

Athletics Packet 2025-2026

Dear Parents and Student-Athletes,

In preparation for this Academic and Athletic year, please find in this packet our Athletic Handbook, as well as the following forms, essential for the safety and protection of our student-athletes and required by the MSHSAA regulations. Please note that we are required to collect these forms for all student-athletes who will participate in athletic programs, whether through St. Vincent's or through other schools or clubs.

#### These following forms are required for all student-athletes in grades 7-12

St. Vincent de Paul Academy Athlete Release Forms - 2 pages
□ Page 1: Emergency Contact / Health History / Physician / Insurance Information
<ul> <li>Either healthcare insurance coverage or a healthcare expense payment plan.</li> </ul>
□ Page 2: Release of Liability Agreement / Permission to Treat / Handbook Agreement
MSHSAA Pre-participation documentation (Annual requirement) - 3 Pages
□ Page 1: Current Health and Injury Update / Emergency Contact Information
□ Page 2: Parent Permission Form
□ Page 3: Student Agreement / Concussion Acknowledgement / Injury Risk Disclosure
<ul> <li>Student-Athletes are required by MSHSAA to conduct free annual concussion training via nfhslearn.com/courses/concussion-for-students</li> </ul>
MSHSAA Pre-participation Physical - 5 pages
□ Pages 1-3: Taken to the healthcare professional and kept in their files
☐ Page 5: Taken to the healthcare professional and returned to the Academy
<ul> <li>Any MD/DO/ARNP/PA/Chiropractor may conduct this physical, which normally is</li> </ul>
valid for two years.

These forms must be turned in to Mrs. Zapanta at the Flora Office before a student-athlete will be allowed to participate in any practices or games. They will be kept on file and are valid throughout the year (two years for physicals) to avoid multiplying paperwork.

Please contact me with any questions.

Fr. Graves Vice Principal / Athletic Director s.graves@svdpkc.org



# St. Vincent de Paul Academy

Release of Liability / Emergency Medical / Athlete Permission Form 2025-2026

Participant's Name:		Birth Date:		
Address:		City/State:	Home Phone:	
EMERGENCY CONTAC	CT / PARENT/GUAR	<u>DIAN INFORMATION</u>		
Mother/Guardian Name	:	Cell #:	Work #:	
Father/Guardian Name:		Cell #:	Work #:	
In the event that a parent/g	uardian cannot be reached	contact one of the following:		
Name:	Relationship:	Cell #:	Work #:	
Name:	Relationship:	Cell #:	Work #:	
<u>HEALTH HISTORY</u>				
Other health and mental l	health conditions not list	ay require emergency action whil		
Allergies: NO YES	please list:			
Does your child regularly	take any medications, <sub>l</sub>	prescription and/or over-the-cou	nter? NO YES please list:	
Date of last tetanus shot:		Preferred hospi	tal (Optional):	
PHYSICIAN/INSURA	NCE INFORMATION			
Physician:	Phone:	Dentist:	Phone:	
Insurance Company:		Policy #:	Group #:	
POLICY HOLDER: Nam	ne:	DOB:	Relationship:	

\*Signature required on back\*



## Release of Liability / Emergency Medical / Athlete Permission Form 2025-2026

Participant's Name:	Birth Date:
RELEASE OF LIABILITY	AGREEMENT
I/We, the undersigned, give permission for student to attend St. Vir	
(initial all that apply)	,
Chess Practices and Tournaments from Augu	st 20, 2025 to April 5, 2026.
Cross Country Practices and Meets from Aug	-
Basketball Practices and Games from Noveml	
Basketball Open Gyms and Intermurals from	
I/We understand and agree that the activity may pose possible illner	
In exchange for the St. Vincent de Paul Academy's allowing the stude	
their respective heirs, personal representatives agree(s) to release fr	
Paul Academy, the Society of Saint Pius X South West District	
representatives including volunteers and drivers, from any and all lial	· · · · · · · · · · · · · · · · · · ·
property damage, property theft or loss of any kind which may herea	, .
the laws in the States of Missouri and/or Kansas and shall not apply t	
or gross negligence if proven by a court of law. The student and each	· · · · · · · · · · · · · · · · · · ·
de Paul Academy event or related activities, any child, parent or li	Ç
photo, video or film likeness of the student, parents or their assigns.	, , ,
de Paul Academy, event holders, producers, sponsors,	, 1 1 ,
photographs/film/videotapes/ electronic representations and/or so	
right to any compensation he/she may be awarded or due. I/We d	
such capacity as the student's parent/guardian. I/We agree to save as	, 1
referred to above from all liability, loss, cost, claim or damage what	
of any defect in or lack of such capacity to so act and release the St. Vi	,
I have fully read and understand the above terms and conditions and	
jointly and severally, and that no oral representations, statements or i	
have been made to me/us and the student. I/We acknowledge and as	
financial liability beyond its actual liability insurance policy in effect.	,
, ,	
<u>PERMISSION TO</u> In case of any against illness on other incident requiring modical of	
In case of any accident, illness, or other incident requiring medical at the school cannot reach me/us after conscientious effort, I/we give	
	1
licensed physician or dentist. If a serious emergency exists, I/we gi	
licensed physician or dentist immediately and then contact me/us as to any x-ray examination, anesthetic, CPR, medical, dental, or surgestions.	•
· · ·	J 1
judgment of a licensed physician or dentist, is deemed advisable. I/w	=
incurred as a result of emergency transport and/or the previously me for the release of health information including verbal, print, fax, and	9 -
child to the appropriate St. Vincent de Paul Academy personnel and	· · · · · · · · · · · · · · · · · · ·
71	C 1
Parent/Guardian Signature:	Date:

#### MSHSAA PRE-PARTICIPATION DOCUMENTATION - ANNUAL REQUIREMENTS (All Sports & Activities)

[				
CURRENT HEALTH AND INJURY UPDATE (INTERIM MEDICAL UPDATE)				
Note: Complete and sign this form (with your parents if younger t Note: An injury or medical condition results in a separate medical				
Student Name:		Date of Birth:		
Date:				
Medicines and supplements: List all current prescriptions, over	-the-counter medicines and supplements (herbal an	d nutritional):		
Do you have any allergies? If yes, please list all of your allergies				
Have you had any medical conditions/concussions/orthopedic i restricting your participation in any sport – spirit – marching bar		are professional (MD/DO/ARNP/PA) denying or		
If yes to the preceding question, have you provided appropriate documentation to the school clearing you back to such participation by a health care professional (MD/DO/ARNP/PA) for those medical conditions/concussions/orthopedic injuries?				
Are there any medical conditions you wish to disclose to the sci band?	hool that may need attention during the student's pa	rticipation in any sport – spirit – marching		
I hereby state that, to the best of my knowledge,	my answers to the questions herein ar	e complete and correct.		
Signature of Student:				
Signature of Parent(s) or Guardian:				
Date:				
EMERGENCY CONTACT INFORMATION				
Parent(s) or Guardian	Address	Phone Number		
Name of Contact	Relationship to Student	Phone Number		

#### PARENT PERMISSION (Authorization for Treatment, Release of Medical Information, and Insurance Information)

Informed Consent: By its nature, participation in interscholastic athletics/activities includes risk of serious bodily injury and transmission of infectious disease such as HIV, Hepatitis B, severe acute respiratory syndrome (COVID-19) and/or any mutation or variation thereof. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic/activity programs, it is impossible to eliminate all risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. PARENTS, GUARDIANS, OR STUDENTS WHO MAY NOT WISH TO ACCEPT RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN MSHSAA- SPONSORED SPORT WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN/S SIGNATURE.

I understand that in the case of injury or illness requiring transportation to a health care facility, a reasonable attempt will be made to contact the parent or guardian in the case of the student being a minor, but that, if necessary, the student will be transported via ambulance to the nearest hospital.

We hereby give our consent for the above student to represent his/her school in interscholastic athletics/activities. We also give our consent for him/her to accompany the school group on trips and will not hold the school responsible in case of accident, injury or illness whether it be en route to or from another school or during practice or an interscholastic contest; and we hereby agree to hold the school district of which this school is a part and the MSHSAA, their employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of every kind and nature whatsoever which may arise by or in connection with participation by my child/ward in any activities related to the interscholastic program of his/her school.

In the event of an emergency or when the Parent(s) or Guardian is unable to directly supervise health care services needed by the student for injuries or illnesses sustained at any athletic/sport and/or activity practice, conditioning exercise or contest, I also give my consent to the rendering of necessary health care services for the student by a qualified provider (QP) covering the athletic/activity practice, conditioning exercise or contest, including an athletic trainer, physician, physician assistant, nurse practitioner or other medically-trained professional licensed by the State of Missouri (or the state in which the student injury or illness occurs) and who is acting in accordance with the scope of practice under their designated state license and any other requirement imposed by state law. In emergency situations, the QP may also be a certified paramedic or emergency medical technician for the purpose of providing emergency health care and transport. Health care services are defined as services including, but not limited to, evaluation, diagnosis, first aid, emergency care, stabilization, treatment and referral. I further authorize the QP who provides such health care services to disclose such information about the student's injury or illness, diagnosis, care and treatment in the professional judgment of the QP to the student's athletic director, coaches/directors, school nurse and any classroom teacher required to provide academic accommodation to assure the student's recovery and safe return to activity. If the Parent(s) or Guardian believes that the student is in need of further evaluation, treatment, rehabilitation or health care services for the injury or illness, the student may be treated by the physician or provider of his or her choice.

To enable the MSHSAA to determine whether the herein named student is eligible to participate in interscholastic athletics/activities in the MSHSAA member school, I consent to the release of any and all portions of school record files to MSHSAA, beginning with sixth or seventh grade, of the herein named student, specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, academic work completed, grades received, and attendance data.

We confirm that this application for the above student to represent his/her school in interscholastic athletics/activities is made with the understanding that we have studied and understand the eligibility standards that our son/daughter must meet to represent his/her school and that he/she has not violated any of them. We also understand that if our son/daughter does not meet the citizenship standards set by the school or if he/she is ejected from an interscholastic contest because of an unsportsmanlike act, it could result in him/her not being allowed to participate in the next contest or suspension from the team or group either temporarily or permanently.

I consent to the MSHSAA's use of the herein named student's name, likeness, and athletic/activity-related information in reports of contests, promotional literature of the Association and other materials and releases related to interscholastic athletics.

We further state that we have completed that part of this certificate which requires us to list all previous injuries or additional conditions that are known to us which may affect this athlete's performance or treatment and we certify that it is correct and complete.

The MSHSAA By-Laws provide that a student shall not be permitted to practice or compete for a school until it has verification that he/she has healthcare insurance coverage or healthcare expense payment plan.

The parent(s) or guardian below verify that the student is covered by a healthcare insurance co	overage or	Yes	□No
healthcare expense payment plan.		]	
I have read and acknowledge the information presented above and hereby grant consent for the	e named student to pa	articipate.	
Signature of Parent(s) or Guardian:	Date:		

#### STUDENT AGREEMENT (Regarding Conditions for Participation)

This application to represent my school in interscholastic athletics/activities is entirely voluntary on my part and is made with the understanding that I have studied and understand the eligibility standards that I must meet to represent my school and that I have not violated any of them.

I have read, understand, and acknowledge receipt of the MSHSAA brochure entitled "How to Maintain and Protect Your High School Eligibility," which contains a summary of the eligibility rules of the MSHSAA. (I understand that a copy of the MSHSAA Handbook is on file with the principal and athletic administrator and that I may review it in its entirety, if I so choose. All MSHSAA by-laws and regulations from the Handbook are also posted on the MSHSAA website at www.mshsaa.org).

I understand that a MSHSAA member school must adhere to all rules and regulations that pertain to school-sponsored, interscholastic athletics/activities programs, and I acknowledge that local rules may be more stringent than MSHSAA rules.

I also understand that if I do not meet the citizenship standards set by the school or if I am ejected from an interscholastic contest because of an unsportsmanlike act, it could result in me not being allowed to participate in the next contest or suspension from the team or group either temporarily or permanently.

I understand that if I drop a class, take course work through Post -Secondary Enrollment Option, Credit Flexibility, or other educational options, this action could affect compliance with MSHSAA academic standards and my eligibility.

I understand that participation in interscholastic athletics/activities is a privilege and not a right. As a student participant, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and laws of my community, state, and country.
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state, and country.

I have completed and/or verified that part of this certificate which requires me to list all previous injuries or additional conditions that are known to me which may affect my performance in so representing my school, and I verify that it is correct and complete.

Signature of Student:	Date:	
PARENT AND STUDENT SIGNATURE (Concussion Materials)		
I have received and read the MSHSAA materials on Concussions, which includes information on the definition of a concussion, symptoms of a concussion, what to do if I have a concussion and how to prevent a concussion. I will inform my school and athletic trainer/team physician immediately if I experience any of these symptoms or if I witness a teammate with these symptoms.		
Signature of Student:	Date:	
Signature of Parent(s) or Guardian:	Date:	

PARENT AND STUDENT SIGNATURE (Injury Risk/Disclosure)	
I accept responsibility for reporting all injuries and illnesses, to my school and medical staff (athletic trainer/team phy there is a risk of injury by participation in all sports and activities and failure to disclose injuries may result in further of	
Signature of Student:	Date:
Signature of Parent(s) or Guardian:	Date:

### MSHSAA Preparticipation Physical Forms/Procedure

Medical History Form (Step 1): Issued to Student/Parent(s)/Guardian, Completed by Student/Parent(s)/Guardian, Taken to Healthcare Professional (MD/DO/ARNP/PA/DC), Retained by Healthcare Professional.

<u>Note:</u> If the student is under 18 years old, the Medical History questions are to be completed with assistance from parent(s)/guardian(s).

Note: The health care professional (MD/DO/ARNP/PA/DC) who completes the pre-participation examination (PPE) shall keep this Medical History form in the patient's files for their records.

#### This Medical History form is NOT returned to the school.

MEDICAL HISTORY				
Name:			Date of Birth:	
Sex assigned at birth (F, M or intersex):		How do you identify your g	ender? (F, M or other):	
List past and current medical conditions:				
Have you ever had surgery? If yes, list all past surg	gical procedures:			
Medicines and supplements: List all current prescri	ptions, over-the-counter medicin	es and supplements (herbal	and nutritional):	
Do you have any allergies? If yes, please list all of		illens, food, stinging insects)	:	
PATIENT HEALTH QUESTIONNAIRE	VERSION 4 (PHQ-4)			
Over the last 2 weeks, how often have you bee	en bothered by any of the follo	owing problems (Circle res	sponse).	
	Not at All	Several Days	Over Half the Days	Nearly Every Day
Feeling nervous, anxious or on edge:	0	1	2	3
Not being able to stop or control worrying:	0	1	2	3
Little interest or pleasure in doing things:	0	1	2	3
Feeling down, depressed or hopeless:	0	1	2	3
A sum of ≥3 is considered positi	ive on either subscale (que	stions 1 and 2, or questi	ons 3 and 4) for screer	ning purposes.

(Medical History Continued - Next Page)

#### Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.

GE	NERAL QUESTIONS	Yes	No
1.	Do you have any concerns that you would like to discuss with your provider?		
2.	Has a provider ever denied or restricted your participation in sports for any reason?		
3.	Do you have any ongoing medical issues or recent illness?		
HE	ART HEALTH QUESTIONS ABOUT YOU	Yes	No
4.	Have you ever passed out or nearly passed out during or after exercise?		
5.	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6.	Does your heart ever race or skip beats (irregular beats) during exercise?		
7.	Has a doctor ever told you that you have any heart problems?		
8.	Has a doctor ever ordered a test for your heart? (For example, electrocardiography (ECG) or echocardiography?		
9.	Do you get light-headed or feel shorter of breath than your friends during exercise?		
10.	Have you ever had a seizure?		
HE	ART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11.	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car crash)?		
12.	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13.	Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		
во	NE AND JOINT QUESTIONS	Yes	No
14.	Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint or tendon that caused you to miss a practice or game?		
	Do you have a bone, muscle, ligament or joint injury that		

MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during after exercise?	or	Г
17. Are you missing a kidney, an eye, a testicle (males), your spleen or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or her in the groin area?	nia	
<ol> <li>Do you have any recurring skin rashes or rashes that com and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?</li> </ol>	е	
20. Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems?		
21. Have you ever had numbness, had tingling, had weakness your arms or legs, or been unable to move your arms or le after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you, or does someone in your family, have sickle cell to or disease?	rait	
24. Have you ever had, or do you have, any problems with you eyes or vision?	ur	
25. Do you worry about your weight?		
26. Are you trying to, or has anyone recommended, that you g or lose weight?	ain	
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual perio	d?	
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

IF "YES," EXPLAIN ANSWERS HERE
I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.
Signature of Student:
Signature of Student: Signature of Parent(s) or Guardian:
Signature of Student:

# <u>Preparticipation Physical Examination Form (PPE) (Step 2):</u> Issued to Student/Parent(s)/Guardian, Taken to Healthcare Professional (MD/DO/ARNP/PA/DC), Retained by Healthcare Professional.

Note: This PPE form is the recommended PPE form intended for guiding the healthcare professional (MD/DO/ARNP/PA/DC) with the completion of a preparticipation physical evaluation.

Note: The health care professional (MD/DO/ARNP/PA/DC) who completes the pre-participation examination shall keep this PPE form in the patient's files for their records. This PPE form is NOT returned to the school.

#### PRE-PARTICIPATION PHYSICAL EXAMINATION

PRE-PARTICIPATION PHISICAL EXAMINA	ITION												
Name:				Date of Birth:									
EXAMINATION													
Height:	Weight:						_						
BP: / ( / )	Pulse:	Vision: R 20/	L 20/	Corrected:		Yes	□ No	0					
MEDICAL	NORMAL	ABNORMAL FINDINGS											
<ul> <li>Appearance</li> <li>Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse (MVP) and aortic insufficiency)</li> </ul>													
Eyes, ears, nose and throat  • Pupils equal													
Hearing								_					
Lymph Nodes								_					
<ul> <li>Heart*</li> <li>Murmurs (auscultation standing, auscultation supine and +/- Valsalva maneuver)</li> </ul>													
Lungs													
Abdomen													
Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus (MRSA) or tinea corporis													
Neurological													
MUSCULOSKELETAL	NORMAL		ABNO	RMAL FINDINGS									
Neck								_					
Back													
Shoulder and arm								_					
Elbow and forearm													
Wrist, hand and fingers								_					
Hip and thigh								_					
Knee								_					
Leg and ankle								_					
Foot and toes								_					
Double-leg squat test, single-leg squat test and box drop or step drop test													
* Consider electrocardiography (ECG), echocardiogram, re	eferral to cardiolog	gy for abnormal cardia	c history or examin	nation findings, or a com	bination	of those.		_					
Physician Reminders: Consider additional questions on more-sensitive issues.													

- . Do you feel stressed out or under a lot of pressure?
- . Do you ever feel sad, hopeless, depressed or anxious?
- Do you feel safe at your home or residence?
- · Have you ever tried cigarettes, chewing tobacco, snuff or dip?
- . During the past 30 days, did you use chewing tobacco, snuff or dip?
- . Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
- . Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt, use a helmet and use condoms?

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Proceed to next page for Medical Eligibility Form



#### MSHSAA Medical Eligibility Form (Step 3):

Issued to Student/Parent(s)/Guardian, Taken to/Completed by Healthcare Professional (MD/DO/ARNP/PA/DC), Copy Retained by Healthcare Professional, Returned to School Administration.



Note: This Medical Eligibility form is the form to be used by a healthcare professional (MD/DO/ARNP/PA/DC) for granting a medical release for a student to participate in All Sports – Spirit – Marching Band after the completion of a preparticipation physical evaluation.

Note: The health care professional (MD/DO/ARNP/PA/DC) must complete this form, retain a copy in the patient's files for their records and issue this form to the student/parent.

# This Medical Eligibility form MUST be returned to the school.

NAME (Last)	(First)		(Middle Initial)	Date of Birth		
Age Sex assigned at b	irth (F,M, intersex) Gra	de Sch	ool	City		
Present Address			4	Telephone		
☐ Medically eligible for all S	ports-Spirit-Marching Band v	without restriction	ons for two (2)	years.		
☐ Medically eligible for all S further evaluation or treatmen						for
☐ Medically eligible for all S duration of approval:					cify reas	ons and
☐ Medically eligible for certa	ain Sports-Spirit-Marching Ba	and:				
NOT medically eligible for	Sports-Spirit-Marching Band	d				
☐ NOT medically eligible pe	nding further evaluation:					
have examined the above-namedicated, the student does not activities as outlined above. A he request of the parents. If of the clearance until the problem parents/guardians).	t present apparent clinical co copy of the physical exam is onditions arise after the stud	ontraindications s on record in n dent has been c	to practice an ny office and ca leared for parti	d participate in the an be made available cipation, the physic	sport(s) e to the ian may	or school at rescind
Name of health care profession	al (Print/Type)			Date of Examination	1	1
Signature of Healthcare Profess	ional (MD/DO/PA/ARNP/DC):					
Clinic Address		City		State	Zip	
Telephone						
Student's Physician						
Student's Dentist						