

# ABBEVILLE CHRISTIAN ACADEMY

ATHLETIC HANDBOOK  
2015-2016



# **Athletic Handbook**

ACA has a long and rich tradition in sports, and its success can be attributed to dedicated and experienced athletic staff and coaches, skilled and motivated student athletes, and encouraging and supportive parents. The athletic program is an integral part of the educational process. The purpose of the program is to motivate students to develop mutual interests, promote spirit and achievement, and improve their physical abilities and knowledge of sports. Competitive athletics emphasizes the importance of scholastic achievement and the development of sportsmanship, health and fair play in the participants and spectators. Participation in athletic teams involves considerable time for practices and games, strenuous physical effort, and commitment. Each sport is a specialized form of learning experience, and as such, entails numerous responsibilities. Students who try out for any sport should be aware of these responsibilities and willing to assume them.

**Winning is an immediate objective in all athletic contests,  
but it is not an end in itself.**

## **Principals of an Interscholastic Athletic Program**

An interscholastic athletics program provides students with a model of life itself: opportunities exist for lessons in responsibility, fair play, cooperation, concerns for others, leadership, respect for authority, good citizenship, loyalty, continuous learning experiences, health and wellness, and acceptance of the differences among individuals. While we believe that the desire to win is admirable, and that winning is an integral part of development of each student, winning is not itself the sole measure of success. Of considerably greater importance is the development of each person who participates in interscholastic athletics; the opportunities for individuals to reach their potential and experience the lessons previously mentioned should be the focal point of our athletic program. Sacrificing individual goals for team goals is indeed paramount to this concept. Thus, the athletic program should be focused on the welfare of the student and the potential for growth as a result of participation on a team.

## **Objectives of the ACA Athletic Program**

- To provide a positive image of school athletics at ACA through the development and practice of the highest level of sportsmanship.
- To strive always for playing excellence that will produce winning teams within the bounds of good sportsmanship.
- To provide a superior program of student activities that includes appropriate activities for every student.
- To create a desire to succeed and excel as well as appropriate attitudes toward winning and losing.
- To develop high ideals of fairness in all human relationships.

- To practice self-discipline and emotional maturity in learning to make decisions under pressure.
- To be socially competent and cooperate within a set of rules, thus encouraging respect for authority and the rights of others.
- To help student athletes recognize the privilege of participation and their responsibilities to their school, their sport, their community and themselves.
- To promote school spirit and help all our students, faculty, staff, and parents develop pride in ACA .

## **SPORTSMANSHIP**

There is an innate desire within all of us to win. The pursuit to win must never be suppressed, but it must always be honorable. This quest must carry with it the realization that someone is not going to win. In high school athletics winning must not be the “only thing”- handling a loss is just as important in the educational process. It is imperative that we remember the importance of high school athletics and that its impact is not dependent upon the outcome of games, but upon good sportsmanship.

ACA expects everyone within our school community to demonstrate good sportsmanship and a sense of fair play during all athletic events. According to National Federation News, “sportsmanship is an overt display of respect for the rules of sport and for all others-players, coaches, officials, and fans.” Good sportsmanship, then, embodies a commitment to fair play, ethical behavior, and integrity.

In addition to our commitment to good sportsmanship among our student-athletes, the AHSAA has a sportsmanship statement that leans on the positive: “This AHSAA athletic contest is an educational event and we expect everyone in attendance to act in a manner as if they were in attendance in an academic classroom. Your price of admission does not give you the right to harass, be disrespectful or use abusive language towards opponents, officials and others. Players are to play, coaches coach, officials administer the rules of the game to the best of their ability, and fans are encouraged to cheer in a positive manner for their team and show respect for their opponents.” Even though we are not part of the AHSAA, this statement is a good summation of what we want at ACA.

## **Affiliations**

ACA is a member in good standing with the Alabama Independent School Association (AISA). As a member of the AISA, we agree to abide by all of the rules and regulations of the Association.

### **AISA Sportsmanship**

**The AISA will not tolerate and/or condone demonstrations of poor professionalism or sportsmanship, especially displays which lead to altercations and/or forfeiture.**

**The AISA Athletic Committee and the AISA State Board will take a very firm and rigid stand in matters of this concern and will levy harsh sanctions on those involved.**

**Any fan guilty of unsportsmanlike involvement with the players, coaches, officials, and/or other fans before, during, or after any AISA interscholastic event may be fined \$500 and the school(s) represented by the involved may be placed on a minimum of one (1) year probation.**

**The AISA disallows the use of the following artificial noise makers during an interscholastic athletic event: containers with rocks and/or other materials, cow bells, etc.; and others on a need basis.**

**No derogatory statements, signs, posters, or other displays referring to the opponent are allowed at an AISA event.**

**Alcoholic beverages, drugs, etc., or people under the influence are not allowed at an AISA event.**

## **EXPECTATIONS OF COACHES**

### **Code of conduct for coaches:**

As leaders of impressionable young people, all members of the ACA coaching staff should recognize their potential impact on the youth they lead, both for good and bad, and act accordingly.

### **Within that context the coach shall:**

1. Be positive in speech and action.
2. Be enthusiastic in their coaching endeavors.
3. Be a role model with regard to speech and action in dealing with officials, other athletes, coaches, and parents.
4. Be a teacher both by word and deed.
5. Be honest and up front with parents and athletes at all times.
6. Give clear and concise statements as to expectations for the team and individual members.
7. Be consistent in the application of all rules for the team.
8. Take care of all school equipment.
9. Show respect for all athletes within his/her program as well as those in other programs.
10. Promote all endeavors of the total athletic program.
11. Strive to make every squad member feel like an important part of the team.
12. Be prompt and appropriately dressed for all practices and games.
13. Make certain that goals of the team are well known.
14. Promote pride in the ACA athletic program.
15. Support and assist The General's Army in any fund raising efforts.

### **Coaches shall refrain from:**

1. The use of profanity at any time.

2. Placing their hands on a student for any reason.
3. Smoking or using tobacco products in the presence of athletes/students, at school sponsored events, on school property, or any AISA event.
4. Any action or word which could be construed as “off color” or to encourage the use of alcohol, drugs, or tobacco products.
5. Criticizing other coaches or players in front of team members.

**Duties and responsibilities of coaches: In order to promote and facilitate individual programs all coaches shall:**

1. Encourage all students who are interested in doing so to participate in or try out for a program of their choosing.
2. Publicize their sport for the benefit of the team and individual athletes.
3. Take proper care of all equipment and facilities and encourage athletes to do the same.
4. Make an effort to create a program developmental in nature designed to enable each athlete to meet his/her fullest potential.
5. Coordinate his/her program with others in such a way as to best meet the needs of his/her program without requiring his/her athletes to choose between two teams or areas of interest.
6. Condition his/her athletes in such a way as to allow them to be competitive, and to provide opportunities for year round conditioning.
7. Keep abreast of current trends of his/her respective sport by reading, attending clinics when possible and interacting with other coaches.
8. Use good judgment and provide proper care for all athletic injuries.
9. Call in all sports scores and see that such scores are available for the media after each contest.
10. Demonstrate the highest level of sportsmanship at all times and not harass or otherwise show disrespect to game officials, coaches, or athletes from other teams.
11. Not pressure athletes to participate in one sport and not another, or berate other teams.
12. Not allow an athlete to practice until the required physical exam, and parental permission, is on file in the athletic director’s office.
13. Adhere to all AISA rules with regard to practice and games and make these rules known to all players.
14. Help deserving athletes contact colleges when scholarship possibilities exist.
15. Call to the athletic director’s attention any matter relating to the athletic department in general or his/her program in particular. Coaches should feel free to offer any suggestion he/she feels will serve the best interest of the program.
16. Keep accurate statistics, which might help students or teams receive special recognition and maintain records of games played, quarters, etc. for the purposes of lettering and eligibility.
17. Follow the “chain of command”.
18. Attend all pep rallies and athletic banquets which involve his/her team members.

### **Communications coaches should share with athletes and parents:**

1. Philosophy of the coach.
2. Expectations the coach has for your child , requirements for try- outs, as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Practices can be open or closed to spectators at the discretion of the coach or sponsor.
5. Team requirements, i.e. practices, special equipment, out-of-season conditioning, etc.
6. Procedure followed should your child be injured during participation.
7. Discipline that may result in the denial of your child's participation.

Additional coaches' guidelines:

Scheduling: Each coach is responsible for completing his/her schedule. Under no circumstances should dates, times or sites be changed without informing the Athletic Director and the Administration. Contests should not be added without consulting the Athletic Director and the Administration. If there is a change in the schedule the coach must notify the officials.

Budget: We do not have an unlimited budget, therefore, exercise good judgment when making purchases. All purchases must have prior approval of the Athletic Director, Generals Army, Administration, and Athletic Committee.

### **Disciplinary Procedures**

All coaches will be expected to adhere to the policies set forth in the Athletic Handbook as well as the Faculty and Staff Handbook. Coaches who fail to follow these school policies will be disciplined in accordance to the discipline procedures set forth in the Faculty and Staff Handbook.

AISA Ejection Rule Coaches:

- (A) First Ejection – a warning or reprimand plus a \$250.00 fine.
- (B) Second Ejection – a suspension for one game plus a \$500.00 fine.
- (C) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the AISA Athletic Committee. With the exception of Baseball/Softball Coaches, on first ejection, there is no additional penalty other than the ejection itself. Subsequent ejection policies, A-C, will follow further ejections.

All fines will be paid by the coach subject to review by the Athletic Director and Headmaster. All ejections will be reviewed by the Athletic Director and Headmaster and may involve additional sanctions or amendments to existing sanctions.

## COACHING ROLE

### Expectations of the Varsity Head Coach:

- Serves as coordinator for all teams in his/her program, from junior high to varsity.
- Oversees the program and assistant coaches to assure the compliance with guidelines set in the Athletic Handbook.
- Monitors the academic progress of each student-athlete, working with the Athletic Director and faculty to assure the academic success of each student.
- Abides by the policies established by the ACA Administration, Board of Trustees and the AISA.
- It is the responsibility of the coach to make sure that all player guidelines are enforced.
- Additionally, Varsity Head Coaches are to prepare and submit the following to the Athletic Director: 1. A roster for each team 2. A game schedule for each team. 3. A complete practice schedule for each team. 4. Physicals for all players, using the appropriate AISA form

### Expectations of the Assistant Coach or JV Coach:

- Specific roles of the Assistant Coach and JV Coach will be determined by the Varsity Head Coach.
- Assistant Coaches/JV Coaches are expected to adhere to the same standards and responsibilities as outlined in the Athletic Handbook
- Evaluations Athletic Director: The Athletic Director will evaluate each coach at the end of his/her season. These evaluations are to be used as a tool for positive reinforcement and constructive criticism. The AD and the coach will set up an appointment to discuss the past season and strategies for future success of the program. The AD will report on this discussion to the Headmaster.

### Varsity & Junior Varsity Cutting Policy

The number of participants shall be decided upon by the coaching staff in conjunction with the Headmaster and Athletic Committee of the Board of Directors.

Being a member of an athletic team is no guarantee of playing time during athletic contests. . Potential cheerleaders must be registered and cleared of all financial obligations before tryouts

### Facilities

**Locker Rooms:** Coaches are to see that these areas are supervised as long as any of their team members are present. All athletes are to use the locker room to change and store personal belongings.

**Maintenance:** Each coaching staff is responsible for the basic maintenance and cleanliness of all facilities used by their program. The school cleaning service will assist in cleaning of facilities.

**Security:** The Head Coach will be responsible for the securing of all facilities in use by his/her program.

**Usage:** It is the responsibility of the coach to make sure that no student is allowed to use any of the facilities at ACA without proper supervision. Current ACA students and alumni will have priority to use our facility. Groups and other organizations can use the facility with proper permission from the Athletic Director and proper insurance coverage for their activity. Usage from outside groups must be placed on the school calendar in order to avoid scheduling conflicts.

**Weight Room:** Coaches must supervise their athletes at all times. There will be no exceptions. Straighten up the facility and lock securely upon leaving.

## **EXPECTATIONS OF STUDENTS**

### **Expectations of Student-Athletes**

Participating in athletics at ACA is a privilege for all student athletes, and a goal attained by many. The attainment of this goal entails responsibilities that must be maintained. Everything done as a participant in the athletic program must be done with dignity, integrity, and honor.

Student-athletes at ACA must understand that their privilege to participate in athletics necessitates responsibility to themselves, to the school, and to others in and out of our immediate community. In addition, student-athletes assume a leadership role when they become members of an athletic team. The student body and people throughout the community will often judge ACA by the student-athlete's conduct and attitudes both on and off the field. Therefore, this endeavor must be viewed as a leadership position due to the influence and visibility bestowed upon those participating in our athletic program.

### **Responsibility of the Student-Athlete**

Education for you as a student/athlete must be your first responsibility. The achievement of the best education you are capable of achieving is our goal for you. ACA feels athletics plays a significant part in your total educational development. With this decision, you as an athlete must assume certain responsibilities to achieve the educational and athletic values, that is to say:

1. Striving to achieve sound citizenship and desirable social traits, including emotional control (verbally and physically), honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintaining academic and eligibility standards established by ACA and the AISA.
3. Showing respect for authority and property while learning the value of hard work and sacrifice.
4. Learning the attainment of physical fitness through good health habits.
5. To have the desire to excel to your potential.

6. To be willing to accept leadership roles instilled in the athletic programs.
7. To follow guidelines and regulations established by the ACA and the AISA.

### **Academic Expectations**

- Students must be in school 4 periods to participate in practices or games that day, unless prior arrangements have been made with the administration.
- Because of travel to away games, it may be necessary for athletes to leave school prior to normal dismissal times. The student-athlete is responsible for any missed work and should work with the teacher to make up work within the time limits set by the teacher.
- Student-athletes should plan their time so that they devote sufficient time to their academic workload and so that their involvement in an athletic activity does not interfere with their studies. Academic commitments must be met before athletic events take place. Coaches should discuss these requirements with the athletes and monitor their success.

### **Relationship with teachers**

Athletes are expected to be examples of good behavior in all aspects of their school life. If a faculty member reports an incident of unacceptable behavior or negative classroom attitude, the act will be discussed with the player and disciplinary action - if necessary - will be determined by the principal, athletic director and coach.

### **AISA Student Appearance Policy**

#### **I. Body Art**

A. Students may not participate in AISA state level events and/or activities with exposed permanent body art (tattoos).

B. Students may not participate in AISA state level events and/or activities with exposed temporary body art which is insensitive, derogatory, and/or deemed inappropriate by state officials.

#### **II. Body Decorations/Piercing**

A. Students may not participate in AISA state level events and/or activities with exposed body decorations (piercing).

B. Exemption: Females may wear no more than one earring per ear. \*Note! No jewelry or body decorations are allowed at any level in AISA athletics.

#### **III. Facial Hair / Hair Styles etc.**

A. Students may not participate in AISA state level events and/or activities with:

1) Facial hair below the lobe of the ear and/or below the nose.

2) Spiked and/or other non-traditional hairstyles deemed inappropriate by state officials.

3) Unnatural and/or non-traditional coloration of the hair.

B. AISA state officials will be the final authority to determine acceptable dress and appearance at state level events and/or activities. Failure to comply will result

in disqualification from the scheduled event or activity. \*Note! The direct responsibility to enforce compliance with the above stated policies is delegated to the school's headmaster.

**ACA Student/Athlete Appearance Policy:**

1. The ACA Handbook governs all school sponsored events and adheres to the AISA Student Appearance Policy.
2. Coaches have the authority to make decisions regarding policies for the team's attire on game day such as wearing jerseys or dressing up for the event. These decisions must stay within the parameters of the ACA and AISA appearance policy.
3. Team members are expected to dress according to the coach's specifications and should dress in a manner that reflects team unity.

Since athletes wield a great deal of influence over the actions and behavior of spectators, it is imperative that student-athletes at ACA embrace the following expectations:

1. Student-athletes will refrain from the use of profanity during practice or competition.
2. Student-athletes will exercise self-control at all times, while accepting the judgment of coaches and officials.
3. Student-athletes will treat fellow teammates and opponents with respect.
4. Student-athletes will set a good example for younger students in the student body.
5. Student-athletes will refrain from conversations that encourage dissension.
6. Student-athletes will demonstrate loyalty to the school, coach, and their respective team.
7. Student-athletes will be on time to practices and games.
8. Student-athletes will acquiesce to authority and supervision in a positive manner at all times.
9. Student-athletes will adhere to ACA rules.

**HAZING**

Hazing is defined as any conduct or behavior that is any act, whether physical, mental, emotional or psychological, which subjects another individual voluntarily or involuntarily to anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate him/her. Individuals involved in incidents of hazing will be subjected to disciplinary action with the subsequent based discipline on the severity of the circumstances surrounding the hazing incident (s). Incidents may also result in the suspension of a student athlete from the team for up to one calendar year.

- Examples of hazing include, but are not limited to, any type of initiation or other event and/or activity where there is an expectation of individuals joining a particular team to participate in behavior designed to humiliate, degrade, or abuse them regardless of the individual's willingness to participate.

- Forcing, requiring or pressuring any individual to participate in any activity, which is illegal, perverse, or publicly indecent, which includes, but is not limited to public profanity, indecent or lewd conduct or sexual gesture in public.

### **Suspension from Participation in Athletics**

The following are examples, but not limited to, of reasons that may result in the suspension of a student-athlete from participation in athletic events. The length of suspension is at the discretion of the Coach, the Director of Athletics and the Administration upon investigation.

- A. Excessive tardiness or absences from school
- B. Ejection from a contest for unsportsmanlike or other inappropriate behavior.
- C. Suspension from school by the school administration in violation of the Student Handbook.

A student athlete may not participate in practice or competition on the day of suspension. If the suspension begins on the day prior to a weekend or vacation and the suspension continues upon return to school. The student is ineligible for any competition when school is out of session.

- D. Violation of team rules

### **Quitting an Athletic Team**

A student-athlete is considered to have quit a team when:

- (1) He/She either verbally or in writing expresses to the coach that he/she has quit, or
- (2) He/She misses four (4) consecutive days of practices or games without notification to the coach. Any athlete who quits a team during the season for any reason other than illness or injury will be ineligible for other sports at ACA during the school year. Once a student-athlete quits a team, all opportunities for awards for that sport in that season are forfeited. An appeal can be made to the Head of School or athletic committee.

### **Parent/Coach Communication**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### **Communication you should expect from your child's coach:**

- 1. Philosophy of the coach.
- 2. Expectations the coach has for your child as well as all the players on the squad.
- 3. Locations and times of all practices and contests.

4. Team requirements, i.e. practices, special equipment, out-of-season conditioning, etc.
5. Procedure followed should your child be injured during participation.
6. Discipline that may result in the denial of your child's participation.

**Communication coaches expect from parents:**

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

As your child becomes involved in the programs at ACA, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. As these times come a discussion with the coach is encouraged.

**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.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

**Issues not appropriate to discuss with coaches:**

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

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern.

**GRIEVANCE INFORMATION**

While it is hoped that all athletes, parents and staff members work for the common good of the individual and the school, disagreements are a part of high school athletics. For the purpose of improving relations between all parties involved, the following guidelines shall be followed:

- A. If a parent has a complaint about a coach they shall refrain from confronting

the coach in public. Please do not attempt to confront a coach before or 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. A parent may contact the coach to establish a meeting to discuss their complaint. If, after this meeting, the matter is not resolved, the parent shall contact the Athletic Director to establish a meeting. If the matter is not resolved at this second meeting, the parent shall then contact the Head of School and arrange for a third meeting.

B. Coaches, parents and the administration shall not discuss other players or family members. Conferences shall focus on the complaint and a remedy to the problem that is mutual and workable to all the parties involved. It should be remembered that there is an established policy that coaches are not obligated to play all players equally. The determination of who plays and who does not is determined by the coach at his or her discretion based on criteria including, but not limited to: ability level, experience, work ethic, attitude and past performance.

C. Board members and administrative officials who are contacted by parents and/or members of the community about a concern regarding a player or coach, shall first inquire as to whether or not the issue has been addressed with the coach first. When appropriate, these parties shall direct the inquiring person to contact the Coach, Athletic Director, Head of School (in order). Any written correspondence should be passed on to the appropriate personnel, giving them the opportunity to respond. Anonymous notes, letters, and phone calls will receive no attention or official action. However, if school officials believe that the safety or well-being of student athletes may be in jeopardy, an investigation may be undertaken.

D. Coaches will establish their own rules and schedules (supported by the Athletic Director and Head of School) within guidelines that have been established by the Board of Trustees. It shall be up to the coach when to have practice, how long to practice and what to practice. Decisions regarding strategy, personnel and scheduling shall be made by the coach.

Both players and their parents should be given important information at the beginning of the season. If parents have questions regarding a coach and his or her rules, they should first be addressed to the coach. All policies that govern the AISA Athletic Program shall supersede any rules set forth by the coach. It is the responsibility of the coach to know these rules and to abide by them.

### **INJURIES: Reporting & Treatment**

1. All injuries must be reported to the coach
2. An injury form is to be completed by the coach and placed on file
3. Parents are responsible for the medical treatment of their athlete

4. Coaches, athletes, and parents must cooperate with medical treatment in order that an athlete may return to participation in sound physical condition.

### **Spectators**

ACA enthusiastically supports spectator opportunities for the student body. Fan participation enables our students to identify with the school and develop feelings of pride, importance and loyalty. Spectators attending ACA athletic events are expected to provide an environment of respect, dignity, and civility for all of our guests. We do not accept the use of profane or vulgar language or any form of disrespectful treatment of our guests (opponents, visiting teams, officials, etc.). Artificial noisemakers are not permitted at athletic events. Only signs and banners that have been pre-approved by the Athletic Director will be permitted. The Athletic Director will determine proper location for the signs and/or banners. The sale or distribution of newspapers, brochures, candy, food/drink, raffles, flyers, memorabilia or promotional materials at the site of a ACA athletic event without the advance written approval of the Athletic Director is prohibited

## **ALABAMA INDEPENDENT SCHOOL ASSOCIATION Concussion Information 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 cannot 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
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability

- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- 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 incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can not recall events prior to hit
- Can not 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 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 a student-athlete's safety.

**AISA Concussion Policy:** Any student athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from the contest and shall not return to play until a medical release is issued by a medical doctor.

Any health care professional or AISA coach may identify concussive signs, symptoms or behaviors of a student athlete during any type of athletic activity. Once concussive signs are identified, only a medical doctor can clear an athlete to return to play. Any school in violation of the AISA policy application of the National Federation rule will be subject to sanctions.

**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 clearance from a medical doctor. Close observation of the athlete should continue for several hours. 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.

This form is required by Alabama Law established in June, 2011, coinciding with the AISA Concussion Policy in effect since 2010.

**Please sign the acknowledgement statement that is part of the information sheet and handbook agreement**

This form must be completed and submitted to your coach or Athletic Director before you can compete in any athletic event.

STUDENT ATHLETE INFORMATION SHEET AND HANDBOOK AGREEMENT

ATHLETE NAME \_\_\_\_\_

GRADE \_\_\_\_\_ GENDER \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

ADDRESS  
\_\_\_\_\_  
\_\_\_\_\_

PARENT(S) NAME(S) \_\_\_\_\_ (FATHER)

\_\_\_\_\_ (MOTHER)

PHONE PRIMARY: \_\_\_\_\_ Relation: \_\_\_\_\_

PHONE SECONDARY: \_\_\_\_\_ Relation: \_\_\_\_\_

PHONE # 3: \_\_\_\_\_ Relation: \_\_\_\_\_

PHONE #4 \_\_\_\_\_ Relation: \_\_\_\_\_

Sports Participation  
List sports in which you will participate

\_\_\_\_\_  
\_\_\_\_\_



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Parent Name Printed

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Parent Signature

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Date