

2025 – 2026 VENTURA ATHLETIC MIDDLE SCHOOL CONTRACT

5th Grade

STUDENT / PARENT / ATHLETIC DEPARTMENT CONTRACT & PERMISSION SLIP

The Rancho Solano Athletic Department is deeply committed to providing as many students as possible the opportunity to play competitive sports through the Mountain Valley Athletic League, the Cactus Christian Schools League and the Great Hearts League. Being a part of a team is a big responsibility for the students and the parents / guardians. We focus on self-discipline, teamwork, sportsmanship, and effort. Through sports, students will strengthen their athletic, mental, and social skills. In order to maintain a quality program, it is imperative that everyone agrees to the following provisions. Please read each one carefully and sign only if you give your full consent.

- Rancho Solano has a tryout for each sport. Please see your PE Teacher or Athletic Director for tryout dates. Students may not arrive late or leave early. Students should be properly dressed. Special arrangements for an alternative tryout before the scheduled date must be made at least one week in advance, and the arrangements are the complete responsibility of the student. Students absent the day of tryouts should contact the athletic director and may be given a make-up tryout the day they return to school.
- All contracts must be completed, signed and turned in no later than one week following the first day of practice. For example, if tryouts are held on Monday, athletes would have until 3:20 P.M. on the following Monday to have their contract.

<u>Fall Season:</u>	<u>Winter Season:</u>	<u>Spring Season:</u>
Flag Football	Girls Soccer	Boys Basketball
Girls Volleyball	Cross Country	Girls Basketball
Boys Soccer		

- Athletes need to have the proper uniform and equipment for each sport. Uniforms will be provided by the school for the following sports: Flag Football, Volleyball, Cross Country, Boys and Girls Basketball, and Boys and Girls Soccer. The uniforms will be checked out to each student and returned at the end of the sports season. Students are not allowed to wear uniforms to School.
- Athletes will not be allowed to participate in practices, games, or team picture without the proper uniform and required equipment.
- Athletes are not guaranteed any set amount of playing time. Playing time is at the complete discretion of the coach.
- Practices will be held two or three days per week after school for approximately 1 ½ hours. Students must contact the coach at least one day prior if they will miss practice. Missing practice may affect playing time on game days. If there are multiple unexcused absences, the coach has the right to release the player from the team. If a student has a strong desire to play sports and attends the tryout, but has made a prior athletic commitment, he or she may request a “waiver” from the athletic director in order to participate on the team.
- Athletes are required to attend all games and tournaments. Occasionally, games and/or tournaments may fall on half days or off days. Please check with your coach for the



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game/tournament schedule before committing to becoming a member of a team. If a player misses a game or practice, the coach may choose to limit or eliminate playing time.

- Athletes are not allowed to quit the team once they have made this commitment. Permission to quit will only be granted by the Athletic Director and only for extenuating circumstances. If a student chooses to quit without permission, his or her decision will be kept on file and could affect future eligibility with regard to the athletic program.
- Athletes are required to turn in all academic work on time. Leaving campus for athletic activity will not be an excuse for any missed work or assignments. Failure to turn in work may be grounds for immediate suspension or removal from an athletic team.
- Athletic eligibility will be based on the requirements set forth in the student handbook.
- Teachers who are concerned about the academic progress of an athlete during the course of a season may request a conference with the athletic director to discuss the student's future participation on the team. This conference may lead to probation, make-up work, suspension, or dismissal from the team.
- For safety reasons, athletes must remain seated on the bus and exhibit exemplary behavior at all times on and off our campus. Any athlete who is reprimanded for inappropriate behavior at any time may be subject to suspension or removal from an athletic team.
- Students must abide by all behavior standards as outlined in the student handbook.
- Athletes must be quality representatives of Rancho Solano Preparatory School at all times, displaying exemplary sportsmanship and respect for others. Parents, coaches, and athletes must maintain the highest level of respect for opposing schools, players, coaches, parents, and officials. There is a zero-tolerance policy with regard to arguing, swearing, or fighting. Win or lose, opponents must be sincerely congratulated at the conclusion of all athletic contests. Rancho Solano Athletics will also maintain the utmost respect for all facilities and grounds.

Athletes will be treated fairly and with respect at all times. Athletes will be selected on the basis of their ability, attitude, behavior, and effort. The coaches and the athletic director will always perform their duties to serve the best interests of the students, the athletic program, and Rancho Solano Preparatory School. If you have any questions, concerns, or suggestions throughout the year, please contact your student athletes' respective coach. If you need further assistance, contact your campus Athletic Director- Aaron Trigg at atrigg@ranchosolano.com or Gail Avenell at gavenell@ranchosolano.com.



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**RANCHO SOLANO
MUSTANGS**

(Please detach and return this portion of this contract to the office.)

MVAL/CCSL CONTRACT / PERMISSION SLIP 2025 – 2026

We have read, understand, and agree to this Athletic Department Contract.

Student's Name: _____ Grade: ____ Signature: _____

Parent / Guardian Name: _____ Signature: _____

I give my child permission to try out for and compete in the MVAL, CCSL or GHL. I also understand that my child will be transported to away games by chartered bus.

Signature: _____ Emergency Phone#: _____

Insurance Co. / Policy #: _____

