

# La Center School District

## ATHLETIC PACKET

This packet contains information and permission forms needed  
for participation in school athletics.

All athletes must have the following forms on file  
before the first practice.

Medical Release/Activity Form  
Physical Form (must be valid for the entire season)  
Concussion Form  
Caution Form (per sport at parent meeting)  
Weight Permit (wrestling only)

Required fees must be paid prior to the first athletic event

# La Center School District Eligibility

## La Center and W.I.A.A. Eligibility Regulations

- 1) The student must be a regular student of the school.
- 2) In order to maintain athletic eligibility during the current season, the student must be passing all classes (no failing grades), passing navigation, passing all school monitored online courses and have a 2.0 GPA.
- 3) **High School**
  - a. Eligibility will be checked at the beginning of each season and at every regular reporting (semester, quarter, midterm) of student grades. Navigation and school monitored online courses must show a passing grade at each grade check. **If a student is not passing Navigation they will be ineligible for all interscholastic contests until the grade is brought up to passing.** All school monitored online classes taken as part of the six period class load will be considered as any regular class. If a online class is taken in addition to the regular six period day and the student is failing they will be ineligible for interscholastic competition until they bring that grade up to passing. Students who fail to meet the La Center School District grade requirement will be placed on probationary eligibility for three weeks. If a student's grades have not improved after three weeks, the student will be declared ineligible to participate in interscholastic contest. A student may be placed on probationary eligibility only once per season. The second time a student fails to meet the grade requirement in a season will result in the student being declared ineligible. The ineligible student will retain this status until they meet the grade requirement. Grade checks for ineligible students will be done on the first day of the week at the student's request. Ineligible students may still practice but cannot travel with the team if school will be missed. Each head coach will determine how long an ineligible athlete may remain on the team.
- 4) **Middle School**
  - a. Students who fail to meet the La Center School District grade requirement will be put on probationary eligibility for three weeks. A student may only be placed on probationary eligibility once per season. **The second time a student fails to meet the grade requirement in a season will result in the student being declared ineligible to participate in interscholastic contests.** The ineligible student will retain this status until they meet the grade requirement. Grade checks for ineligible students will be done on the first day of the week at the student's request. Ineligible students may still practice, but cannot travel with the team. Grades will be checked for eligibility purposes at the beginning of each season, three weeks into the season, and six weeks into the season. If a normal grading period happens to fall within a reasonably close proximity to one of these times, then grades will be checked at that time. Each head coach will determine how long an ineligible athlete may remain on the team.
- 5) Incompletes may be made up for credit during the first five weeks of the semester. Until made up, the student will be considered ineligible.
- 6) Students shall meet all W.I.A.A. regulations.  
The student must have met the W.I.A.A. academic standards of passing at least five classes currently and the previous semester.
- 7) Students must comply with attendance regulations stated in the Athletic Code.
- 8) Prior to the first practice for participation in interscholastic athletics a student shall undergo a thorough medical examination or have a current valid physical on file by a medical authority licensed to perform a physical examination. The physical must be valid for the entire season.

# Athletic Code

## THIS CODE APPLIES TO STUDENTS WHO PARTICIPATE IN ATHLETIC ACTIVITIES INVOLVING OTHER SCHOOLS.

The opportunity to participate in the athletic program is a privilege granted to all students of the district. Participants in voluntary programs are expected to conform to specific conduct standards established by coaches, advisors and administrators and those identified in this athletic code. A student found to be in violation of any of the standards and/or rules is subject to disciplinary action, which may include suspension and/or removal from the sport. Provision is made for a student who has allegedly violated one or more of the conduct rules to appeal any disciplinary action, suspension and/or expulsion as specified in this code. Students must meet all WIAA standards, be passing all classes (no failing grades), and have a 2.0 GPA to be eligible to participate in athletic activities involving other schools. Navigation and school monitored online courses must show a passing grade at each grade check. **If a student is not passing Navigation they will be ineligible for all interscholastic contests until the grade is brought up to passing.** All school monitored online classes taken as part of the six period class load will be considered as any regular class. If a online class is taken in addition to the regular six period day and the student is failing they will be ineligible for interscholastic competition until they bring that grade up to passing.

At the middle school students who fail to meet the La Center School District grade requirement will be put on probationary eligibility for three weeks. A student may only be placed on probationary eligibility once per season. The second time a student fails to meet the grade requirement in a season will result in the student being declared ineligible to participate in interscholastic contests. The ineligible student will retain this status until he/she meets the grade requirement. Grade checks for ineligible students will be done on the first day of the week at the student's request. Ineligible students may still practice, but cannot travel with the team. Grades will be checked for eligibility purposes at the beginning of each season, three weeks into the season, and six weeks into the season. If a normal grading period happens to fall within a reasonably close proximity to one of these times, then grades will be checked at that time.

At the high school students who fail to meet the La Center School District grade requirement will be placed on probationary eligibility for three weeks. If a student's grades have not improved after three weeks, the student will be declared ineligible to participate in interscholastic contests. A student may be placed on probationary eligibility only once per season. The second time a student fails to meet the grade requirement in a season will result in the student being declared ineligible. The ineligible student will retain this status until he/she meets the grade requirement. Grade checks for ineligible students will be done on the first day of the week at the student's request. Ineligible students may still practice but cannot travel with the team if school will be missed. Eligibility will be checked at the beginning of each season and at every regular reporting (semester, quarter, midterm) of student grades.

All participants will travel to and from events, regular and post-season, with the team in school district provided/approved transportation. On overnight trips, all participants will stay with the team for the entire time unless arrangements have been made with the school supervisor at the event. Participants can only be released to their parent(s).

Participants shall turn out starting on the first allowable day of practice. Any student who wishes to participate after practices have started and teams have been determined will only be allowed to participate if no other participants have been cut, and must receive approval of the head coach and Athletic Director. Such athletes will be placed on the sub-varsity team until practice requirements have been met and will play at that level until they have earned a spot on a higher team. In order to be able to participate at the varsity level the participant must join the team with at least 50% of the regular season remaining.

The school does not cover participants in cases of injury; however, it may carry a catastrophic injury policy through the W.I.A.A. as a secondary insurance policy to cover severe injuries beyond the scope of personal family insurance limits.

## SPECIFIC PROVISIONS:

All athletes shall be required to purchase an A.S.B. card. Athletes shall pay a user fee for each sport. Prior to participation in any practices or contests athletes must have a valid physical exam that meets WIAA standards. It is required that student/athletes have medical and dental insurance.

**#1 Use and/or Possession of Tobacco.** An athlete/extra-curricular participant who is found to have used or possessed tobacco shall be suspended from the team/activity for a period of four weeks. Any time not completed during the current season/activity will be completed during the next season/activity in which the student participates. Should the athlete/extra-curricular participant consent to participate in, and successfully complete, tobacco education awareness procedures established by the athletic director or his/her designee, the suspension may be reduced to not less than two weeks. During that time he/she may practice with the team but not participate in interscholastic competition.

A second offense will result in removal from the team/activity for the remainder of the season or the following eight weeks, whichever is longer. Any time not completed during the current season/activity will be completed during the next season/activity in which the student participates.

**#2 Use, Sale, Distribution and/or Possession of Alcoholic Beverages, Non-prescribed Mood or Performance Enhancing/Changing Drugs, Narcotics, Hallucinatory Agents and Legend Drugs, Including Anabolic Steroids.** An athlete/extra-curricular participant found by criminal conviction or otherwise to have used, sold, distributed or be in possession of alcoholic beverages, non-prescribed mood or performance enhancing/changing drugs, narcotics, hallucinatory agents and legend drugs including anabolic steroids shall be disqualified from participation in WIAA or school activities during that season or the following eight weeks, whichever is longer. Any time not completed during the current season/activity will be completed during the next season/activity in which the student participates. Should the athlete/extra-curricular participant consent to participate in drug/alcohol assessment and abide by the recommendations of the assessing agency, the suspension from the team/activity may be reduced to not less than four weeks. Proof of assessment and completion of or significant participation in the assessing agency's recommendations must be evident within the four weeks. During the time of treatment/assessment the student may practice with the team/activity but is not permitted to participate in competition or programs involving other schools. A second offense during the student's high school years will result in ineligibility and prohibition from participating in any WIAA or school activity for a period of one calendar year from the date of the second violation. The penalty for a third violation shall be permanent prohibition from participating in a WIAA or school sponsored extra-curricular activity.

Student athletes/extracurricular participants, when faced with being in a situation of being around people who are illegally using drugs or alcohol, are expected to immediately leave the party, gathering, etc. This might mean phoning a parent, friend, or other adult to come pick them up and remove them from the situation. Failure to do so is a violation of rule number two listed above.

## Definitions of terms

**"or otherwise"** refers to if a coach or school administrator becomes aware of the use of tobacco, alcohol or drugs by an individual or a group of individuals at a party, "kegger," or any other time. Awareness on the part of school personnel can be from admission by the individual(s) involved, substantiated reports, or multiple witnesses to the act of using alcohol or drugs.

**"used"** is defined as illegal use of tobacco, alcohol or drugs in any amount, no matter how small (i.e. one sip).

**"distributed"** is defined as: 1. giving anyone else tobacco, a drink or drugs; 2. providing a place for student athletes or extracurricular participants to consume tobacco, alcohol or drugs (i.e. handing someone a drink at a party or allowing drinks to be distributed at your house if hosting a party).

**"possession"** is defined as being in physical possession of tobacco, illegal drugs, including controlled substances, or related drugs, or alcohol as well as being present in any environment where the illegal use of such drugs or controlled substances or alcohol is taking place including, but not limited to, athletes/participants presence at parties or other gatherings where others are selling, using, in physical possession of, or delivering non-prescription mood or performance enhancing/changing drugs, narcotics, hallucinogens, controlled substances, or legend drugs including anabolic steroids.

**Physical Appearance.** An athlete/extra-curricular participant shall maintain the dress and grooming standards of the coach of each sport.

**Unsportsmanlike Conduct.** An athlete/extra-curricular participant shall exhibit appropriate conduct in practices, contests and while traveling to and from activities.

**Attendance at School.** Athletes/extra-curricular participants must be in school all day to participate in practice or a game. Prior approval for doctor, dentist, or other extenuating circumstances is needed for exception to this rule. Exception may only be approved by the principal, assistant principal or athletic director. **An official note from the physician may be requested.**

**Absence from Practice.** An athlete is expected to be in attendance at all team practices unless excused for illness or by prior approval.

**Repeated Offenses.** If a student repeatedly violates 3, 4, 5 or 6 as mentioned above he/she may be suspended from the team for the remainder of the sports season.

## Appeals Process

When infractions occur within the activity and athletic program, the following process may be followed:

1. Upon the imposition of penalty for infraction(s) of said rules or regulations, any aggrieved student, parent or guardian of said student shall have the right to an informal conference with the athletic director and/or his designee to try and resolve the grievance. If the student, parent or guardians do not make a verbal or written request for this informal conference within three (3) school days of the action grieved, they will have waived their right to the conference and appeal procedure. The informal conference is to be held within three (3) days of the request.
2. If the parties are unable to resolve the grievance at the informal conference, the aggrieved party may appeal to the superintendent of schools or his designee within two (2) school days. The superintendent or his designee shall appoint a hearing officer. After hearing the case in detail, the hearing officer shall render a decision within five (5) school days of the hearing.
3. The aggrieved party may appeal the hearing officer's decision to the board of directors within three (3) school days. The board of directors, after hearing the case at the next regularly scheduled board meeting, shall render a decision on the case within ten (10) school days of the hearing. This decision shall be final.

# Parent – Coach Communication Policy

Parents and coaches are two of the most important role models in a student-athlete's life. Clear communication between these individuals is essential. The guidelines listed below are intended to clarify school expectations for this relationship.

## Communication parents should expect from coaches and school:

- Philosophy of the program.
- Expectations the coach has for your student-athlete and the team.
- Location and times of all practices and games.
- Team requirements, (i.e., attendance policy, special equipment, out-of-season training).
- The procedure to follow should your student-athlete be injured during participation.
- Disciplinary action that may result in your child being denied the right to participate.

## Communication coaches expect from parents:

- Concerns regarding a coach's decisions, philosophy, and/or expectations.
- Notification of any illness or injuries or missed practice.

## Appropriate concerns to discuss with coaches:

- Treatment of your child, emotionally and physically.
- Ways to help your child improve.
- Concerns you may have regarding your child's behavior.

It is very difficult to accept that your child is not playing as much as you may hope. Coaches are professionals. They have been hired to make decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the above list, certain things can and should be discussed with you coach. Other issues, such as those listed below, must be left to the discretion of the coach.

## Issues not appropriate to discuss with the coach:

- Playing time.
- Team strategy.
- Play calling.
- Other student-athletes.

## Coach-Parent Communication:

After games is not the best time to voice your concerns about your son or daughter. The head coaches would be glad to discuss issues regarding your son or daughter during a scheduled appointment. If you would like, the athletic director can also be present during the meeting.

## The Communication Process:

When a problem, question or situation arises, many times it is due to poor communication or a lack of correct information. The operating procedure for question/issues/concerns for this athletic department are as follows:

1. Student-athlete goes directly to the coach to discuss the issue.
2. If there is a need for further discussion, the student-athlete's parents contact the coach.
3. If the parents feel that they are not resolving the issue, they may proceed to the next level, the athletic director. A meeting between the student-athlete, parent or guardian, coach and athletic director will be scheduled.
4. While email is a great way to contact people, it is not a great place to discuss conflict resolution. After communicating to a coach through email. The next step is to have a face to face meeting.

## **Insurance Information**

Name of Insurance Company \_\_\_\_\_

Policy Number \_\_\_\_\_

Student/School Insurance Information: [www.myers-stevens.com](http://www.myers-stevens.com) Forms available in the MS and HS office.

All School athletes must be covered by medical insurance with a minimum limit of \$25,000 in medical expenses provided by Parent/Guardian for the duration of the athletic activity in which they participate.

***Inform the school immediately should there be a change in insurance coverage.***

**WARNING:** Participation in any athletic activity could involve injury of some type to either yourself or a fellow student athlete. Such injury can include direct physical and possibly crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually inflicting injury to another. The severity of such injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury, such as complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living, to engage in other business, social, and recreational activities, and generally to enjoy life.

I have read and understand the implications of the rules and regulations governing the participation of my son/daughter in WIAA activities/athletics and school activities sponsored by the La Center School District. I understand that he/she is expected to follow the rules and regulations of participation as outlined in the La Center School District Athletic Packet and Student Handbook, and should he/she violate these provisions, he/she will be disciplined. Failure to provide accurate information may result in the forfeiture of all contests in which the athlete participated. In addition, the athlete will be ineligible to participate in any La Center athletic program for one calendar year.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### **LA CENTER SCHOOL DISTRICT MEDICAL EMERGENCY AUTHORIZATION FORM**

Name of Student Athlete \_\_\_\_\_

As Parent or Legal Guardian, I authorize the coach to seek a physical therapist, athletic trainer or, in their absence, a qualified physician to examine the above-named student and in the event of injury to administer emergency care and to arrange for any consultation by a specialist, including a surgeon, he/she deems necessary to insure proper care of any injury. Every effort will be made to contact parent or guardian to explain the nature of the problem prior to any involved treatment.

Name \_\_\_\_\_ Date \_\_\_\_\_  
(Signature of Parent or Guardian)

Cell Phone \_\_\_\_\_

Parent's Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_ Cell Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship of contact person \_\_\_\_\_

Family Physician's Name \_\_\_\_\_ Phone \_\_\_\_\_

# La Center School District Activity / Athletic Form

Student Athlete Name: \_\_\_\_\_

Birth Date \_\_\_\_\_ Sex: Male Female

Address \_\_\_\_\_ City \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Mother's Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Father's Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Sports in which I plan to participate, fall, winter, spring:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Please note: La Center School District staff cannot be responsible for the safe keeping of all personal items brought by students for athletics. As personal valuables can be lost or stolen, please monitor what items your student may have during practices, contests and trips.

## Athletic Eligibility

Please answer the following questions pertaining to athletic eligibility. It is extremely important to give accurate information. A participant/parent/guardian who provides the school with false information may result in the participant being declared ineligible from interscholastic competition for a period of one year.

- Yes  No Did the above student play sports at another school other than LCMS, LCHS?
- Yes  No Is the above student 15 years old, or will they turn 15 years this school year?
- Yes  No Is the above student 20 years old, or will they turn 20 years old this school year?
- Yes  No The above student resides within the boundaries of the La Center School District.
- Yes  No The above student resides with their parents/legal guardians.
- Yes  No The above student was in attendance in school at least 15 weeks of the previous semester.
- Yes  No Did the above student attend La Center School District the last 12 months.
- Yes  No The above student passed at least 5 classes of the previous grading period (6 classes).
- Yes  No Your student is presently enrolled in a minimum of 5 academic classes (6 classes).
- Yes  No I have read and understand the Concussion Information sheet.
- Yes  No I have read and understand the Parent-Coach Communication Policy

I have read, understand and agree to follow the rules and regulations governing WIAA activities/athletics and school activity participation in the La Center School District Athletic Packet and Student Handbook

**STUDENT SIGNATURE:** \_\_\_\_\_ **DATE** \_\_\_\_\_

**PARENT/GUARDIAN SIGNATURE:** \_\_\_\_\_ **DATE** \_\_\_\_\_

# PREPARTICIPATION HISTORY AND PHYSICAL EXAMINATION

This form is not required as long as the conditions of 18.13.0 are met.

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Exam Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Sport: \_\_\_\_\_

## HISTORY

- |       | Yes                      | No                       |  |
|-------|--------------------------|--------------------------|--|
| 1 a.  | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any illness/injury recently, or do you have an illness/injury now?                    |
| b.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you had a medical problem, illness or injury since your last exam?                            |
| c.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any chronic or recurrent illness?  |
| d.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any illness lasting more than a week?  |
| e.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been hospitalized overnight?   |
| f.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any surgery other than tonsillectomy?   |
| g.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any injuries requiring treatment by a physician?                                 |
| h.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any organ missing other than tonsils ( appendix, eye, kidney, testicle, etc.)?         |
| 2.    | <input type="checkbox"/> | <input type="checkbox"/> | Are you presently taking ANY medications ( including birth control pill, vitamin, aspirin, etc.)?  |
| 3.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you have ANY allergies (medicines, bees, foods, or other factors)?                              |
| 4 a.  | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had chest pain, dizziness, fainting, passing out during or after exercise?           |
| b.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you tire more easily or quickly than your friends during exercise?                              |
| c.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had any problem with your blood pressure or your heart?                              |
| d.    | <input type="checkbox"/> | <input type="checkbox"/> | Have any close relatives had heart problems, heart attack or sudden death before they were age 50? |
| 5.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any skin problems (acne, itching, rashes, etc.)?                                       |
| 6 a.  | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had fainting, convulsions, seizures or severe dizziness?                             |
| b.    | <input type="checkbox"/> | <input type="checkbox"/> | Do you have frequent severe headaches?   |
| c.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a "stinger" or "burner" or "pinched nerve"?                                      |
| d.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been "knocked out" or "passed out"?  |
| e.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a neck or head injury?   |
| 7.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had heat exhaustion, heat stroke, heat cramps or similar heat-related problems?      |
| 8.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you had asthma, or trouble breathing, or cough during or after exercise?                      |
| 9 a.  | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear eyeglasses, contact lenses or protective eye wear?                                     |
| b.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any problem with your eyes or vision?   |
| 10.   | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear any dental appliance such as braces, bridge, plate, retainer?                          |
| 11 a. | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a knee injury?   |
| b.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had an ankle injury?   |
| c.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever injured any other joint (shoulder, wrist, fingers, etc.)?                            |
| d.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a broken bone (fracture)?  |
| e.    | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a cast, splint, or had to use crutches?  |
| f.    | <input type="checkbox"/> | <input type="checkbox"/> | Must you use special equipment for competition (pads, braces, neck roll, etc.)?                    |
| 12.   | <input type="checkbox"/> | <input type="checkbox"/> | Has it been more than 5 years since your last tetanus booster shot?                                |
| 13.   | <input type="checkbox"/> | <input type="checkbox"/> | Are you worried about your weight?   |
| 14.   | <input type="checkbox"/> | <input type="checkbox"/> | FEMALES: Have you any menstrual problems?  |
| 15.   | <input type="checkbox"/> | <input type="checkbox"/> | Have you any medical concerns about participating in your sport?                                   |

\*\*\*\*\* ATHLETE SHOULD NOT WRITE BELOW THIS LINE \*\*\*\*\*

EXAMINER'S COMMENTS ON ALL "YES" ANSWERS (refer to question number):

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# PHYSICAL EXAMINATION

Optional

Age: \_\_\_\_\_ Pulse: \_\_\_\_\_

Height: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

Weight: \_\_\_\_\_ Visual Acuity: Left 20/ \_\_\_\_\_  
Right 20/ \_\_\_\_\_

Urinalysis:
Body Fat %
HCT:
EST VO2 Max:
Audiometry:

Normal

Abnormal

- |                          |     |                              |                          |       |
|--------------------------|-----|------------------------------|--------------------------|-------|
| <input type="checkbox"/> | 1.  | Head                         | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 2.  | Eyes (pupils), ENT           | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 3.  | Teeth                        | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 4.  | Chest                        | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 5.  | Lungs                        | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 6.  | Heart                        | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 7.  | Abdomen                      | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 8.  | Genitalia                    | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 9.  | Neurologic                   | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 10. | Skin                         | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 11. | Physical Maturity            | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 12. | Spine, Back                  | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 13. | Shoulders, Upper extremities | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 14. | Lower extremities            | <input type="checkbox"/> | _____ |

Assessment:  Full participation  
 Limited participation (describe limitations, restrictions):

\_\_\_\_\_

Participation contraindicated (list reasons):

\_\_\_\_\_

Recommendations (equipment, taping, rehabilitation, etc.):

\_\_\_\_\_

DATE: \_\_\_\_\_

EXAMINER'S SIGNATURE: \_\_\_\_\_

EXAMINER'S PHONE: ( ) \_\_\_\_\_

PRINT EXAMINER'S NAME: \_\_\_\_\_

# La Center School District Concussion Information Sheet

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

Athletes with the signs and symptoms of a 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 athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

## If you think your child has suffered a concussion

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

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

AND

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of a concussion and received written clearance to return to play from that health care provider"

You should also inform your child's coach if you think that your child may have a concussion. Remember its 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 your can go to:

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

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Student athlete / Name Printed

---

Student athlete/ Signature

---

Date

---

Parent or Legal Guardian/Name

---

Parent or Legal Guardian/ Signature

---

Date

# La Center School District

## Concussion Information Sheet

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

- 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

### **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