

Swan Valley High School Athletic Handbook

Approved July 20, 2023



**Valued
Investment
Knowledge
Influence
Noble
Growth
Success**

INDEX

Notice of Discrimination	3
Parent/Guardian Letter	4
Athlete Letter	5
Philosophy/Mission Statement/Vision/Core Values	6
High School Sports Offered	7
MHSAA Summary of Eligibility	7
Annual Sports Participation Fee	9
Swan Valley Adult and Alternative Education	9
Athletic Department Policies	9
Awards / Earning a Varsity Letter	16
Dual Sport Athlete	17
Managing Heat & Humidity	17
Transportation	17
Overnight Trip Policies	18
Parent/Guardian - Coach Communication	19
Use of Mood-Altering Chemicals	22
Violation of a Criminal Nature	25
NCAA Initial-Eligibility	26
NCAA Eligibility Standards	26
Concussion Fact Sheet for Athletes	31
Concussion Fact Sheet for Parent/Guardian	32
Athlete's Medical Responsibility	33
Concussion Pledge Information Form	34
Athletic Agreement	35

NOTICE OF NONDISCRIMINATION

Swan Valley School District does not discriminate on the basis of age, gender, gender identity or expression, race, color, religion, creed, age, physical handicap, ancestry, national origin, height, weight, military status, marital or family status, or any other legally protected category. The following person has been designated to handle inquiries regarding the nondiscrimination policies:

Mr. Mat McRae
Superintendent of Schools
Swan Valley School District
8380 O'Hern Road
Saginaw, MI 48609
(989) 921-3701

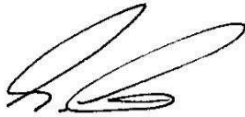
Mrs. Nicole Rethman
Special Education Supervisor
Swan Valley School District
8380 O'Hern Road
Saginaw, MI 48609
(989) 921-3701

Dear Parents or Guardians:

Your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of the school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences that will benefit the student athlete now and in the future.

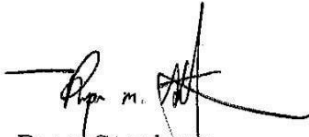
*Please read this handbook carefully with your son or daughter. It contains information regarding the general operation and regulations of the Swan Valley Athletic Department. After reading the information, the Parent/ Student Consent and Concussion Pledge Forms that are included **must be signed** and returned to the Athletic Director's office. Athletes without signed forms on file in the athletic office may not be allowed to participate in any contests. It is also recommended that you keep this information in a safe place for future reference.*

If, at any time, any of the coaches or administration can be of any assistance, please don't hesitate to contact us.



Markus Muennix
High School Principal

&



Ryan Stephens
Athletic Director / Student Activities Coordinator

SAY YES TO SWAN VALLEY HIGH SCHOOL SPORTS!

Visit us at: swanvalleyschools.com

To The Athlete:

Being a member of a Swan Valley High School team is the fulfillment of an early ambition for many students. Over the years, our teams have earned their share of conference and tournament championships. Many individuals have set records and won state and conference honors.

It will not be easy to become a dedicated athlete. To compete for your school may mean that you will have to say "no" to negative peer pressure. It will be necessary that you not only understand the traditions of your school, but also be willing to assume the responsibilities that accompany them.

You will inherit a leadership role when you join an athletic squad. The student body, the community, and other communities judge our school by your conduct and attitudes both on and off the field. The younger students in the Swan Valley School District are watching you. They will model your behavior. Because of this leadership role, you can do a great deal to promote school spirit and community pride.

Don't do anything to disappoint or disgrace yourself, your family or school. Make Swan Valley proud of you and your community proud of your school, by setting a good example and contributing your best to the success of athletics at Swan Valley.

Swan Valley Athletic Coaching Staff

PHILOSOPHY

The interscholastic athletic program of the Swan Valley School District is a vital and integral part of the total education program. Its purpose is to make positive contributions to the development of the participants, spectators, school, and community.

ATHLETIC DEPARTMENT MISSION STATEMENT

It is the goal of the interscholastic athletic program of the Swan valley School District to foster the development of each student-athlete academically, emotionally, socially, and physically. Every Swan Valley Coach will do this by investing in relationships, fully committing to all Viking Programs, and extending the classroom to the field of play.

VISION

- Provide year round opportunities for student-athletes to develop mentally and physically.
- Communicate effectively among all coaches to increase participation in every sport.
- Support all sports in the Athletic Program.
- Build relationships by investing in the “person” as a whole, not just the student-athlete.
- Provide and promote opportunities to give back to the Community.
- Compete for and win Conference Championships and MHSAA Tournaments.
- Achieve Academic All State.

STANDARDS OF EXCELLENCE (CORE VALUES)

Valued Equal value not equal roles

Investment All in, all levels, all sports

Knowledge Knowledge is power

Influence Everyone leads

Noble Do the right thing

Growth 1% better every day

Success The Standard!

HIGH SCHOOL SPORTS OFFERED

Fall Sports - Football, Volleyball, Boys Soccer, Boys / Girls Cross Country, Sideline Cheer, Poms, Girls Golf

Winter Sports - Wrestling, Girls Basketball, Boys Basketball, Ice Hockey (Club), Boys / Girls Bowling, Competitive Cheer, Poms

Spring Sports - Baseball, Softball, Girls Soccer, Boys Golf, Boys / Girls Track and Field, Boys Lacrosse (Club)

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION SUMMARY OF ELIGIBILITY FOR SENIOR HIGH SCHOOL STUDENTS: REGULATION I

To be eligible, a senior high school student must comply with the following rules:

Enrollment: Students must be enrolled in the school for which they compete. Students cannot be enrolled in high school for more than 12 trimesters. The eleventh and twelfth trimester must be consecutive. Students must be enrolled in a school prior to the fourth Friday after Labor Day or the fourth Friday of February.

Age: Be less than nineteen (19) years of age at the time of the contest unless the nineteenth (19th) birthday occurs on or after September 1 of a current school year, in which case a student is eligible for the balance of that school year in all sports.

Physical Examination and Sports Registration: For the 2023-24 school year, an MHSAA pre-participation sports physical is required for all students who participate in sports. A physical examination must be completed on or after April 15, 2023 to be considered a valid physical for 2023-24. A STUDENT SHALL NOT PARTICIPATE IN ANY PRACTICE SESSION OR CONTEST UNTIL A VALID PHYSICAL HAS BEEN TURNED INTO THE ATHLETIC OFFICE AND THE FAMILYID SPORTS REGISTRATION HAS BEEN COMPLETED (ONLY ONE TIME FOR THE SCHOOL YEAR). If the student does not have an up-to-date physical (one on or after April 15, 2023), they will be required to have one turned into the Athletic/Middle School Office before participating.

Academic Requirements: Student athletes must be passing a minimum of 66% of their courses. Therefore, to be eligible to participate in athletics in the trimester schedule, student athletes must be **PASSING 4 OUT OF 5 CLASSES**.

Transfers: A student enrolled in grades 9-12 who transfers from one high school to another high school is ineligible to participate in an interscholastic athletic contest or scrimmage in the school to which the student transfers unless they qualify under a MHSAA transfer exception or the Sport-Specific Transfer Regulation.

Awards & Amateurism: Students cannot receive money or other valuable consideration for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the MHSAA handbook. Students may accept, for participating in MHSAA sponsored sports, a symbolic or merchandise award, which does not have a value over \$40. Banquets, luncheons, dinners, trips and admissions to camps or events, are permitted if accepted "In Kind." Awards in the form

of cash, merchandise, certificates, or any other type of negotiable document are never allowed.

Prizes or awards to team members who raise the most money through team fundraising efforts, which involve athletes or their parents only, are subject to award limits: No cash or negotiable certificates are allowed; maximum value of \$40. Fundraising that involves all students in the school are not subject to this restriction.

A student may accept in kind of up to \$200 per sport per year (September through August) from approved school fundraisers to participate out-of-season in specialized team or individual athletic camps, clinics, competitions or leagues (but not to tryouts or combines).

Funds must be in the form of checks made out to the camp, clinic, exchange coordinator or competition sponsor, or to the school or tax-exempt organization for which the student is fundraising. If cash is donated on behalf of a student, it must be paid directly to the organization. Neither cash nor checks payable to the student may be accepted by the student unless the student has been employed and performed labor or service for which the payment is reasonable compensation.

Limited Team Membership: After competing with high school teams, students cannot participate on non-school teams in the same sport of that season unless fitting one of the exceptions below. A student shall become ineligible for a minimum of the next three contests and a maximum of the remainder of that season. During the high school season in bowling, cross country, golf, track & field, and wrestling, a member of the school team may participate in a maximum of two (2) non-school individual meets or contests in that sport while not representing his or her school. The limited team membership rule goes into effect from the point of a student's first participation in an interscholastic scrimmage or contest.

All Star Competition: Students shall not compete at any time in any sport under MHSAA jurisdiction in all-star contests or national championships, regardless of the method of selection. Participation in such a contest shall cause those students to become ineligible for a maximum period of one year of school enrollment.

Undue Influence: The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes *will cause the student and coach* to become ineligible for a minimum of 90 scheduled school days and a maximum of 4 years.

Sportsmanship: Under Regulation V in the MHSAA Handbook, when a student is ejected from a contest for flagrant or unsportsmanlike conduct, that student shall be withheld by the coach for the remainder of that day of competition and for at least the next day of competition for that team (two or more dates for ice hockey). Athletes ejected from competition are also required to complete an online sportsmanship course from the National Federation of State High School Associations (NFHS) before returning to competition.

ANNUAL SPORTS PARTICIPATION FEE

The Swan Valley School District has implemented a Board of Education approved annual sports participation fee at the following rates:

High School Sports: \$100.00

Middle School Sports: \$50.00

Family Cap of \$250.00

All fees must be paid before the first contest. Fees can be paid in the High School Athletic Office or Middle School Office, or on the FamilyID Sports Registration platform using the PayPal option. If an athlete qualifies for free or reduced lunch, fees will be reduced by 50%. The fees are required for Board of Education sponsored sports only. Club sports are excluded as follows: High School Ice Hockey and Boys Lacrosse, and Middle School Wrestling.

All fees are non-refundable.

SWAN VALLEY ADULT AND ALTERNATIVE EDUCATION

The MHSAA allows students in a non-traditional program administered directly by the school district to participate in interscholastic athletic programs in any sport, provided all conditions of eligibility listed below are met. The base school must also name the specific non-traditional program on the annual Enrollment Declaration Form.

An Alternative Education student who is taking Edgenuity courses must be engaged in the course at least 6 hours a day based on their class schedule to be eligible to practice and compete.

SWAN VALLEY HIGH SCHOOL ATHLETIC DEPARTMENT POLICIES

ATHLETES' SUSPENSION FROM SCHOOL

Discipline of athletes shall be administered in accordance with the general SCHOOL HANDBOOK, as it applies to high school students.

Student athletes who have been suspended from school by the school administration are **NOT ALLOWED TO ATTEND ANY SCHOOL ACTIVITIES**, either home or away. This includes the following:

1. The student athlete shall not be allowed to practice or participate in an athletic event for the term of the suspension.
2. The length of time of disciplinary action shall be measured from the time of being sent from school until thirty (30) minutes before the school day begins on the day the student is to return to the classroom.

ACADEMIC ELIGIBILITY - TRIMESTER

The purpose of our academic eligibility policy is to maintain the proper balance between athletics and academics within the schools' educational objectives.

Should a student fail 2 or more classes in a trimester he/she will be ineligible for THE NEXT TRIMESTER, unless meeting the exception stated below.

This is in accordance with the MHSAA Handbook.

“Deficiencies of the previous trimester, including incompletes, conditions, and failures from a previous trimester may be made up during a subsequent trimester, summer session, night school, by correspondence, online or by tutoring, as long as a school's policies are applied equally to all student-athletes without regard to athletic performance or potential. Eligibility may be reinstated during the next trimester when the school accepts the credit. **It is not required under the MHSAA minimum standards that courses used to make up a deficiency of credit be the same as a course not passed in the previous academic term, but it may not be the same course passed in a previous term.**”

Coaches reserve the right to cut those students during tryouts who are deemed academically ineligible from the previous trimester. If allowed by the coach, students will be given 4 consecutive weeks from the start of the season to make up any failures from the previous trimester to reinstate their eligibility. If a student is unable to make up those deficiencies in the allotted time, they will be dropped from the team.

A student entering the 9th grade for the first time (except those who had eligibility advanced) may compete without reference to his/her record in the 8th grade.

“No student shall compete in any athletic contest during any trimester who does not have to his or her credit on the books of the school represented, at least 66 percent of full credit load potential for a full-time student (at SVHS this is 4 out of 5 classes) for the last trimester during which he or she shall have been enrolled in grades nine to twelve, inclusive.”

ACADEMIC ELIGIBILITY – WEEKLY CHECKS

Policy - Any student **failing in more than one class** will be ineligible to participate in a scheduled contest. The athlete will, however, participate in all practice sessions/team meetings during the period of ineligibility.

*Teachers will compute eligibility on the basis of a **STUDENT'S CUMULATIVE TRIMESTER GRADE.***

A grade of “A”, “B”, “C” is considered passing. A “D” is considered a warning.

1. If an athlete fails “F” two classes he/she will be marked ineligible until the next eligibility check. Individual coaches may set the weekly academic eligibility requirement higher than the MHSAA's regulation of passing a minimum of 66% of the course load in the current trimester, but this must be in writing, approved by the athletic director, on file in the Athletic Office, and communicated with both the athlete and parent before the season begins.

2. Starting the 3rd week of every trimester, eligibility checks will be conducted weekly at 10 a.m. on Wednesdays during the school year. A pre-eligibility check will be run Monday mornings and sent to coaches of any athletes that are failing or are close to failing.
3. Ineligibility will be reviewed and finalized by the athletic office.
4. A list compiled of those students marked (by their teachers) as ineligible and those on the warning list will be distributed to all coaching staff and High School Administration.
5. The period of weekly ineligibility will be for one week (7 calendar days), and will commence the Monday after the student is noted as ineligible.

A check of all student athletes' grades and citizenship will be completed weekly during the sports season. If a student is failing in more than one subject, the student shall be ineligible for competition until the next check.

1. All incomplete grades must be made up and are considered an "F" until made up. Consideration may be given to each incomplete due to extenuating circumstances as determined by the High School Administration.
2. Any athlete receiving less than a "3" rating in citizenship **in more than one** class on the weekly eligibility will be ineligible for one week. The weekly citizenship rating for all subjects will be the cumulative, *calculated from the beginning of the current trimester.*
3. Athletes who are ineligible will accompany the team to all home and away events. The athlete will not be allowed to dress for the contest and must be appropriately dressed in "street clothes" as determined by each coach at the players' bench.
4. All ineligible athletes should participate in all practice sessions/team meetings during the period of ineligibility.
5. Any athlete ineligible for four consecutive weeks will be dropped from the team.

SWAN VALLEY HIGH SCHOOL ATHLETICS MANDATORY AST POLICY

After School Tutoring (AST) at Swan Valley High School is scheduled Monday-Thursday from 2:30-3:30 p.m. throughout the school year in the High School Library. **In-season student-athletes receiving a F in any class are required to attend AST every day (Monday-Thursday) until those class(es) are brought up to a D- or higher and verified by the next grade check by the Swan Valley Athletic Office (Monday and Wednesday morning).** Depending on the sport and / or team's practice schedule, this may consist of student-athletes missing some of their practice time to get help academically. At the end of the required daily AST session at 3:30 p.m., student-athletes will receive a pass by the staff member supervising to give to their head coach verifying that they were in attendance. **It is the responsibility of the student-athlete to get this pass signed by the supervising teacher or they cannot practice or play on the corresponding day.**

***Requirements for AST are subject to change based on the high school administration's decision.**

SCHOOL ATTENDANCE

1. Athletes are required to be in school the **entire school day** in person to be eligible for practices or games.
The High School Administration may grant/approve authorized excuses.
2. Athletes are required to be in school when school begins **on the morning following a previous night's game**. Coaches and parents should impress this upon their athletes. The High School Administration may grant/approve authorized excuses.
3. An athlete must be in regular attendance at all practice sessions called by the coach.
4. If the athlete is not to practice or participate in a contest on that day, the Athletic Office or the High School Administration will notify both the coach and athlete by the end of the school day.
5. The day before a Saturday competition, athletes are required to be in school the entire school day in person to be eligible to participate in a contest(s).

INCLEMENT WEATHER DAYS (SNOW DAYS)

In the event that school is canceled due to inclement weather for Swan Valley School District; the following procedures will be adhered to:

Contests:

1. Every effort will be made to compete in MHSAA scheduled events.
2. In the event that cancellations impact the schedule, all scheduled conference events will take priority in being rescheduled over non-conference events.

Practices:

1. Any practice that does take place must be voluntary.
2. All Middle School practices are canceled.
3. No practice may be scheduled prior to 11:00 a.m. on snow days.

The Superintendent has final say in all cancellations of contests and practices. Bus drivers have discretion to return a bus home if he/she concludes the roads are too dangerous to travel.

CONFLICTS WITH EXTRACURRICULAR ACTIVITIES

Since the athletic and academic departments recognize that each student should have the opportunity for a broad range of experiences in the area of co-curricular activities, every attempt will be made to schedule events in a manner that minimizes conflicts. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities, where conflicts are bound to happen. It also means notifying the instructors and coaches involved immediately when a conflict does arise.

If a conflict occurs between a practice and contest or performance on the same day but different times, all coaches and instructors involved will devise a plan to solve the conflict so the student does not feel caught in the middle. If the conflict cannot be resolved, the athletic director and building principal will be notified so a solution can be arranged and will make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long the event has been scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed that decision, he /she will not be penalized in any way by either instructor/coach.

CITIZENSHIP/GENERAL - ATHLETES GUIDELINES

1. Athletes must maintain a wholesome attitude that consists of interest and cooperation with teachers and coaches at all times.
2. An athlete must conduct himself/herself as a good citizen at all times; in the classroom, the school building, or in transit to and from school.
3. An athlete must show good sportsmanship and proper respect toward his teammates, coaches, opponent teams and their coaches and officials.
4. All athletes are expected to uphold the traditions of good sportsmanship and fair play at all times.
5. The use of obscene, profane, vile, vulgar, or indecent language, whether in verbal, written or caricature form, which are offensive to the general standards of the school and the community, is not allowed. Furthermore, behavior, actions, or gestures, which are obscene, indecent, vulgar, profane, or vile, are unacceptable and could result in game suspensions.
6. School issued uniforms, warm-ups, and equipment - All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practices. Equipment not returned in good condition at the end of the season may be subject to a financial penalty. Replacement costs are usually higher due to the lower quantities being purchased.
7. Athlete purchased uniforms - In some cases, athletes will be required to purchase a portion of the game uniform, which will become their property. (Example: hats, socks, turtlenecks, shooting tops, etc.)
8. Athletes may be required to purchase various pieces of sport specific equipment. Examples include, but are not limited to: shoes, cleats, various gloves, practice jerseys, etc. All athlete-supplied equipment will remain the property of the athlete.

9. The dress and grooming of athletes will always be in accordance with the current High School Handbook and each coach/team policy. Remember that your appearance is important as you are representing Swan Valley High School.
10. Other routine team rules regarding missing practice, arriving late for practice, not carrying out assignments, travel, etc. may be established and enforced by respective coaches.
11. Dropping out of a sport without a valid reason is always considered a serious matter. If an athlete wants to quit any sport, he/she MUST notify the coach and return all equipment. If an athlete does quit a sport after the end of the second week, but before any contests, he/she will not be permitted to try out for another sport until the conclusion of that sport season, unless special permission is granted by the Principal/Athletic Director. No athlete will be permitted to try out for another sport after participating in a contest.
12. Athletes are expected to always give the school's athletic team first priority. Athletes who choose to participate in an outside sport and not participate in his /her team sport may have playing time reduced or, under some circumstances, be dropped from the team.
13. Training Room – Only those athletes who are there for a specific reason are allowed to enter.
14. Athletes ***should not*** bring large sums of money or valuables to school and they should lock their lockers during practices and games. SVHS is not responsible for lost or stolen items left unattended in the locker room or gym areas.
15. Athletes will only be allowed to use the weight room with a coach or authorized person supervising.

Athletes may be suspended or placed on probation for violations of the above rules by the High School administration.

BULLYING

It is the policy of the District to provide a safe educational environment for all students. Bullying of a student at school is strictly prohibited. This policy shall be interpreted and enforced to protect all students and to equally prohibit bullying without regard to its subject matter or motivating animus.

HAZING

The act of “hazing” is a crime in the State of Michigan and will not be tolerated by the District. The District will fully comply with Michigan law regarding any “hazing” incidents.

Students engaging in any hazing or hazing-type behavior will be subject to the provisions of the Student Code of Conduct as would apply to any other student violation of State Law.

LOCKER ROOMS AND ELECTRONIC COMMUNICATION

1. There will be no horseplay of any kind in the locker room.
2. Clothes or equipment that are left on the floor at the end of the day will be put in the Lost and Found.
3. The use of cell phones and other ECDs in locker rooms and restrooms is strictly prohibited and punishable both by the school and law enforcement. Possession of a cellular phone or other ECD by a student is a privilege, which may be forfeited by any student who fails to abide by the terms of this policy, or otherwise engages in misuse of this privilege. The student who possesses a cellular phone or ECD shall assume responsibility for its care. At no time shall the district be responsible for preventing theft, loss or damage to cell phones or ECDs brought onto its property.

OUT-OF-SCHOOL SUSPENSION

Student athletes who have been suspended from school by the school administration shall receive the following athletic discipline from the athletic staff.

1. The student shall not be allowed to practice for the term of suspension.
2. The student shall not be allowed to participate in any athletic contest during the term of suspension. The length of time of disciplinary action shall be measured from the time of being sent from school until thirty (30) minutes before the school day begins on the day the student is to return to the classroom. Any further disciplinary action toward the student shall rest in the hands of the coach involved.

In a case involving a serious infraction of school rules or local laws, the athlete may be placed on probation by the Principal and Athletic Director at their sole discretion.

POLICY FOR TRANSFERS FOLLOWING VIOLATIONS OF A SCHOOL'S STUDENT/ATHLETIC CODE

Swan Valley High School will enforce upon a transfer student any period of ineligibility to which that student would have been subject as a result of a student or athletic code violation(s) at that student's most recent previously attended school.

A student who transfers to Swan Valley High School after becoming ineligible because of a student athletic conduct code violation(s) at the previously attended school, shall remain ineligible at Swan Valley High School for not less than the period of ineligibility imposed by the previously attended school. This would be the case even if the student's situation would otherwise satisfy one or more of the exceptions to the transfer regulation of Swan Valley High School and the Michigan High School Athletic Association (Regulation I, Section 9). It would also apply, even if the act which caused the student's ineligibility at the previous school would not be a violation, or cause the same period of ineligibility at Swan Valley High School.

That student was subject to the rules and penalties of the previous school. He/she shall not be allowed to escape the consequences of his/her conduct and, in doing so, displace

students of Swan Valley High School from teams, positions, events and awards, at least until the full period has been served.

AWARDS

Freshman and JV teams:

All athletes completing the season will be awarded a school athletic certificate for each sport in which they participate and finish the season in good standing.

Varsity teams:

All athletes completing the season and qualifying for a varsity award will receive one varsity letter during their high school years. For every season they earn varsity letter status, the student-athlete will receive an appropriate school athletic certificate and symbol medal pin.

Senior Award:

A plaque will be presented each year to all seniors who compete and qualify for a varsity award during their senior year. This award will contain the athlete's name and the sports which they participated in during their high school career.

Senior Athlete of Year Award:

All varsity head coaches are given a vote for male/female Senior Athlete of the Year. Prior to the ballot being distributed coaches may submit profile information for senior athletes that they feel deserve consideration.

Scholar Athlete Award:

All high school individual athletes per season are awarded a scholar athlete pin and certificate for earning a GPA of 3.75 or higher. Each student's GPA will be computed at the end of the regular season.

Team Academic Award:

Each high school athletic team per season with the highest team GPA is provided a catered dinner of their choice (within reason) by the Athletic Department. Each member of the team with the highest GPA will also receive a certificate. Each student's GPA toward the team average will be computed at the end of the regular season.

EARNING A VARSITY LETTER

The purpose of awarding Varsity Letters is to recognize the efforts, sportsmanship, and teamwork of each individual on the team; regardless of skill or ability. Every student-athlete has value to his/her team. However, earning a Varsity Letter should be considered a privilege and honor and not be trivialized. Some sports do not have JV squads and therefore everyone who is involved is on the Varsity roster, whereas other sports have sub-varsity levels. For this reason, it is important to establish certain guidelines for earning a Varsity Letter; especially for underclassmen.

1. Coaches of the following team sports shall award a varsity letter to all student-athletes who have finished the season in good standing and have competed at the varsity level for

- at least half of the season: Baseball, Boys Basketball, Football, Girls Basketball, Softball, and Volleyball. A student-athlete must have good attendance, a positive attitude, and be a team player in order to be considered in good standing.
2. Coaches of the following sports shall award a varsity letter based on the following criteria: Boys and Girls Bowling, Boys and Girls Cross Country, Golf, Hockey, Boys and Girls Soccer, Boys and Girls Track, Wrestling, Boys Lacrosse, Sideline, Cheer, Competitive Cheer, and Poms.
 - a. A senior student-athlete who has been in the program for all four years, regardless of performance as long as he/she is in good standing (see above).
 - b. Student-athletes may earn a Varsity Letter based on coach's discretion. The coach must communicate to athletes/Athletic Office prior to the season what the requirements are for earning a varsity letter. Coaches are encouraged to use participation based requirements rather than performance based requirements.

SWAN VALLEY ATHLETICS DUAL SPORT ATHLETE POLICY

A dual sport athlete is defined as a student-athlete who participates in two sports simultaneously during the same season. An example would be a member of the Girls' Softball team in the spring also running on the track team. It is the policy of the district to discourage dual sport participation rather than to promote it. At Swan Valley we want as many of our students participating in sports in a meaningful way. However, from time to time there may be a student-athlete who benefits from dual sport participation. It is for the benefit of the student-athlete and not the program that dual sport participation is allowed. The following criteria have been established to protect individuals and coaches when a dual sport athlete is in place:

Any coach may decline to allow a dual sport athlete if he/she believes that missed practice time would hinder the integrity of the sport or if limited participation would hinder the effectiveness of team morale. A coach may not decline participation because he/she believes it will affect the student-athletes' ability to perform at his/her best.

A student-athlete who wishes to participate as a dual sport athlete must fill out a Contract For Dual Sports participation with all necessary signatures before he/she will be allowed to participate. Forms are in the Athletic Office.

Any remaining conflicts will be resolved by administration.

MANAGING HEAT & HUMIDITY

Heat Index Calculation and Chart are available in the Athletic Office upon request.

TRANSPORTATION

Swan Valley Schools will provide for some weekday transportation to away contests. There are trips where athletes are required to provide their own transportation to and from the event sites.

This includes but is not limited to Saturday events. Some weekday events may provide a drop off but no return transportation.

1. All transportation will be arranged for athletic teams through the athletic office. Bus transportation will be used in most cases. Other modes must be approved by the administration in advance.
2. Departure times will be assigned that keep any classroom absence to a minimum.
3. When possible, parents/guardians will be allowed to drive their OWN child to and from games.
4. If the child is to ride home with a parent/guardian, a note is to be presented to the coach. Athletes will not be excused with siblings or friends.
5. At no time can an athlete drive himself/herself to and from an away athletic contest (when a team bus is provided). If an athlete is to drive themselves from the school to the away contest and home, a Private Auto Travel Permission Form must be signed by a legal parent or guardian and turned in to the Athletic Office by the morning of the competition. **No athlete is to drive another student to and from the event.**
6. The coach will accompany the team to all contests and be responsible for the team's safe and proper behavior.
7. The coach should know the location and directions to the facilities.
8. Prearrange any requests for stopping to eat or requiring the bus to stay on site.
9. Someone other than the team coach may supervise the bus ride only with the permission of the A.D.
10. Unless there is an emergency or when a team bus is not provided, no coach or volunteer should transport a student-athlete in their own vehicle. If transporting a student-athlete, written permission must be given by the parent/guardian and approved by the A.D. prior.

SWAN VALLEY HIGH SCHOOL OVERNIGHT TRIP POLICIES

It is a privilege for an athlete to participate in the district-sponsored trip. Because this trip is part of the district's educational program, it is imperative that students adhere to the Athletic Handbook for overnight trips as well as the applicable provisions of the general Citizenship/General - Athletes Guidelines. Student-athletes must remember that from the time of departure to their arrival home, they are the responsibility of the district.

The student athlete agrees to:

1. Refrain at all times from the consumption of alcoholic beverages and/or drugs unless said drugs are prescribed by a physician and dispensed by school personnel or self-medication and/or possession are properly authorized.
2. Be in their room by curfew and must never leave their room after curfew for any reason until their morning wake up call. The only exception is in case of emergency when a player must summon a coach.
3. Sleep in their assigned room and not entertain members of the opposite sex in said room.
4. Keep the assigned chaperone advised of personal whereabouts at all times.
5. Attend all mandatory activities and meal functions.

6. Comply, throughout the trip, with any and all individual or group instructions given by a chaperone or staff member.
7. Conduct oneself in such a manner as to bring pride to themselves, as well as their family, school, and community.
8. Hazing, pranks against other players, streaking or any action deemed by the coaching staff as detrimental to any player, coach or our team will not be tolerated and carry severe penalties.
9. Fighting will not be tolerated and will carry severe penalties.
10. Any action to purposefully demean or degrade another will not be tolerated and will carry severe penalties.
11. Players and their parents / guardians will be financially responsible for any and all damages caused to sleeping quarters and / or school facilities and equipment.

In the event an issue arises that is not covered here, the coaching staff's decision will be the final authority. The coaching staff will contact the student's parents for assistance if the coaching staff deems it necessary. Violation of any or all of these rules could prevent a student from attending or being sent home from the event. If a problem arises that is serious enough in nature to warrant the student-athletes' removal from the travel group, the student and his/her parent/guardian will bear any additional costs to return the student home.

NOTE: The accompanying professional staff member will make this removal decision after a student has been provided the opportunity to respond to any allegations. The student may also be subjected to discipline upon their return home in accordance with general district policies.

PARENT/COACH COMMUNICATION

Research indicates that students involved in co-curricular activities have a greater chance for success during adulthood. We believe Swan Valley High School's Athletic program helps develop the character traits that promote a successful life after high school. Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of each other, providing greater benefit to children. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. If a situation arises which requires a conference between the coach and the parent, this is encouraged. It is important that both parties involved have a clear understanding of the other's position.

Please do not attempt to confront a coach before, during, or immediately after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution and never go well, as many things that are said remain long after the issues are resolved.

A lack of cooperation may result in Administration Action.

Communication you should expect from your son's/daughter's coach:

Philosophy of the coach,

Expectations the coach has for your child and other players on the squad,

Locations and times of all practices, contests, scrimmages, bus departures, meetings, banquets, and possible awards,

Team requirements, i.e., fees, special equipment, off-season conditioning,

Procedure should your child be injured during participation, and

Discipline that resulted in the denial of your child's participation.

Communication coaches expect from parents

As Swan Valley High School athletes become involved in the athletic program, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way an athlete wishes. At these times, discussion with the coach is encouraged.

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns regarding a coach's philosophy and/or expectations.

Appropriate concerns to discuss with coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Issues not appropriate to discuss with coaches

Many parent concerns regarding their child's coaches arise from the issue of "Playing Time." Generally it is not appropriate to discuss with the coach as their judgment should be respected by both players and parents. Coaches are professionals. They make judgment decisions based on what they believe to be best for the team and all students involved.

1. Playing time
2. Strategy
3. Play calling
4. Other student-athletes

Procedure for speaking with your child's coach

When parent-coach conferences are necessary or you have a concern to discuss with the coach the following procedure should be followed to help promote a resolution to the issue of concern.

1. The student-athlete should speak with the coach to bring the concern to the coach.
2. If the player-coach meeting does not resolve the issue, call the High School to set up an appointment with the coach. The Swan Valley High School Athletic Office telephone number is 921-2471. *The student-athlete is required to attend the parent-coach meeting.*

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

Call and set up an appointment with the High School Principal and Athletic Director to discuss the situation.

At this meeting the appropriate next step will be determined.

USE OF MOOD-ALTERING CHEMICALS

Statement of Purpose

1. *To elevate standards of sportsmanship and to encourage the growth of responsible citizenship among the students*
2. *To emphasize the school's concerns for the health of students in areas of safety while participating in activities and the long-term physical and emotional effects of chemical use on their health*
3. *To promote equity and a sense of order and discipline among students*
4. *To confirm and support existing State laws which restrict the use of such mood-altering chemicals*
5. *To establish standards of conduct for those students who are leaders and standard-bearers among their peers*
6. *To assist students, who desire to resist peer pressure, which directs them toward the use of mood-altering chemicals*
7. *To assist students who should be referred for assistance or evaluation regarding their use of mood-altering chemicals*

It is important that athletes understand that training rules are enforced during the ***entire calendar year***. Penalties will begin with the first contest of the season in which an athlete participates or the first contest after the violations are confirmed by the administration. Rules apply at all times throughout the student's high school career, including all vacation periods. The rules are not limited to the time period in which the student participates in a particular sport, nor are the guidelines limited to a student's behavior at school-sponsored activities or on school property.

RULES

During the entire calendar year and the season of practice or play, regardless of the quantity, a student shall not use, possess, consume, buy, sell or give away:

- intoxicating beverages.
- marijuana, or any "controlled substance" pursuant to federal and/or State statute.
- Steroids, human growth hormones, or other performance enhancing drugs.
- Substances purported to be illegal, abusive, or performance enhancing, i.e., "look-alike" drugs.
- DRUG PARAPHERNALIA.
- All forms of VAPE/VAPOR pens, electronic cigarettes, and the products used in them.
- Tobacco or tobacco products of any form.

It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for student's own use by his/her doctor.

PENALTIES AND RECOMMENDATIONS

- A. Penalties shall be cumulative beginning with and throughout the student's participation; that is: interscholastic athletics during grades 9 – 12.
- B. Student must complete all programs, or the penalties will be enforced during that student's next season of play. All alternative programs must be approved by the administration.
- C. Students must complete participation in the sport that the penalty is being served. If the athlete is dropped or quit, the penalties will be enforced during that student's next season of play. All violations will be carried into postseason contests.
- D. Any athlete having been disciplined under the Use of Mood-Altering Chemicals section of the athletic-handbook may not earn any award (i.e. Varsity letter; league, area, or state recognition) in that particular season.
- E. If an athlete is dropped from a team for training violations, he/she is not allowed to go out for another sport during the same season.
- F. When serving a suspension, an athlete may not scrimmage. A scrimmage also does not count towards the suspension being served.

**In order for action to be taken, all incidents must be substantiated by
one of the following:
Coaching Staff, Faculty, District Administrators, and
Law Enforcement Agencies**

If an athlete voluntarily reports a violation along with his/her parents before any reports are made by those listed above, the student will be charged with a first step under the violation section. However, no contest will be missed, **unless it is felt by the administration that the self disclosure was being used to avoid the penalty.** The athlete must sign-up and complete the Second Look program or an acceptable program to fulfill this requirement of self disclosure. **This applies only to an athlete's first violation**

FIRST VIOLATION

After confirmation of the first violation, the student will not participate in 30% of total contests of a season in which the student is a participant. The penalty will be reduced to 10% if the student signs up and then completes the Second Look program or an alternative acceptable program. All costs will be the responsibility of the athlete/parents. If there are not sufficient contests remaining in the current season, the penalty will be prorated and carried over to the next season, beginning with the first contest.

SECOND VIOLATION

After confirmation of the second violation, the student will not participate in interscholastic events for one year from the date of the offense. The penalty will be reduced to 50% of a season in which the student is a participant if the following conditions are fulfilled:

1. The **student and parent(s)** schedule a pre-screening appointment with an alternative acceptable program.
2. The student and parent(s) must sign up then complete all programs that are recommended. All costs will be the responsibility of the athlete/parents.
3. If there are not sufficient contests remaining in the current season, the penalty will be prorated and carried over to the next season, beginning with the first contest.

THIRD VIOLATION

After confirmation of the third and subsequent violations, the student will not participate in interscholastic events for the remainder of their high school career. The penalty will be reduced to not participating in interscholastic events for one year from the date of the offense if the following conditions are fulfilled:

1. The **student and parent(s)** schedule a pre-screening appointment with an alternative acceptable program.
2. The **student and parent(s)** must sign up and then complete all programs that are recommended. All costs will be the responsibility of the athlete/parents.

Games/Contest Per Sport or as Scheduled.
All contests will be rounded up to complete games

	10%	30%	50%
Basketball	3	7	11
Baseball	4	12	18
Bowling	2	6	10
Cheerleading	2	6	10
Cross Country	2	5	8
Football	1	3	5
Golf	2	5	8
Hockey	3	9	12
Lacrosse	2	6	9
Poms	1	3	5
Soccer	2	5	9
Softball	4	12	18
Track	2	6	9
Volleyball	2	6	9
Wrestling	2	6	8

VIOLATION OF A CRIMINAL NATURE

In a case involving the athlete of a criminal nature such as theft, vandalism, assault, etc., whether committed against the school or non-school persons or property, the athlete shall be placed on probation and investigated by school officials to determine if disciplinary action should be taken.

If disciplinary action is determined, or if an athlete placed on probation for criminal activity commits a second offense, a committee comprised of the principal, athletic director, coach of the sport, and coach of another sport will be established to evaluate the situation.

This will include:

- A. Reviewing the conduct of the athlete and the facts and circumstances of the incident.
- B. The athlete involved may request an informal meeting so that he/she may present his/her version.
- C. School officials accepting, when possible, the recommendations of court officials in handling criminal law violations by students.

Upon completion of the investigation, school officials will determine what disciplinary action shall be taken which may include consequences from continued probation to not participating in athletics for the remainder of their High School career.

NCAA INITIAL-ELIGIBILITY INFORMATION

It is the athlete's and the parent's responsibility to meet all NCAA requirements.

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions – Division I, Division II, and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the **NCAA Initial-Eligibility Clearinghouse**. The Clearinghouse was established as a separate organization by the NCAA member institutions in January 1993. The Clearinghouse ensures consistent interpretations of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions. For further information visit: ncaaclearinghouse.net

Complete the following:

- a. Student Release Form and fee
- b. Foreign Student Application – see your counselor
- c. Official transcript mailed by Swan Valley High School
- d. Your ACT or SAT scores – see your counselor

NCAA CERTIFICATION

Students who are planning to enroll in college as freshmen and wish to participate in Division I or Division II athletics must be certified by the NCAA Initial-Eligibility Clearinghouse. Students should start the certification process by the end of their junior year. The student athlete should obtain a current copy of the student brochure and Student Release Form from the counseling office. The brochure will explain three requirements.

NCAA Freshman – Eligibility Standards – Quick Reference Sheet (Next Two Pages)

FOR ADDITIONAL INFORMATION, SEE YOUR HIGH SCHOOL COUNSELOR.

DIVISIONS I AND II INITIAL-ELIGIBILITY REQUIREMENTS

Core Courses

NCAA Divisions I and II require 16 core courses. See the charts below.

NCAA Division I and II will require 10 core courses to be completed **prior to the seventh semester** (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the start of the seventh semester and cannot be retaken for grade improvement.

Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.

Test Scores

- **A Division I Full Qualifier or Academic Redshirt** needs to earn an SAT combined score or ACT sum score matching the core-course GPA on the Division I full qualifier sliding scale (see chart on following pages).
- **A Division II Full and Partial Qualifier** needs to earn an SAT combined score or ACT sum score matching the core-course GPA on the Division II full qualifier sliding scale (see charts on following pages).
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

Grade-Point Average

- **Be sure** to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- **The Division I Full Qualifier** core GPA requirement is a minimum of 2.300. As a full time qualifier, college-bound student-athletes may practice, compete and receive an athletics scholarship during their first year of full-time enrollment.
- **The Division I Academic Redshirt** core GPA requirement is a minimum of 2.000. As an academic redshirt, college-bound student-athletes may receive an athletics scholarship during their first year of full-time enrollment and may practice during their first regular academic term, but may NOT compete during their first year of enrollment.
- **The Division II Full Qualifier** core GPA requirement is a minimum of 2.200. As a full qualifier, college-bound student-athletes may practice, compete and receive an athletics scholarship during their first year of full-time enrollment.
- **The Division II Partial Qualifier** core GPA requirement is a minimum of 2.000. As a partial qualifier, college-bound student-athletes may receive an athletics scholarship during their first year of enrollment and may practice during their first year of full-time enrollment, but may not compete.
- Remember, the NCAA GPA is calculated using NCAA core courses only.

DIVISION I
16 Core Courses

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science
(1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II
16 Core Courses

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION I FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
3.550	400	37
3.525	410	38
3.500	430	39
3.475	440	40
3.450	460	41
3.425	470	41
3.400	490	42
3.375	500	42
3.350	520	43
3.325	530	44
3.300	550	44
3.275	560	45
3.250	580	46
3.225	590	46
3.200	600	47
3.175	620	47
3.150	630	48
3.125	650	49
3.100	660	49
3.075	680	50
3.050	690	50
3.025	710	51
3.000	720	52
2.975	730	52
2.950	740	53
2.925	750	53
2.900	750	54
2.875	760	55
2.850	770	56
2.825	780	56
2.800	790	57
2.775	800	58

DIVISION I FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
2.750	810	59
2.725	820	60
2.700	830	61
2.675	840	61
2.650	850	62
2.625	860	63
2.600	860	64
2.575	870	65
2.550	880	66
2.525	890	67
2.500	900	68
2.475	910	69
2.450	920	70
2.425	930	70
2.400	940	71
2.375	950	72
2.350	960	73
2.325	970	74
2.300	980	75
2.299	990	76
2.275	990	76
2.250	1000	77
2.225	1010	78
2.200	1020	79
2.175	1030	80
2.150	1040	81
2.125	1050	82
2.100	1060	83
2.075	1070	84
2.050	1080	85
2.025	1090	86
2.000	1100	86

ACADEMIC REDSHIRT

*Final concordance research between the new SAT and ACT is ongoing.

DIVISION II FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
3.300 & above	400	37
3.275	410	38
3.250	430	39
3.225	440	40
3.200	460	41
3.175	470	41
3.150	490	42
3.125	500	42
3.100	520	43
3.075	530	44
3.050	550	44
3.025	560	45
3.000	580	46
2.975	590	46
2.950	600	47
2.925	620	47
2.900	630	48
2.875	650	49
2.850	660	49
2.825	680	50
2.800	690	50
2.775	710	51
2.750	720	52
2.725	730	52
2.700	740	53
2.675	750	53
2.650	750	54
2.625	760	55
2.600	770	56
2.575	780	56
2.550	790	57
2.525	800	58
2.500	810	59
2.475	820	60
2.450	830	61
2.425	840	61
2.400	850	62
2.375	860	63
2.350	860	64
2.325	870	65
2.300	880	66
2.275	890	67
2.250	900	68
2.225	910	69
2.200	920	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
3.050 & above	400	37
3.025	410	38
3.000	430	39
2.975	440	40
2.950	460	41
2.925	470	41
2.900	490	42
2.875	500	42
2.850	520	43
2.825	530	44
2.800	550	44
2.775	560	45
2.750	580	46
2.725	590	46
2.700	600	47
2.675	620	47
2.650	630	48
2.625	650	49
2.600	660	49
2.575	680	50
2.550	690	50
2.525	710	51
2.500	720	52
2.475	730	52
2.450	740	53
2.425	750	53
2.400	750	54
2.375	760	55
2.350	770	56
2.325	780	56
2.300	790	57
2.275	800	58
2.250	810	59
2.225	820	60
2.200	830	61
2.175	840	61
2.150	850	62
2.125	860	63
2.100	860	64
2.075	870	65
2.050	880	66
2.025	890	67
2.000	900	68 & above

*Final concordance research between the new SAT and ACT is ongoing.

ATTENTION PARENTS: The Athletic Agreement and Concussion Pledge Information Form must be signed or the athlete may not be allowed to participate in contests.

HEADS UP CONCUSSION

A Fact Sheet for ATHLETES

WHAT IS A CONCUSSION?

It's Better to miss one game than the whole season

A concussion is a brain injury that:
Is caused by a bump or blow to the head
Can change the way your brain normally works
Can occur during practices or games in any sport
Can happen even if you haven't been knocked out
Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Bothered by light
Bothered by noise
Feeling sluggish, hazy, foggy, or groggy
Difficulty paying attention
Memory problems ° Confusion ° Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

Get a medical checkup. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

Follow your coach's rules for safety and the rules of the sport.
Practice good sportsmanship at all times.
Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
The right equipment for the game, position, or activity
Worn correctly and fit well > Used every time you play

For more information and to order additional materials free-of-charge, visit:
www.cdc.gov/ConcussionInYouthSports and/or www.cdc.gov/injury

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

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

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

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

Appears dazed or stunned	Is confused about assignment or position
Forgets an instruction	Is unsure of game, score, or opponent
Moves clumsily	Answers questions slowly
Loses consciousness (even briefly)	Shows behavior or personality changes
Can't recall events prior to hit or fall	Can't recall events after hit or fall
Symptoms Reported by Athlete	Headache or "pressure" in head
Nausea or vomiting	Balance problems or dizziness
Double or blurry vision	Sensitivity to light
Sensitivity to noise	Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems	Confusion
Does not "feel right"	

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

Ensure that they follow their coach's rules for safety and the rules of the sport.

Encourage them to practice good sportsmanship at all times.

Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.

Learn the signs and symptoms of a concussion

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

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

PARENTS:

Your son/daughter is a candidate for one of the athletic teams sponsored by Swan Valley Schools.

Participation in all athletic activities is voluntary, and therefore we would like to have your approval for your son/daughter to participate. If a student does not have a valid physical completed on or after April 15, 2023, they will be required to have an updated physical exam. This must be signed by the student and parent/guardian. The student-athlete will not be permitted to practice or play until a satisfactory report has been filed with their coach or the Athletic Department. Be aware that a sports physical form provided by Swan Valley High School is merely a screening procedure and is not meant to replace routine health physicals by your child's primary physician. If your child has an underlying medical problem, complaints of syncope with exercise, or a family history of cardiac disease and /or sudden death, understand that he/she should have a more extensive work-up before participating in athletics.

Even though the school district provides good available equipment and supervision, the nature of athletic activities makes injuries possible. A note from parents which allows return to activity from injury ***is not*** adequate protection for the coach and school. ***An athlete must have a physician's written permission to return to practice or competition if he/she has sustained any injury or illness which requires a visit to a physician.*** The Swan Valley School District is ***not*** liable for bills incurred for physical examinations, ambulance, emergency or other care that result from athletic injury. Such bills are the responsibility of the parents.

If you are interested in additional coverage or a basic athletic insurance plan (these plans are sponsored by independent companies), contact the Athletic Department for information on insurance policies that you may purchase.

NOTICE * NOTICE * NOTICE * NOTICE * NOTICE *

MEDICAL INSURANCE IS THE RESPONSIBILITY OF PARENTS

CONCUSSION PLEDGE INFORMATION FORM

STUDENT/ATHLETE

I, _____, understand that concussions are serious injuries. I understand that if not handled properly, concussions may lead to permanent brain injury or death.

I have read the fact sheet for athletes in the handbook.

I pledge that if I RECOGNIZE symptoms of concussion in myself, or a teammate, that I must REPORT it immediately to a coach, athletic trainer, or parent.

I pledge to not play my sport again until I'm cleared by a doctor and complete a graduated process (BRAIN protocol). This will help ensure that I RECOVER completely before returning to play.

Athlete's Signature _____ ***Date*** _____

PARENT/GUARDIAN

I, _____, understand that concussions can be serious injuries. I understand that if not handled properly, concussions may lead to permanent brain injury or death.

I have read the Fact Sheet for parents in the handbook.

I pledge that if I RECOGNIZE symptoms of concussion in my child, that I will REPORT it to the Coach or athletic trainer immediately.

I pledge to not allow my child to play again until they are cleared by a doctor and complete a graduated process (BRAIN protocol). This will help ensure that my child RECOVER completely before returning to play.

Signature _____ ***Date*** _____

www.cdc.gov/concussion

Concussion Resources / online concussion education

SWAN VALLEY HIGH SCHOOL ATHLETIC AGREEMENT

By its nature, participation in interscholastic athletics includes risk of injury, which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules; report all physical problems to their coaches and/or the trainer. Follow a proper conditioning program, and inspect their equipment daily.

As parents of students at Swan Valley High School, we understand that attending any school activity or athletic event (paid or unpaid) does ***not give us the right to be unsportsmanlike***, abusive physically or verbally to advisors, officials, players, coaches or fans. We understand that attending an athletic event or extracurricular activity is a privilege and that school administration may ***revoke the privilege temporarily or permanently for inappropriate conduct as defined by the administration.***

***The undersigned, athletes and family members, have read and understand
the policies of the Swan Valley Athletic Department***

Student Athlete _____
Please Print Athlete's Name

Student Athlete _____ Date _____
Signature

Parent or Guardian _____ Date _____
Signature

I will allow the address and phone number of my Student/Athlete to be given by the Swan Valley School District to the Swan Valley Athletic Association for calling and mailing information regarding the activities of the Swan Valley Athletic Association.

Parent or Guardian _____ Date _____
Signature

This agreement must be signed and returned to the Athletic Office prior to an athlete being allowed to participate in any athletic contest. It will be kept on file in the Athletic Department.