



June 2011

Dear Parents and Students:

All the forms you need for the 2011-12 Good Shepherd Catholic School sports season are in this file. Please fill out the forms online and email them to glathrop@gsschool.org. If you have any questions, please [email](#) Coach Greg.

- **Good Shepherd Interscholastic Participation/Family Information forms** Please fill out the forms in their entirety. Check all forms. Students may participate in multiple sports in the same season. If you decide at a later date that your child is not going to participate in a sport, a withdrawal form, found on our [website](#), must be submitted prior to the first game your child plays. There will be no refunds for a child who plays in any games, nor will there be any refunds until the uniform is returned.
- **Parent Participation Volunteer form** Parent support is important not only to the school but also for your child. *Assisting at games* is a great way to watch your child in action and earn Parent Service Hours. Parental help is needed for football (down marker), basketball (scorebook, scoreboard), volleyball (lines, scoresheet, scoreboard), track (long jump pit) and golf (group supervisor). A Team Parent is needed for each of our sports teams to help with such things as the coordinating of the aforementioned parental help.
- **Athletic Uniform Contract form/Uniform size form** This form is provided to you at the start of the season for all sports. Check the sports your child will be playing and select uniform sizes. Students are required to sign for their uniforms upon issuance so that it is recorded that they have taken possession of a uniform. The only exception is golf, for which students will wear their school uniform polo shirts and khaki/blue long/short pants. Some sports share uniforms, such as cross-country and track, and flag football, soccer and boys volleyball. If you are doing at least two sports that use the same uniform, keep the uniform and use it for all the sports.
- **Team Photo Days** Use this form to order photos from the October, November, January and February Team Photo Days (there are four). Use one form for multiple sports. Please make notations wherever necessary. If you decide at a later date that you want to cancel your order, a Cancellation Form must be submitted.

Should you need to make amendments to a form once it is turned in, please resubmit your original form(s) with the change(s) noted or submit a new form. This packet and individual forms are also available on the Internet at the school [web site](#). Please contact Athletics Director [Greg Lathrop](#) at 476-1292 if you have any questions.

Good Shepherd Interscholastic Participation form

_____, my child, has my permission to participate in the interscholastic athletic program offered by Good Shepherd Catholic School for the school year 2011-12. I agree to direct my child to cooperate and conform with directions, instructions and rules established by the school, the Family Handbook, the Athletic Director, coaches, and referees responsible for the sport in which my child is participating.

I certify that my child is physically fit and capable of participating in interscholastic athletics.

I authorize a representative of Good Shepherd Catholic School, into whose care the above named student has been entrusted, to consent to and permit any and all necessary medical services of my child to be rendered to him/her under the general or special supervision and upon the advice of a physician and surgeon licensed under the provisions of the California Medical Practice Act. I also authorize a representative of Good Shepherd Catholic School, into whose care the above named student has been entrusted, to consent to and permit any x-ray examination, anesthetic, dental or surgical diagnosis or treatment and hospital care rendered to my child by a dentist licensed under the provisions of the Dental Practice Act. I hereby give the representative of Good Shepherd Catholic School permission to use his/her judgment in obtaining medical services. I understand that neither Good Shepherd Catholic School nor the Diocese of Monterey assumes responsibility for payment of any medical expenses.

I realize that there is a risk of being injured that is inherent in all sports, which I expressly assume on behalf of my child. I acknowledge and understand the risk of injury may be severe, including, but not limited to, the risk of fractures, brain injuries, paralysis or even death. Accordingly, I waive all claims to the extent permitted by law for damages which I or my child may have, or which may hereafter accrue to me or my child against Good Shepherd School/Diocese of Monterey, for death, personal injuries and losses or injuries to property, real or personal, caused by or arising out of interscholastic athletics. It is further understood and agreed that this waiver and release is to be binding on my successors, heirs and assigns.

I agree and understand that transportation to games is not provided by Good Shepherd School. Furthermore, I agree and understand that coaches are not allowed to arrange rides for their players.

By checking the box below, I agree to all that has been stated above.

Type/print parent/legal guardian name

Type/print date

Good Shepherd Catholic School offers the following sports in its athletic program. Please check the sport(s) for which you give permission for your child to participate for the 2011-12 school year.

| Check | Sport | Grades | Start Date | End Date | Fee |
|--------------------------|--------------------|--------|------------|----------|------|
| <input type="checkbox"/> | Coed Flag Football | 5-8 | 8-29-11 | 10-28-11 | \$40 |
| <input type="checkbox"/> | Cross Country | 5-8 | 8-29-11 | 10-28-11 | \$40 |
| <input type="checkbox"/> | Girls Basketball | 5-8 | 8-29-11 | 10-28-11 | \$40 |
| <input type="checkbox"/> | Boys Basketball | 5-8 | 11-1-11 | 1-13-12 | \$40 |
| <input type="checkbox"/> | Girls Lacrosse | 5-8 | 11-1-11 | 1-13-12 | \$40 |
| <input type="checkbox"/> | Coed Soccer | 5-8 | 1-17-12 | 3-27-12 | \$40 |
| <input type="checkbox"/> | Girls Volleyball | 5-8 | 1-17-12 | 3-27-12 | \$40 |
| <input type="checkbox"/> | Boys Volleyball | 5-8 | 3-28-12 | 5-30-12 | \$40 |
| <input type="checkbox"/> | Coed Golf | 5-8 | 3-28-12 | 5-30-12 | \$40 |
| <input type="checkbox"/> | Track | 5-8 | 3-28-12 | 5-30-12 | \$40 |

_____ Date of Birth _____ Grade _____ Gender _____

Student's Last Name

Student's First Name

Month Date Year

Please understand that it is your responsibility as the parent/legal guardian to ensure that the information provided on this form is current. Please notify the Athletics Department immediately of any changes. You only need to enter information that has changed from last year. Thank you.

FAMILY INFORMATION

FAMILY NAME

HOME TELEPHONE

FAMILY EMAIL ADDRESS

STREET ADDRESS

CITY

ZIP

FAX NUMBER

DAD NAME (First & Last)

EMPLOYER

DAD WORK EMAIL

ADDRESS

CITY

DAD WORK PHONE

DAD CELL

MOM NAME (First & Last)

EMPLOYER

MOM WORK EMAIL

ADDRESS

CITY

MOM WORK PHONE

MOM CELL

Fill out the form below if you are ordering a Uniform Bag.



I would like to order a bag for \$30

Name: _____

I would like to order a bag with my name on it for \$35

Name as you would like it on bag:

Good Shepherd School Sports Parents Volunteer form

In that we are not able to pay our coaches, we need to enlist the help of parents to fill that role on all of our teams. If you have time in your schedule to share with your child's team as a coach, please signify by checking the appropriate boxes below. At the bottom of this sheet are other roles that parents are needed to fill at Good Shepherd.

Type/print name

Type/print date

| Check | Sport | Grade | Start Date | End Date | Coach | |
|--------------------------|--------------------|-------|------------|----------|-------------------------------|------------------------------------|
| <input type="checkbox"/> | Coed Flag Football | _____ | 8-29-11 | 10-28-11 | <input type="checkbox"/> Head | <input type="checkbox"/> Assistant |
| <input type="checkbox"/> | Cross Country | _____ | 8-29-11 | 10-28-11 | <input type="checkbox"/> Head | <input type="checkbox"/> Assistant |
| <input type="checkbox"/> | Girls Basketball | _____ | 8-29-11 | 10-28-11 | <input type="checkbox"/> Head | <input type="checkbox"/> Assistant |
| <input type="checkbox"/> | Boys Basketball | _____ | 11-1-11 | 1-13-12 | <input type="checkbox"/> Head | <input type="checkbox"/> Assistant |
| <input type="checkbox"/> | Girls Lacrosse | _____ | 11-1-11 | 1-13-12 | <input type="checkbox"/> Head | <input type="checkbox"/> Assistant |
| <input type="checkbox"/> | Girls Volleyball | _____ | 1-17-12 | 3-27-12 | <input type="checkbox"/> Head | <input type="checkbox"/> Assistant |
| <input type="checkbox"/> | Coed Soccer | _____ | 1-17-12 | 3-27-12 | <input type="checkbox"/> Head | <input type="checkbox"/> Assistant |
| <input type="checkbox"/> | Coed Golf | _____ | 3-28-12 | 5-30-12 | <input type="checkbox"/> Head | <input type="checkbox"/> Assistant |
| <input type="checkbox"/> | Boys Volleyball | _____ | 3-28-12 | 5-30-12 | <input type="checkbox"/> Head | <input type="checkbox"/> Assistant |
| <input type="checkbox"/> | Track | _____ | 3-28-12 | 5-30-12 | <input type="checkbox"/> Head | <input type="checkbox"/> Assistant |

We need parental help in the sports below. Please check the sport(s) in which you will share your time. The Athletics Department will provide thorough training of all duties for those who request it.

| Check | Sport | Grades | Start Date | End Date | Duties |
|--------------------------|--------------------|--------|------------|----------|--|
| <input type="checkbox"/> | Coed Flag Football | 5-8 | 8-29-11 | 10-28-11 | <input type="checkbox"/> Down marker |
| <input type="checkbox"/> | Cross Country | 5-8 | 8-29-11 | 10-28-11 | <input type="checkbox"/> Course timer |
| <input type="checkbox"/> | Girls Basketball | 5-8 | 8-29-11 | 10-28-11 | <input type="checkbox"/> Scorebook or scoreboard |
| <input type="checkbox"/> | Boys Basketball | 5-8 | 11-1-11 | 1-13-12 | <input type="checkbox"/> Scorebook or scoreboard |
| <input type="checkbox"/> | Girls Lacrosse | 5-8 | 11-1-11 | 1-13-12 | <input type="checkbox"/> TBA |
| <input type="checkbox"/> | Girls Volleyball | 5-8 | 1-17-12 | 3-27-12 | <input type="checkbox"/> Scoreboard, scoresheet, lines |
| <input type="checkbox"/> | Boys Volleyball | 5-8 | 3-28-12 | 5-30-12 | <input type="checkbox"/> Scoreboard, scoresheet, lines |
| <input type="checkbox"/> | Track | 5-8 | 3-28-12 | 5-30-12 | <input type="checkbox"/> Long jump pit, race timer |
| <input type="checkbox"/> | Golf | 5-8 | 3-28-12 | 5-30-12 | <input type="checkbox"/> Group supervisor |

**ATHLETIC UNIFORM AGREEMENT
FOR
PARENTS & STUDENTS**

I acknowledge that my child, _____, is to receive a uniform in the sports checked below, with the following acknowledgements:

- When laundering the jersey, I acknowledge that it must be turned inside out before it goes into the dryer because of irreparable damage that can be caused to the ink from too much heat emitted by the dryer, especially a gas dryer.
- The uniform is to be worn only for games and Team Photo Day. I authorize our family account to be charged \$5 for any time the uniform is worn for something other than a game or Team Photo Day, and \$10 for repeat occurrences.
- If my child does not have her/his uniform for a game and needs to borrow one from the Athletics Department, I authorize our family account to be charged a loan fee of \$4 for either the jersey or the shorts, or \$5 for both items.
- There will not be a refund for a withdrawal from a sport (unless the withdrawal is prior to the first game) until the uniform is returned. Even if my child withdraws from a sport prior to the first game, there will be a \$5 uniform issuance fee if the uniform has been assigned to my child.
- The uniform is to be returned by the appropriate deadline listed below and that if it is not returned in the same condition in which it is loaned, I will be financially responsible for any damage to the uniform beyond normal wear.
- If the uniform(s) is/are not returned by the deadline, I authorize a charge to our family account of \$2 per school day per uniform until the uniform(s) is/are returned, up to a maximum of \$125 for each uniform, which is the cost of replacement. If the uniform is damaged beyond repair or is not returned, I authorize a charge of up to \$125 to our family account to replace each uniform.
- Students will be required to sign for their uniforms upon issuance and return so that it is recorded that they have taken possession of a uniform and returned it, respectively.

By checking the box below, I agree to all that has been stated above.

Type/print parent/legal guardian name

Type/print date

| Check | Sport | Grades | Start Date | End Date | <u>Deadline</u> for uniform return |
|--------------------------|--------------------|---------------|-------------------|-----------------|---|
| <input type="checkbox"/> | Coed Flag Football | 5-8 | 8-29-11 | 10-28-11 | 11-7-11 |
| <input type="checkbox"/> | Cross Country | 5-8 | 8-29-11 | 10-28-11 | 11-7-11 |
| <input type="checkbox"/> | Girls Basketball | 5-8 | 8-29-11 | 10-28-11 | 11-7-11 |
| <input type="checkbox"/> | Boys Basketball | 5-8 | 11-1-11 | 1-13-12 | 1-23-12 |
| <input type="checkbox"/> | Girls Lacrosse | 5-8 | 11-1-11 | 1-13-12 | 1-23-12 |
| <input type="checkbox"/> | Coed Soccer | 5-8 | 1-17-12 | 3-27-12 | 4-2-12 |
| <input type="checkbox"/> | Girls Volleyball | 5-8 | 1-17-12 | 3-27-12 | 4-2-12 |
| <input type="checkbox"/> | Boys Volleyball | 5-8 | 3-28-12 | 5-30-12 | 6-4-12 |
| <input type="checkbox"/> | Coed Golf | 5-8 | 3-28-12 | 5-30-12 | 6-4-12 |
| <input type="checkbox"/> | Track | 5-8 | 3-28-12 | 5-30-12 | 6-4-12 |

Dear Parents,

Uniforms can range widely in size. We ask you to take the time to figure out what sizes will best fit your child and select the appropriate sizes. Please sign the uniform contract in this packet so that your child will receive a uniform for each sport that you initial on the contract. **Select one chest size AND one waist size. You may mix sizes.)**

Name: _____ **Grade:** _____

GIRLS BASKETBALL (select two of the sizes listed, one chest and one waist)

The arm holes in the youth sizes are significantly larger than those in the women's cut. Also, the inseam of the shorts is **7 inches in adult sizes and 6 inches in youth sizes (BIG difference)**, meaning the youth shorts are 1 inch shorter in length.

| | Size | YM | YL | YXL | WS | WM | WL | XWL | WXXL |
|----------------|-------|---------------|---------------|---------------|-------|-------|-------|-------|-------|
| Shirt (chest) | _____ | 10-12 (32-34) | 14-16 (36-38) | 18-20 (40-42) | 34-36 | 38-40 | 42-44 | 46-48 | 50-52 |
| Shorts (waist) | _____ | 28-30 | 32-34 | 22-24 | 26-28 | 30-32 | 34-36 | 38-40 | |

BOYS BASKETBALL (select two of the sizes listed, one chest and one waist)

The inseam of the shorts is **7 inches in adult sizes and 6 inches in youth sizes**. Please take that into consideration.

| | Size | YM | YL | YXL | MS | MM | ML | MXL |
|----------------|-------|---------------|---------------|---------------|-------|-------|-------|-------|
| Shirt (chest) | _____ | 10-12 (32-34) | 14-16 (36-38) | 18-20 (40-42) | 34-36 | 38-40 | 42-44 | 46-48 |
| Shorts (waist) | _____ | | 28-30 | 32-34 | 26-28 | 30-32 | 34-36 | 38-40 |

BASKETBALL WARMUPS (select two of sizes listed; one chest, one waist)

| | Size | YM | YL (Inseam) | YXL (IN) | AS (IN) | AM (IN) | AL (IN) | AXL (IN) |
|---------------|-------|-------|-------------|------------|-------------|-------------|-------------|-------------|
| Shirt (chest) | _____ | 32-34 | 36-38 | | 34-36 | 38-40 | 42-44 | 46-48 |
| Pants (waist) | _____ | | 28-30 (27) | 32-34 (29) | 26-28 (31½) | 30-32 (32½) | 34-36 (33½) | 38-40 (34½) |

FOOTBALL, LACROSSE, SOCCER, BOYS VOLLEYBALL (select two of the sizes, one chest and one waist)

| | Size | YS | YM | YL | AS | AM | AL | XL | XXL |
|----------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Shirt (chest) | _____ | | 26-28 | 30-32 | 34-36 | 38-40 | 42-44 | 46-48 | 50-52 |
| Shorts (waist) | _____ | 22-24 | 24-26 | 26-28 | 30-32 | 32-34 | 36-38 | 40-42 | |

GIRLS VOLLEYBALL (select two of the sizes listed, one chest and one waist)

| | Size | YM | YL | WXS | WS | WM | WL | WXL |
|----------------|-------|-------|-------|-------|-------|-------|-------|-------|
| Shirt (chest) | _____ | 30-32 | 34-36 | | 34-36 | 38-40 | 42-44 | 46-48 |
| Shorts (waist) | _____ | | | 24-26 | 26-28 | 28-30 | 30-33 | 33-36 |

CROSS-COUNTRY AND TRACK (select two of the sizes listed, one chest and one waist)

| | Size | YM | YL | XS | AS | AM | AL | AXL |
|----------------------|-------|-------|--------------|-------------|-------|-------|-------|-------|
| Men's shirt (chest) | _____ | 10-12 | 14-16 | | 34-36 | 38-40 | 42-44 | 46-48 |
| Women's shirt (bust) | _____ | 10-12 | 14-16 | 26-28 | 30-32 | 34-36 | 38-40 | 42-44 |
| Shorts (waist) | _____ | | 27-28 (girl) | 27-28 (boy) | 28-30 | 32-34 | 36-38 | 40-42 |

TRACK WARMUPS (hip sizes are same as chest size; select two of the sizes listed, one jacket and one pants)

| | Size | YM (inseam) | YL (inseam) | AS | AM |
|----------------|-------|-------------|--------------|-------|-------|
| Jacket (chest) | _____ | 28-30 | 32-34 | 36-38 | 40-42 |
| Pants (waist) | _____ | 21½-23 (26) | 24½-26 (26½) | 28-30 | 32-34 |

Team Photo Days

(All photos taken in O'Donnell Gym)

October 11

Order (times not approximate):

- 1) 12:30 8th flag football
- 2) 12:35 7th flag football
- 3) 12:40 6th flag football
- 4) 12:45 5th flag football

October 13

Order (times not approximate):

- 1) 12:30 8th girls basketball
- 2) 12:35 7th girls basketball
- 3) 12:40 6th girls basketball
- 4) 12:45 5th girls basketball

October 14

Order (times not approximate):

- 1) 12:30 Boys Cross Country
- 2) 12:35 Girls Cross Country

Help wanted

Parents, because Team Photo Day has the ability to turn into a figurative zoo, we could use help supervising students. If you have time in your schedule to help us – in exchange for Parent Service Hours – please contact Coach Greg, either by email at glathrop@gsschool.org or by phone at 476-1292.

November 30

Order (times not approximate):

- 1) 12:30 8th grade boys basketball
- 2) 12:35 7th grade boys basketball
- 3) 12:40 6th grade boys basketball
- 4) 12:45 5th grade boys basketball

January 25

Order (times not approximate):

- 1) 12:30 8th grade coed soccer
- 2) 12:35 7th-grade coed soccer
- 3) 12:40 6th grade coed soccer
- 4) 12:45 5th grade coed soccer
- 5) 12:50 8th grade girls volleyball
- 6) 12:55 7th grade girls volleyball
- 7) 1:00 6th grade girls volleyball
- 8) 1:05 5th grade girls volleyball

February 29

Order (times not approximate):

- 1) 12:30 7th-8th boys volleyball
- 2) 12:35 5th-6th boys volleyball
- 3) 12:40 7th-8th grade boys golf
- 4) 12:45 5th-6th grade boys golf
- 5) 12:50 7th-8th grade girls golf
- 6) 12:55 5th-6th grade girls golf
- 7) 1:00 Boys Track
- 8) 1:05 Girls Track

Price of photos (billed to family account):

\$20 combo (5x7 team and 3½x5 individual photo on 8x10 sheet)

\$19 individual package (two 3½x5 photos and four wallet-size photos on 8x10 sheet)

\$13 team photo (5x7)

Turn in signed form to office prior to Photo Day or at Photo Day if you're purchasing a team photo. (No refund for cancellations made after April 5.)

By checking the box below, I agree to all that has been stated above.

_____ Type/print parent/legal guardian name

_____ Type/print date

Student's name _____ Check the following package(s) of your choice/cancellation:

I am ordering a \$20 combo package for each of the following sports:

I am ordering a \$19 individual package for each of the following sports:

I am ordering a \$13 team photo for each of the following sports:

I am **cancelling** the \$20 combo package I previously ordered for each of the following sports:

I am **cancelling** the \$19 individual package I previously ordered for each of the following sports:

I am **cancelling** the \$13 team photo I previously ordered for each of the following sports: