

Elko Police Athletic League
P.O. Box 1501
Elko, Nevada 89803



President Randy Brown
Director Sheri Eklund-Brown
Director Suzie Beatty
Director Michele Doren
Director Jennifer Sprout
Director Michelle Canning

“VOLLEYBALL” PAL Medical Release Form

Parent or Guardian Authorization:

In case of emergency, if our family physician cannot be reached, I/we, hereby authorize

Participants Name: _____

to be treated by another qualified licensed physician who is available.

Our family physician or medical provider is _____

Physician or Medical Provider Phone _____

Medical History: Check all appropriate, if your child has had or has any of the following:

Heart disease	_____	Rheumatic fever	_____
Heart trouble	_____	Fainting episodes	_____
Asthma	_____	High blood pressure	_____
Allergies	_____	Allergic reaction to meds	_____
Liver disease	_____	Kidney disease	_____
Head injuries	_____	Lung disease	_____
Broken bones	_____	Joint problems	_____
Diabetes	_____	Blood disorders	_____

Explanation of prior medical problems _____

Parent or Guardian Name (Please Print)

Parent or Guardian Signature

Date

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“VOLLEYBALL” PARENT CONDUCT & RESPONSIBILITIES

P.A.L. requires that parents and spectators conduct themselves in a manner that will promote the games and bring credit to their team, coach, children, participants and the P.A.L. organizations.

Think before you act or speak, here are some rules to follow when you are at the games or practice:

- 1) Cheer positively, only positive words should come out of your mouth during the game or practice. There is no place for negative comments or criticism of players of either team, other parents, the referees or coaches.
- 2) If you feel a sudden urge to yell or say something to the coach, referee, player or parent, take a walk and leave the facility to cool off before you say something that will embarrass you or your child.
- 3) Don't be a sideline coach. Don't bellow instructions to your child from the sideline, it is very distracting and embarrassing to your child as well as his/her team mates. The referees may misunderstand your bellows, potentially penalizing your child's team. If you want to be a coach sign up we can and will accommodate your wishes to coach.
- 4) Teach your children good sportsmanship by example. If the opposing team has performed well let them know. Don't blame a loss on a bad call or the coach or a team mate. How will your child learn responsibility if you don't teach it? "Teach by Example"
- 5) Remember, all of our P.A.L. referees are volunteer and donate a great deal of time to our children. Without them we would not have games. They are there because they love the game and our community and choose to be there. Remember "bad calls" "may" only be bad in your mind but "all" calls are part of the game. Accept it, the game will go on.

Remember: Coaches have the responsibility to ensure that their players and parents conduct themselves properly. The Coach is ultimately responsible for the actions of his/her team and is required to ensure that spectators do not demonstrate intimidating and/or unacceptable behavior towards officials, players, opposing team members, other parents or spectators.

I have read the above and agree to maintain appropriate behavior. If I do not, I understand that my actions could cause forfeiture of my child's game.

Parent or Guardian Name (please print)

Parent or Guardian Signature

Date _____