

Parent/Athlete Meeting - Information related to the Athletic Code.

Concussions - becoming a point of emphasis and safety of the WIAA and NHSF. The following website (<http://www.wiaawi.org>.) provides an informational videos you can watch. Also Lancaster will be involved in the IMPACT Concussion Program - all athletes (freshmen, juniors and those not previously tested) will need to have the impact concussions testing done before you can compete in contests. There are pages you have received that give you facts about concussions.

State law requires all parents and athletes need to sign an agreement sheet indicating they have been informed about concussions before they can participate in any sport. You will need to sign this type of sheet only once and it will cover the entire year.

Athletic Code - Points of Emphasis

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Philosophies and Objectives

1. Privilege to play

Eligibility Rules

1. Alternate year card or a physical card must be turned in with parent signature before they can participate
2. Pledge Card Signed before they can participate also.

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Eligibility Rules

3. Good Academic Standing - passing grades in all classes in 1st, 2nd, 3rd and 4th quarters and at the end of semesters 1 and 2.

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Student Athletic Conduct

Primary Responsibilities

1. Refrain from the use of illegal drugs, tobacco, or alcoholic beverage
2. Refrain from abusing prescribed drugs
3. Refrain from violations of law (inconsistent with appropriate behavior)

Primary Consequences

1. First Violation - 50% of the season unless you self-refer then it is 20% of the season
2. Second Violation - 100% of the season
3. Third violation - one calendar year
 - *Middle School Years - penalty carries over to high school
 - **Violation count does not carry over to high school

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Secondary Responsibilities

1. Rules established in the Student Handbook

2. Travel to and from an event with the school team
 - *there are some exceptions
 - permission from the administration
 - parent sees chaperone of the event, signs out with chaperone
3. Curfew Rule - each individual coach establishes
4. Attend all practices - unless approved by coach or administration
5. Present all day to practice or participate - only medical excuse or permission from the administration.

Secondary Consequences

1. one athletic contest
2. one athletic contest
3. 20% of the season
4. Any other violations will result in 20% of the season as the student goes through school

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Suspension Procedure - review if needed

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Athletic Equipment

Responsible to return equipment issued - will be held financially responsible

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Insurance and Health Care

Secondary Coverage by the school - any private health care coverage carried by the parent/guardian is the primary coverage

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WIAA Information that needs to be included

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Athletic Code Pledge Sheet - needs to be signed before participation

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Hospital to provide Athletic Training Services

Ladder of Communication for Concerns

- athletes should discuss the situation with the coach
- parents/athlete should discuss situation with the coach
- parents/athlete should discuss situation with the athletic director
- parents/athlete should discuss situation with the administration.

I wish your son or daughter has a great experience. If there are any questions concerning the athletic code you can contact me (723-6425, ext. 210)

Parent Signature

Student Signature



Parent/Coaches Meeting – Athletic Training

- Jen Wagner MA, LAT; Licensed Athletic Trainer
 - Worked at Grant Regional for last 7 years.
 - Worked as Athletic Trainer for last 13 years – College, High School, Clinic settings.
- Covering Fennimore and Lancaster High School at least twice a week (Days may vary based on event schedule, etc...)
 - Additional coverage as able, monthly schedule provided to coaches.
- Role as AT
 - Treat injuries
 - Make sure to let coaches know if you have pain – see them every day.
 - Injury prevention
 - Dynamic Warm Up vs. Static Stretching
 - Encourage proper diet, hydration
- Permission to treat – allows us to treat/talk with son/daughter; ImPACT permission – allows son/daughter to be baseline tested
- Saturday morning clinic – Fall.
- If athlete is seen by doctor/provider for any reason they should bring a note/documentation allowing them to return to activity.
 - Liability issue for school, and parent – school needs documentation releasing them to return to play.
 - Miscommunications – ex. You may think you are okay to return but doctor is not
 - Insurance/coverage processes - Close loop on injury, help to avoid any confusion in the future if they are similarly injured or same area of body is injured.
- Heat Illness – Exertional Heat Stroke – updated treatment plan, equipment available at schools for proper diagnosis and treatment.
- Concussion/ImPACT Update:
 - Concussion Management Plan – Lancaster School District
 - Coaches and AT on same page – present same information to parent at time of injury.
 - Strongly recommend use of ImPACT
 - Some parents/doctors opt out – 5 Step Return to Activity Guidelines
 - **CALL ME** if a concussion occurs – helpful to know right away!
 - WIAA Position on Concussions
 - 7th year utilizing ImPACT
 - Freshmen and Juniors, and new athletes need the impact baseline concussion test done before the first practice.
 - ImPACT is a tool used to help in management and treatment of concussions.
 - Also look at symptoms, history of concussion, etc...
 - 5 step return to activity protocol is used when returning athlete back to activity.
 - ImPACT utilization is optional – either see provider or seen in ImPACT clinic

RETURN TO ACTIVITY PROTOCOL – POST-CONCUSSION

The program below represents a minimum time table to return athletes back to competition. When utilized for an athlete's concussion, Steps 1-5 will take a minimum of 5 days to complete. A longer asymptomatic period and/or exercise progression is advisable if 1) complications arise 2) the program is utilized after a complex concussion or 3) the athlete has a history of multiple concussions.

*There should be approximately 24 hours (or longer) for each step and the athlete should be re-evaluated if this occurs. Athlete should be up doing light, brief walking within 24 hours after injury.

Begin with the below marked step and progress through the following steps; work in conjunction with your athletic trainer to progress the athlete back into activity.

Athlete must be symptom free for at least 24 hours, and caught up in all classes/can tolerate a full academic schedule prior to beginning steps.

STOP all activity if/when any symptoms return.

It is the athlete's responsibility to contact the Athletic Trainer on each step to discuss their status, prior to participating in that day's activity. The athlete will not be cleared to move to the next phase and/or return to full competition unless it is documented that they have contacted and discussed their status with the Athletic Trainer.

- **Step 1:** Light cardiovascular work. (i.e. walking, stationary bike. Keeping intensity <70% maximal heart rate). No weightlifting, hard running, jumping. No physical education.
Time: 15 minutes
Objective: Increase Heart Rate
- **Step 2:** Moderate Activity/Sports Specific Exercise. No head impact jarring/or contact activities (i.e. moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting, sit-ups, pushups). Physical education okay as it meets above criteria. Football: Helmet only.
Time: 30-40 minutes
Objective: Add movement
- **Step 3:** Heavy, non-contact activity. (i.e. running, high intensity stationary biking, regular weightlifting routine, non-contact sport specific drills). Physical education okay as it meets above criteria. Football: Helmet and shoulder pads.
Time: 75% of practice time
Objective: More intense, but no contact, also to add cognitive component to practice in addition to the aerobic and movement components.
- **Step 4:** Full Contact Practice. Physical education-normal participation.
Time: Typical routine
Objective: Restore confidence, functional skills and conditioning.
- **Step 5:** Return to Competition. Physical education-normal participation.
Time: Typical routine
Objective: To return to normal competition and physical education activities.

****Most Important Point** Don't hide symptoms:** Report to coaches or me if you experience any symptom that could be linked to a concussion.

Symptoms include:

- Headache
- Nausea
- Vomiting
- Balance Problems
- Dizziness
- Fatigue
- Trouble Falling asleep
- Feeling more emotional
- Numbness and tingling
- Difficulty concentrating
- Sleeping more than usual
- Sleeping less than usual
- Drowsiness
- Sensitivity to light
- Irritability
- Sadness
- Nervousness
- Feeling slowed down
- Difficulty remembering
- Visual problems

- Not reporting symptoms/getting treatment for a concussion is when the risk for long term effects increases significantly. If the injury is treated properly and timely a full recovery is expected.
- ImPACT Concussion Clinic at Grant Regional Community Clinic
 - Available by appointment; Jen or Dave will assist with scheduling appointment.
 - Call 723-3236 for assistance.
 - Some Insurances require Prior Authorization
 - Testing does not occur until athlete is symptom free for a minimum of 24 hours.

- Med Kits
 - At **practices** and games
 - Recommended items
 - Gloves
 - Gauze
 - Band-Aids – multiple sizes
 - Blood Remover/cleaner
 - Situations occur – if have proper supplies it may allow athlete to continue to play
 - Pre-wrap
 - Tape
 - Nose plugs
 - Ace wraps
 - Saline

- Emergency Action Plans
 - Emergency Situation Packet
 - Liability Examples
 - Practice Emergency Situations
 - Non-responsive Athlete
 - Head/neck stabilization
 - Broken Arm/Leg
 - Sprained Ankle
 - Dislocated Finger, Shoulder
 - Coaches CPR Certified
 - Wound – Blood
 - Assign roles (certain jobs) to specific coaches
 - Call 911, meet ambulance, treat injury, crowd control, etc...

- **Do NOT** deny treatment – regardless of personal view of injury/pain: Liability Issue.

- Taping review – per coaches request
 - Ankle
 - Thumb
 - Wrist

- WI Concussion Law - 2011
 - All Youth Athletic Organizations are required to educate coaches, parents and athletes on the risks of concussions.
 - Must read handouts and sign waivers.
 - <http://docs.legis.wisconsin.gov/2011/related/acts/172> (For Full Text Copy)

Feel free to contact me, Jen Wagner at clinic 723-3236 or cell 630-201-5417; e-mail address: jwagner@grantregional.com

Thank you!

Sportsmanship: It's Part of the Educational Process



The Wisconsin Interscholastic Athletic Association comprises more than 500 member high schools who recognize that athletic competition expands the learning experience beyond the classroom.

Unlike professional sports, top division college sports, and even club sports, high school sports are **education-based**. They are meant to teach students not only athletic skills and the rules of play, but also the values of sportsmanship, hard work, teamwork, discipline, problem-solving, leadership, judgement, perseverance, respectfulness and more.

Many of us learned much about life from high school sports, and we owe our young people a sports environment that's just as safe and supportive as our classrooms. High school sports present an extraordinary opportunity for all of us in education to help students learn both as participants and as spectators, and to prepare for what lies beyond high school.

We know that people have different opinions about what sportsmanship is, and that the difference between supporting one's own team and trying one's best to rattle the opposing team is a fine — and sometimes creative — line, indeed. We do not intend to limit free speech or dampen enthusiasm at athletic events, but we do believe a common definition and uniform set of expectations — adopted by a committee of member schools for our member schools — can be helpful in providing a positive educational experience and in making good choices for respecting the other team. High schools sports are most beneficial and enjoyed when all involved are demonstrating respect for others in a fun and safe environment.

By joining the WIAA, school administrators accept responsibility for embracing the ideals of education-based athletics and the responsibility for educating their coaches, student-athletes, parents and fans about the rules of fair play and proper conduct during competitions as stated in the Bylaws and Rules of Eligibility.

Definition of Sportsmanship

Good sportsmanship is viewed by the WIAA in conjunction with the National Federation of State High School Associations (NFHS) as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities that are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

Providing leadership and guidance for conveying the ideals and fundamentals of sportsmanship to our youth is an important responsibility for all those connected directly or indirectly in their school sports communities.

We take that responsibility very seriously — and we know you do, too.

During most school years, the WIAA and its member schools organize, stage and officiate — without major incidents — approximately 119,000 varsity level contests, 3,300 regional and state tournament contests and an unknown number of subvarsity games. As members of the WIAA, we share a collective responsibility to preserve high school sports on the moral, ethical and educational platforms on which they began. Please join us in teaching our young people the values of sportsmanship. Help us help our student athletes “play” their way to future success...on and off the field.

Respectfully,

The WIAA Sportsmanship Committee



Why Sportsmanship Matters...

To Students

Students who learn to appreciate the true meaning of sportsmanship can transfer that knowledge and experience to other facets of their lives, whether it is in building and maintaining relationships, being productive and happy in the workplace, or respecting differences in one's community, state and country.

To Fans

When unchecked, jeers or unsporting behaviors embarrass individuals or schools, or may initiate a counter response, which then may escalate to more disrespectful and offensive responses in return. These types of scenarios in an emotion-filled environment have potential to extend outside the venue and to other interactions or future events with adverse, even violent, results.

To Coaches

Coaches are the teachers in the athletic classroom and can experience the rewards of seeing their student athletes embrace sportsmanship. In addition, other coaches and officials will be eager to schedule games with you when your teams demonstrate sportsmanship.

To Schools

With budget restraints and referendums for renovations, repairs, expansions and even programming, it's imperative that school systems maintain strong community support. Sustaining a positive and safe venue for high school sports by ensuring that athletes and fans demonstrate sportsmanship helps you build admiration and goodwill within your community.

To Communities

The only impressions visitors may have of a community may be those formed when they travel to venues and events where school sports and other activities take place. When athletes and fans display sportsmanship at school-based activities, it creates a positive perception of one's community — and can impact family and employee decisions on where to live and enroll their children.

Visit www.wiaawi.org to learn more about sportsmanship.