

McHenry Elementary School District 15 **Student-Parent Participation Agreement Form**

The following are guidelines and rules that will be followed by our students while participating in our programs. This document will serve as a **permission slip** for participation/try-outs; A **handbook** for the student-athlete and parent/guardians; and **concussion awareness** guidelines.

(sign-in through your SkyWard account to complete the permission slip)

Before I will be allowed to try-out/participate, I must provide the building nurse with a copy/original of current medical physical (within one calendar year). I will also have the online signed permission slip/handbook/concussion awareness form completed through parent SkyWard Account.

Physical not needed for D15 intramural programs or clubs.

Interscholastic athletics: McHenry Middle School offers the following: Girls/Boys Cross-Country, Girls/Boys Basketball, Girls/Boys track, Wrestling, Girls Volleyball, Cheerleading, and Dance/Poms.

Permission slip/Handbook only:

Intramurals: Volleyball (girls/boys), basketball (girls/boys), Intramural dance (girls/boys), Soccer club (girls/boys) and Golf (girls/boys)

Philosophy: We believe that participation in activities should be a part of the total educational experience for all youth that attend MMS. The participation in sports programs contributes to the development of health, happiness, physical skills, emotional maturity, social competence and sound moral values.

Academic performance: We believe that academics is of primary importance to our student athletes. Therefore, students must maintain passing grades in **all** subjects in order to remain eligible to participate in a sport.

Responsibilities: We feel that participation in our athletic program at MMS is a privilege extended to all students providing they are willing to assume certain responsibilities. These responsibilities include the following:

- Display high standard of social behavior and sportsmanship.
- Display proper respect for those in authority: Teachers, coaches and officials.
- Display a real spirit in cooperation.
- Display, at home or away games, a proper care and handling of equipment.
- Dress with special care when attending athletic contests at home or away.
- Use language which is socially acceptable. (Profanity or vulgar talk at any time will not be tolerated on or off the playing surface).
- Have transportation waiting when returning from away athletic events.
- Strive to do the very best.
- Be present at all required practices and games.
- Be passing all subjects.
- Our program supports the Character Counts program. Athletes are expected to demonstrate these qualities: Trustworthiness, Respect, Responsibility, Fairness, Caring & Citizenship

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ELIGIBILITY

In order to represent McHenry Middle School in any interscholastic competition, a student must meet all requirements of the **Fox Valley Jr. High Conference**, the **Illinois Elementary School Association (IESA)**, **National Federation** and **McHenry Middle School (School Dist. #15)**.

TRAINING RULES AND CODE OF CONDUCT

1. Rules for academically ineligible athletes:

First incident during season– student will practice, but will not participate in home or away contests.

The student/athlete may attend home contests, but not away games.

Second incident during season– student cannot practice or participate in home or away contests. The student/athlete may not attend home or away contests.

Third incident during season– student is removed from the team for the remainder of the season.

Students are eligible for games the following week (Monday through Saturday) if they are passing all classes (no “F” reported).

2. No student who is a member of the MMS athletic program shall have possession of, use, or be under the influence of drugs (i.e. Alcohol, cigarettes, marijuana, anabolic steroids, etc.), paraphernalia, tobacco or alcoholic beverages **on or off school grounds** during the season involved.

First incident – Three game suspension

Second incident – Removal from team

3. All absences from practice and games will be considered unexcused unless the coach approves the absence. The third unexcused absence from practices or games during a sport season may result in removal from the team

4. Students are expected to demonstrate proper behavior during the school day.

a. Any practice time lost due to an after school detention will be treated as an unexcused absence.

b. If a student serves an in or out of school suspension, they are not allowed to participate in a game on that date.

5. Proper behavior on buses, including the activity buses, is required at all times (hands to self, no shouting, yelling, or showing any disrespect to drivers.)

6. Profanity, badgering of opponents, stealing of equipment, and any unsportsmanlike tactics during practice or games, will not be allowed at any time.

consequences for Rules 5 and 6

First incident: One game suspension with parents contacted by the head coach. Student is expected to participate with team at all practices.

Second incident: Three game suspension. Parents contacted by head coach.

Third Incident: Removal from squad.

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7. Students must attend ½ of the school day on game/meet days in order to participate in a game/meet/activity on that day.

8. Payment for each activity is due by the designated date. Sport fees are as follows:
(If assistance or questions about athletic fee is needed, please contact school office)

Cross Country	\$75.00	Girls Volleyball	\$90.00
Boys Basketball	\$90.00	Cheerleading	\$75.00
Dance/Poms	\$75.00	Girls Basketball	\$90.00
Wrestling	\$75.00	Track	\$75.00

(Intramural VB, Intramural BB, Intramural Dance and Soccer - No fees)
(Golf may have additional fees associated with program)

There may be additional costs for required uniform accessories with some activities.

9. When students are issued equipment or uniforms, they accept full responsibility for lost or damaged uniforms. Student must pay School District #15 the cost of replacing them. All equipment must be returned to the coach or cost of equipment paid within 10 days after the last contest. Students are expected to take proper care of uniforms and return them in the same condition they received them.

10. Parents are required to provide transportation home from school after all home or away events.

SPECTATOR RULES

Courteous and attentive behavior is expected. Remember the visiting players, cheerleaders, coaches and spectators are our guests. Your conduct reflects not only on you as an individual, but on the school and all MMS students. One of the Fox Valley Conference goals is sportsmanship. Do not stomp on the bleachers with your feet, whistle, boo or talk while a player is attempting a free throw in basketball or serve in volleyball. All spectators should be positive in their actions towards MMS teams, visiting teams and spectators and officials. Please, use appropriate cheering. Food and drink is not allowed in the gyms.

ACTIVITY BUS

An activity bus will be available for those students who are regular bus riders and live within the boundary lines for the school. It will be available for any after school event (dances, practices, detentions, etc.) A student may not leave the school grounds and then return to use the activity bus.

TRAVEL FOR ATHLETICS

McHenry School District #15 provides an activity bus for all practice sessions held until 4:00 p.m. The entire team must travel by school bus to all away meets and or contests. Athletes may go home from a contest with their parents only after signing out with the coach or manager.

ILLINOIS ELEMENTARY STATE ASSOCIATION (IESA)

McHenry School District 15 may participate in the IESA. This includes regional, sectional and state competitions for Cheerleading, Cross Country, Wrestling, Golf and Track. **Parents/ guardians are responsible for all transportation, food and lodging to any state competition that their student may qualify to compete in.**

AWARDS

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All students completing a conference sport season are eligible for recognition awards.

Concussion Information Sheet

A concussion is a brain injury that alters the way your brain functions, and 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 cannot see a concussion, and most concussions occur without loss of consciousness. Signs and symptoms of concussion may occur right after the injury or may take hours or days to fully appear. If your child 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	● Amnesia
● “Pressure in head”	● “Don’t feel right”
● Nausea or vomiting	● Fatigue or low energy
● Neck Pain	● Sadness
● Balance problems or dizziness	● Nervousness or anxiety
● Blurred, double, or fuzzy vision	● Irritability
● Sensitivity to light and noise	● More emotional
● Feeling sluggish or slowed down	● Confusion
● Feeling foggy or groggy	● Concentration or memory problems
● Drowsiness	● (forgetting game plays)
● Change in sleep patterns	● Repeating the same question/comment

Signs observed by teammates, parents and coaches include:	
● Appears dazed	● Shows behavior or personality changes
● Vacant facial expression	● Cannot recall events prior to hit
● Confused about assignment	● Cannot recall events after hit
● Forgets plays	● Seizures or convulsions
● Is unsure of game, score or opponent	● Any change in typical behavior or personality
● Moves clumsily or appears uncoordinated	● Loses consciousness
● Answers questions slowly	● Slurred speech

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What can happen if my child keeps on playing with a concussion or returns too soon? Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the student/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 fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

Do 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. Ensure that the student/athlete is evaluated right away by a healthcare professional. Close observation of the student/athlete should continue for several hours. 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. STATE LAW requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine. In accordance with state law, all schools are required to follow this policy. 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. Safety comes first. Regardless of situation (athletic contest), student will not be able to practice or play until released by proper medical professional.

Post-Concussion Procedures for Athletics

1. If student athlete sustains a possible concussion, athlete is removed from play.
2. Severity of concussion is determined and decision is made whether to activate rescue personnel or contact parent for athlete to be picked up and evaluated by student athlete's physician. See Emergency Action Plan (EAP).
3. Inform parent/guardian that ImPACT post-injury test can be scheduled by calling Centegra Health Systems Concussion Hotline at (815) 759-4342, and remind parent to notify Centegra that athlete is a student from McHenry Elementary School District 15. Centegra will forward ImPACT post-injury results to physician and to the Athletic Director for review by e-mail.

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Post-Concussion Procedures for Athletics-Continued

4. Inform parent that student athlete must have medical clearance from physician before initiating the return to learn/play process and prior to participation in physical education classes.

Return to Learn/Return to Play

1. If parent chooses to schedule post-injury test at Centegra Health System, results of the post-injury test must also be reviewed by physician and have returned to baseline.
2. Medical clearance must be submitted to the school nurse.
3. Once medical clearance documents to “return to learn” are received, school nurse will notify student’s teachers that a concussion has occurred and to notify school nurse if there are any concerns regarding student in the classroom.
4. Once medical clearance documents to “return to play” are received, school nurse will forward to athletic director.
5. Copies of medical clearance reports will be distributed by Athletic Director to coach.

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

Center for Disease Control <http://www.cdc.gov/ConcussionInYouthSports/>

Centegra Health Care <http://www.Centegra.org/concussion>

Illinois Elementary Education Association <http://www.iesa.org/activities/concussion.asp>

Baseline concussion testing clinic/hotline: 815-759-4342

Megan Weber: Centegra Sports Care Coordinator - Safety Training Coordinator
650 Dakota Street, Suite C, Crystal Lake, IL 60012, 815.788.2271

Neuro-Rehabilitation Center of Centegra Hospital
500 Coventry Lane, Suite 170, Crystal Lake, IL 60012, 815.356.2700

(sign-in through your SkyWard account for completion of Student participation, Handbook and Concussion understanding.)

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