**Parent Student Athletic Handbook**



Grace Lutheran School Menomonee Falls, WI

Modified – August 2021

**Mission Statement**

Grace Lutheran Ministries is a family growing in Christ while reaching out in love.

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## Athletic Philosophy

The athletic program at Grace is an extracurricular part of the total learning experience offered to the student. The athletic program reinforces the school’s mission by encouraging physical, emotional, and spiritual growth. The atmosphere of the athletic experience should be God-pleasing with athletes, coaches, and fans striving to be Christ like in their actions. Players, coaches, and spectators – can witness to the world around them and their behavior and attitude should bring honor to the name of Jesus Christ.

# This is accomplished by teaching such principles as:

# Sportsmanship - demonstrating humility, compassion, generosity, and respect even while being intensely competitive. Participants learn how to control their emotions and actions in a Christ-like manner. Team members learn how to both win and lose with grace and dignity

# Physical fitness - Team members are involved in activities that are healthful, developmental, and fulfilling. Participation in sports should provide student-athletes with beneficial outlets for self-expression and physical exercise in addition to the enjoyment of competitive play.

# Teamwork - Being part of the group teaches the important life lesson of placing group goals ahead of personal ones and how to make a personal contribution to the welfare of the team.

# Discipline and self-sacrifice.

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# GENERAL ATHLETIC EXPECTATIONS

**School Attendance**

Student athletes are required to attend school on a regular and expected basis. In addition to not being eligible to participate in a practice or game if not at school by noon the day of the event, repeated tardiness and/or absence from school can result in the student being dismissed from the team at the discretion of the principal, teacher, and/or athletic director. In such an event, a warning letter will be sent home to alert the student and their parents of the action which will take place with continued tardiness and/or school absence.

## Athletic Attendance

Attendance at practice sessions and contests is mandatory. Students may be granted permission to miss a practice or contest if an approved excuse is provided to the coach in advance.

1. **Daily Attendance:** Students must be at school by 12:00 to be allowed to practice or play in a game on that day. The athletic director and/or principal may grant an exception for absences due to funerals, doctor appointments, or field trips.
2. **Unexcused absences (i.e. sickness, returning from family vacation)** will result in loss of play privileges:
   1. The 1st unexcused absence will result in a half-game suspension.
   2. The 2nd unexcused absence will result in a one full-game suspension.
   3. The 3rd unexcused absence will result in a one full-game suspension and possible team suspension as determined by the principal, AD, and coach.
3. **School Detentions:**  Athletes must serve after school detentions before attending practice or games.

## Cancellations

If school is cancelled due to weather, any practices and games are automatically cancelled (tournaments may be an exception). If a game or practice is cancelled during the school day, students will be allowed to call parents.

## Commitment

Athletes who sign up for a team commit themselves to the entire season. Any athlete who decides to quit a team should have a conference with the coach. An athlete must complete the season in good standing with the team (still an active and eligible member of the team) to participate in any end of the year activities and/or awards.

## Conduct

Participation in Grace athletics is a privilege and not a right. Student athletes must display exemplary behavior and attitudes including cooperation, good sportsmanship, respect, self-control, and respect for authority both on and off the court to participate. The school staff and coaches may impose penalties restricting athletic participation for inappropriate conduct.

Coaches may set higher standards of conduct for their players than those set by the school’s administration and coaches may impose additional penalties on their players in addition to those imposed by the staff.

## Fees

An athletic user fee will be set for each school year and it will be a flat fee for all students participating in Grace Athletics. This user fee may change from year to year based on projected costs of the athletic program. This fee helps to defray the costs of any equipment and officials, as well as other costs associated with athletic teams.

## Medical Treatment

Coaches may administer topical antibiotics and ointments for cuts and floor burns as well as other basic First Aid items. If your child(ren) is allergic to anything or you desire that these should not be used on your child(ren), you need to notify the Athletic Director of your desire.

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## Nutritional Supplements

Student athletes should not use supplements for performance enhancement for these reasons:

* No drug is harmless and free of negative consequences.
* Even natural substances in unnatural amounts may have negative health risks.
* There is not enough **research** on the long-range risks of creatine or androstenedione to make these substances worth the risk of using them.

**DISCOURAGED**--These substances can be legally purchased but are prohibited in connection with school programs. They include: Creatine, Caffeine-enhanced products, Energy drinks (e.g., Red Bull, Amp, Advance by PowerAde, Coke Blak), Herbal Caffeine, No Doz, Protein Powders.

## Team Selection/Cuts

Rosters will be determined by the coaching staff and athletic director. The AD and coaches will keep these goals in mind when making team selections.

1. Maximize playing time for participants by splitting the athletes into multiple teams when deemed appropriate due to participation numbers. For basketball specifically, teams may be split at 16 participants.
2. When multiple teams exist, assign athletes to teams based upon position and ability, so that players will compete against others of similar caliber.
3. An effort will be made to keep athletes of the same grade level together.
4. Move up athletes if participation numbers warrant such a move. Specific to basketball, our goal is to have a minimum of 10 athletes per team. If a 5/6 grade basketball team has less than 10 athletes, the athletic director in concert with the principal and coaches can approve opening up participation to 4th graders. If a 7/8 grade basketball team has less than 10 athletes, the athletic director and coaches of both the 7/8 and 5/6 teams will determine if there are appropriate numbers at the lower level and the skill level of athletes is developed enough to move up to the 7/8 grade team. An athlete should NOT be moved up from a lower level to create a team large enough to split into 2. For instance, a 6th grader should not be moved up to a 7/8 team in order to have 16 individuals on 7/8 to split it into 2 teams.
5. Should an athlete be moved up a level, the athlete shall participate with the higher level team for the duration of the season, unless determination is made and agreed to by the coaches, athletic director, and parent(s) of the athlete that moving back down provides the best benefit for the athlete for the remainder of the season. Athletes will not be able to repeatedly move back and forth between teams after being moved up.

## Participation

Any student who signs up for a sport will be able to participate in said sport as long as they remain eligible. Each coach has the authority to set and communicate requirements of players for their teams and enforce discipline including suspension or removal of the athlete from the team if requirements are violated.

Such criteria may include, but are not limited to, the following:

1. Christ-like attitudes
2. Team relationships and sportsmanship
3. Coachability, enthusiasm and willingness to work hard
4. Fundamental skills and experience and knowledge of the game
5. Physical fitness level
6. Academic progress

## Practices

All participants are required to attend all practices and contests unless granted special permission by the coach. Practices should be governed by the following standards:

1. An adult coach or assistant must be present at all practices.
2. Practice times for each team are set by the coach and approved by the Athletic Director to accommodate the coaches’ and facility availability.
3. Proper practice attire should be worn. Female athletes must wear an appropriate shirt at all times and male athletes are required to wear shirts. Clothing worn to practice should reflect good taste and modesty standards. Printing on clothing must be appropriate.
4. In the event school is cancelled in the middle of the day, practice will automatically be cancelled.

## Playing Time

* **3/4 Grade Basketball Teams:** Players will participate an equal amount of time in games.\*
* **5/6 Grade Teams:** All team members should participate an equal amount in the games to build individual and team skills.\* Each athlete can develop their God given talents through participation of all team members which will strengthen the athletic program in the future.
* **7/8 Grade Teams:** Each player has a specific role on the team and while all players should participate in each game, players should be taught to accept their various roles and support their teammates – even from the bench, if necessary. Playing time will not be equal as the emphasis will shift toward developing the most competitive team possible.

**\*** Regarding equal playing time:Coaches will, to the best of their ability try to get everyone to play an equal amount in each game. Given flow of games, clock stoppages, injuries, illness, etc., this may not always be possible. The intent of this expectation is that throughout the season each athlete is given an equal amount of playing time.

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## Uniforms

Grace will provide uniforms and warm-up shirts for the student-athlete. Other appropriate attire will need to be purchased by the student-athlete.

1. School-owned uniforms must be returned at the end of the season in acceptable condition as determined by the coach. Athletes will pay for repair or replacement costs.
2. Coaches will maintain an inventory list of all school-owned uniforms and other equipment and provide a copy of that list to the athletic director at the end of each season.
3. Any equipment or apparel purchased for the student which he/she pays for and then keeps must be approved by the athletic director first. Coaches may not require any financial commitment from any players without prior approval by the A.D. No Grace athlete should be required to spend extra money to “keep up” with his/her teammates.
4. Uniforms will be replaced on a rotating scale about once every six years or as wear tear dictates.

## Spectators

Spectators should remember that school athletics are learning experiences for the students and that mistakes are sometimes made. Athletes from all sports should be praised in their attempts to improve themselves as athletes and as people. Appreciation for outstanding play by either team should be shown.

## Transportation

Coaches should secure parents who are able to drive to away games. These drivers must fill out the driver information sheet and have it on file in the office before they drive for an event. Team members are the only people that coaches should transport or be responsible for. Other people (i.e. friends of athletes, spectators) should find their own way to the game.

# ROLE OF PARENTS

**Parent Meeting**

A meeting of all players and their parents will usually be held early in the season to explain team policies, collect required forms, and to discuss team goals. Attendance at these meetings is mandatory for all participants and at least one parent/guardian. If a meeting is not held, coaches are expected to provide the information in writing for parents and athletes.

Parents must set the standard of exemplary sportsmanship while attending games/matches and when discussing Grace athletics with others and at home. Mutual trust, respect, and encouragement among coaches, players, and parents will help establish an athletic program at Grace which is well respected by other schools.

Parents are encouraged to be supportive of athletics in these ways:

* Requiring that their athlete attend all practices, games and tournaments.
* Volunteer as much as possible. For our athletic program to be successful, volunteers are needed for home games, tournaments, transportation, and many other activities.
* Game officials should be treated with respect. Understand that they, like you, are fallible and are doing their best to promote the student-athlete. Admire their willingness to participate in full view of the public and be eager to accept their authority.
* Respect should be shown to the opposing players, coaches, spectators, and support groups.
* Receive authorization from the coach prior to a parent attending practice. It is permissible for parents to attend the last 10 minutes of practice without prior authorization from the coach.
* Contact the coach, not school office, by telephone, email or written note any time their child will not be at a practice or a game.
* Parents should feel free to have open, constructive discussions with the coach on issues pertaining to their child. Parents should expect that the coach will respond with honesty, respect, and a mutual concern for the well-being of their child.
* Nourish their children’s faith by regular attendance at weekend worship (at home as well as away at tournaments), Sunday school, Bible class, and home devotions.
* Understand that athletes may receive disciplinary actions for being late, being without equipment or attire, or having an unexcused absence.
* Be prompt in picking up their child(ren) after practices, games, and tournaments\*. Directions to away events will be posted prior to the event.
* Support the coach(es) in the presence of their children. Undermining a coach’s authority is harmful to the team and your child.
* Coaches are not compensated for the time and effort they put into each season, so please take time to thank the coach for their hard work and dedication.

\*In the event of repeated pickups of 10 minutes or more past the end of practice time, the athlete will be sent to extended care for the parent to pick them up. The family will be charged for the time at extended care.

**Parents should AVOID these behaviors:**

1. Becoming overly involved as aggressive spectators or acting as “bleacher coaches” who choose to second-guess coaches’ decisions.
2. Blaming the coach for poor play or lack of performance by their student-athlete or the team
3. Parents are advised not to discuss concerns with the coach “in the heat of the moment,” but, rather, should wait (at least overnight) until emotions have cooled.

# ELIGIBILITY

Participation in athletics at Grace Lutheran School is a privilege and not a right. When an athlete behaves in a God-pleasing manner, (s)he earns the privilege to participate. Coaches should policies review eligibility expectations with athletes and parents.

**A. Required Forms**

These forms and fees must be turned into the Athletic Director BEFORE an athlete will be allowed to participate in any athletic practice or competition. It is the coach’s responsibility to make sure that a student does not participate if these items have not been turned in.

1. **Physician’s Physical Exam Form** - Athletes who are entering 5th or 7th grade or are new to the program will need to have on file, a physician’s WIAA athletic permit card or physical form signed by the physician. These are available at local clinics and are valid for a period of two years, if the physical was performed after May 1st before the next school year.
2. **Athletic Handbook/Concussion Signature Form** - Each athlete must sign a form indicating that they have read and agree to abide by the Grace Athletic Policies and have read and have been educated on concussion risks and treatment.
3. **Informed Consent and Medical Treatment/Insurance Statements** - Grace Lutheran is required to have the Informed Consent and Medical Treatment/Student Insurance Statement, signed by both parents and/or guardians, on file for every athlete. These two forms are valid for all four years the athlete participates in Grace Athletics.

**B. School Attendance**

Student athletes are required to attend school on a regular and expected basis. In addition to not being

eligible to participate in a practice or game if not at school by noon the day of the event, repeated

tardiness and/or absence from school can result in the student being dismissed from the team at the

discretion of the principal, teacher, and/or athletic director. In such an event, a warning letter will be sent

home to alert the student and their parents of the action which will take place with continued tardiness

and/or school absence.

**C. Academic**

For Grace athletes, academic success is more important than athletics. If a student does not meet eligibility requirements, they are ineligible to participate in any practice, game, or team gathering during the ineligibility. Students with a diagnosed special educational need who do not meet the academic requirements may be allowed to participate with principal approval.

1. Student effort will be evaluated bi-weekly on Fridays. A student displaying a general lack of effort in their schoolwork may become ineligible for the following 2 week period.
2. Students who receive two “D’s” or one “F” in any course at mid-term or on a report card will be ineligible. When required improvement is made, ineligibility will be lifted and the student may again participate.
3. If a student becomes ineligible three times in one season, the student is ineligible for the remainder of the season.

**D. Behavior**

Game suspensions are issued for:

* Earning 2 school detentions in a season and for each detention after the initial two.
* Earning a school suspension
* Violation of team policy
* Having unexcused absences from games or practices.

Team suspensions will be served sitting on the team’s bench at the next scheduled game. If the athlete does not attend the next scheduled game, the suspension and will be served at the next scheduled game. The athlete is allowed and expected to participate in practices before that game.

**E. Transfer Students**

Students who transfer to Grace during the school year, may immediately join a Grace team for practice, if they have a physical form on file. The student is ineligible to play in any league games for a 2-week period. The 2 week period will be used for the student to establish a good academic foundation in the classroom and for coaches to evaluate and blend the player to Grace’s team.

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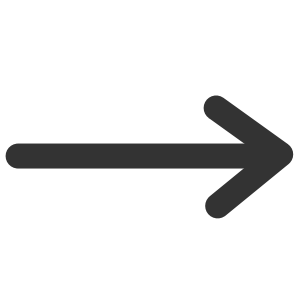
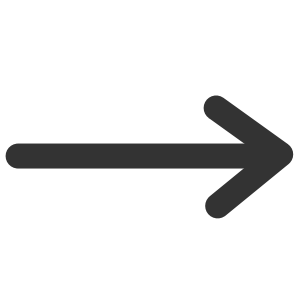
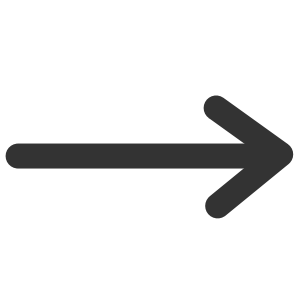
# COMMUNICATION

**COMMUNICATION PROCEDURES**

Coaches are encouraged to communicate with athletes and parents through email or written newsletters.

If an athlete or parent wants more information or has a concern, the procedure listed below should be followed:

1. The student athlete should first speak directly with his/her coach,
2. If further clarification is required, a parent should then contact the coach (it is advised that no contact between parent and coach be made until, at least, the day after the incident/event in question – the so-called “24 hour rule”)
3. If the issue remains unresolved, the parent should then communicate his/her concerns to the athletic director.
4. The principal or pastor can be contacted if the issue remains unresolved.

Player /Parent Coach Athletic Director Principal / Pastor

**Conflict Resolution (Based on Matthew 18:15)**

If a conflict arises between players, coaches, parents, or staff these guidelines should be followed:

1. An athlete, parent or coach with a concern or complaint should first try to resolve the matter directly and informally with the individual(s) concerned. Individuals with concerns should approach the coach, staff member, player, or parent directly with proper tone and timing. Parties should listen attentively in love avoiding emotional responses sharing information to make sure both parties have correct information. The individuals should work together to develop a plan to improve the situation and resolve the identified issue. Always act and react with love. Avoid third party complaints (“so-and-so told me about what happened with his son and I don’t think it was handled very well” or “I’m not the only one that feels this way.”). Other people with complaints should present their concern directly to the individual involved.
2. If the matter cannot be resolved informally at the individual level, the individuals should meet with the AD to attempt to clarify the concern and identify an action plan to resolve the conflict. The athletic director will investigate the facts and meet with the individual(s) involved to determine if the problem can be worked out among the parties involved. The solution arrived at should be communicated back to all parties, either verbally or in writing.
3. If the dispute is still not resolved, the parties may include the principal and/or pastor in the next meeting as a final attempt to resolve the conflict with an action plan. The complainant may submit a written statement, describing his/her concerns in a clear, specific and detailed manner. The principal/pastor should further examine and investigate the facts and facilitate a mutually acceptable resolution to the problem.

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# Grace Athletics Code of Conduct

**As a STUDENT ATHLETE...**

I agree that by my actions I am an ambassador for Christ. My behavior on the court, at school, at home, and in the stands will reflect this regardless of how anyone else tries to influence me.

I agree to come to practice and games ON TIME, and with the PROPER ATTIRE. If I’m unable to attend my practice or game, I, or my parent(s) will contact my coach, **well in advance**, to excuse my absence.

I will display a positive attitude in school and will follow school and classroom rules and be respectful to all of my teachers, as I know **my Christian Education is my first priority at Grace Lutheran.**

I will be respectful to teammates, coaches, referees, teachers, opposing teams’ players and coaches, and parents in the stands. I will abide by the decisions of the referees, officials, and coaches. This includes the language that comes out of my mouth, as well as the tone in which I speak to others.

I will exercise self-control at all times, setting an example for others to follow and encourage teammates at all times and maintain a positive attitude.

I will be responsible for the care and cleaning of my uniform(s) and will hand in all uniforms to the school office promptly after the last game of each season.

I will discuss any conflicts or possible conflicts (pertaining to non-Grace teams/groups) with my coach.

Participation in the athletic program at Grace Lutheran is entirely voluntary and is a **privilege** that can be revoked at any time by teachers, pastors, or administration. I understand that this privilege can be taken from me due to repeated tardiness and/or absence from school, lack of effort academically, poor academic achievement (one F or one D cumulatively), disrespect in either athletics or in school, or for lack of sportsmanship during practice or competition.

**As a PARENT OF A GRACE STUDENT ATHLETE...**

As a Christian parent of the Student Athlete(s) named below, I understand the role that I play in my child’s practices, games, and the overall objective of being a good team member. I will support my child by providing transportation to and from games, practices, and tournaments. I will be a positive encourager to coaches, officials, other players, and my own son/daughter during the athletic season. As a representative of Grace I will show appreciation for outstanding play for student athletes on either team.

I plan to attend as many games as possible, **cheering in a positive Christian manner, while promoting positive Christian sportsmanship in public and in any discussions at home.** I will respect all officials, coaches and players at all times through positive cheering and enthusiasm. **I understand that booing and disrespectful remarks to or about players, coaches, fans, or officials are unacceptable at all times.** By attending my son/daughter’s athletic event, I understand that it is just as much a privilege for me to attend, as it is for my son/daughter to play and be a part of the team. **By signing below, I understand that if I do not follow the expectations stated above, a Grace staff member, teacher, administrator, or pastor has the right to dismiss me from a sporting event because of my words and/or actions. Any further incidents may result in parents or fans being banned from all games/practices for the remainder of the given tournament or season.**

**By signing below, I acknowledge that I have read and understand the handbook and code of conduct and will abide by the rules and guidelines set forth within.**

**Parent Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

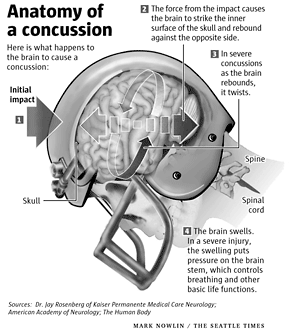
**Parent Signature** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student Athlete Name**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student Athlete Signature** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Concussion Information

## What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can occur during practices or games in any sport or recreational activity. 

**What are the signs and symptoms of a concussion?**  
Unlike a broken arm, you can’t see a concussion. Most concussions occur without loss of consciousness. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you are feeling, if symptoms are getting worse, or if you just “don’t feel right.” If you think you or a teammate may have a concussion, it is important to tell someone.

**What should you do if you think you have a concussion?**

1. Tell your coaches and parents right away. Never ignore a bump or blow to the head even if you feel fine. If you experience symptoms of a concussion, you should immediately remove yourself from practice/play. Tell your coach right away if you think you or one of your teammates might have a concussion.
2. Get evaluated by a healthcare provider. A healthcare provider experienced in evaluating for concussion can determine if you have a concussion, help guide management and safe return to normal activities, including school (concentration and learning) and physical activity. If you have been removed from a youth athletic activity because of a suspected or confirmed concussion, you may not participate again until evaluated by a healthcare provider and receive written clearance to return to activity. You must provide this written clearance to your coach.
3. Give yourself time to get better. If you have had a concussion, your brain needs to time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. It is important to rest until you receive written clearance from a health care provider to return to practice and play.

**Why should you tell someone about your symptoms?**

1. Chances of sustaining a life altering injury are greatly increased if you aren’t fully recovered from a concussion.
2. Practicing/playing with concussion symptoms can prolong your recovery.
3. Practicing/playing with a concussion can increase your chances of getting another concussion.
4. Telling someone could save your life or the life of a teammate!

**Tell your teachers**

Tell your teachers if you have suffered a concussion or head injury. Concussions often impair school performance. In order to properly rest, many students often need to miss a few days of school immediately following a concussion. When you return to school after a concussion you may need to:

* Take rest breaks as needed,
* Spend fewer hours at school,
* Have more time allowed to take tests or complete assignments,
* Suspend your physical activity (PE class and/or recess)
* Suspend your extracurricular activities (band, choir, dance, etc)
* Reduce time spent reading, writing, or on the computer.

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| **These are some SIGNS of concussion (what others can see in an injured athlete):**   * Dazed or stunned appearance * Confused about assignment, Forgets plays * Unsure of score, game, opponent * Clumsy * Answers more slowly than usual * Loss of consciousness * Asks repetitive questions or memory concerns | **These are some SYMPTOMS of concussion (what an injured athlete feels):**   * Headache * Nausea * Dizzy or unsteady * Sensitive to light or noise * Feeling mentally foggy * Problems with concentration and memory * Confused or Slow |

**Concussion Awareness Form**

## *When in Doubt, Sit Them Out!*

1. At the beginning of each season, the AD will distribute a concussion and head injury information sheet to each coach, parent, and athlete. **No athlete may participate unless the person returns this Concussion Awareness Form signed by the person and by his or her parent or guardian.**
2. If a player exhibits any signs or symptoms of concussion, the responsibility is to remove them from participation. An athletic coach shall remove a person from the athletic activity if the coach or official determines that the person exhibits any signs, symptoms, or behavior consistent with a concussion or head injury. “When in doubt sit them out.”
3. It is important to notify a parent when an athlete is thought to have a concussion. The parent cannot clear the athlete for return, only the healthcare provider.
4. **RETURN** **TO PLAY** To resume activity after sitting out, the athlete must be symptom free, be evaluated by a healthcare provider and have written clearance from the healthcare provider to participate.

The 5 steps described below are a guideline. Each step requires 24 hours. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

STEP ONE: About 15 minutes of light exercise: stationary biking or jogging

STEP TWO: More strenuous running and sprinting in the gym or field without equipment

STEP THREE: Begin non-contact drills in full uniform. May also resume weightlifting

STEP FOUR: Full practice with contact

STEP FIVE: Full game clearance

**As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions.** By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

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| --- |
| **Athlete acknowledgment:**  I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have **read** the Athlete Concussion and Head InjuryInformation and **understand** what a concussion is and how it may be caused.   * I acknowledge having received education about the signs, symptoms, and risks of sport related concussion. * I acknowledge my responsibility to report to my coaches, parent(s) any signs or symptoms of a concussion. * I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from a health care provider to my coach before returning to practice/play. * I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.   Athlete Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Parent Agreement:**  I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.  I, the parent/guardian of the student athlete named above, hereby acknowledge having received education about the signs, symptoms, and risks of sport related concussion. . I certify that I have read, understand, and agree to abide by all of the information contained in this sheet. I further certify that if I have not understood any information contained in this document, I have sought and received an explanation of the information prior to signing this statement.   * I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. * I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach. * I understand the possible consequences of my child returning to practice/play too soon.   Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Student Athlete - Medical Information & Emergency Consent Form**

Participant’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip \_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent / Legal Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Employer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other Emergency Contact Person \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MEDICAL INFORMATION:

Family Physician: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Group / Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hospital of preference: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Info: Subscriber: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Group #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Policy #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Company: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pre-existing Medical Conditions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I authorize the coaching staff to provide emergency medical treatment of an injury to or illness by my child if qualified medical personnel consider treatment necessary. I further authorize any qualified, licensed physician to render medical treatment which in his or her judgement may be deemed necessary in the care of (child’s name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent / Legal Guardian Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent / Legal Guardian Date

Form 6145.2(a), 5141.1 Form revised: 5-6-97 5/6/1997 9/4/2007

Form 6145.2 (b)

**Parent's and/or Legal Guardians**

**Risk Acknowledgement and Consent to Participate Form**

Participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Birth Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1) Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

My/our child wishes to participate in the sport(s) of (list all) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during the \_\_\_\_\_\_\_\_ school year.

I/We realize that there are numerous risks involved in participating in the above listed sport(s). These risks could involve (but are not limited to): sprains, contusions, broken bones, lacerations, concussions, permanent disability, internal injuries, paralysis and possibly death. These risks could impair my/our child’s future abilities to earn a living, engage in business, social, and recreational activities and to generally enjoy life. I/We have been informed about the various risks associated with our child’s participation in the above listed sports and the potential injuries that may occur.

I/We assume all responsibility and certify my/our child is in good physical condition and has undergone a sports physical in the past two years. Further, I/we are unaware of nay medical condition that would inhibit my/our child’s participation.

As a condition of our child’s voluntary participation in the above mentioned sports, I/we agree to accept all the previously mentioned risks as a condition of my/our child’s participation.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Parent/Legal Guardian Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Parent/Legal Guardian Date

Form 6145.2(b) Form revised: 5-6-97 9/4/2007

Form 6145.2 (c)

**- PHYSICAL EXAMINATION**

**FORM - ELEMENTARY SCHOOL INTERSCHOLASTIC**

**ATHLETICS - BOYS AND GIRLS**

\*Approval for two years of competition. Examination cannot be taken before April 1st.

Student's Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Last Middle Initial First

Place of Birth (Cty.,St.)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age:\_\_\_\_\_\_Sex\_\_\_\_\_\_

Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Weight:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Height:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade\_\_\_\_\_\_\_School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The above named student has been examined and there are no apparent restrictions to participating in interscholastic athletic activities except as follows:

Sports or school activities in which this student cannot participate are (if none - write NONE):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*If approved for only one year of competition, check here. \_\_\_\_\_\_\_

Signature of Licensed Physician or Surgeon:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(print or type)

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State:\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of Examination:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ALL BOYS AND GIRLS PARTICIPATING IN INTERSCHOLASTIC ATHLETICS MUST HAVE THIS FORM ON FILE AT THEIR SCHOOL/CHURCH, PRIOR TO PRACTICE OR PARTICIPATION.

Form 6145(c) Form revised: 5-6-97 2/15/1995 5/6/1997 5/8/2007