

Trotter Athletics 2021-2022

Dear Fairfield Parents,

Welcome to another year of Fairfield Center School Athletics!

We regularly offer several sports in grades 5-8. We also typically offer the Jay Peak Foundations program, which allows students to ski or snowboard, ice skate and nordic ski, during the winter months (grades 4-8). Students may participate in as many of the sports activities as they wish, at a limit of one sport per season unless otherwise approved by the Athletic Director..

It is our expectation that all students who wish to participate in athletics, their parents, and their coaches, will agree to and abide by the following:

Sports Philosophy

We believe that the sports program should complement and work directly with the teachings and Fairfield Center School to promote the overall education, growth, and development of our students. Individual responsibility is taught and expected of all involved. This is achieved through the cooperation and involvement of students, parents, and coaches. The primary goal of the athletic program is to develop students who put forth a winning attitude toward life and school. Victory will come as a natural result of this attitude. Success is knowing you have done your best!

At Fairfield Center School we create an environment that encourages and allows for participation by students competing at **all ability levels**. We aim to promote character and teach many values to our students. Among the values that help our student athletes and competitors to become responsible adults include but are not limited to sportsmanship, leadership and character, commitment to one's team or activity, critical thinking during practice and competition, time management, self-discipline, and enjoyment. We believe that students will gain these and other values by taking part in the athletic programs offered here.

Sports Standards

The criteria for the sports program are below:

1. Athletes and parent/guardian will agree to and sign a sports contract.
2. The student-athlete must have no 1's on their most recent report card in the major subject areas: Humanities, Math, Science, STEM, and HR3 (Personal Development) or they will be prohibited from participation in sports for the next season. Students who end a year with a 1 on their report card may be permitted to participate in sports for a probationary period of one season at the beginning of the new year at the Principal's discretion.
3. The team coach is responsible for discipline at practice and games.
4. It is a privilege to participate as a member of a Fairfield Center School sports team. The Principal and Athletic Director reserve the right to remove a student, temporarily or permanently, from a team, from a game, or from a practice.
5. The rules, regulations, and behavior policies set forth by the coach (for both students and parents) are non-negotiable. If parents or students refuse to abide by the wishes of any coach, athletic director, official, teacher, or administrator, they will be asked to leave immediately and may be required to withdraw from the sport.
6. If a game or practice does not start immediately after school, student athletes are required to either
 - a. be picked up by a parent,
 - b. go home on the bus and come back for the game or practice, or
 - c. go to the BNML if it is available.
7. Students who are absent from school the day prior or day of, who are more than 1 hour late, or who are dismissed more than 1 hour early are not permitted to practice or play in a game that day. Exceptions to this rule are made on a case-by-case basis by the Athletic Director when notified in advance of said

absence or tardiness.

8. An up-to-date sports physical must be on file in the nurse's office.

Discipline

Student-Athletes are held to a high standard of conduct, both on and off the field. Students who have several Office Disciplinary Referrals, a detention, or a suspension may not participate in part or all of the next game following at the discretion of the coach and Athletic Director. They are still required to attend and participate in practices.

With your help, Fairfield students will be known as excellent scholar-athletes throughout our region.

Please sign and return the next page. Please read the Concussion Information documents in this mailing.

Students who have not returned the Acknowledgement will not be permitted to practice or play.

Sincerely,

Dr. O'Dell, Principal

Mr. Cook, Athletic Director

Ten Great Goals

to Help Sports Parents Keep Sports Positive and Enjoyable for ALL!

On the way to the event...

1. Ask your child to set goals for the game: a physical goal, a mental goal and a sportsmanship goal.
2. Remind your child (and yourself) to have fun.

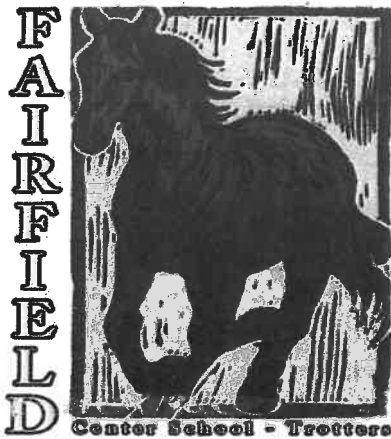
At the event...

3. Remain calm and in control of your words and actions.
4. Be positive with players, fans, opponents, coaches and officials.
5. Take a deep breath or step away from the game if you grow angry.
6. Applaud good play on both teams.
7. Thank the coaches for their time and effort.

On the way home...

8. Ask your child, "How do you think the game went?" and "How did you do on your goals?"
9. Point out signs of good sportsmanship shown in the game.
10. Express your love for your child and respect for their desire to play, regardless of the outcome.

*Adapted from The University at Notre Dame's *Play Like a Champion Today* "10 Commandments for Sports Parents"



Trotter Athletics
Student and Parent/Guardian Acknowledgement

STUDENT:

I _____ have read the Trotter Athletics document,

Print Student Name

understand its contents, and agree to be bound by its terms. I have received the concussion information for athletes and agree to report any concussion or concussion-like symptoms that occur during practice or games, occur as a result of injury outside of school sports, and understand that a medical clearance is required to return to play and that return to full participation is not immediate.

Student Signature

Date

PARENT/GUARDIAN:

I _____ have read the Trotter Athletics document,

Print Parent/Guardian Name

understand its contents, and agree to be bound by its terms. I have received the concussion information for parents and agree to report any concussion or concussion-like symptoms that occur during practice or games, occur as a result of injury outside of school sports, and understand that a medical clearance is required to return to play and that return to full participation is not immediate.

Parent/Guardian Signature

Date

1942-1943

1944-1945

1946-1947

1948-1949

1950-1951

1952

1953-1954

1955-1956

CONCUSSION FACT SHEET FOR PARENTS



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

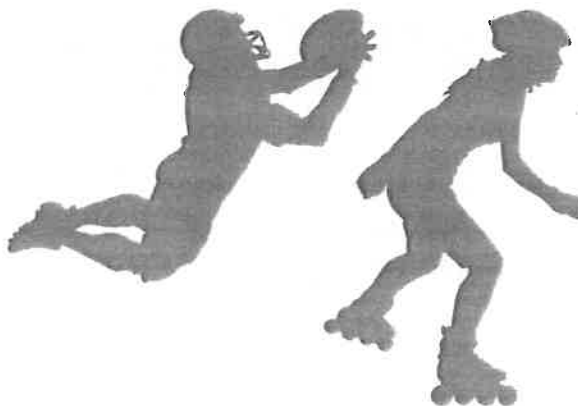
If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes



DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. SEEK MEDICAL ATTENTION RIGHT AWAY

A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

2. KEEP YOUR CHILD OUT OF PLAY.

Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.

Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.



JOIN THE CONVERSATION → www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

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