

# CPCFRO Intramural Sports Program For Students in 5<sup>th</sup> and 6<sup>th</sup> Grade

## REGISTER TODAY for the 2010 Fall Season (Boys Volleyball and Girls Basketball)

### WHAT IS CPCFRO?

CPCFRO represents the first letters of the four elementary schools in School District 102: Congress Park, Cossitt, Forest Road & Ogden. It is a parent-organized, all-volunteer intramural sports program for boys and girls in 5<sup>th</sup> and 6<sup>th</sup> grade.

The CPCFRO Athletic Association was formed over 15 years ago by former District 102 teacher Brad Nelson and his wife, Doris, with the goal of developing individual and team skills in basketball and volleyball.

### WHAT IS THE CPCFRO PROGRAM PHILOSOPHY?

Every student plays equally. No experience is necessary for participation. Parents do not need experience as a prerequisite to coach in the program.

Game rules are slightly modified to encourage instruction and equal rotation of players. Importantly, team standings are NOT kept so as to foster friendly competition. Good sportsmanship is required of all coaches, parents and spectators at all times to make CPCFRO a positive experience for our students.

### WHAT IS THE CPCFRO SCHEDULE?

CPCFRO has two seasons – Fall and Winter. Eight to 10 games are typically played in each sport.

**Fall season:** Girls Basketball and Boys Volleyball. Games begin in late September and go through November.

**Winter season:** Girls Volleyball and Boys Basketball. Games begin in January and go through March.

Sign-up is offered before each playing season, and a couple of weeks of practices precede the start of each season.

Games take place Monday, Tuesday and Thursday evenings between 6 and 9 p.m. at Park Junior High School for basketball, and Ogden School for volleyball.

### HOW DOES CPCFRO WORK?

CPCFRO is organized by a volunteer Board comprising parent representatives from each grade school, a volunteer Treasurer and a paid Program Administrator. Your PTC or PTO has the names of your school's CPCFRO Board representatives.

Volunteer parents organize and coach teams from their respective grade school with the assistance of each school's CPCFRO Board representatives. **Parents are encouraged to volunteer for a coaching position. There will be a coach and a co-coach for each team.**

Students age 15 and older who have an interest and knowledge of basketball/volleyball are paid to referee. An official referee is paid to referee basketball games along with a high school referee. They must complete an application and are selected by the Program Administrator.

The program is funded in full by player participation fees. **The fee to participate in the Fall 2010 Season is \$35 per player** (boys and girls). This fee includes a team T-shirt. The fee is reviewed after each season to ensure it is appropriate.

### HOW DO WE GET INVOLVED?

- Register your student and pay the \$35 fee – make check payable to CPCFRO.

# C.P.C.F.R.O. ATHLETIC ASSOCIATION PLAYER REGISTRATION FORM

- Please submit this form to your homeroom teacher by Friday, September 8th, 2010.
- Circle the sport your child will be registering for: Boys Volleyball or Girls Basketball
- \$35 fee to accompany this form (make checks payable to CPCFRO) Paid by Cash \_\_\_\_\_ Check # \_\_\_\_\_

## VOLUNTEER INFORMATION:

Check if you would be interested in volunteering to be a coach or co-coach.

\_\_\_\_\_ Coach Email we can contact you at: \_\_\_\_\_  
\_\_\_\_\_ Co-Coach Email we can contact you at: \_\_\_\_\_

## PLAYER INFORMATION:

PLAYER'S NAME \_\_\_\_\_  
PARENTS/GUARDIANS NAME(S) \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_  
HOME PHONE # \_\_\_\_\_ WORK/CELL PHONE # \_\_\_\_\_  
SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_ TEACHER \_\_\_\_\_  
T-SHIRT SIZE \_\_\_\_\_

## PLAYER BACKGROUND INFORMATION:

Please check below (all that apply) any type of organized league that your child has played in for boys basketball or girls volleyball.

\_\_\_\_\_ Instructional / Recreational- Number of years played \_\_\_\_\_  
\_\_\_\_\_ Competitive- Number of years played \_\_\_\_\_

Days you cannot play – this information is used for forming teams, NOT for scheduling games: \_\_\_\_\_

## MEDICAL INFORMATION:

Does this child have any special conditions, disabilities, present injuries or limitations, allergies, hemophilia, heart condition, history of respiratory illness or any other significant medical condition? No \_\_\_\_\_ Yes \_\_\_\_\_  
If yes, please state problem:

\_\_\_\_\_  
PHYSICIAN \_\_\_\_\_ PHONE \_\_\_\_\_

## EMERGENCY AUTHORIZATION:

I, the undersigned parent or legal guardian of the participant, a minor, hereby authorize the coach's assistant, coach or parent of team members acting in the capacity of activity supervisors/vehicle drivers, as my Agents, to consent to medical, surgical or dental examination and/or treatment. In case of emergency, I hereby authorize treatment and/or care at any hospital. **If there is an emergency and I cannot be reached, please contact:**

EMERGENCY CONTACT NAME (OTHER THAN PARENT/GUARDIAN) \_\_\_\_\_  
PHONE \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

## WAIVER OF LIABILITY & DISCLAIMER:

To induce CPCFRO Athletic Association to accept registration and permit participation in basketball/volleyball by the named individual, I, the parent/guardian of said individual, hereby give my consent and agree to release, indemnify and hold harmless CPCFRO Athletic Association, its officials, coaches and representatives from any claim arising out of injury to the named individual. I also hold harmless CPCFRO Athletic Association from any claim arising out of injuries or conditions caused by or aggravated by my refusal to obtain available medical treatment based on religious or philosophical beliefs or otherwise.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

**IMPORTANT! Please READ & SIGN the back of this form as well.**

# **Sport Parent Code of Conduct**

On September 23, 2000, the Massachusetts Governor's Committee on Physical Fitness and Sports and the National Youth Sports Safety Foundation, Inc. brought together more than 30 heads of Massachusetts's chapters of national sports and medical associations, educational organizations, and professional associations to develop a sport parent code of conduct. Here is the code they created:

## **Preamble**

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: **trustworthiness, respect, responsibility, fairness, caring and good citizenship**. The highest potential of sports is achieved when competition reflects these "**six pillars of character**".

## **I therefore agree:**

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

**I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:**

- Verbal warning by official, head coach, and/or head of league organization
- Written warning
- Parental game suspension with written documentation of incident kept on file by organizations involved.
- Game forfeit through the official or coach
- Parental season suspension

**Parent / Guardian Signature:**

**Date:**

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