

GENERAL PURPOSES & REQUIREMENTS OF PARTICIPATION IN TRINITY ATHLETICS

SPORTS & ACTIVITY SUPERVISION

Home games are held in The Sharp Gymnasium (soccer games at TCS Field). An adult must supervise students in grades K-5 attending games. Students must stay in the gym area except to use restrooms/water fountain, or visit concessions. Courteous/respectful behavior is expected of all TCS student fans. Faculty or staff will send any unsupervised children to B.A.S.K., where they will be checked in and the parents will be billed for these services.

CONCESSIONS

A full concession area is provided by TCS. In order to keep this up and running it takes the volunteer work of many individuals. **Parents of participating athletes are required to work at least one session in the TCS concession stand during the athletic season.** This session does count toward your volunteer hours. We ask that parents volunteer for at least one session regardless of their volunteer hour status. With the help of all families, we can make this big job seem much smaller. Volunteering on several occasions is completely acceptable.

PRACTICE

Athletes are expected to be at all practices unless 24-hour prior notification is given to the coach. Unexcused absences from practice could result in decreased playing time or suspension from the team.

SPORTS ELIGIBILITY

Athletics is an earned privilege and not a right. In addition to meeting a certain level of skill, achievement and team play, student athletes must meet and maintain a high level of character and academic achievement.

Eligibility Standard

1. All students at TCS will be classified as either eligible or ineligible for athletics and activities each quarter. To be eligible, a student must maintain a 2.0 G.P.A. and maintain a "C" in Bible on his/her report card. In addition to grades, character marks will be used in determining eligibility status. Any student receiving unsatisfactory marks in Character Development will necessitate a special staff meeting to determine eligibility status. Any student who fails to maintain grade eligibility for any weekly grading period will be placed on probation for a one-week period.
2. All students must have a physical examination by his/her personal physician at his/her expense before participation in any practice session sponsored by the school. (TCS will provide an opportunity for a free examination by Dr. Alexander or Dr. Benig).
3. All students must carry medical insurance.
4. All athletes must pay the sports fee of \$90 per sport, which will be charged through FACTS.

Ineligible Students

Should a student not meet the above Standard, he/she will be classified as ineligible. Ineligible students may not participate in workouts and will be ineligible to participate in games. A student must wait one weekly grading period to become eligible (see Standard above).

Eligible Students

If a student is classified as eligible, he/she is allowed to try out, practice, and participate during the entire week. However, during that week, TCS requires that if the staff notices a fall in grades and/or behavior, the Administrator and Athletic Director may declare that student ineligible for a specific length of time. **All athletes are responsible to communicate with their teachers for class work missed during a game or ride to a game.** Missing class because the team is leaving early for a game is not considered an absence or an excuse to not do the required work. Athletes must remember that they take on a difficult academic challenge simply because of the many hours involved with the team. They must plan accordingly, take initiative, and be personally responsible. The Athletic Director will check eligibility every week. Students who have academic or disciplinary obligations must fulfill them before attending practices. Detentions or suspensions conflicting with games/practices take precedence over athletic/extracurricular events. Generally, a student who does not attend school the day of the extracurricular activity will not participate in the activity that day (must be at school by 11:30 a.m.). A discipline report or continued behavioral problems in the classroom may result in ineligibility for the week.

COMMITMENT

We have read the attached purposes and requirements to participate in the athletic program at TCS and agree to follow the stated guidelines.

Athlete Signature

Date

Parent/Guardian Signature

Date

MEDICAL INSURANCE COVERAGE

It is MANDATORY for all athletes to provide proof of medical insurance before being allowed to participate in sports. A copy of a current insurance card needs to be filed in the school office. Please submit new information should there be any change in the insurance coverage during the school year. **Please affix a copy of your health insurance card to this form.**

(Please affix copy of insurance card in space provided below)



CONCUSSION INFORMATION GUIDE

Please carefully read and properly sign back of form

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 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:

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| <ul style="list-style-type: none">• 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 | <ul style="list-style-type: none">• Amnesia• “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 |
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Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- 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

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 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 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.

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. The Return-to-Play Policy of the IESA and IHSA 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 all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. 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.

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

<http://www.cdc.gov/ConcussionInYouthSports/>

Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions.

Student

Student Name (Print): _____ Grade: _____

Student Signature: _____ Date: _____

Parent or Legal Guardian

Name (Print): _____

Signature: _____ Date: _____

Relationship to Student: _____

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.