

Wellsville-Middletown R-1 School District

Athletic Handbook

2019-20

Introduction

Research indicates a student involved in extracurricular activities has a greater chance of success during adulthood. Many of the character traits required to be successful participants are exactly those that will promote a successful life after graduation. We hope the information provided within this handbook helps your family's experience with WMR-I activities less stressful and more enjoyable.

This manual has been authored to serve as a guide to and for activities in the Wellsville-Middletown R-1 School District. All teams and groups that compete against other schools will be governed by the guidelines set forth in this manual and referred to as an activity. In addition, The Missouri High School Activities Association (MSHSAA) guidelines apply to the interscholastic activities under their jurisdiction. In addition to the requirements found in this manual, each coach/sponsor will develop guidelines, expectations, and rules that apply to his/her respective activity. These will be provided to students at the start of the sports or activity season. The coach/sponsor's rules, expectations, and guidelines must be adhered to in order to maintain eligibility. Each coach/sponsor has the authority to develop and enforce such guidelines as needed to run a safe, respectable, and effective program.

Mission

We want our students to have the opportunities and experiences to develop the following skills:

- ✓ Respect for self and others
- ✓ Ability to take positive risks
- ✓ Appreciate and recognize strengths and weaknesses
- ✓ Understand the idea of teamwork and working towards common goals
- ✓ Realize the importance of life skills
- ✓ Become aware of the diversity around our school district

One of our goals through activities is to prepare students for the successes and failures they will face in the future. Our activities provide enrichment, entertainment, and pride for parents and the community. By being involved in activities, students will understand how to contribute positively to society now and in the future.

Philosophy

We strive to win championships, but only by maintaining the integrity of our students, our school, and our community. At all levels we are striving to produce champions while teaching the skills of the given activity along with lessons of sportsmanship, responsibility, and teamwork. **Tiger Pride** will be earned daily by practicing these fundamental ideas:

- ✓ Always strive for excellence
- ✓ Achieve optimal performance
- ✓ Teach and model the process of success
- ✓ Lead a group to become a highly effective team
- ✓ Teach students how to win (Students need to learn to win at life)
- ✓ Teach students about intrinsic motivation
- ✓ Communicate effectively
- ✓ Respect and protect the self-worth of our students
- ✓ Be demanding without being demeaning

WWW.MSHSAA.ORG
[HTTP://WMRI.K12.MO.US](http://WMRI.K12.MO.US)

General Information

Wellsville-Middletown High School is a member of the Eastern Missouri Conference. The eleven EMO conference schools include:

Bowling Green Bobcats	North Callaway Thunderbirds
Clopton Hawks	Silex Owls
Elsberry Indians	Van-Far Indians
Louisiana Bulldogs	Wellsville-Middletown Tigers
Mark Twain Tigers	Wright City Wildcats
Montgomery County Wildcats	
South Callaway Bulldogs (Football Only)	

Conference sports that Wellsville-Middletown participates in:

<u>Girls:</u>	<u>Boys:</u>
Softball	Cross Country
Cross Country	Basketball
Basketball	Baseball
Track	Track

Conference Activities WMR-I Participates in:

Quiz Bowl
Speech
Band
Choir

Insurance & Physical Exams

The Wellsville-Middletown R-I School District will require each student participating in athletics to have a MSHSAA Physical Form filled out by certified medical personnel stating that he or she is physically able to participate in athletic competition for the school district. The actual physical exam page will be good for 2 years from the date the physical is given. All other pages of the physical forms are required to be completed annually.

All students and parents are required to attend the annual athletic meeting or make arrangements with the athletic director to get the information needed.

A student shall not be permitted to practice or compete for the school district until the district has the completed physical on file including basic athletic insurance coverage information, completed the athletic handbook agreement, and attended the annual athletic meeting.

****ALL STUDENT ATHLETES NEED TO REMEMBER TO HAVE A COMPLETED AND UP-TO-DATE PHYSICAL ON FILE BEFORE THEY BEGIN PRACTICE IN ANY ACTIVITY. THIS MUST BE DONE EVERY TWO YEARS THEY ARE ELIGIBLE. FAILURE TO HAVE AN UPDATED PHYSICAL ON FILE WILL RESULT IN THAT STUDENT ATHLETE BEING INELIGIBLE.**

Dual Participation

Student athletes may participate in more than one activity during the same season with the approval of the coaches, Athletic Director, and the student athlete's parents. The student will be required to fill out a Dual Activities Participation Contract and choose a primary activity. A schedule will be worked out between both coaches and the student at this time with consideration given to the importance of the sport (ex. playoffs versus regular season and games versus practice). Where there are scheduling conflicts, the student must attend the contest for their designated primary sport unless arrangements are made between the coaches. The student athlete must realize that extra time for practice is necessary to compete in two activities in one season. The student must meet the conditioning requirements set forth by the MSHSAA bylaws of both activities. If the requirements of one or both activities are not met, the student athlete may be cut from the activity(s).

Quitting

Any student that quits a sport after 3 days from the first practice may not participate in any other activity until the completion of the season of the sport in which they quit.

If a student quits a sport while being a dual sport athlete, the following apply:

Quit non-primary=continue playing primary until conclusion of season

Quit Primary=Ineligible to participate in ANY activity until the conclusion of the Primary sport

Our athletic program is governed by the Wellsville-Middletown School Board and the Missouri State High School Activities Association. We ask that student athletes remember that participation in interscholastic and extracurricular activities is a privilege and not a right. The following guidelines may answer some of your questions concerning eligibility.

Wellsville-Middletown R-1 Junior High and High School Standards and Guidelines:

A. Behavioral Standards

The Wellsville-Middletown Schools District's co-curricular program is an integral part of the educational process. It is designed to help those who participate to develop skills beyond the ordinary. In addition, it is recognized that as representatives of the school, co-curricular participants will be an example by which the school will be judged. It is, therefore, incumbent upon every participant to discipline himself/herself in the following rules of conduct:

1. A participant suspended from school (OSS) will be subject to disciplinary action as recommended by the sponsor of the event and the principal. During the suspension the participant will not be allowed to participate in any scheduled activity. The period of time will depend upon the nature of the suspension. Other action may also be recommended by the sponsor and the principal.
2. A participant removed from class for misbehavior on the day of a scheduled event may face suspension from the event, and will be counseled by the principal as to his/her eligibility if other violations occur.
3. A student who is out for a sport and cheer has up until the first competition of that particular sport or activity to quit without consequences. If a student chooses to quit a particular sport **after** the first contest date of the sport/activity, the student will not be eligible to start practicing or participating in any other extracurricular activities until the completion of the particular sport/activity. This includes open gyms, open fields, preseason conditioning, NHS, FFA, FBLA, STUCO, weight-room activities ECT. If the student is a dual sport athlete and quits the primary, he/she may not participate in any other sport/activity until completion of the season. If they quit the non-primary, they may finish the season of their primary sport. If the student quits after mid-terms of the 4th quarter, he/she will become ineligible until the completion of mid-terms of the 1st quarter the following school year. The only exception is if the coaches of **both** sports/activities and the athletic director give their consent.
4. A participant being removed from any activity for disciplinary reasons will be brought under advisement of the athletic director, sponsor in charge and building principal; and appropriate action will be taken which may result in exclusion from other activities/sports.
5. A participant must meet the academic eligibility standard established by MSHSAA to be eligible to participate in any co-curricular activity. In addition, the district will abide by all rules and regulations controlling competition established by the MSHSAA for its sanctioned activities.
6. The management of co-curricular activity, while the activity is in progress, is the responsibility of the sponsor, who is responsible for the selection of participants and their participation within the limits of school district policies and regulations.
7. Any student engaging in any illegal activity which include the use of alcoholic beverages, tobacco (or any tobacco related products), illegal drugs, or shoplifting will be considered in violation of the citizenship standard (section B, below). Verification of the above facts will be made by either the proper legal authorities, a member of the coaching staff who has witnessed the offense, or the school administration and/or faculty. ***Students who fail to meet the above***

requirements for participation will be ineligible to participate for a period of time not less than six weeks for minor infractions and termination for more serious infractions. Determination of the ineligibility time period will be at the discretion of the principal

8. Law enforcement: A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Minor moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, accidents or injuries. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

9. Students must be in school attendance for the **entire** day of an event, unless it is approved by the coach **and** the principal in advance. If an activity is held on a non-attendance day (example: Saturday or holiday), students must be in attendance the **entire** day prior to the activity to be eligible to participate. Students arriving after 8:21 am will be considered absent for first hour and will not be eligible to participate in that evening's activities unless the HS office was notified.

10. School policy applies to extracurricular activities both at our school and when we are attending other schools. Any student who is assigned to either in-school or out-of-school suspension is prohibited from attending or participating in any school sponsored activities or practices from the time the assignment is made until their first day of return to their regular school classes.

11. Hazing: Student hazing is inconsistent with the educational goals of the District and poses a significant risk to the physical and mental welfare of District students. Hazing of students, on or off District property, is prohibited and may result in suspension from school and from activity/athletic participation.

12. Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the Board of Directors.

B. Citizenship Standards

Students who represent a school in interscholastic activities must be "creditable citizens" and judged so by the high school principal certifying a list of students for competition. These students whose character of conduct is such as to reflect discredit upon themselves or their school are not considered "creditable citizens". Conduct shall be satisfactory in accord with the standards of good discipline. Students displaying unacceptable citizenship behaviors may be suspended from participation.

C. Sportsmanship Standards

If you should commit an unsportsmanlike act while participating in an event, you could become ineligible. If your conduct as a spectator is found to be unsportsmanlike, you could be barred from attending any high school athletic contests. The unsportsmanlike conduct of any spectator, regardless of age, could cause that spectator to be barred from attending school athletic contests. If a student receives disciplinary action from an official, referee, or umpire, such as a technical

foul in basketball, that player could become ineligible for the remainder of the contest and may face suspension from the next athletic contest, depending on the severity of the action. This decision by the coach will be approved by the athletic director and principal.

D. Language

The use of profane or abusive language at practice or during contests will not be tolerated. Athletes who choose to use this language will face disciplinary action from the head coach.

E. Participation

You are encouraged to be involved in as many activities and sports as you wish. The Athletic Department does not encourage specialization. You are eligible to participate in any sport for a maximum of four seasons per sport. Any part of a contest played during a season counts as a season of participation. Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for the succeeding four years.

F. Practices and Contest Expectations

Any student participating on an athletic team is representing not only him or herself, but also their family, their school, and their community. Therefore, each coach will demand that certain expectations and responsibilities in regard to games and practices be met in order for an individual to be considered a member of an athletic team. These responsibilities and expectations will vary with each sport and will be left to the coach's discretion. It is the athlete's responsibility to see that they are met.

All practices and games on early dismissal days (for inclement weather) or snow days will be declared cancelled or postponed for the day.

G. Lettering

Each sport may have different guidelines for varsity letters, but generally, they include participation, attitude and work habits. Your coach will answer specific questions. **Students that quit or are dismissed before the conclusion of the season are ineligible to letter. All students that earn a varsity letter will receive a letter from the school along with any hardware (pins/bars) throughout their high school careers. For individual recognitions, a request must be made to the athletic director in order to receive a patch for a lettermen's jacket. Academic All Conference, All State, or any specific coaches association awards will be recognized by a certificate only, unless these patches are requested and paid for by individuals in advance.**

H. Equipment

An athlete will pay for lost, stolen, or damaged uniforms. All uniforms must be cleaned and turned in within 1 week of the last contest of the season. Grade cards may be held until all uniforms are turned in or until payment of the missing or damaged items is paid to the office.

I. Athletic Awards Ceremonies

We will have one banquet to honor our student athletes. Ineligible students are not allowed to attend the athletic banquet.

Banquet: Will be held at the end of the school year. Sports and activities recognized:

- Softball:** Junior Varsity & Varsity
- Cross Country:** Junior Varsity & Varsity
- Basketball:** Junior Varsity & Varsity
- Cheerleading:** Junior Varsity & Varsity
- Baseball:** Junior Varsity & Varsity
- Track:** Junior Varsity & Varsity

*The banquet will only be for high school athletes.

J. Transportation to and from Contests

Participants may ride home with a parent, a relative, or another player's parent with **prior** permission from the coach/sponsor and principal. The responsible adult's signature must be placed on the sign-out sheet. A student may never ride home with another student. Disciplinary action will be taken if a student rides home with someone other than a parent. A parent must make the request to the coach/sponsor and principal for any special circumstances not covered in the above paragraphs. **An athlete that does not ride home on the bus and does not have his/her parent sign them out will receive a one (1) day in-school suspension from the high school principal.** A parent must make the request to the principal for any special circumstances not covered in the above paragraph.

****STUDENTS MAY NOT LEAVE SCHOOL PROPERTY AFTER A MORNING PRACTICE.**

General Athletic Rules

1. Respect all coaches, team members, and school property.
2. Both the physical form with proof of insurance and the athletic agreement must be signed and turned in before practicing.
3. Athlete must abide by the rules set forth in the athletic handbook.
4. Student-athletes are students first, athletes second.
5. Athletes will be good citizens in our community.
6. Athlete's actions will reflect positively on their family, themselves, our school, and our community.
7. Coaches will handle situations relating to team policies on an individual basis. The principal will be informed of the situation and penalty.
8. Coaches and sponsors have the right to set additional and stricter standards of dress and grooming for students participating in extracurricular and co-curricular activities

Cheerleading Squad/Competition Squad

Due to the nature of the sport being more about teamwork than individuality, any cheerleader that becomes ineligible after spring tryouts would remain off the competition squad for the remainder of the season. A student who is ineligible will be allowed to participate on the cheerleading squad only once they become eligible, but cannot rejoin the competition squad.

All eligible students would then be able to try out for the following year.

Coach/Parent Communication and Conflict Resolution

First Step: Parent contacts coach-If needed, a parent may contact the coach by phone or email to set up a meeting. Parents should wait 24 hours after the game to contact the coach, if you have a conflict.

Second Step: Contacting the athletic director-If a satisfactory solution is not reached through the first meeting, the parent should contact the athletic director. If needed, a meeting may be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. The athletic director will respond to student athletes and parents in a timely manner as to the disposition of their concerns.

Third Step: Contacting the principal-If there is still not a satisfactory resolution, the parent may contact the high school principal. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

Please note this is only to be used if there is going to be a conflict. This does not apply to parent sign-out sheets.

MSHSAA Guidelines



A. Eligibility Statement

Eligibility is a privilege to be granted by the school to a student which allows that student to participate in interscholastic activities. Eligibility is not a student's right by law.

Precedent setting legal cases have determined that eligibility is a privilege to be granted only if the student meets all school adopted standards which enables the school to grant the student such a privilege.

B. Eligibility Standards

1. The eligibility rules of MSHSAA must be complied with in full.
2. A student must be a creditable high school citizen defined by the MSHSAA handbook.
3. Any student who is suspended out of school will be ineligible for athletic participation for the period of the suspension.
4. At the administration's discretion, repeated violations of any school rules may result in the student being declared ineligible. In any instance not specifically covered in the rules of eligibility, the principal may rule a student ineligible.
5. A student must participate in 14 practices before participating in the first contest in basketball, track, and cross country unless the student was member of a team during the preceding season. A student must participate in 10 practices before playing in the first game in softball and baseball. A student must have 10 practices in cheerleading before cheering at the first contest.

C. Academic Standards

Statement of Philosophy- Participation in high school activities is a valuable educational experience and should not be looked upon as a reward for academic success. Students with low academic ability need the educational development provided through participation in activities as much as students with average or above average ability.

Activity participation should be for all students making appropriate progress toward graduation and otherwise in good standing. Each local board of education is encouraged to establish criteria to ensure that students who are participating in MSHSAA activities are satisfactorily progressing towards meeting the local graduation requirements.

Grades 9-12 – A student in grades 9-12 must meet the following requirements in order to be academically eligible to participate in interscholastic activities:

1. Wellsville-Middletown will require all students participating in any extracurricular activities must maintain a C- grade average. Students are ineligible if their mid-term or quarter weighted grade point average is at or below 1.666. Students must not have a grade of "F" in any subject. A grade of "F" in any subject is not considered normal

progress towards graduation and will render the student ineligible. Ineligible students may attend practices if the coaches are willing. Ineligible students are not allowed at any extracurricular activities. Eligibility will be reviewed at each midterm and quarter.

2. **Semester Prior to Participation:** The student shall have earned, the preceding semester of attendance, a minimum of 2.5 units of credit or have earned credit in 70% of the maximum allowable classes in which a student can be enrolled in the semester, whichever is greater, or a student must have made standard progress for his or her level the preceding semester in a special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent age.
3. **Semester of Participation:** The student shall currently be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater; or a student must be enrolled in a full course at his or her level in a special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent age.

D. Citizenship Requirements

Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper school authority certifying a list of students for competition.

Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditible citizens." Conduct shall be satisfactory in accord with the standards of good discipline.

A student shall not be considered eligible while under suspension. The student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal. If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes (or has an excused absence(s) from class) without an unexcused absence.

***NOTE: Each individual school has the authority to set more restrictive citizenship standards and shall have the authority to judge its students under those standards.**

E. Amateur and Award Standards

After entering a member school, you will become ineligible in the sport concerned if you receive cash or merchandise for participation in an athletic contest. This restriction applies to all sports in which MSHSAA member schools conduct interscholastic programs.

You may accept awards- symbolic in nature, such as medals, ribbons, trophies, plaques, etc. for participating in a school athletic program. However, if an award is to be presented by a person or group other than your school, your school principal must approve the presentation in advance and the retail value of the award cannot exceed \$25.00.

You may accept awards for participating in non-school sponsored athletic competition only if the awards are symbolic in nature as stated above.

If you have questions about this guideline, please contact your principal or athletic director.

F. Non-School Competition

You may not practice for or participate with a non-school team or in any organized non-school athletic competition and for your school team in the same sport during the same season. For example – basketball players cannot play city league basketball during basketball season. If you have any questions, please ask.

You may participate on a school team and a non-school team in different sports during the same season; however, you may not practice for the non-school team or participate in organized non-school athletic competition on the same day that you practice with or participate for the school team without advance approval of your coach. You must receive approval in advance from your school principal in order to miss school time to practice for, travel to or compete in organized non-school athletic competition.

You will become ineligible in any sport in which you play as a member of a junior college, college or university team. Before you join a non-school team or enter any non-school competitive athletic event, your school principal or athletic administrator should be consulted to make certain these standards are met.

G. Sports Camp Eligibility Standards

A student may participate in a specialized camp, clinic, or other similar program involving coaching and instruction in a sports provided program. The student's participation must meet the following requirements:

1. You receive instruction or coaching from a member of your school's coaching staff for a maximum of two calendar weeks in one sport.
2. You may attend a summer specialized camp for as long as you wish provided you do receive instruction from a member of your school's coaching staff

You may attend a non-school specialized sports camp during the school year provided it does not result in loss of school time, attendance does not occur within 14 days of the start of the school sport season for the sport concerned, it is not a team camp, and no member of the coaching staff of the school you attend or will attend in the following year is involved in any way.

H. Athletic Policy

Prior to each year of interscholastic athletic participation, a student is required to turn in an athletic policy signed by athlete and parent/guardian. This policy is a signed statement thereby agreeing to the eligibility guidelines.

Your coach may also require you to turn in a Rules and Procedures Policy. In this situation, the athlete along with his/her parent/guardian will have to sign this policy in order to be eligible. These specific rules and procedures will be approved by the athletic director and the principal.

I. Insurance and Physicals

A student athlete may not practice until the school has a physician's certificate on file stating that he/she is physically able to participate in athletic competition for the school.

This must be signed by the student, student's parent/guardian and the physician.

A student shall not be permitted to practice or compete for the school until it has verification on file that he/she has basic athletic coverage.

J. College Auditions/ Try-outs

You may participate in an audition or tryout for a college team only after you have completed your last season of eligibility in the sport for which you wish you audition or try-out.

K. All-Star Games You may not compete in an all-star game or contest before you complete your eligibility in all high school sports. Participation in an all-star game or contest will result in your becoming ineligible to participate in any high school sport.

L. Recruiting of Athletes You will be ineligible for 365 days if you are influenced by a person or persons to attend upon promotion or transfer schools for athletic purposes.

M. All-State (Retiring of Uniforms)

When an athlete acquires all-state status, the district will place their photograph and stats/accomplishments in the trophy case and give the athlete their jersey.

- Kommentar [JC1]:
- Kommentar [JC2R1]:
- Kommentar [BB3R1]:
- Kommentar [BB4R1]:
- Kommentar [BB5R1]:

MSHSAA
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GENERAL REQUIREMENTS FOR RECEIVING AN ATHLETIC LETTER AT WELLSVILLE-MIDDLETOWN

1. Must be a good school citizen.
2. Must remain eligible by MSHSAA rules.
3. Must remain eligible scholastically.
4. Must be in good standing with the coaches in the sport in which he/she is participating in.
5. Unexcused missing of practice deducts 1 quarter or inning
6. Unexcused missing of a game deducts 4 quarters or 5 innings.
7. Must remain on the team the full season.
8. Should contribute to the morale of his/her teammates as well as their performance.

Lettering Policy for Basketball

1. The athlete must participate in 1/2 of all quarters played during the duration of the varsity season.
2. Injuries and special situations will be taken into consideration, with a possible provisional letter being given at the coach’s discretion.

Lettering Policy for Softball and Baseball

1. The athlete must participate in 1/2 of all innings played during the duration of the varsity season for softball and baseball.
2. Injuries and special situations will be taken into consideration, with a possible provisional letter being given at the coach’s discretion.

Lettering Policy for Track

1. The athlete must earn an average of two points per meet or earn a varsity medal in an individual event.
2. Injuries and special situations will be taken into consideration, with a possible provisional letter being given at the coach's discretion.

Lettering Policy for Cross Country

1. The athlete must earn a medal in a varsity cross country meet.
2. Injuries and special situations will be taken into consideration, with a possible provisional letter being given at the coach's discretion.

Lettering as a Team Manager or Statistician

1. You must show the same academic and citizenship qualifications as the athletes.
2. Letter is given at coach's discretion.

Lettering Policy for Cheerleading

1. Meet the requirements for receiving an athletic letter at WMR-1.
2. Must be a member of the squad for the entire season.

A PARENT'S GUIDE TO CONCUSSION

National Federation of State High School Association (NFHS) Sports Medicine Advisory Committee (SMAC)

What is a concussion?

- A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull, typically from a blow to the head or body. An athlete does not need to lose consciousness (be "knocked-out") to suffer a concussion, and in fact, less than ten percent of concussed athletes suffer loss of consciousness.

Concussion Facts

- A concussion is a type of traumatic brain injury. The result is a more obvious functional problem than a clear structural injury, causing it to be invisible to standard medical imaging (CT and MRI scans).
- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but boys' ice hockey, boys' lacrosse, girls' soccer, girls' lacrosse and girls' basketball follow closely behind. All athletes are at risk.

- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.
- Concussions can cause symptoms which interfere with school, work, and social life.
- Concussion symptoms may last from a few days to several months.
- An athlete should not return to sports or physical activity like physical education or working-out while still having symptoms from a concussion. To do so puts them at risk for prolonging symptoms and further injury.

What should you do if the athlete is suspected to have a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from that activity. Continuing to play or work out when experiencing concussion symptoms can lead to worsening of symptoms, increased risk for further injury and possibly death. Parents and coaches are not expected to be able to make the diagnosis of a concussion. A medical professional trained in the diagnosis and management of concussions will determine the diagnosis. However, you must be aware of the signs and symptoms of a concussion. If you are suspicious your child has suffered a concussion, he or she must stop activity right away and be evaluated:

When in doubt, sit them out!

All student-athletes who sustain a concussion need to be evaluated by a health care professional who is experienced in concussion management. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions, he or she should be immediately taken to the emergency department.

What are the signs and symptoms of a concussion?

Signs Observed by Parents, Friends, Teachers, or Coaches

- Appears dazed or stunned
- Is confused about what to do
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit

Symptoms Reported by Athlete

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

Off-Campus Training

Cross Country, Track, and Baseball practices are mixed between using the Wellsville-Middletown R-I facilities, off-campus facilities, and running off-campus routes. This training is done in order to break monotony and to introduce different terrain into our athlete's training program.

In order to ensure that each athlete's parents/guardians are aware that he/she may be running off-campus or practicing at another facility and the potential dangers, please complete the information below and return it, signed, to the Cross Country Coach, Track Coach, Baseball Coach or Athletic Director, regardless if you son/daughter plans to run cross country, track, or baseball.

CHECK ONE OF THE FOLLOWING

I give permission for my son/daughter to run off-campus during practice or attend practices at other local facilities as arranged by the coaches.

I DO NOT give permission for my son/daughter to run off-campus.

***WELLSVILLE-MIDDLETOWN R-1
Jr.-Sr. HIGH SCHOOL
ATHLETIC/CHEERLEADER POLICIES***

I ACKNOWLEDGE RECEIPT OF AND AGREE TO THE ELIGIBILITY GUIDELINES FOR PARTICIPATION IN ATHLETICS AND/OR CHEERLEADING.

I ALSO ACKNOWLEDGE THAT I HAVE RECEIVED INFORMATION IN REGARDS TO CONCUSSIONS ASSOCIATED WITH ATHLETICS.

DATE: _____

SIGNATURE OF STUDENT: _____

SIGNATURE OF PARENT: _____

THIS FORM MUST BE SIGNED BY THE PARTIES INDICATED AND RETURNED TO THE HEAD COACH OR SPONSOR OF THE APPROPRIATE ACTIVITY BEFORE AN ATHLETE OR CHEERLEADER WILL BE ALLOWED TO PARTICIPATE. ALSO, EACH COACH OR SPONSOR MAY HAVE ADDITIONAL RULES AND GUIDELINES.

***THIS FORM WILL BE ON FILE IN THE ATHLETIC DIRECTOR'S OFFICE.**

