

# LONEDELL R-14 SCHOOL DISTRICT



## STUDENT ATHLETE HANDBOOK #r14family

Success; Nothing Less!!

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## OVERVIEW

The Lonedell R-14 School District offers a variety of extra-curricular sports to our students in the 5th through 8th grades. These sports include the following:

Boys Basketball

Girls Volleyball

Girls Basketball

Cheerleading

Our sports program is designed to allow those interested to explore team sports. We encourage students to participate and have fun with these sports. However, participating in extra-curricular sports comes with certain rules and responsibilities, which are detailed in this handbook. All student athletes are expected to uphold these rules and regulations. Failure to do so could result in immediate suspension from your team.

### COACHES

Garrett Gliedt	Boys Basketball
Steve Musial	Girls Basketball
Cathy Allen	Girls Volleyball
Teal Griggs	Girls Cheerleading

## SCHOOL CONDUCT

Student athletes are placing themselves in the position of being examples for other students. Therefore, they are expected to uphold the school's conduct code. Should they receive discipline, it will result in discipline for their extra-curricular sports activity as well.

Students should maintain proper appearance: haircut, clothing, etc.

Students who are involved in school misconduct not resulting in discipline from the office may receive punishment at the discretion of their coach.

Students receiving an after-school detention will "sit out" one game. However, they must attend the missed game with their team.

Students receiving their first offense of an in-school suspension or an out-of-school suspension will "sit out" at least two games (up to the discretion of the coach/sponsor and administration). Students who receive subsequent ISS or OSS suspensions will be dismissed from the team.

Both home and away extra-curricular activities are school-sponsored. Any behavior during these events that breaks the school conduct code can be punishable by discipline through the principal.

## ABSENCES

Students who are not present at school by 11:00 am are not allowed to attend after-school activities, including sports practice and games.

One unexcused absence from practice will result in disciplinary actions decided upon the coach/sponsor and administration, ranging from extra running/conditioning to "sitting out" one game. The student must attend the missed game with their team.

Two unexcused absences from practice will result in dismissal from the team.

The Athletic Director/Coach will determine what is excused or unexcused. Students who do not have appropriate attire and shoes are considered to have an unexcused absence from practice.

## ACADEMIC PERFORMANCE

Students who participate in extra-curricular sports are expected to maintain appropriate grades. Should student athletes earn an F in any area, they will not be allowed to participate in sports for the following quarter.

For Example:

If any Fs were received during the fourth quarter of the previous school year, students will not be allowed to participate in sports during the first quarter of the current school year.

If grades drop to an F at any time during the season, the athlete will not be allowed to play until the grade is no longer an F. If the grade is not brought up within 2 weeks, the athlete will be dropped from the team. Grade and conduct reports will be run each week and will be used to determine eligibility for the following week.

Athletes will be expected to attend all practices and games even if on academic probation.

## TRANSPORTATION

Transportation will be provided to and from away games when two or more teams are traveling. All team members must ride the bus to games. Should parents wish to take students home from the games, they must notify the coach in writing.

Only team members and cheerleaders may ride the bus without prior written approval from the coach.

All riders will be expected to have good conduct on the bus. Failure to behave properly could result in discipline from the coach or principal.

Students are to be picked up on time after returning from away games.

## PARENT/GUARDIAN RESPONSIBILITY

Not only are student athletes expected to be responsible, but their parents/guardians have responsibilities as well.

Parents/guardians are expected to pick student athletes up in a timely fashion from practice and games.

Student athletes and their families are representing Lonedell School during sporting events. Therefore, they are expected to exhibit appropriate fan behavior. Unsportsmanlike attitudes and language will not be tolerated.

All parents/guardians must attend a mandatory meeting with the coach for each sport prior to the student being eligible to participate.

## PHYSICAL

All student athletes must have a current physical turned into the coach before they will be allowed to practice or participate in games.

## PARTICIPATION IN MULTIPLE SPORTS

Student athletes may participate in only one sport/activity at the same time.

## COMMUNICATION PLATFORMS

Coaches will communicate with their families and athletes ONLY through the Seesaw app. This is a district platform that all parents already have access to from the classroom teachers. Our goal is to streamline communication while also keeping everyone safe.

## PARENT PERMISSION FORM

**Please Sign, Detach and Return This Form to Your Coach:**

My child has my permission to participate in the following Lonedell R-14 after school activities.

By granting my permission for my child to participate, I will be responsible for travel arrangements from practices and to and from games in a timely fashion during the season. I also understand that as a parent, I have the right to discuss progress with the Coach in a civil manner at an appropriate time when other children are not present.

If at any time further assistance is needed, please contact Mrs. Shannon Banderman, Principal. Failure to follow the procedures outlined in this handbook may result in your child not being allowed to participate any further.

Please check applicable activity:

- ☐ Volleyball
- ☐ Basketball
- ☐ Cheerleading

_____	_____
Student Name	Grade

_____	_____
Parent/Guardian	Date

## Return to Play (RTP) Procedures After a Concussion

1. Return to activity and play is a medical decision. The athlete must meet all of the following criteria in order to progress to activity:

Asymptomatic at rest and with exertion (including mental exertion in school) AND have written clearance from their primary care provider or concussion specialist (athlete must be cleared for progression to activity by a physician other than an Emergency Room physician, if diagnosed with a concussion).

2. Once the above criteria are met, the athlete will be progressed back to full activity following the step-wise process detailed below. (This progression must be closely supervised by a Certified Athletic Trainer. If your school does not have an athletic trainer, then the coach must have a very specific plan to follow as directed by the athlete's physician).
3. Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly.
4. Stepwise progression as described below:

**Step 1:** Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

**Step 2:** Return to school full-time.

**Step 3:** Light exercise. This step cannot begin until the athlete is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin walking or riding an exercise bike. No weight-lifting.

**Step 4:** Running in the gym or on the field. No helmet or other equipment.

**Step 5:** Non-contact training drills in full equipment. Weight-training can begin.

**Step 6:** Full contact practice or training.

**Step 7:** Play in game. Must be cleared by physician before returning to play.

- The athlete should spend 1 to 2 days at each step before advancing to the next. If post-concussion symptoms occur at any step, the athlete must stop the activity and the treating physician must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms occurred.

**MSHSAA Concussion Return to Play Form**

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC website ([www.cdc.gov/injury](http://www.cdc.gov/injury)). All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury. **Please initial any recommendations that you select below.**

Athlete's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date of Injury: \_\_\_\_\_

**THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION**

Date of Evaluation: \_\_\_\_\_ Care Plan Completed By: \_\_\_\_\_

Return to This Office (Date/Time): \_\_\_\_\_

Return to School On (Date): \_\_\_\_\_

**RETURN TO SPORTS**

PLEASE NOTE:

1. Athletes should not return to practice or play for at least 24 hours after their head injury has occurred.
2. Athletes should never return to play or practice if they still have ANY symptoms.
3. Athletes: Be sure that your coach and/or athletic trainer are aware of your injury and symptoms, and that they have the contact information for the treating physician.

The following are the return to sports recommendations at the present time:

- Physical Education: ☐ Do NOT return to PE class at this time.  
☐ May return to PE class at this time.
- Sports: ☐ Do NOT return to sports practice or competition at this time.  
☐ May gradually return to sports practices under the supervision of the healthcare provider for your school or team.  
☐ May be advanced back to competition after phone conversation with attending physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist)  
☐ Must return to physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist) for final clearance to return to competition.
- OR - ☐ Cleared for full participation in all activities and restrictions. Return of symptoms should result in re-evaluation by physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist) for assessment.

**Medical Office Information (Please Print/Stamp):**

Evaluator's Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

Evaluator's Address: \_\_\_\_\_