

2021-2022

**NORTHWESTERN HIGH
SCHOOL/MIDDLE SCHOOL**

ATHLETIC HANDBOOK



ELIGIBILITY RULES
Revised June, 2021

The rules of the Indiana High School Athletic Association, Inc. By Laws and Article of Incorporation will be followed. A few of the most common rules affecting athletic participation are listed below.

1. Between April 1 and the student's first practice in preparation for interschool athletic participation; the student shall have had a physical examination by a physician holding an unlimited license to practice medicine, nurse practitioner or a physician assistant. The proper Parent and Physician's Certificate must be on file in the athletic office (Rule C--3-10). Physical must be completed after April 1 and prior to athlete participation in summer workouts beginning week 49 of the IHSAA calendar
2. Students violate their amateur standing if they participate in athletic activities, tryouts, auditions, practices, or game should or sponsored by professional organizations, clubs, or their representatives (Rule C-5-3). This rule applies to all sports except out of season baseball, golf, softball and tennis out of season. Golf and Swimming athletes may apply for up to 2 in season waiver forms from the IHSAA per season.
3. A. Senior/Junior high school athletes must be passing five full credit subjects at the conclusion of the most recent grading period. Semester grades take precedence over nine week grades. (Rule C--18-1).
4. Students must be enrolled in at least five full credit subjects. (Rule C--18-1).
5. Students absent or physically unable to practice for 7 or more consecutive days due to illness or injury must present a physician's note to the principal stating that the athlete is again physically fit to resume participation. (Rule 3-11). Students that are unable to practice or play (practices or contests) for 7-14 days must complete 4 practices on separate days prior to returning to active playing status. If more than 14 consecutive days (practices or contests) are missed the athlete must complete 6 full practices before returning to active status (Rule 9-14)
6. Any student transferring to Northwestern High School from another high school must have on file a signed and completed IHSAA Athletic transfer Report (Rule 19). Students must be enrolled 365 days before a transfer is no longer necessary. Exchange students must have a Foreign Exchange Transfer form.
7. A high school student who is or shall be twenty years of age prior to or on the scheduled date of the IHSAA State Finals in a sport shall be ineligible for interschool athletic competition in that sport (Rule C-4-1). Age limits for middle school athletes will be age 16 for eighth grade and 15 for seventh grade on or prior to the last scheduled contest of the season.
8. Students violate their amateur standing if they (a) play under an assumed name; (b) accept remuneration directly or indirectly for athletic participation.
9. After enrollment in the 9th grade, student shall be eligible for no more than eight consecutive semesters.
10. Students may not accept awards for "All State" or "All American" recognition from any outside organization (Rule C--6-9).
11. Awards, gifts, honors, etc. shall not be accepted from colleges or their alumni. (C-6-7-).
12. Awards from such local organizations as: service clubs, civic groups may be accepted with approval of the principal (C-6-5).
13. During the school year out-of-season students may participate in team sports as members of a non-school team provided no more than 60% of a normal team starting line in that sport have participated in a contest the previous year as a member of one of their high school teams in that sport. No more than 60% may register to play on a non-school team. Please inquire with the athletic director regarding all such entries. (Rule 15)

NORTHWESTERN GENERAL RULES

Revised: May 9, 2016

- A. A high school athlete may participate in a maximum of two sports per season with the approval of both sport's head coach. Athlete must declare primary sport if two sports are to be competed in. Athlete must complete player, parent, head coach and athletic director contract and may letter in both sports if major award requirements are met. Contract must be completed prior to the beginning of practice season for multi- sport participation for that season to be valid. Middle School Athletes may only participate in one sport per season at the same time. If one Middle School sport ends and another begins later in the same season a Middle School student may participate in a second sport (example: Boys Middle School Basketball and Wrestling).
- B. Cheerleaders may participate on a fall or winter athletic team providing it meets with the approval of the coach and sponsor. Cheerleader, Coach of the sport, Cheer sponsor, Athletic Director and Parent must complete multi-sport contract in order to cheer and participate in sport prior to sport practice season beginning.
- C. A student must attend school one half day on the day of a contest or practice. All such situations should be brought to the attention of the athletic director and/or principal. Athletes attending or enrolled in Virtual or Dual Credit Courses off campus are excluded.

- D. The Athletic Department of the school corporation is not financially responsible for athletic injuries. A type of family health insurance is necessary in order for a student to participate in athletics at Northwestern High School and Middle School. Parent Consent and Release, under Part II of the IHSAA physical form (Consent and Release Certificate), must be checked and completed by the student's parent or guardian before the athlete is eligible to participate. Also, the Student/Parent Participation Form must be signed and submitted prior to beginning practices. The insurance company and policy number must be included on both forms.
- E. A drug testing program consent form must be on file in the office of the principal in order to participate in athletics. The Northwestern School Corporation Extra-Curricular Activities and Student Driver Drug Testing Policy is available in the high school or middle school office. A student involved in athletics who tests positive will be subject to the disciplinary consequences outlined in the Athletic Code of Conduct.
- F. Athletes seeking due process regarding discipline resulting from an infraction of the athletic code of conduct may appeal through the athletic director to the athletic council, the principal, the superintendent, in sequence. During such a process the suspension discipline remain in effect.
- G. Student Athletes must attend one Athlete Handbook Meeting per school year prior to participation in game competition for their sport.

NORTHWESTERN HIGH SCHOOL TRAINING RULES

Revised: June 4, 2010

Participating in athletics is both an Honor and a Responsibility. Athletes are recognized for their achievements as representatives of their school and its ideals. Good physical conditioning and sound attitudes are integral to participation in Northwestern's athletic program.

It is a privilege to participate in athletics and this privilege is extended to all, provided that students are willing to assume certain responsibilities. A student participant must be a credit to oneself, the school, and the community. It is expected that all athletes will meet better than minimum standards in conduct.

The primary concern of the athletic department in encouraging athletes to refrain from the use of certain substances is the health and physical/psychological well-being of the athlete. A secondary objective is to ensure that the athlete properly represents himself/herself, his/her family, and the school. Additionally, the ability of the athlete to physically perform to the best of his/her ability should be maintained. The mental well-being, assistance in making quality decisions, resisting peer pressure, and development of self-discipline in the young individual is a consideration when issuing discipline.

Contestants' conduct in and out of school shall be such as (1) not to reflect discredit upon their school or the Association; and (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school (Rule 8-C-8-1), Indiana High School Athletic Association.

When disciplinary action is to be taken, the coach will inform the athlete of the reason for such action and will allow the athlete opportunity to discuss any disciplinary action which is taken with the coach, athletic director, and principal in that order. Further appeal must be made in writing to the Athletic Director or Principal.

TOBACCO/NICOTINE

Athletes will not use tobacco/nicotine products including smoking, snuff, chewing tobacco, e-cigarettes and vape. (Cases of possession or transportation of tobacco will be dealt with individually).

ALCOHOL

Athletes will not consume, possess, distribute, or transport alcoholic beverages.

DRUGS

Athletes will not abuse, possess, distribute, or transport drugs or look-a-like drugs. This policy is inclusive of devices used for storage, processing or consumption of drugs. Substances containing marijuana, steroids, hallucinogens, narcotics, amphetamines, or barbiturates will not be used. Student-athletes will not use depressants, stimulants, inhalants or other substances utilized for purposes that violate school policy. The use of or the possession of vape pods during school hours and school functions by student-athletes will be treated as a violation of the drug policy.

The rules pertaining to violation of the Northwestern High and Middle School disciplinary code regarding drugs will be followed. Please refer to the Student Handbook. The first offense of drug usage at school and school functions may result in expulsion from school. The discipline rules of the Northwestern School Corporation Random Drug Testing Policy will be enacted in the case of a positive test result.

FIRST OFFENSE

Results in suspension from the team currently involved with in-season, or in situations outside the official IHSA practice/contest season, the upcoming season last participated in and successfully completed and all seasons leading up to it. The athlete is placed on athletic probation for 365 days. The student may not participate with any other athletic team or intramural team during that time. Any letter award qualified for that season will be forfeited.

A "Second Chance" option may be offered on some first offense violations. The program is a self - help effort to allow a student-athlete that is sincere in remorse and willing to work their way back on a team, a chance to do so. A student who comes forward prior to being caught by authorities, involved with the police, disciplined by school personnel, etc...; may receive a lower percentage suspension of the options explained below. Contributing circumstances of an even more serious nature surrounding an incident may nullify the ability to choose an option of rehabilitation or the return to a team.

Should the student choose to do so, he/she may reduce the suspension period by participating in a prescribed program of intervention. This counseling or treatment will total a minimum of the prescribed hours listed below for an infraction and will be conducted during the set prescribed percentage suspension period. Should the athlete choose to not participate in the rehabilitation, the suspension will be for the remainder of the season if in-season or the entire season upcoming that was last successfully participated in, if an out of season violation. Counseling must be completed to the satisfaction of the principal or his/her designee prior to resuming competition. The athlete may practice during the suspension period provided he/she practice effort continues to meet with the approval of the coach.

If the student athlete chooses to participate and complete this counseling program he/she will be suspended from the current IHSA season for up to a maximum of the top percent of the scheduled consecutive contests possible. A portion of the suspension could be served during tournament play if appropriate. Should the prescribed percentage of the season not remain, the remainder may be served during the next sport that the athlete tries out for and completes. Should the suspension being served and counseling be completed carry into another sport season, no award will be considered for presentation from the original sport in which the violation occurred until the program is complete and all obligations have been met. A percentage suspension period that calculates to a fraction of a contest will round up to the nearest whole contest. The athlete will also be placed on probation for 365 days.

In the case of alcohol or drugs the counseling must be through a recognized licensed counseling agency or rehabilitation center. The expense of the counseling will be that of the student and/or family. Both the proof of counseling and the suspension period must be complete before resuming competition.

If the athlete chooses the second chance option (intervention counseling and percentage suspension), he or she must remain in good standing with the Athletic Department for the Probation period of 365 days from the date of original suspension. Athlete not in good standing with the Athletic Department will have second chance option revoked and full season suspension will result for sports season upcoming that was last successfully participated in.

Second Chance Options

Tobacco/Nicotine

Participate in viewing, reading, communication, and study of materials associated with the dangers of tobacco use for a one hour minimum. Up to a ten percent contest season suspension period.

Alcohol

Participate in a minimum of three hours of approved counseling program approved by the principal or his/her designee. Up to a thirty percent contest season suspension period

Drugs

Participate in a minimum of five hours of approved counseling. Up to a fifty percent contest season suspension period.

Other discipline situations, issues with law enforcement, pending hearings, violation of civil law in other areas, etc., may be treated similar to substance violations or may nullify participation on a team depending on the nature of the infraction.

SECOND OFFENSE

An offense or violation of student code and/or training rules while suspended or on probation for use of tobacco/nicotine, alcohol, drug or other involvements may result in suspension from the current IHSA season participating in for the complete season or the upcoming season last participated in (must have previously completed that season in good standing), as well as all seasons in between. The athlete will again be placed on probation for 365 days.

The student is encouraged to seek professional assistance in dealing with the dangers of situation involved.

The athlete may not practice during this suspension.

No award will be earned.

THIRD OFFENSE

A third offense of training rules while on probation may result in suspension from all athletic associations for 365 days.

The student is encouraged to seek professional assistance in dealing with this difficulty.

FOURTH OFFENSE

A fourth violation of training rules may result in suspension from athletic participation for the high school career.

CONDUCT, CHARACTER, DISCIPLINE

Revised June 11, 2013

The principal or athletic director may suspend a student for a period of time for other incidents that have a detrimental effect upon the athletic program at Northwestern. The length of suspension for these infractions will be determined by the principal or his or her designee. Participation in athletics at Northwestern High School/Middle School is a privilege and not a right.

Harassment by A Student: The harassment of other students or members of the staff, or any other individuals is not permitted. This includes any speech or action that creates a hostile, intimidating, or offensive learning environment. Conduct constituting harassment may take different forms, including, but not limited to the following: verbal, nonverbal and physical contact.

Social Media: The use of Social Media in an inappropriate manner can have a disruptive impact on the morale and success of the team. Inappropriate use of technology can lead to disruptions in the classroom learning environment, school cohesiveness/morale and may constitute harassment or bullying. Inappropriate use of Social Media that could lead to athletic discipline and possible suspension or removal from participation would include but not be limited to: sexually explicit, profane, lewd, indecent, or defamatory language, the use of derogatory language regarding school personnel or other students, comments designed to harass or bully students/school personnel, nude/sexually-oriented/indecent photos/images or altered pictures/videos. The use of Northwestern Corporation computers to view inappropriate off-campus postings is prohibited. The use of student/athlete personal or non-school devices on school grounds to view or post inappropriate material is prohibited. The distribution of inappropriate hard copies of posts on school property is prohibited. The re-communication of inappropriate content on Northwestern School Corporation property is prohibited.

Other: The arrest and/or conviction of a felony, or any misdemeanor which is derogatory to the proper conduct of an athlete may result in disciplinary action affecting athletic participation. A player arrested, under investigation, on probation, etc. can be suspended from competition until cleared by the administration. This may be based on evidence charges and/or conviction (excluding minor traffic violations).

A student who violates a substance training rule that involves even more serious ramifications may be suspended indefinitely.

Athletes receiving disciplines from law enforcement, courts, judges, and juvenile detention offices may receive varied levels of discipline at school depending on the infraction. (examples: In home detention, residing at Kinsey, etc.)

Disciplinary action may be administered by the coach for violation of other Regulations prescribed for that team. Such actions should involve input from the athletic director and/or principal and possible approval of the Council.

The stealing of equipment from any school or student is a serious act of conduct and may result in the same disciplinary action as listed under training rules. Quality athletic equipment is provided in each sport. Students are expected to care for this equipment and return it at the end of the season. It is to be used at times indicated by the head coaches. Students must pay for the cost of replacement of equipment which is not returned in good condition, with allowance for reasonable use. No athlete shall have in his/her possession any school owned equipment, from this school or any other school, other than that which is to be worn for practices or contests, and which has been issued to the athlete. Uniforms and equipment should not be worn as regular apparel unless authorized by the coach for special "team dress-up" days at school.

Athletes are expected to display proper conduct and citizenship at all times. The athlete is a representative of Northwestern. Sportsmanship should be strived for at all times.

Appropriate hours should be kept during the season. Athletes are expected to attend all required practices. Coaches should be made aware prior to the practice when an athlete develops a time conflict.

Swearing should not be a practice of the athlete. Abusive language, harassment, conduct, and/or personal confrontation (fighting) will not be tolerated.

Exhibit high standards of social behavior. Be cooperative, hardworking, flexible, And show initiative.

Maintain a good appearance including cleanliness and good grooming.

Respect other athletes, coaches, cheerleaders, officials, spectators and those in authority.

An athlete cannot practice or participate in contests on the day or days assigned to in or out-of-school suspension. This will be determined by the time of the issued discipline and the 24-hour, 48-hour, etc. rotation of time to the conclusion of the discipline.

An athlete who quits a team after the final cut will not be eligible to participate on another team that same season or participate in any pre-season workouts for another sport. The athlete will not be eligible for intramurals held during that same competitive season. This may be reviewed by the sending coach.

An athlete released by the coach prior to or after the first competitive contest may be

eligible to participate in pre-season and intramural activities, pending the decision of the Athletic Director and the coaches involved.

TRANSPORTATION

1. Students and their parents are responsible for their transportation to and from practices and home contests.
2. On very rare occasions, cars driven by coaches or parents may be utilized. This will require prior approval of the parent, coach, superintendent and principal on a private auto form.
3. No students may drive to contests. In an extreme situation special arrangements may be made with a private auto form signed by the superintendent, principal, parent and coach.
4. Students may ride home from an away contest with their parent/legal guardian provided prior arrangements are made in writing with the coach and has the coach's approval.
5. Students may ride home with another parent provided it meets approval of the coach/school administration and prior written permission of the student's parent is submitted on a private auto form a minimum of 3 days prior to the event.
6. Students may not ride to or from away contests with another student or non-adult. When the student is competing and the responsibility of the school, they must ride to and from the event on transportation provided by the school. Students not following this guideline jeopardize their membership on that team. In an extreme situation, special arrangements may be made. Such a decision will include the parent, superintendent, coach and principal's written permission on a private auto form.
7. When traveling from school to a practice away from the school (examples: golf course, park, YMCA, gymnastics school, etc.), these practice sites must be established Northwestern School Corporation home practice sites. One day practice sites will require a team bus or private auto forms for travel to and from. Such practices not held immediately after school may allow students to drive home and return to the practice site. (item 1 above)
8. Students driving automobiles will follow the guidelines as stated under "Student Drivers" in the high school student handbook.
9. Automobiles driven to school will remain parked in the student lot and not driven back and forth to another location for meetings, practices, meals, etc. Cars are not to be moved until the student is prepared to leave for home. Exceptions must be approved by the principal or their designee.
10. Students should never play in or around automobiles. Riding on the exterior of the car, in the back of a truck, on the hood, on the bumper, in the trunk, etc. should never be attempted. Students may face disciplinary action if this policy is violated.

11. Keep bus aisles clear. Put equipment in or under seats. Keep aisles safe for emergency exit of bus.

SPECIAL SAFETY CONCERNS

1. Students should not climb on rollout bleachers that are pushed against the wall. The structure beneath portable or permanent bleachers should not be climbed on.
2. Students will not run on the roads when affiliated with a school sponsored practice or activity. Athletes should not run to or from school.
3. Students should not hang on rims, goalposts, bleachers, goals, backboard structures and the like.
4. Students should not jump over or climb fences, cables, chains, gates, etc.
5. Students should never play in or around automobiles. Riding on the exterior of vehicles is prohibited. Athletes will not ride in the back of pick-up trucks, on the hood, in the trunk, on the bumper, etc.
6. Cars should remain parked in the student lot from the time of arrival in the morning until time to go home after school, practice, or contests. The rules on driving automobiles as listed in the student handbook will be followed. Exceptions from the policy of removing cars from the student parking lot should be approved by the principal. (Example: driving to softball diamonds).
7. Portable hair dryers should not be used in locker rooms.
8. Safety rules pertaining to each specific sport will be followed. Examples would include no butt blocking and spearing in football, and proper use of gymnastics equipment. Athletes must sign a Sport Specific Cautionary Statement prior to participation in each sport.
9. Running, flipping towels and general horseplay is not permitted in locker rooms or other athletic related areas.
10. Students should not use any foreign object to try to turn on light switches.
11. Students should always use caution when crossing the road between the facilities or parking lot around the buildings.
12. All rules of the weight room will be followed. No student may lift without the supervision of a coach.
13. The swimming pool is off limits without the direct supervision and permission of the instructor with water safety certification. Students should follow all safety rules of the pool area, including safety on the deck, diving board and starting platforms.
14. Sport activities should be conducted in designated areas. Example: shot put only in shot ring and vector area.
15. Students should be careful when working around dangerous practice situations such as batting cages and pitching and batting areas. Other activities might include shot put,

discus, swinging golf clubs, football drills, tennis racquet swings, diving, runners, gymnastics apparatus, hurdlers, kicking, jumpers, wrestling maneuvers and vaulters.

16. Students should obtain approval and instruction from the coach prior to working with, assembling or utilizing equipment or facilities.

Revised June 4, 2021

Northwestern School Corporation Concussion Policy

General Concussion Information

In recent years, there has been significant research regarding sports-related concussions. Northwestern School Corporation is adopting a sports concussion assessment policy based upon best practices from current medical recommendations and guidelines. Our goal is to provide the greatest degree of safety for student athletes.

A sport related concussion (SRC) is a traumatic brain injury induced by biomechanical forces and may be caused by a direct blow to the head, face, neck or elsewhere on the body with an impulse force transmitted to the head. SRC typically results in the rapid onset of signs and symptoms, however, in some cases, signs and symptoms evolve over a number of minutes to hours to days. SRC results in a range of clinical signs and symptoms that can differ from person to person and with each injury.

Recognition of Sports Related Concussion

Signs, Symptoms and Red Flags after sustaining a Concussion

Signs Observed	Symptoms Experienced	Danger
<ul style="list-style-type: none"> ● Appears, dazed, stunned, disoriented ● Forgets an instruction of other short-term memory difficulty ● Slurring of speech ● Shows mood, behavior or personality changes ● Answers questions slowly or inaccurately ● Moves Clumsily 	<ul style="list-style-type: none"> ● Headache or “Pressure in head” ● Nausea or vomiting ● Balance problems, dizziness, or blurry vision ● Sensitivity to light or noise ● Feeling sluggish, hazy, foggy, or groggy ● Difficulty remembering and concentrating ● “Don’t Feel Right” 	<ul style="list-style-type: none"> ● Pupil size difference ● Drowsiness or inability to wake up ● Weakness, numbness or decreased coordination ● Unusual behavior, increased confusion, restlessness, or agitation ● Repeated vomiting or nausea ● Convulsions or seizures ● Severe or increasing headache ● Loss of consciousness

*Not all signs and symptoms have been listed.		or deteriorating conscious state
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***If there is concern after a head injury of the observed signs or reported symptoms, the student-athlete will be safely and immediately removed from practice/game. If stable, student-athletes will be transported to hospital via parent/guardian. If unstable, the student-athlete will be transported to a local hospital via EMS.

Concussion Prevention and Education

According to Indiana Law IC 20-34-7 the following will be observed:

- Student-Athlete
 - Must read “*Concussion Heads UP Fact Sheet for Athletes*”
 - After reading, must sign the “*Concussion Acknowledgement and Signature Form for Parents and Student-Athletes*” prior to the start of their sports season.
 - Prior to the start of the school year, the school will hold an informational meeting for all student-athletes regarding concussion management and the recovery process.
- Parent/Guardian
 - Must read “Concussion Heads Up Fact Sheet for Parents”
 - After reading, must sign the “*Concussion Acknowledgement and Signature Form for Parents and Student-Athletes*” prior to the start of their sports season.
- Coaches
 - All coaches must complete a certified coaching education course in regards to concussion awareness and pass a test demonstrating comprehension at least every 2 years.
 - Prior to the start of the school year, informational meeting discussing concussion policy and any updates.

Concussion Management Guidelines

As outlined in Indiana State Law IC-20-34-7 “A high school athlete who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received a written clearance from a licensed health care provider trained in the evaluation and management of concussions and head injuries, and not less than twenty-four (24) hours have passed since the student athlete was removed from play.”

Initial Concussion Assessment

The Athletic Trainer assigned to NSC will evaluate the suspected concussion using a variety of different techniques that are deemed appropriate by the Athletic Trainer

- I.E. verbal interview, visual, MOI, S/S and Mental/Physical Tests (SCAT5 & VOMS)
- The Athletic Trainer assigned to Northwestern School Corporation has final clearance for all student-athletes.
- If the student-athlete exhibits any danger signs and/or symptoms, the emergency action plan (EAP) will be activated and emergency medical treatment will be implemented/

If NSC Athletic Trainer is not present:

- If at an away game, the home athletic trainer will perform a concussion assessment and determine if the student-athlete should be removed from play.
- If no Athletic Trainer is present and student-athlete exhibits signs and symptoms of a concussion, coaches will remove student-athlete from practice/game until they can be assessed.
- **All student-athletes that have been removed from practice/game that have not been assessed by NSC's Athletic Trainer must see them prior to their next practice/game.**

***Parents/Guardians and coaches are not to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, everyone involved in athletics must be aware of signs, symptoms and behaviors associated with a concussion. If it is suspected that a student-athlete may have a concussion, then the athlete must be immediately removed from all physical activity.

Concussion Notifications

Northwestern School ATC will notify parents/guardians of the student-athlete and inform them of the student-athlete's suspected SRC/head injury. The ATC will provide the student-athlete and their parent/guardian with information on the continuing care of a person with a concussion. The student-athlete and parent/guardian will be required to acknowledge they received this information by signing the *NSC Concussion Information: Home Instruction Sheet*.

Important school personnel will be notified as well. The ATC will notify the student-athlete's current coaches and inform them that they are not allowed to return to sport. The school nurse will also be notified of the suspected concussion. The school nurse will activate the school's education concussion policy.

Concussion Recovery

Once the student-athlete has been diagnosed with a concussion, they CANNOT return to practice or competition until the student-athlete is evaluated and cleared for return to participation in writing by an appropriate medical professional. NSC will only accept releases from Physicians (MD or DO), nurse practitioners (NP), or physician assistant (PA) per IC 20-34-7. **NSC's guidelines dictate that a student-athlete may not receive written clearance from the emergency department or urgent care.**

In-Season student-athlete is required to follow-up with the Athletic Trainer for evaluation every day until they have cleared the concussion RTP protocol. Out of season student-athletes are required to follow-up with the ATC weekly. Once cleared to begin the RTP, they must set up a time with the ATC to complete the concussion RTP.

Educational Concussion Management for the Student Athlete:

In most cases, a concussion will not significantly limit a student's participation in school. However, concussions in some cases can affect a student's ability to do many routine tasks that are essential to academic performance, including but not limited to: the ability to focus, multi-task, recall information and process information quickly. Schoolwork may tend to be more difficult and take the student longer to complete during their recovery process.

A student with a concussion should be seen by a healthcare provider experienced in evaluating for concussions and should offer guidance about any academic accommodations that the student may need so that they receive core information needed, while not making their symptoms worse and prolong recovery.

We believe communication is key to managing this process therefore, we ask that:

- Return to school only when your primary care provider advises you to. Not following the instructions on rest and recovery can delay healing or make symptoms worse.
- Your brain needs time to heal. Avoid excessive television, video games, texting or loud music. Get extra sleep and eat a healthy diet.
- **Bring all your medical documentation to the school nurse.** Academic classroom accommodations we will make will go by recommendations from your primary care provider managing your student's concussion. We will notify your teachers and guidance counselor.
- Some samples of accommodations your primary care provider may recommend are:
- Reduced workload (avoiding repetitive work); unlimited access to health office; extra time to complete class work/assignments; NO physical education/weight lifting; and modified testing schedule once able.
- **Teachers are willing to work with concussed students but you MUST communicate with them and develop a plan on how you will proceed with classroom work during the recovery period.**
- Check in weekly on your recovery process with the school nurse until cleared. We advise teachers as well to notify us of lack of progress or problems with your school work. If you are having issues, you may need to see a doctor again.
- **Please bring any additional medical documentation you get to the nurse, including documentation when your primary care provider has cleared you of the concussion.**
- All academic accommodations will end upon clearance of concussion by your primary care physician.

Return to Sport Participation

In order for the student-athlete to return to full athletic participation they must complete the following:

- The student-athlete must be symptom free at rest.
- **The student-athlete must be fully back to school and no longer has academic accommodations.**
- The student-athlete must complete one full school day symptom free.
- After written medical clearance, the student-athlete may begin a graduated individualized return-to-play protocol that is supervised by ATC.

- The student-athlete must be symptom free during the entire concussion RTP Protocol.

***Written release does not automatically release the student-athlete for participation. The medical professional associated with NSC reserves the right to withhold athletic participation if they feel that the student-athlete is not healthy enough to return to activity.

Return to Play Protocol

- The following is IHSAA RTP protocol:
 - Step 1: Light Aerobic Exercise
 - Step 2: Moderate Aerobic Exercise; Sport Specific Drills
 - Step 3: High Intensity Exercise; Non-Contact Training Drills
 - Step 4: Full Contact Practice
 - Step 5: Game Play
- Each step is a minimum 24 hours.
- In rare cases and at the ATC's discretion, the student-athlete may repeat certain steps.
- At the ATC's discretion, if the student-athlete experiences any signs and symptoms during a step, they will be returned to the previous step and referred back to their MD, DO, NP, or PA.
- **The student-athlete is required to check-in with the athletic trainer prior to and after each step until they are cleared the RTP protocol.**

*****If the student-athlete does not follow-up as required during the recovery process and concussion RTP protocol, they can miss partial games, full games etc.**

Websites

<https://bjsm.bmj.com/content/bjsports/51/11/838.full.pdf>

<https://www.cdc.gov/headsup/index.html>

<http://iga.in.gov/legislative/laws/2017/ic/titles/20/articles/34/chapters/7/pdf/IC%2020-34-7>

<https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf>

<https://www.physiotherapyalberta.ca/files/vomstool.pdf>

https://www.nfhs.org/media/1018446/suggested_guidelines_management_concussion_april_2017.pdf

<https://www.ihsaa.org/Portals/0/ihsaa/documents/quick%20resources/IHSAA%20Concussion%20Guidelines.pdf>

High School Awards Program

Revised June 4, 2021
CHENILLE

1. A Varsity Award certificate will be presented to an athlete earning a major Varsity award. These guidelines will be used regardless of number of sports participated in. The Northwestern Block N is located on left chest of letter jacket when purchased by athlete.

2. A varsity or junior varsity player who does not fulfill the requirements for a major award will be presented a reserve award.
3. A freshman participating on a team that offers a freshman schedule will be presented numerals. A freshman participating in a sport which does not offer a freshman schedule will receive numerals for the first sport and a junior varsity award thereafter. These guidelines will be followed providing the freshman athlete does not meet requirements for a major award during the immediate season.
4. Major letter awards shall be worn only on Northwestern athletic award jackets. Only the award winner should wear that particular award as long as the recipient is enrolled in high school.
5. Distribution of manager awards for major and minor letters will be the same as described in 1 and 2 above. However, the letter will include a "MGR" insert.
6. Manager freshman numerals will be distributed as under 3 above.
7. Middle School awards, athletes will receive certificates for each season completed in good standing.

CERTIFICATES

All High School and Middle School athletes will receive an appropriate certificate at the completion of each respective season. Certificate awards include varsity awards, reserve awards, freshman awards, special awards or recognition, school records and senior awards.

JACKETS

An athlete who has earned one (1) varsity award in any sport is eligible to purchase a jacket from the Athletic Office. Two manager varsity awards are necessary for a jacket. Manager varsity award count one-half of a varsity letter. Only Official Northwestern Letter Jacket should be worn indicating major award winner.

PATCH AWARDS

The following patches may be awarded to athletes by the athletic department: All State (1st team), Academic All State, Hoosier Conference Champion (team and individual), Sectional Champion, Regional Champion, Semi-State Champion, State Champion, State Runners-up, School Record, Regional Qualifier, Semi-State Qualifier, State Qualifier.

STUDENT ATHLETE LEADERSHIP TEAM

Members of the Northwestern Student Athlete Leadership Team (S.A.L.T) will be awarded a Student Athlete Leadership Team Patch showing membership and a chevron showing years of service to the Leadership Team.

CAPTAIN AWARD

Captain Award is awarded to individuals who have been chosen by Varsity Head Coach prior to the start of the sport season to be a student leader. Captain's must complete the NFHS Captains Course, and serve as team captain in good standing for entire sport season.

BLANKET

Blanket awards may be received by earning ten full varsity awards. Managers must earn twelve varsity letters. Manager varsity awards count one half of a varsity award and only two manager awards may count toward the blanket. Junior varsity and freshman awards do not count toward a blanket award.

PLAQUES/FRAMED CERTIFICATES

1. Special plaque awards may be presented as determined by coach's criteria for Mental Attitude, and or sport specific statistical awards.
2. Framed Certificates are presented to athletes earning four, five, six, seven, eight, nine Varsity Letters. Eleventh varsity letter will be presented a plaque. Manager's letters count one-half.
3. An "Eye of the Tiger" award is presented to athletes in good standing who have participated and completed all twelve seasons of their high school career.

HONOR RING

An Honor Ring may be awarded to athletes in good standing who earn twelve full varsity letters.

ROBERT K. DOWNEY AWARDS

Qualifications prior to selection by Athletic Council include:

1. Senior

2. Earned and defended varsity letters in at least two sports
3. At least a "B" average
4. Citizenship and sportsmanship

REQUIREMENTS FOR EARNING HIGH SCHOOL MAJOR AWARDS

A student must practice regularly and be in good standing with the team in order to be eligible to receive an award.

An athlete deficient in meeting requirements due to injury, illness, or other appropriate reasons, may be recommended for a major award by his/her coach and approval of the Athletic Director.

A senior with four years of service to a sport or season may receive a major award by recommendation of his/her coach and approval of the Athletic Director.

Manager awards will be presented upon recommendation of coach and approval of the Athletic Director. To be eligible for a varsity letter, managers should attend practices regularly as well as having game responsibility.

1. **BASEBALL (Boys)/SOFTBALL (Girls)**
 - A. Participate in one-half of all regular season games and tournaments and be recommended by coach.
 - B. Those players who are pitchers only must participate in at least one-fourth of all regular season varsity games and be recommended by the coach.
2. **BASKETBALL (Boys and Girls)**
 - A. Participate in one-fourth of the regular season games and be recommended by coach.
3. **CROSS COUNTRY**
 - A. Compete and finish among school's varsity top seven in one-half of all regular season meets and invitationals and be recommended by coach.
4. **FOOTBALL**
 - A. Participate in one-half of varsity quarters in regular season games and be recommended by coach.
5. **GYMNASTICS**
 - A. Place in school's top three in at least one event at the varsity level in one-half of all regular season meets and tournaments and be recommended by coach.
6. **GOLF (Boys and Girls)**
 - A. Play top five in one-half of varsity meets, tournaments, and invitationals and be recommended by coach.
7. **SOCCER (Boys and Girls)**
 - A. Participate in one-half of varsity games in regular season games and be recommended by coach.
8. **SWIMMING (Boys and Girls)**
 - A. Participate in one-half of regularly scheduled meets, relays, and invitationals and be recommended by coach.
9. **TENNIS (Boys and Girls)**
 - A. Participate in one-half of varsity meets and tournaments and be recommended by coach.
10. **TRACK (Boys and Girls)**
 - A. Finish in the school's top three at the varsity level in one half of the regularly scheduled varsity meets, or place in one half of relays and (or a combination of these two criteria.) invitationals and be recommended by coach.
11. **VOLLEYBALL**
 - A. Participate in one-half of the games in regular season varsity meets and tournaments and be recommended by coach.
12. **WRESTLING**
 - A. Participate in one-half of the minimum matches possible in regular season varsity meets and tournaments and be recommended by coach.
13. **CHEERLEADING AWARD**
 - A. Participate in full Fall Season or Full Winter Season of Cheer and be recommended by the Coach.

Northwestern has developed a very special and comprehensive academic awards program for athletic participants. The categories and awards are listed below.

SCHOLAR ATHLETE AWARD

Chenille Award

Two or three sport- athlete maintaining an A- (3.7) accumulative G.P.A.

TOP ACADEMIC ACHIEVEMENT

Paper Weight

Each Senior boy and girl athlete with the highest career G.P.A. in their class will receive a paper weight.

Athletic - Academic Awards - Middle School

ATHLETIC-ACADEMIC ACHIEVEMENT AWARD

Certificate

Qualifications include being involved in all three seasons of sports and maintaining at least a 'B' average.

POLICY NOTIFICATION STATEMENT

It is the policy of the Northwestern School Corporation not to discriminate on the basis of race, color, religion, sex, national origin, age or handicap in its educational programs or employment policies as required by the Indiana Civil Rights Act (I.C. 1971, 22-9-1), Public Law 218 (I.C. 1971 Title 20), Title VI (Civil Rights Act 1964) the Equal Pay Act of 1973, Title IX (1971 Educational Amendments), and section 504 (Rehabilitation Act of 1973).Inquiries regarding compliance with Title IX and Section 504 may be directed to Corporation Compliance Officer, Northwestern School Corporation, 3075 N. Washington St., Kokomo, Indiana 46901. Telephone: (765)-452-3060.