

Athletic Clearance Forms and Information

Completed athletic forms must be turned into the school office, not to the coach, by the following timelines:

If you're playing: Fall sport - July 28, 2008

(Cross Country, Football, Girls Golf, Girls Tennis, Girls Volleyball, Boys Waterpolo, Drill Team- Dance, Pep Squad-Cheer)

Winter sport - November 7, 2008

(Boys & Girls Basketball, Boys & Girls Soccer, Girls Waterpolo, Wrestling, Surfing)

Spring sport – February 9, 2009

(Badminton, Baseball, Boys Golf, Boys/Girls Lacrosse, Softball, Boys/Girls Swimming, Boys Tennis, Track & Field, Boys Volleyball)

Please allow time to have your forms cleared. Your participation in the sport may be delayed if forms are returned after the deadline.

Parent, student and physician signatures must be legitimate. Forgery will result in discipline and possible non-participation.

Physicals:

- A physical is required to participate in sports. A physical is good for one calendar year from the date of the exam. Example: an exam given on 7/13/08 is valid through 7/13/09. The physical date must cover the athlete through the season of the sport including the CIF playoffs. If not, the athlete will need to schedule a new exam before the season begins.
- If you do not have a doctor or your yearly physical does not coincide with your health plan, you may use:

Ocean Medical Family and Urgent Care

1106 S. PCH

Redondo Beach, CA 90277

310-316-1661

Appointments are not required for athletic physicals. The fee is \$29.00

Hours: Monday – Thursday, 8:00 a.m. to 7:00 p.m.

Friday, 8:00 a.m. – 5:00 p.m.

Saturday and Sunday, 9:00 a.m. – 2:00 p.m.

(Students must be 18 years or younger & no additional tests or shots are necessary.)

Medical Insurance:

California Education Code states that all students who participate in a co-curricular activity must have insurance coverage prior to practice or participation. If students do not have insurance coverage with their family, they may purchase school insurance from Meyers-Stevens. Medical brochures and forms are available in the school office and must be returned with the completed athletic forms.

Questions: Bob Fish, Athletic Director, 310-318-7337 ext. 5002/5010

Have a Great Season!

▶ INDICATES INFORMATION MUST BE FILLED OUT OR SIGNED

FOR OFFICE USE ONLY
<input type="checkbox"/> Yes <input type="checkbox"/> No
Physical date: _____

Manhattan Beach Unified School District
Mira Costa High School - Athletic/Activity Report
Forgery of these forms will result in disciplinary action by MBUSD

Print Last Name Above	Print First Name	Grade	Male/Female	Sport (s)
Address		City/Zip	Home Phone Number	
Age as of June 15, 2008	Birth date	Month and year started ninth grade		
Did you transfer from another high school?	If so, what date?	List name, city, and state of the high school from which you transferred.		

M.B.U.S.D. Board Policy BP 5145.3 **Nondiscrimination**
 District programs and activities shall be free from discrimination, including harassment, threats, and intimidation, with respect to gender, race, color, religion, national origin, ethnic group, marital or parental status, sexual orientation, physical or mental disability, or any other personal preference or characteristic.

Insurance Requirements

California Law (Educational Code 32220-24) requires every member of an athletic team to have \$1,500.00 medical and hospital coverage. **STUDENTS MUST HAVE THEIR OWN INSURANCE TO PARTICIPATE.**
The Manhattan Beach Unified School District does not have insurance to cover athletic injuries.
School insurance is available to all students. Pick-up a brochure from the school office.

Your Family Insurance Coverage

Our family insurance coverage for our son/daughter meets the requirements of California law.

The name of our insurance company is: ▶ _____
 Our policy or group number is: ▶ _____

I will promptly notify the school in the event insurance coverage no longer applies to my son/daughter.

School Insurance: Myers/Stevens Insurance Company

I am purchasing Myers/Stevens insurance and returning the Myers/Stevens envelope with the Athletic/Activity Packet, so the school can send it to the company. I am purchasing the following coverage:

(Check the appropriate coverage.)

____ Student Health Care Plan (sickness & accidents)	____ School Time Accident Low Mid High
____ Tackle Football Accident Low Mid High	____ Dental Accident Plan
____ Full-Time (24 hr.) Accident Low Mid High	____ Pharmacy SmartCard

Athletic/Activity Commitments and Responsibilities

I have read and understand the following sections of the Athletic Packet:

<input type="checkbox"/> Athletic/Activity, Insurance, & Discrimination Report	<input type="checkbox"/> District Letter Regarding Insurance Coverage
<input type="checkbox"/> Athletic/Activity Emergency Card	<input type="checkbox"/> NCAA Scholarship Information
<input type="checkbox"/> Participation Physical Evaluation	<input type="checkbox"/> Academic Eligibility Standards
<input type="checkbox"/> Athlete's Code of Ethics	<input type="checkbox"/> CIF Athletic Eligibility Rules
<input type="checkbox"/> Steroid Use Student Agreement	<input type="checkbox"/> Athletic Contract
<input type="checkbox"/> Transportation Donation Letter and Form	

▶ _____ Parent or Guardian Signature	▶ _____ Student Signature	▶ _____ Date
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Forgery of any of these forms will result in disciplinary action by MBUSD

Female _____ Male _____

MANHATTAN BEACH UNIFIED SCHOOL DISTRICT
Mira Costa High School

ATHLETIC/ACTIVITY EMERGENCY CARD

Print Last Name First Name Middle Initial Grade Sport

Address City Zip Home Phone Number

Did you transfer from another high school? List date, name, city and state of high school from which you transferred

Father/Guardian's Name Father/Guardian's Phone Number Mother/Guardian's Name Mother/Guardian's Phone Number

Father's Work Number Mother's Work Number Other to Call in Emergency (Name and Phone Number)

<p>▶ Medication(s) athlete uses: _____</p> <p>▶ Purpose of medication: _____</p> <p>▶ List any physical condition or injury that should be watched: _____</p> <p>_____</p> <p>▶ Print physician's name</p>	<p>▶ Print physician's phone number</p>
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*** PARENT CONSENT ***

I hereby give my consent for the above-named (student) to compete in sports and go with a representative of the school on any school related trip. In case of injury, you are authorized to have him/her treated.

▶ Date ▶ Parent/Guardian Signature ▶ Name of Insurance Co. ▶ Policy/Group No.

ATHLETE'S CODE OF ETHICS

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

▶ _____
Parent's Signature Date

▶ _____
Athlete's Signature School Date

▶ _____
Athlete's Name Printed

A copy of this form must be kept on file in the Athletic Director's Office at the local high school on an annual basis and the Principal's Statement of Compliance must be on file at the CIF Southern Section Office.

Students

STEROIDS

**MANHATTAN BEACH UNIFIED SCHOOL DISTRICT
AGREEMENT FOR STUDENT ATHLETE AND PARENTS/GUARDIANS
REGARDING USE OF STEROIDS**

Name of student athlete:

▶ _____

The Board of Trustees of the Manhattan Beach Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids or any dietary supplement banned by the U.S. Anti-doping Agency, as well as the substance synephrine. The Board requires that all participating students and their parents/guardians sign this agreement in order for a student athlete to participate in district/school-sponsored interscholastic sports.

By signing below, we agree that the student shall not use androgenic/anabolic steroids or any dietary supplement banned by the U.S. Anti-doping Agency, nor the substance synephrine, without the written prescription from a licensed health care practitioner, to treat a medical condition.

We recognize that the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information.

We understand that the student's violation of the district's policy regarding steroids may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension, or expulsion.

▶ Signature of student athlete

▶ Date

▶ Signature of parent/guardian

▶ Date

Exhibit
adopted: September 20, 2006

MANHATTAN BEACH UNIFIED SCHOOL DISTRICT
Manhattan Beach, California

Athletic and Transportation Donation

Dear Parent/Guardian:

As you may know, all school districts and schools have to make choices as to how to best meet the needs of their students with the limited resources provided by the state. The Manhattan Beach Unified School District has chosen to request a donation for some services outside the classroom as an alternative to cutting programs.

We are asking that all students who participate in co-curricular programs requiring transportation to make a one-time a year donation of \$150.00, regardless of how many sports or activities he/she may participate in. This donation would include all sports, MUN, band, and cheer. Please note that no child will be denied access to our programs.

Please write your check for **\$150.00**, made payable to **Manhattan Beach Unified School District, (MBUSD)**, complete the **donation form below** and return it to the school office at Mira Costa with the completed Athletic/Activities Packet. **Also, please print your student's name on the bottom portion of the check.**

The Athletic/Activities packet must be returned to the school secretary for clearance to participate in the sport or activity.

If you're playing:

Fall sport - July 28, 2008

(Cross Country, Football, Girls Golf, Girls Tennis, Girls Volleyball, Boys Waterpolo, Drill Team-Dance, Pep Squad-Cheer)

Winter sport - November 7, 2008

(Boys & Girls Basketball, Boys & Girls Soccer, Girls Waterpolo, Wrestling, Surfing)

Spring sport - February 9, 2009

(Badminton, Baseball, Boys Golf, Lacrosse, Softball, Swimming, Boys Tennis, Track & Field, Boys Volleyball)

If you have any questions regarding the athletic and transportation donation, please call me at 318-7337, ext. 5002. Thank you.

Sincerely,

Bob Fish

Bob Fish
Athletic Director

**Mira Costa High School
Manhattan Beach Athletic and Transportation Donation Form**

Please make check payable to: **Manhattan Beach Unified School District (MBUSD)**

Print Student's Name	Sport/Activity	Grade	Date
Address	City/Zip		Phone
Print Parent's / Guardian's Name			

_____ I am enclosing a donation check for \$150.00 made payable to MBUSD for the co-curricular athletic and transportation program. **PRINT YOUR STUDENT'S NAME ON THE BOTTOM PORTION OF THE CHECK.**

_____ In addition to the athletic and transportation donation, I am enclosing a donation of \$_____, for students who may need assistance with their athletic and transportation donation.

Student Insurance

Dear Parent(s):

The Manhattan Beach Unified School District takes appropriate steps to protect your child from injuries. Even so, accidents can and do happen.

Your child's school **does not** provide medical insurance coverage for school accidents. This means that you are responsible for the medical bills if your child gets hurt during school activities. The student accident/health insurance plans are offered for your particular need.

The Student Health Care Plan is recommended since it covers both injuries and illnesses twenty-four hours a day. If your child has no insurance, *California Law (Educational Code 32220-24) requires every member of an athletic team to have at least \$1,500.00 medical and hospital coverage.* If your child does have other health insurance, student insurance may also be used to supplement eligible charges not covered by other insurance.

The health care brochure is available in the school office. Please read the brochure carefully. If you have questions, please call the plan administrator, Myers-Stevens at 1(800) 827-4695 or 1(714) 348-0656. Bilingual representatives are available for parents who need assistance in Spanish.

Yours truly,

Steve Romines, Ph.D.

Steve Romines, Ph.D.
Assistant Superintendent of Administrative Services

IMPORTANT NCAA INFORMATION TO QUALIFYING 11TH GRADE ATHLETES

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization that has established rules on eligibility, recruiting, and financial aid. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships. If you are a qualifying 11th grade athlete, and planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Eligibility clearinghouse. An application is required to be completed at the end of the 11th grade. The Clearinghouse was established by the NCAA member institutions in January 1993. The Clearinghouse ensures consistent application of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

To be certified by the Clearinghouse, you must: 1) graduate from high school. Apply for certification before graduation if you are sure you wish to participate in athletics as a freshman at the college to which you will be admitted. The Clearinghouse will issue a preliminary certification report when you have had all your material submitted. After you graduate, if your eligibility information is requested by a member institution, the Clearinghouse will review your final transcript to make a final certification decision according to NCAA standards. 2) Earn a grade-point average of at least 2.0 (on a 4.0 scale) . Only courses that satisfy the NCAA definition of a core course can be used to calculate your NCAA GPA. No special values are allowed for "+" or "-" grades.

NCAA FRESHMAN-ELIGIBILITY STANDARDS

QUICK REFERENCE SHEET (from the NCAA Eligibility Center website, 8/28/07)

KNOW THE RULES:

Core Courses

- Starting August 1, 2008, 16 core courses will be required for NCAA Division I only. This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.
- 14 core courses are required in NCAA Division II. See the breakdown of core-course requirements below.

Test Scores

- Division I has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on the next page.
- Division II has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a sum of the four sections on the ACT: English, math, reading and science.
- All SAT and ACT scores must be reported directly to the NCAA Initial-Eligibility Clearinghouse by the testing agency. Test scores that appear on transcripts will no longer be used. When registering for the SAT or ACT, use the clearinghouse code of 9999 to make sure the score is reported to the clearinghouse.**

Grade-Point Average

- Only core courses are used in the calculation of the grade-point average.
- Be sure to look at your high school's list of NCAA-approved core courses on the clearinghouse website to make certain that the courses being taken have been approved as core courses. The website is www.ncaaclearinghouse.net.
- Division I grade-point-average requirements are listed on the next page.
- The Division II grade-point-average requirement is a minimum 2.000.

DIVISION I 16 CORE-COURSE RULE
<u>16 Core Courses:</u>
4 years of English
3 years of mathematics (Algebra 1 or higher)
2 years of natural/physical science (one yr. lab)
1 year of additional English, mathematics or natural/ physical science
2 years of social science
4 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

DIVISION II 14 CORE-COURSE RULE
<u>14 Core Courses:</u>
3 years of English
2 years of mathematics (Algebra 1 or higher)
2 years of natural/physical science (1 yr. lab)
2 years of additional English, mathematics or natural/physical science
2 years of social science
3 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

Please note: For students first entering any NCAA college or university on or after August 1, 2005, computer-science courses may only be used for initial-eligibility purposes if the course receives graduation credit in mathematics or natural/physical science and is listed as such on the high school's list of NCAA-approved core courses.

OTHER IMPORTANT INFORMATION:

- Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.
- 14 Core courses are required for Division II.
- 16 Core courses are required for Division I.
- The SAT combined score is based on the verbal and math sections only. The writing section will not be used.
- SAT and ACT scores must be reported directly to the clearinghouse from the testing agency. Scores on transcripts will not be used.

For more information regarding these rules, please go to www.ncaa.org. Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the clearinghouse website at www.ncaaclearinghouse.net.

Please call the NCAA Eligibility Center if you have questions: TOLL-FREE NUMBER: 877.622-2321

**NCAA DIVISION I SLIDING SCALE
CORE GRADE-POINT AVERAGE/TEST-SCORE
SAT – verbal & math only**

Core GPA	ACT	SAT	Core GPA	ACT	SAT	Core GPA	ACT	SAT	Core GPA	ACT	SAT
3.550 & +	37	400	3.150	48	560	2.750	59	720	2.350	73	880
3.525	38	410	3.125	49	570	2.725	59	730	2.325	74	890
3.500	39	420	3.100	49	580	2.700	60	740	2.300	75	900
3.475	40	430	3.075	50	590	2.675	61	740-750	2.275	76	910
3.450	41	440	3.050	50	600	2.650	62	760	2.250	77	920
3.425	41	450	3.025	51	610	2.625	63	770	2.225	78	930
3.400	42	460	3.000	52	620	2.600	64	780	2.200	79	940
3.375	42	470	2.975	52	630	2.575	65	790	2.175	80	950
3.350	43	480	2.950	53	640	2.550	66	800	2.150	80	960
3.325	44	490	2.925	53	650	2.525	67	810	2.125	81	960
3.300	44	500	2.900	54	660	2.500	68	820	2.100	82	970
3.275	45	510	2.875	55	670	2.475	69	830	2.075	83	980
3.250	46	520	2.850	56	680	2.450	70	840-850	2.050	84	990
3.225	46	530	2.825	56	690	2.425	70	860	2.025	85	1000
3.200	47	540	2.800	57	700	2.400	71	860	2.000	86	1010
3.175	47	550	2.775	58	710	2.375	72	870			

**Mira Costa High School
Academic Eligibility Standards**

The Manhattan Beach Unified School District has established the following eligibility standards for co-curricular programs.

In order for a student to participate in the school co-curricular program, his/her report card from the previous grading period must reflect a "C" (2.0) grade point average or better with a minimum of (20) credits of new work completed or in progress. This may include physical education, work experience, and SCROC.

Academic eligibility will be determined in this manner:

- **First quarter** eligibility will be determined by the 2nd semester grades received the previous June. **Summer school** credits and grades for new course work will be counted toward making up credit and/or GPA deficiencies incurred during the grading period ending in June.
- **Second quarter** eligibility will be determined by the 1st quarter grades.
- **Third quarter** eligibility will be determined by the 1st semester grades.
- **Fourth quarter** eligibility will be determined by the 3rd quarter grades.

A student concurrently enrolled in a comprehensive high school and Independent Study or adult school is eligible providing his/her combined grades meet the academic standards as stated above.

first quarter of the ninth grade will be determined by applying the same standards to the student's last report card from his/her former school.

All freshmen will be eligible to participate when school opens. Their first eligibility decision will be made on the basis of the student's first quarter grades which will be reported in November. Eligibility for the periods of November through the end of January will be based on the November grades.

If you have any questions regarding athletic eligibility, please contact your child's Educational Advisor or the Athletic Director.

CIF Athletic Eligibility Rules

TO PROTECT YOUR ATHLETIC ELIGIBILITY YOU MUST:

- Be under nineteen years of age prior to June 15.
- Have reached the ninth grade.
- Participate in no more than four seasons of the same sport after enrolling in the ninth grade.
- Be scholastically eligible.
- File an Application for Residential Eligibility if you have transferred from another school without a corresponding bonafide change of residence by your parents/guardians, or you are a foreign student.
- Since entering the ninth grade, not be in your ninth semester of attendance.
- Meet citizenship requirements.
- Maintain amateur standing.
- Not have participated in any tryout for a professional team.
- Maintain in your school files an annual physical examination certifying that you are physically fit to try out and/or participate in athletic activities.

YOUR ELIGIBILITY IS SUBJECT TO SPECIAL RULES: (Questions should be directed to your school coach and/or Athletic Director)

- Competition with an outside team during your high school season in the same sport is prohibited.
- Participation on the varsity football team is prohibited until you have reached your 15th birthday.

Special Note: By action of the State Federated Council, the Southern Section has been granted an experimental waiver to allow 14 year old student/athletes to play at the varsity level. Students must have filed with the school a letter of approval from a doctor and the parents. Additionally, a certificate of acknowledgment must be filed with CIF Southern Section Office on the appropriate form by the principal.

- If you transfer from one school to another without a bonafide change of residence by your parents/guardians, your eligibility is subject to special rules which may include non-participation at the varsity level.
- Students may participate in All-Star competition between conclusion of the Southern Section season of sport and September 1.

Special Note: The rules and regulations listed on this paper represent only a summary of all State CIF and Southern Section rules and regulations. You are urged to check with your athletic director or coach if you have any questions regarding your eligibility. Competing for your school team when you are not eligible could subject your team to forfeiture. If you are in doubt at your eligibility status, CHECK IT OUT!

May 13, 2008

MANHATTAN BEACH UNIFIED SCHOOL DISTRICT
Mira Costa High School
ATHLETIC CONTRACT

As an athlete, I understand and agree to accept and obey the following rules and procedures as set forth by the Athletic Department:

1. The Athletic Information Packet is 15 pages and composed of the following forms:
 - Athletic Clearance Forms and Information-pg. 1
 - **Athletic/Activity Report-page 2**
 - **Athletic/Activity Emergency Card-page 3**
 - **Pre-participation Physical Evaluation-pg. 4**
 - **Athlete's Code of Ethics-page 5**
 - **Steroids Information Form-page 6**
 - **Athletic & Transportation Donation-page 7**
 - Student Insurance Information-page 8
 - NCAA Information-pages 9-10
 - Academic Eligibility Standards-pgs. 10-11
 - CIF Athletic Eligibility Rules-page 11
 - Athletic Contract-page 12
 - Summary Procedures of Voluntary (Random) Urine Testing Program-pgs. 13-14
 - Testing Choice Form-page 15
2. Pages 2 – 6 (named above) **must** be completed and returned as the "Athletic Packet" to the athletic secretary ***before the season of sport.***
3. Page 7 - Checks for the Athletic and Transportation Donation are payable to **Manhattan Beach Unified School District**, and should be returned with the completed "Athletic Packet". It is important that you please print your student's name on the bottom portion of the check. **Because participation in athletics or activities is a commitment, the transportation donation will not be refunded once a student makes the team or quits.** If a student does not make the team, they may pick up an Athletic and Transportation Refund form from the ASB Finance Clerk.
4. Page 15 **must** be returned to the Manhattan Beach Athletic Foundation (address on that page).
5. Students must also have a current ASB card and **activity sticker**, to be purchased on or before registration. If this presents a financial burden, please contact the athletic department. No student will be denied access.
6. The athlete accepts responsibility for all equipment checked out, and promises to return same in good condition and on time.
7. Athletes must maintain good citizenship and attendance records in all classes.
8. Athletics/sixth period is a class students take for credit. Therefore, students must be in class on time and dressed in the proper clothing. Excessive tardiness or absences will be cause for removal from the class. Athletic period P.E. will meet sixth period during the season of sport. Out of season athletic P.E. may meet zero period.
9. At the conclusion of sport/season, athletes are to follow the instructions of their coach. If dropped from the team, for any reason, the student is to report to his/her educational advisor the following day for instructions. Under no circumstances are student/athletes to leave campus without an off-grounds permit prior to the end of the school day.
10. **Forgery of any of these forms will result in disciplinary action by an administrator.**
11. Conduct of an athlete is expected to be of a high standard at all times both on and off campus. Misconduct, which reflects unfavorably upon the team and school, will be cause for suspension or removal from the team or sport.
12. Fighting during athletic or school event will result in suspension from the team and/or school. Unsportsmanlike conduct will not be tolerated.
13. Athletic participants are expected to attend school on the day of the contest.

Manhattan Beach Athletic Foundation Summary Procedures of Voluntary (Random) Urine Testing Program

The Manhattan Beach Athletic Foundation has implemented the following guidelines for the MBAF Voluntary Urine Testing Program. Note that the program will be made available to all students (and their parents) who participate in interscholastic athletics at Mira Costa High School.

- Students and parents will be provided with a participation/non-participation form. Students and parents are asked to return the form by mailing it directly to the outside drug testing laboratory;
- Names of students volunteering to be tested will be placed in a computerized lottery system generated and maintained by the outside testing company; those names will not be made available to the Manhattan Beach Unified School District, Mira Costa High School or individual coaches or teachers;
- A representative of the outside testing company will randomly select names throughout the school year for voluntary – random – drug testing;
- A site at Mira Costa High School will be provided for urine specimen collection;
- Students will provide the specimen in private;
- The specimen will be transported to the laboratory following standard “Chain of Custody” procedures;
- Students will be tested on the assigned date to assure accuracy. Parents will be notified by the outside testing company if a student chooses not to be tested;
- Results of the test will be available within forty-eight hours.

Negative Result

Notification of a negative test will be mailed home. MIRA COSTA HIGH SCHOOL, COACHES OR ADMINISTRATORS WILL NOT BE CONTACTED WITH NEGATIVE RESULTS.

Positive Result

Notification of a positive result will be made by a representative from the outside testing company; this will occur after the specimen has been sent to the lab for secondary testing to confirm the result. NO CONTACT WILL BE MADE WITH MIRA COSTA HIGH SCHOOL, COACHES OR ADMINISTRATION. The outside testing laboratory will make available information for possible follow-up. Such information will be approved by Rocky Wilson, the Substance Abuse Prevention and Education Task Force and/or the District’s Medical Advisory Board. Students and parents will be encouraged to utilize the resources identified by the MBUSD Task Force on Substance Abuse Prevention and Education.

- **ALL RESULTS ARE CONFIDENTIAL. PARENTS AND STUDENTS WILL BE GIVEN THE ONLY COPY OF THE RESULTS WITH STUDENT’S NAME ATTACHED.**
- Students participating in the program will remain in the testing program throughout the school year. Tests will be random, and there is no guarantee that every student will be tested. Further, it is possible that certain students may be tested more than once. Tests will be random, and every participating student will be included in each random test selection;
- Participants will be asked to pay a \$40 fee to cover the cost of the program during the school year. Scholarships will be available.
- **NO SCHOOL ADMINISTRATORS, TEACHERS, COACHES, OR REPRESENTATIVES OF THE MANHATTAN BEACH ATHLETIC FOUNDATION WILL HAVE KNOWLEDGE OF YOUR TEST RESULTS. ALL RESULTS ARE CONFIDENTIAL.**

DRUGS SCREENED AND INTERPRETATION OF RESULTS

Our outside drug testing laboratory offers a urine screen specifically configured for abstinence compliance for the most common drugs of abuse including marijuana, cocaine and PCP. The purpose is to offer clinicians and or drug abuse programs a broad and inexpensive means of monitoring for abstinence. Drug classes are detected by enzyme-immunoassay (EMIT), Radio-immunoassay (RIA) or Gas Chromatography (GC) and reported as "positive" or "non-detected." The amphetamine class is automatically tested for amphetamine and/or methamphetamine. This separation is offered to assure that only potentially abused substances will be reported as "positive," thus eliminating over the counter medications such as phenylpropanolamine (ephedrine). Confirmation is by an alternative detection method (GC, GC/MS, etc) for forensic purposes. The specimen requirement is 25 ml urine.

The following drug classes to be analyzed and the general time frames within which an individual might be expected to produce a positive sample following drug ingestion follow:

- Amphetamines (Speed, Uppers) (3-5 days)
- Benzodiazepines (Valium and Xanax)
- Ethanol (Alcohol) (1-2 days)
- Phencyclidine (PCP, Angel Dust) (7-10 days)
- Barbituates (Downers) (3-5 days)
- Cocaine (2-5 days)
- Opiates (Heroin, Oxycotin, Vicodin) (2-4 days)
- Marijuana (15-45 days)

Positive and negative results are defined rather than absolute. A sample reported as positive contains the indicated drug at or above the detection level for that drug. A negative sample contains no drug or contains a drug below the detection level.

A positive result for a drug means that the individual providing the sample ingested the drug at some point in time prior to sample collection. There are several parameters that a positive result cannot resolve including:

- The amount of drug ingested;
- The exact time of ingestion;
- The mode of ingestion;
- The frequency of ingestion;
- The purity of drug ingested;
- Whether ingestion was deliberate, accidental, unknowing or legitimate.

File:drugtest

**Manhattan Beach Athletic Foundation
Voluntary (Random) Drug Testing
Testing Choice Form**

Please indicate your decision to have your student participate (YES) or not participate (NO) in the Voluntary (Random) Drug Testing Program sponsored by the Manhattan Beach Athletic Foundation.

This form must be completed and signed by both parent/guardian and student and returned regardless of your choice to:

Manhattan Beach Athletic Foundation
c/o Complete Drug Test Company
PO Box 1585
Manhattan Beach, CA 90267-1585

Circle your choice

Yes (\$40. check included)

No

By circling **YES**, we hereby authorize Complete Drug Testing to collect a urine specimen from my child for drug testing purposes. By circling **NO**, the testing choice form will be filed for record keeping purposes only. **We understand that the results of the testing will be private and will not be shared with the Manhattan Beach Athletic Foundation, the Manhattan Beach Unified School District, Mira Costa High School or coaches and teachers.** We also understand the cost of the program is \$40. Checks should be made payable to the Manhattan Beach Athletic Foundation and returned with this form.

Student Name

Student Signature

Date

Parent/Guardian Name

Parent/Guardian Signature

Date

Home Street Address/City/Zip

Parent/Guardian Home Phone _____ Work Phone _____