

WOODLAND ATHLETICS



Players and Parents:

Welcome to Woodland Athletics. Here at Woodland Consolidated School we strive for a safe and worthwhile educational experience in our athletic programming. Enclosed in this packet are certain reasonable policies that must be followed.

Please make sure to read, sign and return all of the forms that need to be filled out prior to the first practice that your child is participating in this school year.

Any student who wishes to participate in athletics for WCS should realize that this is a privilege and not a right. Each student should respect this privilege by adhering to the eligibility guidelines and should be sure to conduct themselves in such a manner as to be a credit to the school and community.

We look forward to having you participate in our programs and anticipate a season of learning about each sport and skill building. A full commitment is expected of the players and they should expect a commitment from their coach. If at any time you should have any questions or concerns, please feel free to contact me at 496-2981.

Thank you,
Carrie St. Peter
Athletic Director

Eligibility Guidelines

1. Athletes must attend all practices unless they have left school early or have been excused by the coach. Unexcused absence from practice will result in loss of playing time or suspension from the team. Athletes must also attend all games unless prior approval by the athletic director or principal. An unexcused absence from a game will result in loss of playing time or suspension from the team.

2. All athletes are expected to be in good academic standing as stated in the extra-curricular eligibility policy:

In an attempt to be mindful of both areas of education, the school committee has established the following eligibility requirements for students participating in extracurricular activities.

Students must be achieving passing grades in all subjects once selected as a member of the specific team at the time of the first grade check. In the event a student is not passing ALL subjects, he/she will be given two weeks to improve his/her grades. Once evidence showing a passing status is presented, the athlete may return to the team. Students' grades will be reviewed every two weeks and students must be passing for the trimester. A student who is promoted to the next grade is academically eligible for the first two weeks of a new school year. Dates for the grade checks will be made available to parents at the beginning of each sports season. Students who are academically ineligible may try out, practice and fundraise with the team and if chosen, are considered members of the put team. They can only attend home events with the team and are expected to sit with the team but cannot wear their school uniforms while ineligible. Band and chorus are not considered extracurricular.

Student athletes will be allowed only one opportunity to recover from academic ineligibility. Upon second notification of academic ineligibility the student athlete will be permanently removed from the team for the remainder of the season.

3. A student will be allowed to leave any team during the first two weeks of the season. After this time, only medical reasons and reasons that are of mutual agreement will be accepted. Quitting a team or removal from a team due to discipline or attendance issues will result in loss of participation for the next sport season.
4. All athletes will travel to and from games by school transportation. Parent or guardian may sign out his/her athlete at conclusion of the athletic contest. Other travel arrangements, in writing, must be approved by the athletic director or principal prior to an athletic contest.
5. Rides should be prompt at dropping off and picking athletes up from practice. It is recommended that rides be arranged ahead of time so phone calls during the school day are limited.
6. All uniforms are washed at the school and should not be taken home at any time. Uniforms and equipment issued for extracurricular activities are not to be taken from school premises without prior approval from school officials. Students will be liable for damages and destruction done to school property.
7. All players and managers must dress up on ALL game days, both home and away. No jeans, sweatpants, yoga pants, t-shirts, or sweatshirts. Recommended dress for girls would be a dress shirt with a skirt or dress pants, or a dress. Recommended attire for boys is a shirt and tie, collared shirt, sweater or a button up shirt. Dress pants, khaki pants and pants that are not faded or have holes will be acceptable. Those who are not dressed up will not be permitted to participate in the game that day. Remember, you are a part of a team and you represent your school and community, so be proud of what you do!
8. The coaches will do their best to allow all players to be involved in the games. All players should support their teammates that are in the game as well as those not playing at the time.

9. Sportsmanship is a very important part of being on a team. All athletes are expected to treat others with respect, including your own teammates. Athletes are expected to be good school citizens and set good examples while representing WCS while in and out of school. If a player misrepresents him/herself or our school, it may mean removal from the team or suspension from the next game, depending on the circumstances.
10. Students must show evidence of a physical exam on the school nurse's physical list before they participate with a team.
11. Students must show evidence of adequate medical insurance coverage in order to participate in athletic activities

Parents and student-athletes: Please read, sign, and keep a copy. You must turn in a signed form prior to the start of practice.

**WOODLAND SCHOOL
CONCUSSION INFORMATION SHEET**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your student-athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment
- Amnesia

Signs observed by teammates, parents or coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness
- Slurred speech

This document is adapted from the CDC and the 3rd International Conference on Concussion in Sport Consensus Statement (2009)

Adopted: 10-02-14
Revised: 11-09-1

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WOODLAND SCHOOL CONCUSSION INFORMATION SHEET

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. Woodland School requires the consistent and uniform implementation of well-established return to play concussion guidelines that have been recommended for several years and reflected in Board policy:

Any student suspected of having sustained a concussion or other head injury during a school-sponsored athletic activity including but not limited to competition, practice or scrimmage, must be removed from the activity immediately. . .

No student will be permitted to return to the activity or to participate in any other school-sponsored athletic activity on the day of the suspected concussion.

Any student who is suspected of having sustained a concussion or other head injury shall be prohibited from further participation in school-sponsored athletic activities until he/she has been evaluated and received written medical clearance to do so from a licensed health care provider who is qualified and trained in concussion management.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

SCHOOL UNION #122 ATHLETE EMERGENCY INFORMATION CARD

Name: _____

Address: _____

Home/Cell Phone: _____ Date of Birth: _____

Parent/Guardian Name: _____

Emergency Contact Number: _____

Family Doctor: _____ Phone: _____

Asthma/Allergies/Medical Conditions: _____

Medications: _____

Parent/Guardian Authorization:

If I cannot be reached in an emergency, I hear by consent for a qualified physician or surgeon to examine, diagnose and to prescribe or perform treatment, including surgery that is deemed advisable for the welfare of the above-named participant.

Parent/Guardian Signature: _____

In order to participate in athletics in Union #122 it is necessary for students to have a current physical on file at the school, and to have adequate medical insurance coverage.

() My son/daughter has adequate insurance:

Insurance Company: _____

Policy Number: _____

Other person to contact in case of emergency:

Name: _____ Relationship: _____

Home/Work Phone: _____ Cell Phone: _____

Informed Consent

I authorize Union #122 staff to provide emergency treatment of any injury or illness I may experience, including transportation by ambulance, if qualified medical personnel consider treatment necessary and perform the treatment. This authorization is granted only if a reasonable effort has been made to contact the emergency contact at the telephone numbers provided. I am aware that participation in Union #122 sports is potentially hazardous and may involve risk of injury. I am aware of these hazards and my ability to participate. I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims against Union #122, its officers, supervisors, employees, agents, and volunteers, except in the case of their sole negligence, from all losses, injury, damages, fees, and other expenses arising out of, or in connection with, participation of this activity. I understand this Informed Consent Form and agree to its conditions.

Signature of Participant or Guardian: _____ Date: _____

Please circle Union sports intending to participate: **Soccer, XC, Basketball, Skiing, Track, Softball, and Baseball**

CONCUSSION REVIEW ACKNOWLEDGEMENT:

I understand that a concussion may occur from an injury in any setting. I have read the school policy and understand that there is a protocol in place for a graduated school re-entry following a concussion and medical clearance.

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

ELIGIBILITY GUIDELINES ACKNOWLEDGEMENT:

I have read and accept the guidelines addressed in this packet.

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date