



2024-2025

**Colonial Forge Sound & Guard
Parent & Student Guide**

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Director of Bands
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www.forgepride.com



4/8/2024

IMPORTANT DATES

TBA – 2024 Color Guard Clinic TBA

TBA – 2024 Sound & Guard Percussion Clinic

May 11, 2024 – Reading Day Marching Band “Step Off” – 8:00 am – 12:00 pm

May 17, 2024 - \$100 Deposit/Paperwork Due

July 19, 2024 – Balance of Registration Fees Due

Band Camp dates:

Percussion/Color Guard – July 15-19 (9am-5 pm)

Newbies – July 17-18 (9am-5pm) (Plus all Student Staff

All - July 19 (9am -5pm)

All - July 22-26 (8am – 9pm)

TBD – Newbie Parent Night (New Family Night)



Parent and Student Guide

Participation in the Sound & Guard

It is all about the students. Welcome to the Forge Band Family! We are glad you made the decision to involve yourself and your student(s) in this rewarding program. Every detail and dollar spent by the Colonial Forge Music Booster organization is to benefit the students' overall experience, development, and enjoyment. Activities are designed to be beneficial and fun.

NEWBIE Parent Night (New Family Night). During Newbie camp, we host an evening just for our new parents. This is an opportunity to meet and inform you, in a small group environment, how things work in your student's new adventure. At first, it does seem overwhelming; however, this event will break the organization down, piece by piece. We will help guide you and, hopefully, make you more at ease with the realization that your little one is growing up and will gain an incredible amount of independence, experience, and confidence as a member of this large organization.

Registration Fee

There are two levels this year.

New members/incoming 9th grade: Have never marched before at CFHS.

10th – 12th Grade returning members: Members that marched at CFHS before and received their flip folder, green under-uniform t-shirt, and green polo shirt. See below for pricing.

New Members/9th Grade - \$360. You will be issued a CFMB polo shirt, green under uniform t-shirt, one pair of band gloves or guard gloves, and a flip folder.

** \$100 nonrefundable deposit due May 17, 2024, to secure your student's spot in the field show. Balance is due July 19, 2024. Make check payable to **Colonial Forge Music Boosters or CFMB**, and mail payment to Colonial Forge High School, c/o Mr. Gillette, Band Director, 550 Courthouse Rd., Stafford, VA 22554.

If paying with a credit card, please email the Treasurer at treasurer@forgepride.com. They will send you a link to pay. **If you have a financial hardship, you must communicate this to Mr. Gillette by May 17, 2024, at gilletterj@staffordschools.net for special arrangements to be considered.**

Returning students may use available funds from their IFA account. Please email the Treasurer at treasurer@forgepride.com to transfer funds. Families new to the IFA, please review the form at the back of this packet for available fundraising opportunities and how to contribute to this account.

Returning Members 10th – 12th Grade - \$315. Returning members **must** have the following: CFMB polo shirt; green under uniform t-shirt; a lyre for your flip folder, and flip folder in their possession or purchase a replacement. (Lyre and flip folder are for wind players only).

** \$100 nonrefundable deposit due May 17, 2024, to secure your student's spot in the field show. Balance is due July 19, 2024. Make check payable to **Colonial Forge Music Boosters or CFMB** and mail payment to Colonial Forge High School, c/o Mr. Gillette, Band Director, 550 Courthouse Rd., Stafford, VA 22554 or deposit in BLUE BOX in Band room. If paying with a credit card, please email the Treasurer at treasurer@forgepride.com. They will send you a link to pay. **If you have a financial hardship, you must communicate this to Mr. Gillette by May 17, 2024, for special arrangements to be considered.**

Returning students may use available funds from their IFA account. Please email the Treasurer at treasurer@forgepride.com to transfer funds. Families new to the IFA, please review the form at the back of this packet for available fundraising opportunities and how to contribute to this account.

What are these fees for?

Student and staff snacks and some meals during fall marching band season competition days, out of district away football games when no concessions are available to the students (funding availability for any other sound and guard events to include Winter Guard and Winter Drumline is on an as available basis; students should bring their own meals to these events), dry cleaning and maintenance of the uniforms, first aid supplies, prop items for the field show, rental trucks for transportation to every away game and competition, music and field show professional design, staff stipends, maintenance of Booster-owned equipment (Gator, trailer, carts), and organization operational expenses, awards and entrance fees for competitions. (Average cost to fund one student in Marching Band for the season is roughly \$1200.) Additional costs, over and above registration fees, are made up through fundraising. (TAG Day, Concessions, Gift Wrap, Mattress Sale, etc.).

Additional Fees (as applicable): Instruments must be rented from the school, according to Stafford County Rental Guidelines. (Check made out to **CFHS**).

Guard and Marching shoes **ARE NOT COVERED** in the fees. That will be an additional charge. They will be ordered all at once to significantly reduce the shipping charge. Once these costs are figured, the cost will be shared. Usually, it is around \$50 for the shoes.

Rental Fee for wind/percussion instruments (as applicable): \$50 for the season.

This is for all school-owned instruments and all percussionists and includes maintenance of these instruments as specified on the rental agreement. (Make check payable to **Colonial Forge High School or CFHS** and mail payment to Robert Gillette, CFHS Band, 550 Courthouse Road, Stafford, VA 22554, or put in blue box). This can be paid on the online student payment portal found in the parent quick links on the cfhs.org webpage. This is payable after July 1, 2024. ****Please note, this check is made to CFHS – NOT CFMB.**

Guard Rental Fee: \$40 for the season and includes maintenance and usage of all guard equipment used throughout the season. This can be included in the final payment due on July 19, 2024. (Make check payable to **Colonial Forge Music Boosters or CFMB** and mail payment to Colonial Forge High School, c/o Mr. Gillette, Band Director, 550 Courthouse Rd., Stafford VA 22554).

Why a Nonrefundable Deposit?

\$100 of the registration fee is due by May 17, 2024, and is a nonrefundable deposit to secure your student's spot in the field show. **The remainder of the fee is due July 19, 2024.** The reason the deposit is nonrefundable is because that money is spent immediately for the professional show designer to arrange the program with a predetermined number of people. His or her job is to provide a spot for each participant moving around the field in sync with the music. When students opt out for any reason after the show has been designed, we must return to the designer and pay an expensive fee to rework the show so as not to have a gap in the program. It is not so simple as to have the remaining students rework their spacing. Because of this expense, we will hold the deposit if for any reason your student is unable to continue. The rest of the registration fee can be returned if there is some reason that a student must terminate his/her relationship with the band before the start of band camp.

Fundraising. There will be numerous fundraising opportunities throughout the year. Funds raised are to offset overall costs of the band program and decrease the participation fee for all participants. This is roughly equal to one-fourth of the overall budget needed for the season.

Volunteers move the band!

It takes many hands to get this show on the road! There are many ways you can help. No matter what constraints you have, we have a way for you to get involved. Please review the needs of our various committees and find a way to help. We need every family to be active on our volunteer roster, in some way, this year.

Much of our income is derived from Concession Stands at Varsity and JV Football games. We need volunteers cooking, preparing, and selling. Please assist as many nights as you can. Remember, all money earned offsets our families' personal out-of-pocket expenses for the band.

Volunteer Opportunities Are Abundant! Please take a moment to review each committee to see what works best for your skills and schedule and SIGN UP.

- **Board Member.** Serve as President, 1st Vice President, 2nd Vice President, Treasurer, Co-Treasurer, Secretary for a period of one year (July to June).
- **Uniforms.** Fitting and alterations during band camp.
- **Concessions.** Help at JV and Varsity Football Games.
- **Pit Crew.** Preparing props and moving equipment at each game and competition.
- **Tag Day.** Students reach out to the community through a door-to-door campaign.

Volunteers are needed to drive and monitor students in small groups. All students are required to participate. This is scheduled on a Saturday in early September (TBD).

- **Game Day Halftime Band Hospitality.** Help feed the kids by taking game day orders and delivering them to the kids at halftime. Only home games. Away games, when possible.
- **Hospitality.** Helping to feed kids at competitions; paid out of band budget.
- **Chaperones.** Keep an eye on the kids, ride buses to away games, competitions, etc.

>>All chaperones and volunteers that will be driving a student, other than their own, or riding any bus for an official band activity MAY be required by SCPS to be fingerprinted for a background check. There is no cost associated for this.

THE BLUE BOX (mounted on the wall next to the Director's office). For Marching Band and Music Booster use only. Most money (made out to Colonial Forge Music Boosters or CFMB) and forms are to be placed in the blue box. Please clearly label all envelopes with the student's name and what it is for. Please avoid depositing cash, if possible.

***Instrument rental forms and fees are paid to CFHS and given directly to Mr. Gillette.**

Material pertaining to school business should be given to Mr. Gillette. He does not have access to the BLUE BOX.

Spring Trip

Each year, if the schedule allows and we have enough volunteers to plan it, the band program coordinates a trip to a great destination to participate in a music event and enjoy local attractions. This trip can be as high as \$500. There are many opportunities to help offset overall costs, thus decreasing the individual's cost to participate. White House Ornaments, and other sales can earn money directly for your student's trip. We will introduce other ways, so please stay informed. If the board is able to sponsor a large-scale trip, commitment forms and a \$100 nonrefundable deposit will be due **in the fall** to secure your student's attendance on this trip.

**If your student is participating in Marching Band as a hardship, they will not be permitted on the trip unless the hardship debt is paid in full, in addition to the cost of the trip.*

Parent chaperone opportunities are available. However, the Director has sole discretion as to who is selected. One rule of thumb: Parents who have spent time around the students and are familiar with them are desirable. Chaperones pay the same as students. The trip is not a family vacation, only chaperones with direct assignments to students are part of the official delegation. Parents that decide to travel independently of the group will not be coordinated with the group hotel, ticket purchasing or dining plans. If you are selected as a chaperone and it is decided you may be traveling separately from the delegation, your travel plans must be approved by the Director and must encompass time "on the ground" for the entire duration the students are on location.

Communications

There are five main forms of communications for the Sound & Guard:

1. www.forgepride.com
 - a. Calendar – Connect to it with Google Calendar
 - b. Forms
 - c. Schedules
 - d. Store
 - e. Other important items (SUG links)
2. Remind.com
 - a. All parents will be required to sign up for “remind.com” to receive information pertaining to the band from the Director. For text messages: simply open your web browser on your phone and go to the following link: <http://rmd.at/cfma> and you will be prompted to download the mobile app. You will then receive a text message from Mr. Gillette whenever critical information needs to be conveyed to the group, INCLUDING ARRIVAL TIMES from events.
 - b. Student sections - Sometimes students create their own lists for their sections.
3. Constant Contact (CC) Email
 - a. During the marching band season, the President may email everyone, once a week, with important information. These are kept short to emphasize the importance of the messages.
 - b. Register on home page at www.forgepride.com.
 - c. Once the season is over, the frequency of the messages will decrease.
5. Synergy Email
 - a. For critical and urgent communications affecting the whole music program, Mr. Gillette will email all Colonial Forge High School music program and class parents via this system.
4. Sign-Up Genius (SUG) Email and Texts
 - a. The Vice President solicits and tracks parent volunteer participation for sound and guard activities. Parents will receive SUG emails as the above CC email distribution list is shared between SUG and CC.
 - b. Parents may volunteer to opt in for texts for quick and easy messaging.

501(c)3 Organization. CFMB is a 501(c)3 charitable organization. If your employer participates in a corporate giving program, please inquire with the President as to how we can work together to make the connection.

Paperwork. The following pages need to be signed and returned by May 19, 2023. We **MUST HAVE ALL OF THE PAPERWORK** before participating in the band program. (We understand that getting a physical may require a wait to get an appointment. Please have either the physical or at least a pending appointment by the beginning of July.)

NO EXCEPTIONS!

CF Bands 2024-2025 Calendar

Tentative

MAY 2024

TBA	CF	TBA	Color Guard Clinic
SA 11	CF	8:00 am – 12:00 PM	S&G Reading Day
TBA	CF	TBA	S&G Percussion Clinic

JULY 2024

M-F 15-19	CF	9:00 AM – 5:00 PM	Percussion / Guard Camp
W-TH 17-18	CF	9:00 AM – 5:00 PM	Newbies/Staff
F 19	CF	9:00 AM – 5:00 PM	Band Camp Starts
Everybody!			
M-F 22-26	CF	8:00 am – 9:00 pm	BAND CAMP 2024
M 29	CF	6:00 pm – 9:00 pm	S & G Rehearsals
TU 30	CF	7:00 am – 10:00 am	New Teacher Welcome
W 31	CF	6:00 pm – 9:00 pm	S & G Rehearsals

AUGUST 2024

TH 01	CF	6:00 pm – 9:00 pm	S & G Rehearsals
M 05	CF	6:00 pm – 9:00 pm	S & G Rehearsals
W 07	CF	6:00 pm – 9:00 pm	S & G Rehearsals
TH 08	CF	6:00 pm – 9:00 pm	S & G Rehearsals
M 12	CF	5:30 pm – 8:30 pm	S & G Rehearsals
TU 13	CF	7:00 am	New student welcome/Pep Rally
TH 15	CF	5:30 pm – 8:30 pm	S & G Rehearsals

*Rehearsal will normally be on Monday and Thursday from 5:30 - 8:30 pm until mid/late September when it will switch to 5:00 - 8:00 pm. If there are days off/concerts/SRO Auditions/ etc. Rehearsal that week may be a different day. The schedule will be released as soon as all the dates are set. Typically, Marching Band rehearsals will be done at the end of October. Fridays & Saturdays in September and October will be busy. There will be some of those days off, but between football games and competitions, there will not be many.

A full calendar will be forthcoming soon!

Parent and Student Agreement

I have read and understand the expectations of the Colonial Forge Music Boosters as noted in the PARENT and STUDENT GUIDE TO PARTICIPATION IN THE COLONIAL FORGE SOUND & GUARD.

Furthermore, I realize a \$100 deposit is due by Friday, May 17, 2024, and this money is nonrefundable due to the nature of creating a marching band field show.

I understand the remainder of the registration fee is due by Friday, July 19, 2024, along with these forms:

- ✓ S C P S Athletics and Activities Code of Conduct Student Statement of Understanding
- ✓ S C P S Athletics and Activities Code of Conduct Parent/Guardian Statement of Understanding
- ✓ S C P S Heat and Hydration Statement of Understanding Form
- ✓ S C P S Marching Band Concussion/Brain Injury History
- ✓ C F M B Movie Viewing Permission Slip and Hydration Form
- ✓ C F M B Student Allergies Form
- ✓ V H S L Physical Form MUST BE SIGNED BY A PHYSICIAN!
- ✓ S C P S Health Services Permission and Medical Form MUST BE SIGNED BY A PHYSICIAN!

We are not allowed to give ANY medication (including over the counter – Tylenol, Ibuprofen, antacid, etc. unless the medication and dosage is listed on the form and signed by a physician. PLEASE TAKE THIS FORM TO YOUR PHYSICAL APPOINTMENT!

- ✓ C F M B Individual Fundraising Account

Student Name (Please print)

Grade

Instrument

T-Shirt Size

Student Email Address

Do you need Marching Shoes? ___YES ___NO ___SIZE
(Newbies = YES)

Parent Name (Please print)

Family Email Address (Please print clearly)

Address

Phone

Parent Signature

Date

Please return this form with \$100 deposit (Payable to CFMB) by May 17 to Colonial Forge High School c/o Mr. Gillette, Band Director, 550 Courthouse Rd., Stafford, VA 22554



Stafford County Public Schools

Athletics and Activities Code of Conduct

Marching Band Signature Packet

The following Stafford County Public Schools' documents are attached:

- Athletics and Activities Code of Conduct Student Statement of Understanding
- Athletics and Activities Code of Conduct Parent/Guardian Statement of Understanding
- Marching Band Heat and Hydration Statement of Understanding
- Marching Band Concussion/Brain Injury History
- Marching Band Medical and Emergency Contact Information

All of the documents listed above must be signed and returned to the Band Director.

The Athletics and Activities Code of Conduct provides detailed information concerning the expectations of our coaches, sponsors, band directors, student-athletes, students, and parents/guardians. This document will be reviewed during the Parent/Athlete Information Nights, Band Parent Information Nights and kick-off meetings with students involved in club activities by middle school athletic directors, high school Assistant Principals of Athletics and Activities, Coordinator of Fine and Performing Arts, sponsors, head coaches, band directors.

This document can be found on www.forgepride.com/forms page. Please take the time to review the entire document, specifically the pages listed on the Code of Conduct Statement of Understanding page requiring your signature.

If a hard copy of this document is preferred, copies are available at every middle and high school or in the main lobby of the Stafford County Public Schools Alvin York Bandy Administrative Complex located at 31 Stafford Avenue, Stafford, VA 22554.

Any questions can be directed to the high school Band Director or the high school Assistant Principal of Athletics and Activities.



STAFFORD COUNTY PUBLIC SCHOOLS
ATHLETICS AND ACTIVITIES STATEMENT OF UNDERSTANDING
STUDENT

Students should review the following, **initialing** each statement and signing at the bottom.

___ I have received and reviewed the Athletics and Activities Code of Conduct and the Stafford County Public Schools Code of Conduct (Policy 240 I) and agree to meet expectations outlined within.

___ I accept that I have a responsibility to represent my school and community in a positive manner and will conduct myself with honesty, integrity, and respect for others at all times.

___ I understand that I must be in attendance at school in order to practice, compete, or participate in athletics or extracurricular activities and will provide written notice, signed by my parent/guardian, when I need to miss practice, meeting, or any event.

___ I agree to follow all expectations outlined in the Athletics and Activities Code of Conduct as well as the Stafford County Public Schools' Student Code of Conduct.

___ I will not engage in and will not be tolerant of violent acts, including assaults on persons or property, abusive language, harassment, hazing, stalking, sexual violence, or any other conduct prohibited by law. If I witness such acts perpetrated by others, I will report them to my coach, sponsor, or administrator.

___ I will not engage in any act, including via social media, that subjects another person, voluntarily or involuntarily, to abuse, mistreatment, humiliation, harassment, or intimidation. If I witness such acts perpetrated by others, I will report them to my coach, sponsor, or administrator.

___ I will not consume or use alcoholic beverages, energy drinks, dietary supplements, anabolic steroids, tobacco, or illegal drugs.

___ I will follow all locker room rules and meet locker room behavioral expectations at all times.

___ If I observe a fellow student in distress of any kind, I will notify a coach or activity sponsor immediately.

___ I understand that failure to conduct myself responsibly, as stated and implied in the Athletics and Activities Code of Conduct, Stafford County Public Schools' Student Code of Conduct, and in the above statements, may result in sanctions, ranging from limited participation up to and including suspension or dismissal from the team, and suspension or expulsion from Stafford County Public Schools.

Colonial Forge High School _____ Marching Band
School _____ Grade _____ Activity _____

Student Name – Print _____ Student Signature _____ Date _____

Parent/Guardian Name – Print _____ Signature _____ Date _____
Please sign and return with other required documents



STAFFORD COUNTY PUBLIC SCHOOLS

ATHLETICS AND ACTIVITIES STATEMENT OF UNDERSTANDING

PARENT/GUARDIAN

After reading and reviewing the sections pertaining to your child's level of participation in extracurricular activities offered by Stafford County Public Schools, please indicate your understanding by **initialing** the statements below.

In effect during all extracurricular activities are the Stafford County Public Schools' Student Code of Conduct

(Policy 2403), Extra/Co-Curricular Participation (Policy 3502), and Related Notices, rules, expectations, and requirements.

____ I received a copy of the Stafford County Public Schools' Athletics and Activities Code of Conduct.

____ I read and agree to the sections pertaining to my level of participation, including guidelines and expectations, in Stafford County athletics and activities.

____ I will follow all protocols associated with my participation in SCPS athletics and activities.

____ I acknowledge that Stafford County Public Schools has informed me that supplemental accident insurance is available from a third party carrier to cover my child.

____ I understand my child must submit completed Student Statement of Understanding and Parent Statement of Understanding forms at least one day prior to the first contest in order to participate.

____ I realize that by not following proper behavior requirements while attending an athletic/activity event, I may be removed from that activity and possibly the remainder of the events associated with that sport or activity.

____ I agree to be a positive supporter of my child's participation in athletics/activities. I agree to allow coaches to coach and sponsors to lead.

If I have a question or concern, I will communicate in the following sequence: coach or sponsor, assistant principal for athletics and activities or middle school athletic director, building principal, and lastly central office contacts listed in this document.

Colonial Forge High School _____ Marching Band
School _____ Grade _____ Activity _____

Student Name (Print)

Parent/Guardian Name (Print) _____ Parent/Guardian Signature _____ Date _____

Please sign and return with other required documents

Stafford County Public Schools

Marching Band Heat and Hydration Statement of Understanding

Dear Student & Parent/Guardian,

Welcome to another marching band season! As the staff prepares for Band Camp, you and your student should prepare as well with the following important information.

Marching Band is a demanding workout and we all must come prepared. Many band students appear for rehearsal unprepared to cope with the stress that heat and marching place on their bodies. For this reason, it is imperative that marchers spend time getting acclimated to the heat and humidity prior to the beginning of band camp.

For our part, the staff will be vigilant in monitoring students for the signs and symptoms of heat illness and providing opportunities to rest. We will incorporate regular fluid breaks to promote proper hydration and will encourage students to speak up if they are feeling bad. Here’s what you can do to help keep your child safe during their marching band experience in Stafford County Public Schools.

HYDRATION – Please be sure to stress the following information to your student and monitor your child’s drinking habits at home. Good preparation for band camp begins BEFORE camp! Increase your fluid intake the week prior to camp and pay close attention to hydration during camp. Remember that water, Powerade, and Gatorade are the drinks of choice. In general, each student should be drinking 20-60 ounces of fluid each night after camp to replenish fluids lost throughout the day. All caffeinated beverages are bad for marchers! Caffeine is a diuretic, causing rapid fluid loss and in turn leading to dehydration. ENERGY DRINKS are particularly bad!!! No marcher should be consuming these due to high amounts of caffeine and sugar. For more information, visit www.gssiweb.com.

NUTRITION – Please provide your son/daughter with well-balanced meals. The best advice is to follow the My Plate Guidelines. You can find more information at the following website: www.choosemyplate.gov. As young men and women, students need the proper fuel to run their bodies. Excess grease and fatty foods will only slow them down and contribute to heat-related illnesses and other injuries.

PROPER REST – Students should get proper rest prior to and during band camp. Encourage you son/daughter to go to bed early. Rest and relaxation allow the body to recharge.

COMMUNICATION – Please feel free to contact the band director at any time concerning the health and well-being of your son/daughter. Should an injury occur, band directors will work with the certified athletic trainers to ensure your son/daughter gets the proper care for any type of injury.

Paying attention to these guidelines will decrease the risk of serious injury and help ensure a healthy marching season.

Please complete and return to your band director prior to the start of band camp. Please retain a copy of this information for your reference.

We are looking forward to a safe and successful season. Should you have any questions or concerns, please contact your Assistant Principal of Athletics and Activities or high school band director.

Sincerely,

Assistant Principals of Athletics and Activities; High School Band Directors

Student Name (Print): _____
Last Name First Name

I have read and understand the information provided regarding the topics of heat, hydration, and proper health care for marching band students.

Student Signature Date

Parent /Guardian Name (Print): _____

Parent/Guardian Signature: _____ Date: _____

Please sign and return with other required documents



Stafford County Public Schools
Statement of Participation in Athletics
and Concussion/Brain Injury History

In order to provide the safest possible environment for your child to participate in marching band in Stafford County Public Schools, please answer the following:

- Is your child currently participating on an athletic team inside or outside of SCPS? Yes or No If yes, please indicate the sport.

-
- Has your child ever suffered a concussion like brain injury? Yes or No .

- If yes, what was the date of the latest concussion like injury? _____

Our coaches, band directors, nurses, and athletic trainers work diligently to provide the proper care for any concussion/brain injury, whether it occurs on a Stafford County Public Schools activity/sports team or non-school activity/sports team.

It is extremely important that if an injury occurs outside of SCPS activities that the school nurse, coach, band director, and/or athletic trainer is notified immediately.

It is the responsibility of the student to report all injuries and illnesses to my band director, especially if an injury occurs during marching band rehearsal.

Student Name (print)

Student Signature

Date

Parent/Guardian Name (Print)

Parent/Guardian Signature

Date

Please sign and return with other required documents

Colonial Forge Bands

Movie Permission Form

I, _____ . Hereby

Parent or Guardian Name, Printed

grant permission for my student, _____

to watch any movie rated G, PG, or PG-13, while traveling under the
direction of the Colonial Forge Band's Staff.

(Parent Signature)

(Date)



Student Name _____

Student Allergies

Student Name _____ Grade _____ Instrument _____

Student Phone _____

Emergency Contact (can be parent) _____ Phone _____

Check all that apply

NO KNOWN ALLERGIES

Self-Carry Epi-Pen

Self-Carry Inhaler

Vegetarian

Vegan

Peanut Free

Tree Nut Free

Milk Free

Gluten Free

Eggs Free

Pork Free

Chicken Free

Natural/Seasonal:

Animals/pests:

Other:

Please return with other required documents

VIRGINIA HIGH SCHOOL LEAGUE, INC.
1642 State Farm Blvd., Charlottesville, Va. 22911

ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICAL EXAMINATION FORM

Separate signed form is required for each school year **MAY 1** of the current year through **JUNE 30** of the succeeding year.

For school year _____

PART I- ATHLETIC PARTICIPATION
(To be filled in and signed by the student)

Male _____
Female _____

PRINT CLEARLY

Name _____ Student ID# _____
(Last) (First) (Middle Initial)

Home Address _____

City/Zip Code _____

Home Address of Parents _____

City/Zip Code _____

Date of Birth _____ Place of Birth _____

This is my _____ semester in _____ High School, and my _____ semester since first entering the ninth grade. Last semester I attended _____ School and passed _____ credit subjects, and I am taking _____ credit subjects this semester. I have read the condensed individual eligibility rules of the Virginia High School League that appear below and believe I am eligible to represent my present high school in athletics.

INDIVIDUALIZED ELIGIBILITY RULES

To be eligible to represent your school in any VHSL interscholastic athletic contest, you:

- Must be a regular bona fide student in good standing of the school you represent.
- Must be enrolled in the last four years of high school. (Eighth-grade students may be eligible for junior varsity)
- Must have enrolled not later than the fifteenth day of the current semester.
- For the first semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credits on a semester basis. (Check with your principal for equivalent requirements.) **May not repeat courses for eligibility purposes for which credit has been previously awarded.**
- For the second semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester. (Check with your principal for equivalent requirements.)
- Must sit out all VHSL competition for 365 consecutive calendar days following a school transfer unless the transfer corresponded with a family move. (Check with your principal for exceptions.)
- Must not have reached your nineteenth birthday on or before the first day of August of the current school year.
- Must not, after entering ninth grade for the first time, have been enrolled in or been eligible for enrollment in high school more than eight consecutive semesters.
- Must have submitted to your principal before any kind of participation, including tryouts or practice as a member of any school athletic or cheerleading team, an Athletic Participation/Parent Consent/Physical Examination Form, completely filled in and properly signed attesting that you have been examined during this school year and found to be physically fit for competition and that your parents' consent to your participation.
- Must not be in violation of VHSL Amateur, Awards, All Star or College Team Rules. (Check with your principal for clarification about cheerleading.)

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by your League, district and school. If you have any question regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, **check with your principal for interpretations and exceptions provided under League rules.** Meeting the intent and spirit of League standards will prevent you, your team, school and community from being penalized. Additionally, I give my consent and approval for my picture and name to be printed in any high school or VHSL athletic program, publication or video.

LOCAL SCHOOL DIVISIONS AND VHSL DISTRICTS MAY REQUIRE ADDITIONAL STANDARDS TO THOSE LISTED ABOVE.

→Student Signature: _____ Date: _____

PROVIDING FALSE INFORMATION WILL RESULT IN INELIGIBILITY FOR ONE YEAR.

PART III- PHYSICAL EXAMINATION

(Physical examination form is required each school year dated after May 1 of the preceding school year and is good through June 30 of the current school year)**

NAME _____ DATE OF BIRTH _____ SCHOOL _____

Height	Weight	<input type="checkbox"/> Male	<input type="checkbox"/> Female
BP /	Resting pulse	Vision R 20/	L 20/
		Corrected	<input type="checkbox"/> Yes <input type="checkbox"/> No

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance (Marfan stigmata: kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse, and aortic insufficiency)		
Eyes/ears/nose/throat (Pupils equal, hearing)		
Lymph nodes		
Heart (Murmurs: auscultation standing, supine, +/- Valsalva)		
Pulses		
Lungs		
Abdomen		
Skin (Herpes simplex virus, lesions suggestive of MRSA or tinea corporis)		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional (i.e. Double leg squat, single leg squat, box drop or step drop test)		
Emergency medications required on-site: <input type="checkbox"/> Inhaler <input type="checkbox"/> Epinephrine <input type="checkbox"/> Glucagon <input type="checkbox"/> Other:		
COMMENTS:		

I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics:

- MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION**
- MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION WITH RECOMMENDATION FOR FURTHER EVALUATION OR TREATMENT OF:** _____
- MEDICALLY ELIGIBLE ONLY FOR THE FOLLOWING SPORTS:** _____
Reason: _____
- NOT MEDICALLY ELIGIBLE PENDING FURTHER EVALUATION OF:** _____
- NOT MEDICALLY ELIGIBLE FOR ANY SPORTS**

By this signature, I attest that I have examined the above student and completed this pre-participation physical including a review of Part II- Medical History.

→ PRACTITIONER SIGNATURE: _____ (MD, DO, NP or PA)+ DATE**: _____
 EXAMINER'S NAME AND DEGREE (PRINT): _____ PHONE NUMBER: _____
 ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

+Only signature of Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician's Assistant licensed to practice in the United States will be accepted.

Rule 28B-1 (3) Physical Examination Rule/Transfer Student (10-90)- When an out-of-state student who has received a current physical examination elsewhere transfers to Virginia and attaches proof of that physical examination to the League form #2, the student is in compliance with physical examination requirements.

PART IV- ACKNOWLEDGEMENTS OF RISK AND INSURANCE STATEMENT

(To be completed by parent/guardian)

I give permission for _____ (name of child/ward) to participate in any of the following sports that are NOT crossed out: baseball, basketball, cheerleading, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swim/dive, tennis, track, volleyball, wrestling, other (identify sports): _____

I have reviewed the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts or some other means. He/she has student medical/accident insurance available through the school (yes__ no__); has athletic participation insurance coverage through the school (yes__ no__); is insured by our family policy with:
Name of medical insurance company: _____

Policy number: _____ Name of policy holder: _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participation in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) of health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally, I give my consent and approval for the above named student's picture and name to be printed in any high school or VHSL athletic program, publication or video.

To access quality, low-cost comprehensive health insurance through FAMIS for your child, please contact Cover Virginia by going to www.coverva.org or calling 855-242-8282.

PART V- EMERGENCY PERMISSION FORM*

(To be completed and signed by the parent/guardian)

STUDENT'S NAME: _____ GRADE: _____ AGE: _____ DOB: _____

HIGH SCHOOL: _____ CITY: _____

Please list any significant health problems that might be significant to a physician evaluating your child **in case of an emergency**:

PLEASE LIST ANY ALLERGIES TO MEDICATIONS, ETC: _____

IS THE STUDENT CURRENTLY PRESCRIBED AN INHALER OR EPI-PEN? _____ LIST THE EMERGENCY MEDICATION: _____

IS THE STUDENT PRESENTLY TAKING ANY OTHER MEDICATION? _____ IF SO, WHAT? _____

DOES THE STUDENT WEAR CONTACT LENSES? _____ DATE OF LAST Tdap OR Td (TETANUS) SHOT: _____

EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of _____ High School to hospitalize, secure proper treatment for and to order the injection and/or anesthesia and/or surgery for the person named above.

DAYTIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

EVENING TIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

CELL PHONE NUMBER: _____

→ SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

RELATIONSHIP TO STUDENT: _____

*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment in needed.

→ I CERTIFY ALL OF THE ABOVE INFORMATION IS CORRECT: _____

Parent/Guardian signature

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

Stafford County Public Schools

Marching Band

Medical and Emergency Contact Information Form

Please complete this entire form – do not leave any blank spaces

Student's Last Name: _____ First: _____ Middle: _____

Address: _____ City: _____ Zip Code: _____

Home Phone # _____ Student # _____ Date of Birth: _____

Student Email: _____ Grade: _____

Parent/Guardian Information:

Father's Name: _____ Mother's Name: _____

Father's Work/Cell #: _____ Mother's Work/Cell #: _____

Father's Email: _____ Mother's Email: _____

Emergency Contact Name (required): _____ Phone: _____

Family Doctor Name: _____ Phone: _____

Dentist/Orthodontist Name: _____ Phone: _____

List any known health problems and/or physical restrictions (If none, please write "None"):

**Students taking medications on a regular basis are required by SCPS regulations to turn in these medications to be held in a security box on any extended trip. A complete list of the student's medications and when they are to be taken *must* be included. Medications must be in the original prescription container. Students will be able to take their medications as needed. Students must also have medications listed on file with the school nurse's office.

Parental Consent:

I am familiar with my child's wishes to participate in the marching band at Stafford County Public Schools. I am aware that taking part in this activity carries the risk of injury to my child, particularly due to travel and the physical aspects of rehearsal and performance. The Band Director, professional band staff and/or band parents/chaperones have my permission, in an emergency when I (or my physician) cannot be contacted, to seek medical assistance at a medical clinic or hospital emergency room at my expense. Further, *the medical clinic or hospital personnel have my permission to provide emergency treatment deemed necessary by a physician for the well-being of my child.* I certify that I accept full responsibility for medical expenses arising due to the injury or illness of my child while participating as a member of the band. In the event of an accident or injury to my child, I will not hold the school, administration, director(s), staff, or parent chaperones responsible in any way.

Signature of Parent/Guardian: _____ Date: _____

Printed Name of Policy Holder: _____

Insurance Company: _____ Policy #: _____ Group #: _____

****We must have a copy of your insurance card to keep on file with this form****
Please sign and return with other required documents

CFMB Individual Fundraising Accounts

The band program at Colonial Forge relies heavily on fundraising activities. In an effort to increase overall participation in fundraising and fund the forecasted band budget, the Board has authorized Individual Fundraising Accounts (IFA). These accounts not only offset individual student expenses, they also raise more money for the general fund.

The IFA program allows students and families, throughout the band program, the opportunity to earn credit towards specified costs. To remain compliant with the IRS and our 501c (3) Tax Exempt status, IFA opportunities will be limited in scope with respect to our overall fundraising activities and will ensure equity and compliance of the program.

1. Participation in an Individual Fundraising Account (IFA) is completely **VOLUNTARY**.
2. Except for concessions and TAG day, participating students may earn credit for fundraising with the following only:
 - a. Gift wrapping (per shift amount, determined once total revenue known).
 - b. Cookie Dough/Cheesecake sales: \$3 per unit sold.
 - c. White House Ornaments: \$2 per unit sold.
3. Costs that credit may be applied to (**NO EXCEPTIONS**): Band Dues, Marching Shoes, Concert Attire, Guard Fee, in-stock merchandise **ONLY**, Spring Trip, and individual music lessons, at the school, with approved music department personnel.
4. Specific rules of the accounts:
 - a. CFMB manages the accounts through online accounting software.
 - b. Unless otherwise agreed to, funds will be applied automatically to any outstanding invoice.
 - c. Funds may carry over to the following year for the individual student.
 - d. Funds may transfer the following year to a sibling upon graduation (no gap year).
 - e. Funds **CANNOT** be transferred to any other student.
 - f. Funds may **NEVER** be cashed out.
 - g. Participation in the IFA program **MAY** (depending on amount raised) result in the issuance of a Form-1099 (Note: If a child raises \$600 or more in their IFA, we may have to issue the form. You will be notified ahead of time if your student is approaching the threshold).
 - h. Donations to individual accounts are not authorized.
 - i. Music lessons, with approved music department personnel, may be reimbursed only once per school semester, with use of IFA Reimbursement/Allocation Form, and submission of cancelled checks or receipt from instructor outlining dates and costs of lessons previously completed. You must have enough in your IFA account to cover the lesson fees.
 - j. No advancement of IFA funds is permitted.

The IFA program will be reviewed and affirmed annually by the Colonial Forge Music Boosters Executive Board and Band Director.

If you would like to participate in the IFA program, please sign and date below. By signing below, you acknowledge you have read and understand the program rules and that your participation is completely voluntary. You also acknowledge that the Board of Directors reserves the right to cancel the program anytime, for any reason, and all credit will be forfeited to the general fund.

Parent Name _____

Parent Signature _____ Date _____

Student Name(s) (include last name if different from parent) _____
