

Student Athletics Packet

General Information, Sign-Up, and Expectations



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Jamestown, CA 95327

<https://www.jespanthers.org/>

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Season Schedules



6-8th Girls Basketball
August 25 - October 17



6-8th Grade Co-Ed Cross County
September 2 - October 22



6-8th Boys Wrestling
October 20 - December 12



6-8th Boys Basketball
January 5th - February 27



6-8th Girls Volleyball
March 2nd - May 1st



6-8th Co-Ed Track & Field
April 20 - May 18

**Jamestown Elementary School
2025-2026 Athletics**

Welcome Parents/Guardians and Student Athletes!

We are excited for the new athletic school year! Please review the athletic packet with your child. Included in the athletic packet are the sport start and end dates, the guidelines and expectations, medical permission form, voluntary participation form, concussion information page and transportation release form.

Please return completed and signed required forms to the Athletic Director at Back to School Night or on the first day of school. Otherwise, your child will not be allowed to participate until completed forms are turned in.

A copy of the Athletic Packet will be available on the website to print out and/or review.

Jamestown's Athletic Department is looking forward to a wonderful athletic season. If you have any questions regarding general athletics please contact Athletic Directors Paige Peltcher or Sara Sanchez at phone number 209-984-5217 ext.

General Information For All Sports

- Athletes must attend all mandatory meetings (signing up for the sport, information meeting, etc).
- Afternoon practices are typically Monday – Friday 3:00 - 6:00 PM. Students must be picked up after practice no later than 5 minutes when practice ends. There is no supervision after practice.
- If scheduled by the coach, outdoor morning practices are typically from 6:45-7:45 AM Monday – Friday
- Coaches will go over their team expectations.
- Playtime will be determined by effort, attitude, attendance, and ability
- Discipline, depending on the frequency and severity, has the potential to lead to issues with participation in practices and/or games.
- A student/athlete must maintain 70 citizenship points to be able to participate in sports. If they drop below 70 points, they will only be able to participate in practice until they bring those points back up to 70. Citizen points are checked every Friday.
- If an athlete receives a classroom suspension or is placed on in-school suspension, they will not be able to participate in games on that day.
- Athletes must follow the school's code of conduct.
- During the game, athletes must sit on the bench with the coach for the entirety of the contest. They must display good sportsmanship.
- Uniforms are issued to each athlete, and are the athlete's responsibility. Uniforms must be returned clean and in the same condition as issued. If an athlete quits the team or becomes ineligible or moves during the season, the uniform must be returned immediately. Parents may be charged the entire cost of the uniform should it become lost, damaged, or stained. The athlete will not be allowed to participate in another sport until the charges have been cleared.
- Schedules will be provided to the athlete ASAP.

Philosophy of Student Athletics

The Jamestown School District recognizes the importance of athletics as an integral component of a student's complete educational development. As such, we believe that all students should have the opportunity to participate in some form of interscholastic athletics and that such participation should encourage positive scholastic, social growth and achievement. All participants and teams will represent the school and community in a positive manner and will reflect the dedication and hard work that will be required to compete and be successful. Success will not be measured by records that are achieved by teams or individuals, but rather by the knowledge that each participant gave their best effort and prepared for each contest to the best of their ability. The Jamestown School District realizes that an effective interscholastic athletic program is the product of responsible cooperation between its four major components: the student athlete, the coaching staff, the parent, and the administration.

Athletic Guidelines

A. Sportsmanship

Participation in the athletic program requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting respect for the people and institutions associated with athletic contests. Athletes of this school will be required to comply with the rules of each sport to ensure that fairness in competition is not limited by their actions in any way.

1. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
2. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the court/field, as positive role models who exemplify good character and act as ambassadors of Jamestown Elementary School.
3. School boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
4. All participants in school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
5. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
6. The profession of coaching is a profession of the mental and physical dimensions of their sport. Coaches, through words and examples, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

Any person who is unable to comply with these standards must understand that their opportunity for participation may be limited or removed.

B. General Behavior

- Student-Athletes must comply with all rules and regulations as specified by California Education Code, California Penal Code, and JSD Board Policy and Administrative Regulations.
- Profanity, unsportsmanlike conduct, throwing of equipment or any similar displays of immaturity, and disrespect to any person or institution will not be tolerated.
- Athletes accept responsibility for their actions both on and off the court/field. An athlete's language and behavior should not embarrass themselves, the team, the school, the district, or the community. Defiant behavior and back-talk toward any coach, school official, or game official will not be tolerated. Any disagreements should be handled in private adult discussions.

- Violation of any of the above behavior guidelines could result in one or more of the following consequences: benching, suspension or dismissal.
- A student/athlete must maintain 70 citizenship points to be able to participate in sports. If they drop below 70 they will only be able to participate in practice and sit on the bench during home games until they bring those points back up to 70. Citizen points are checked every Friday and a list of eligible students goes out every Monday.

C. Academic Eligibility

Grade checks are based on the 6 grading periods throughout the year: the progress reports that are issued at each Trimester half and report cards that are issued at the end of each Trimester. Academic eligibility will be based on the most recent progress report or report card prior to the first day of the season. An athlete must maintain a 2.0 GPA. One F is acceptable each grade check, but the GPA must be 2.0.

Note: Fall Sports: First grade check will be from their third trimester final grades from the previous year.

Coaches will be made aware if an athlete is not eligible. Athletes may continue to practice and sit on the bench during home games, but cannot participate in games. It is the athlete's responsibility to find out from their teachers what they need to do to improve their grades AND to request a "progress report" with their teachers' signatures when they have improved their grades to turn in to the Athletic Director.

D. School Attendance

Attending all classes is a high priority for all student-athletes: athletic events may require students to miss classes during the week making it very important for all student-athletes to establish good attendance patterns and communicate with their teacher about assignments to be done.

1. Students must attend the entire school day, with the exception of medical appointments as verified by a doctor's note, in order to participate in practice or competition that day.
2. Student-athletes in violation of this rule, as it relates to competitions, will be suspended for a minimum of one contest or game. (Subject to review with head coach and athletic director.)

E. Athletic Eligibility

- No student, whose 15th birthday is attained prior to June 15, shall participate or practice on any team in the following school year. A student, whose 15th birthday is on June 14, or before, is eligible.
- Students who are not enrolled in programs under the jurisdiction of the District are not eligible to participate.
- A student who enrolls after games have started will not be allowed to participate.
- All student athletes are required to have completed immunizations in order to be eligible to participate. Each school's administration and AD is responsible to monitor immunization requirements for their athletes.

F. Behavior/Speech Provisions-And Relationship to Social Media

Team members should be respectful of the other team members, school administrators, the coaches, other students, and parents at all times. Team members are expected to maintain a positive attitude acceptable for the environment. Coaches may take appropriate corrective action where speech, conduct or electronic acts by a team member, whether taking place during a team, team-related activity or event, or taking place away from the school grounds or school or team activities, has a direct disruptive or detrimental effect on, or seriously threatens the discipline, environment, safety or general welfare of huge program, other team members, the coaches, or other students, faculty, staff and/or administrators of the District.

G. Travel

The district may provide transportation to selected away contests. If transportation is provided by coaches in school vans, students may return to school in the vans. However, if transportation is provided by a bus driver on a bus, there may not be transportation back to school.

1. Athletes must be picked up **PROMPTLY** from **ALL** practices and games. Failure to do so may result in your child being suspended from games or removed from the team if they are frequently picked up late.
2. All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for proper attire.
3. Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.
4. Students are expected to follow all rules set forth by the bus driver and to be courteous and respectful at all times.
5. Transportation is Not provided to tournament games.
6. Athletes must ride school transportation to be eligible to play unless there has been a pre-arrangement with their coach and/or athletic director.
7. Parents/Guardians or appointed individuals by parent/guardian **MUST SIGN THEIR ATHLETE OUT WITH THE COACH AT ALL OF THE AWAY GAMES THAT THE SCHOOL PROVIDED TRANSPORTATION TO.**
8. If someone other than that athlete's parents will be picking them up from a sporting event an **Authorization for Transportation and General Liability Release Form** must be signed and turned in to their coach or athletic director before that specific sporting event. This must be done for every single event. You may get a form from the office, coach or athletic director. If a form has not been filled out beforehand then that athlete will not be allowed to leave with that person.

H. Extra-Curricular Discipline Consequences

Student-athletes involved in a fight, while in uniform and/or at the competition will have the following consequences:

1. First offense- one game suspension/school suspension
2. Second offense- complete removal from the team and school suspension
 - Each situation will be evaluated on an individual basis by the administrator. Input will be provided by the appropriate coach.
3. Suspensions from school will result in a loss of all extracurricular activities including games and practices for up to 5 school days for each day of suspension, beginning with

the first day of the suspension.

4. A suspension may result in a dismissal from the team, which will be the decision of the Athletic Director, Head Coach, and Administrator.

I. Training Rules

For health and safety reasons, students should understand that JES believes that the use of tobacco, alcohol, and drugs is not acceptable for middle school athletes. Any violation of these training rules may result in school disciplinary actions according to JES Code of Conduct and the California Education Code. The coaches believe that the current glamorization of the use of tobacco and alcohol by some professional athletes is misleading and believe that middle school aged students should be aware of the negative effects of their use. Any student caught using tobacco, alcohol or drugs will be suspended and removed from the team.

J. Communication

In our continuing effort to establish and maintain clear lines of communication between the Athletic Department and the parents/guardians of our student-athletes, the coaching staff will establish a process for communication. Do not attempt to confront a coach before or after a contest or practice. **Please wait 24 hours before requesting a meeting with the coach.** Those can be emotional times for both the parent and coach. Meetings of that nature, and those times, do not promote resolution. The student-athlete is highly encouraged to attend the meeting as well. The following guidelines will help make the communication process a productive and positive experience.

- Parent Involvement Guidelines

- Parents can use this time to ask questions and obtain information
- The coach will discuss what the student-athlete needs to work on in order to improve but, not necessarily playing time
- The coach will only talk to a parent/guardian about their own child
- If the guidelines are not adhered to, the discussion will be terminated
- It is the intent of the Athletic Department to provide an avenue for meaningful dialogue and communication between coaches and parents, working together we can and will accomplish great things

K. Jamestown Elementary Code of Conduct

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Characterism"). This Code applies to all student- athletes involved in interscholastic sports in California. I understand that, in order to participate in athletics, I must act in accord with the following:

- Emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
- Eliminate all possibilities which tend to destroy the best values of the game.
- Stress the values derived from playing the game fairly.
- Show cordial courtesy to visiting teams and officials.
- Establish a happy relationship between visitors and hosts.
- Respect the integrity and judgment of sports officials.

- Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- Encourage leadership, use of initiative and good judgment by the players on a team.
- Recognizing the purpose of athletics is to promote the physical, mental, moral, social and emotional wellbeing of the individual players.
- Remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan or nation.

Our Athletes and Parents will provide the best and most respectful experience to all who watch and participate in our gym or on campus by:

- Cheer positively
- Respect the visiting team
- Learn and understand the rules of the sport
- Show appreciation of good sportsmanship and play by both teams
- Respect the integrity and judgment of the official
- Accept victory and defeat with dignity

-Violation for the above code of conduct may result in one or more of the following consequences:

- A warning
- Removal from the venue
- Or further action taken by administration

Every student who wants to participate in a sport must review athletic guidelines/expectations, have completed and signed by a parent/guardian and student-athlete and the following forms:

- 1. Jamestown School Sports Medical Permission form (parent only)**
- 2. Jamestown School Voluntary Activities Participation Form (parent only)**
- 3. Jamestown School Athletic Guidelines/expectations (both parent/guardian and student-athlete's signature that they have read and understood athletic Guidelines and expectations)**
- 4. Concussion Risk and information (both parent and student/athlete)**

Completed and signed forms must be turned in to the athletic director before student-athletes can participate.

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**TRANSPORTATION AUTHORIZATION AND WAIVER
FORM**

Name of Athlete: _____ Grade of Athlete: _____
Homeroom Teacher: _____
Description of Activity: _____
Date(s) of Activity: _____
Name and relationship of individual picking up my child from event _____

By my signature below, I accept responsibility for arranging and providing for the transportation of the above-named student. As parent/guardian, I hereby authorize and give permission for my child/ward to ride as a passenger in a vehicle driven by an adult.

I understand that being a passenger in a motor vehicle may result in injury, disfigurement or death. I acknowledge that the District does not provide any type of insurance including liability, collision, comprehensive or medical coverage during the transportation of the named student in connection with the described activity. I further acknowledge that the district does not provide ongoing Department of Motor Vehicles records checks of my child's driver. I understand that it is my responsibility to ensure that my child's driver is in full compliance with the California Vehicle Code.

I agree to hold the Jamestown School District (District), its Board, officers, agents and employees harmless from all claims, losses, costs, attorney fees and expenses arising out of any liability or claim of liability for personal injury, bodily injury or death that may occur while transporting the named student(s).

IT IS FULLY UNDERSTOOD AND AGREED THAT THE DISTRICT IS IN NO WAY RESPONSIBLE, NOR DOES THE DISTRICT ASSUME LIABILITY FOR, ANY INJURIES OR LOSSES RESULTING FROM THIS ALTERNATIVE TRANSPORTATION ARRANGEMENT.

By my signature below, I agree to waive all claims against the District and to indemnify and hold the District, its officers, agents and employees, harmless from any and all liability or claims, demands, losses, causes of action, suits or judgments of any kind including death, bodily injury or illness that may occur during any portion of the transportation phase.

Parent/Guardian Signature

Date

Parent/Guardian Name (Print)

Date

Parent/Guardian Contact Information

Phone

Street Address

City, State and Zip

Email Address

Athlete's Name

These forms must be filled out and/or signed and returned to the athletic director, before your child can participate.

- Jamestown School Athletic Contract
 - Jamestown School Sports Medical Permission Slip
 - Jamestown School Voluntary Participation Form
 - Concussion Information Form
 - Best Parent/Guardian email address to receive athletic information
-

Athletic Contract

I have read and understand the Athletic Guidelines and Expectations as well as the General Information page and will abide by them.

Parent/Guardian Signature

Date

Athlete's Signature

Date

Click on the link below to bring up the Concussion information and signature page.

[Parent & Athlete Fact Sheet \(cdc.gov\)](http://cdc.gov)

**JAMESTOWN SCHOOL ATHLETICS VOLUNTARY ACTIVITIES PARTICIPATION
FORM**

Acknowledgement and Assumption of Potential Risk

The participation Form is used for the following voluntary extracurricular activities:

I authorize my child, _____, to participate in the school-sponsored activity of: (Please check all that might apply)

_____ Girls Basketball	_____ Wrestling	_____ Boys Basketball
_____ Girls Volleyball	_____ Cross Country	_____ Track

I understand and acknowledge that these activities, by their nature, pose the potential risk of serious injury to individuals who participate in such activities.

I understand and acknowledge that some of the injuries which may result from participating in these activities include, but not limited to, the following: rare sprains/strains, head and/or back injuries, fractured bones, paralysis, cuts/abrasions, hearing loss, loss of eyesight, unconsciousness, and even death.

I understand and acknowledge that participating in these activities is completely voluntary and as such is not required by the school.

I understand and acknowledge that in order to participate in these activities, I and my son/daughter agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.

I understand, acknowledge, and agree that Jamestown School District, its employees, officials, agents, or volunteers, shall not be liable for any injury suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity.

I acknowledge that I have carefully read the VOLUNTARY ACTIVITIES PARTICIPATION FORM and that I understand and agree to its terms.

Parent/Guardian Signature

Date

Athlete's Signature

Date

A signed VOLUNTARY ACTIVITIES PARTICIPATION FORM must be on file with the school before a student will be allowed to practice in the above listed extracurricular activities.

JAMESTOWN ELEMENTARY SCHOOL MEDICAL PERMISSION SLIP

Name of Athlete: _____ Grade of Athlete: _____
DOB: _____ Age: _____

Name of Athlete's Parent/Guardian: _____

Relationship: _____

Best contact number: _____

2nd best contact number: _____

Student's address: _____

City and Zip: _____

Family Physician or Health advisor: _____

Preferred Hospital: _____

Additional Information: _____

Please list two local people to be reached when family members are unavailable:

Name & Phone: _____

Relationship: _____

Your Medical Insurance Provider and Policy Number must be provided before a student will be allowed to participate on a sports team:

- I have health or accidental insurance for my child which meets the requirements of California Law and elect not to purchase student insurance.

Medical Insurance: _____

Policy Number: _____

I have completed the above Permission Slip and given Jamestown School District, in my absence, permission to have my child transported to the hospital of my choice (indicated above) in the event of illness or injury. I also hereby grant them permission to sign for treatment of my child at said hospital.

Parent/Guardian Signature

Date