questions with respect to this information should be directed to your school principal.

