

2023 Parker Junior High Boys' Volleyball Permission Slip, Schedule and Notes

**Tryouts will be held Wed., January 11th and
Thur., January 12th 3:05 - 4:15**



Please return the signed sheets to the coaches AS SOON AS POSSIBLE no later than Tuesday Jan 10th! A current sports physical must be on file with the Nurse to try out.

Thank you for your interest in Parker Junior High Boys' Volleyball

- 8th Grade Coach Mr. Grelecki (rgrelecki@sd161.org)
- 6th/7th Grade Coach Mr. Prince (rprince@sd161.org)

Notes from the Coaches

Training/Practices - We ask that you help the students drink plenty of water (avoid soda), eat a balanced diet (plenty of fruits and vegetables) and sleep at least 8-10 hours a night. This will help them avoid injury and perform their best. Students are encouraged to have a drink and snack ready to consume immediately after practice each day. Water bottles and Gatorade are permitted and encouraged for use during practice.

We will have practice every day Monday through Friday until approximately 4:45, except on days of games. Rides must be at Parker promptly!

Students must have a sports physical on file in the Nurse's office before they can try out. Physicals are good for 395 days.

Transportation - Athletes are required to ride the school bus to games. After a game, athletes may be signed out by their parents and ride home with them. On days of games students will call for a ride on their way home from the game to arrange a pickup time from Parker if they are not picked up from the game.

Expectations - Athletes are subject to dismissal from the team if:

- ☐ he is picked up 10+ minutes late from practice or a game twice during the season.
- ☐ he demonstrates gross insubordination towards a coach.
- ☐ he has two or more unexcused absences from practice. ***

*** Please write us a note to excuse your child from practice or a meet if necessary.

Fees - There will be an activity fee associated with all Parker sports of \$30. Fees are due one week after the team is announced.

Grades/Behavior/Concussion Forms - are attached and must be completed before playing. Students with failing grades and poor behavior will not be allowed to participate in games.

Concussion Information

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

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| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question |
|--|--|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 7/1/2011, Reviewed 4/24/2013, 7/2015, 7/2017, 6/2018

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions please visit:

<http://www.cdc.gov/ConcussionInYouthSports/>

Please keep the pages above for your reference

Please return the following pages to Mr. Prince or Mr Grelecki

Student/Parent Concussion Consent and Acknowledgements

By signing this form, we acknowledge we have been provided the approved information regarding concussions.

Student

Student Name (Print): _____ Grade: _____

Student Signature: _____ Date: _____

Parent or Legal Guardian

Name (Print): _____

Signature: _____ Date: _____

Relationship to Student: _____

Each year, the IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

BOYS' VOLLEYBALL PERMISSION SLIP

Dear Parent(s)/Guardian(s):

Your son has indicated an interest in trying out for the Parker Junior High School boys' volleyball team. Only those students who are in good physical condition should participate in this activity. The South Suburban Junior High School Association, of which we are a member school, requires that all students participating in inter-scholastic games have a physical exam on file with the school. Sports physicals are valid for 395 days. **A complete physical examination will be required for tryouts.**

A student will not be allowed to participate in an inter-school game if his work is incomplete or if his conduct is not a credit to the school. I understand that playing time is not guaranteed. **In addition, if your student is selected for the team, there will be a \$30.00 athletic fee assessed in order for your child to participate. Fee is due one week after the team is announced; players will be dropped from the roster if fee is not paid.**

Dear Mr. Grelecki/Mr. Prince:

I hereby give my consent for my son, _____ to participate in volleyball tryouts.

I understand that all care will be taken to prevent accidents and injuries, but should any occur, the school and its coaches will not be held responsible in any way.

I understand that the sports physical must be on file in the Health Office prior to tryouts. The physical will be reviewed and verified by the Health Coordinator prior to participation.

I understand that if my son makes the team, I will need to pay the \$30.00 athletic fee.

Parent/Guardian Signature

Date

PLEASE INDICATE WHETHER YOUR CHILD WILL BE PICKED UP OR WILL WALK HOME FROM PRACTICES AND/OR HOME GAMES..

☐ PICKED UP

☐ WALK HOME (check one)

Parker Junior High

Student/Parent Contract for Extra-Curricular Activities

All students participating in sports or extra-curricular clubs and activities will remain at school upon conclusion of the regular school day. All clubs, activities, and sports, unless there is a meet or game, will meet at 3:05. Study Halls have been arranged from 2:38 – 3:05 and are mandatory for continued participation in extra-curricular activities and sports. The following guidelines will apply to all participating students:

- Students must remain in the building and report to their assigned Study Hall by 2:38. Attendance will be taken.
- While in Study Hall students are expected to work on homework. Study Hall is not a social time.
- All Parker Junior High behavioral expectations apply during Study Hall.
- Dry snacks and water bottles will be permitted in Study Hall.

Non-compliance with the above guidelines will result in the student being removed from the team or activity for the remainder of the year.

Additionally, any fees incurred for participation in a sport or activity must be paid in full prior to the student participating. If the season/activity begins and fees are not paid, a student will be dropped from the roster.

These guidelines have been put into place to insure all students have a successful experience in their extra-curricular activities. Participation in Parker Junior High's many extra-curricular activities is a privilege, which must be maintained through the demonstration of good character and positive behavior.

Student Signature

Date

Parent/Guardian Signature

Date

Grade Report

Core 1:	Current Grade:	Teacher Signature and Comments:
Core 2:	Current Grade:	Teacher Signature and Comments:
Core 3:	Current Grade:	Teacher Signature and Comments:
Core 4:	Current Grade:	Teacher Signature and Comments:
Core 5:	Current Grade:	Teacher Signature and Comments:
Encore:	Current Grade:	Teacher Signature and Comments:
P.E.:	Current Grade:	Teacher Signature and Comments: