

IHSA SPORTSMANSHIP CRITERIA FOR UNACCEPTABLE BEHAVIOR

Coaches/Sponsors, participants, and spectators shall not:

- ◆ Yell, antagonize, wave arms, etc., to distract players.
- ◆ Make disrespectful or derogatory yells, chants, songs, or gestures.
- ◆ Boo or heckle an official's decision
- ◆ Criticize officials in any way or display temper with an officials' call.
- ◆ Refuse to shake hands or give recognition for good performance.
- ◆ Blame the loss of the game on officials, coaches, sponsors, or participants.
- ◆ Laugh or use name calling to distract an opponent.
- ◆ Use profanity or displays of anger that draw attention away from the game.
- ◆ Do own yells instead of following the lead of cheerleaders.

Activities Director (309)359-9071

Principal (309)359-4421

Philosophy

Schools exist for educational purposes, and extra-curricular activities should be administered on the basis of educational values. We believe that interscholastic athletic/activities are an integral part of the school's total curriculum.

Athletic/activities should help to establish standards of behavior that represent the best in good citizenship. These activities/athletics should stress the will to win, but also such virtues as courtesy, truthfulness, fair play, honesty, modesty, self discipline, courage and loyalty.

Our aim is to develop highly competitive programs and to aid in promoting fine school morale. In an effort to further communicate our philosophy, we are asking all participant's parents/guardians to attend one Activities Code Parent Meeting per year to gain information regarding expectations for both the student and the parent.

Participation in Extracurricular Activities

Selection of members or participants is at the discretion of the teachers, sponsors, or coaches, provided that the selection criteria conform to the District's policies. Participation in extracurricular activities is dependent upon course selection and successful progress in those courses.

Parent / Coach/Sponsor Relationships

Both parenting and coaching/sponsoring are very difficult vocations. By establishing an understanding between coaches /sponsors and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know and understand the expectations placed on them and their children. Coaches/sponsors have the right to know that if parents have a concern that they will discuss it with the coach/sponsor at the appropriate time and place.

Communication parents should expect from their child's coach /sponsor:

- Coach/sponsor's philosophy.
- Expectations the coach/sponsor has for your child, as well as other players on the team.
- Locations and times of practices and contests.
- Team requirements (i.e., fees, special equipment needed, school and team rules, off-season expectations).
- Procedures that will be followed if your child becomes injured during participation.

Communication coaches/sponsors will expect from parents:

- Concerns regarding their child expressed directly to the coach/sponsor at an appropriate time and place.
- Specific concerns in regard to the coach/sponsor's philosophy and/or expectations.
- Notification of any schedule conflicts well in advance.

As your child becomes involved in extracurricular activities, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach/sponsor is encouraged.

Appropriate concerns to discuss with a coach/sponsor:

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Concerns about your child's behavior.

It is very difficult to accept your child is not playing as much as you may hope. Coaches/sponsors make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach/sponsor. Other things, such as those listed next, must be left to the discretion of the coach/sponsor.

*Issues **NOT** appropriate for discussion with your child's coach/sponsor:*

- How much playing time each athlete is getting.
- Team strategy and play calling.
- Any situation that deals with other student athletes.

There are situations that may require a conference between the coach/sponsor and the parent. These are not discouraged, as it is important for each party to have a clear understanding of the other's position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

If a parent has a concern to discuss with the coach/sponsor:

- Call the coach/sponsor to set up an appointment; if the coach/sponsor cannot be reached, call the activity director and ask him to set up a meeting with the coach/sponsor for you.
- Think about what you expect to accomplish as a result of the meeting; stick to discussing the facts, as you understand them.
- **Do not confront the coach/sponsor before, during, or immediately after a practice or contest. These can be emotional times for both the parent and coach/sponsor. Meetings of this nature do not promote resolution of the situation, but often escalate it.**

What should a parent do if the meeting with the coach/sponsor did not provide resolution?

- Call the activity director to set up a meeting with the activity director, and parent present.

Students' involvement in extra-curricular activities has been proven to increase their chances of success later in life. We hope the information contained in this handout helps make that experience more enjoyable for everyone involved.

Standard Operating Procedure for Problems

1. **The student should discuss the problem with the coach/sponsor at a pre-arranged meeting. They should communicate with their supervisor.**
2. Should the student be dissatisfied with the decision, their parents should make an appointment to speak with the coach/sponsor.

"Continued Communication"
3. **Should the parents and student be dissatisfied with the decision, they should be directed to the Activity Director.**

"Continued Communication"
4. Should the situation still not be resolved, the meeting should move to the Principal.
5. The next step would be an appeal to the Superintendent.
6. The final appeal would be to the Board of Education.

7. Court Appeal.

The system outlined above will only be successful if the following principles are applied.

- Snap judgments and decisions need to be avoided.
- Spot potential problems and communicate them as early as possible.
- When confronted with a problem that catches you off guard, make no decision or judgment. Listen and tell them you'll get back to them later.
- Communication and discussion are a must and our best results will come about when communication takes place prior to decision-making.

We all need to be open-minded and supportive of the decisions that are made.

Student Eligibility

In order to represent Deer Creek-Mackinaw High School in any interscholastic competition, a student must meet all eligibility requirements of the Illinois High School Association, as well as those here at Deer Creek-Mackinaw High School. By IHSA rules, any students transferring in from another school who may have unserved suspensions in athletics must serve the assigned suspension before becoming eligible to participate in any games.

Student athletes and activity participants are under the guidelines of the Deer Creek-Mackinaw High School Activity/Athletic Code starting with their graduation from the eighth grade. Guidelines are to be followed in the off-seasons, including summer.

A student who is scholastically ineligible may not participate in games/competitions during the week following being declared ineligible, but is required to attend all practice sessions. They may not dress for any games, but will be on the sidelines with the team.

Weekly Eligibility

In order to be eligible to participate in any school-sponsored extracurricular activity, a **student must be passing four (4) academic classes* (IHSA Policy) and may not be failing more than 1 class on the weekly eligibility.** All students must maintain a 1.0 grade point average to be academically eligible, regardless of how many passing or failing grades they have at the time eligibility is determined. The weekly eligibility grade would be such grade the student would receive if they were to transfer to another school on that date. Weekly eligibility will be collected each Monday or, if not in session, on the first day of student attendance that week.

Any student failing to meet these academic criteria shall be suspended from participation for the following Monday through Saturday activities. The student will be notified by his/her

coach/sponsor. In the case of athletics; the parents will be notified by letter concerning the conditions of the suspension.

Any student passing four academic classes but failing one (1) academic class may avoid being declared ineligible by attending morning study time from 7:30-8:00 a.m. during that following week, starting Monday through Friday. Failure to attend all study sessions will result in the student being declared ineligible immediately for the current week.

Any student not arriving by 7:30 am will be counted as tardy. Being tardy more than (5) five minutes will be considered as failure to attend the morning study hall, and the student will be declared ineligible.

Any student failing two or more classes will be declared ineligible to play that following week, but can maintain team membership by coming into 7:30 study hall on a daily basis.

Concerning athletics being ineligible three times during the fall and spring seasons will result in dismissal from the team. During the longer winter season, four times of ineligibility will result in dismissal.

Concerning activities being ineligible 6 times will result in dismissal.

Semester Eligibility

To be eligible for the next semester, an athlete must be passing four (4) academic classes.

An athlete who fails two (2) classes or does not maintain a 1.0 GPA will be declared ineligible for the entire upcoming semester with no provisions to be eligible by attending study hall. For eligibility purposes, ONE second semester failed class may be retaken and the grade recorded if the exact course is repeated and passed during summer school. There are no such provisions for a first semester failure. Semester eligibility does not apply to activities.

The High School Principal is responsible for assuring compliance with this policy.

Deer Creek-Mackinaw Athletic/Activities Code
Athletic/Activities Training Regulations

I. USE/POSSESSION OF ALCOHOL, OR CONTROLLED/BEHAVIOR ALTERING SUBSTANCES

When students find themselves in any situation where alcohol or a controlled/behavior altering substance is present, other than a family gathering with parents/guardians, they must leave the situation immediately, thus avoiding a possible suspension. Remaining in that situation, or facilitating, assisting, or being an accomplice in the planning or organizing of the event; will result in the same consequences as if the student were using and/or possessing alcohol, or a controlled/behavior altering substance.

- A. *If a student comes forward to school personnel to report a CBAS training violation within the first twenty-four hours after the incident the suspension shall be two (2) football games or four games in all other sports.**
- B. *If the student is contacted by school personnel to discuss a CBAS training violation, and admits to the violation, the suspension shall be four (4) football games and eight games in all other sports.**
- C. *If the student is contacted by school personnel to discuss a CBAS training violation and is found to be uncooperative/dishonest about the incident, and it is determined that the student has indeed violated the athletic code, the suspension shall be six (6) football games or twelve (12) games in all other sports.**

*Violations for Pom students will be halved since they only perform at home games.

**Students with suspensions that occur on dates with multiple games/matches will be considered suspended for the entire day.

Suspended players may continue to practice with the team during the time of the suspension (in or out of season), provided the player and coach agree that it will benefit both the player and the team.

II. FIRST VIOLATION - Tobacco:

In the event a student uses or is in possession of any form of TOBACCO E-CIGARETTES/VAPOR PENS, OR NICOTINE PRODUCTS (including E-Cigarettes/Vapor Pens), the student shall be suspended from participation in interscholastic athletic competition for one (1) football game or two (2) games in all other sports. Subsequent offenses will result in double the previous consequence.

III. FIRST VIOLATION - Controlled/Behavior Altering Substances:

In the event a student uses or is in possession of any alcohol or any **Controlled/Behavior Altering Substances (CBAS)** the student shall be suspended from participation in interscholastic athletic competitions for one (1) calendar year from all activities UNLESS the parents/guardians and student agree to a Substance Abuse assessment by a Certified Alcohol & Drug Counselor, and agree to follow the recommendations of the substance abuse program. Should this program be followed, the participation suspension will be that as listed in I.

Also, the year-long suspension will be in effect until there is verified enrollment in a Substance Abuse program approved by the school. Verified cooperation and participation throughout the length of the recommended substance abuse program is necessary to continue athletic/activity

participation in practices. Game participation will be re-instated upon notification of the successful completion of the substance abuse program, a verified clean drug test, and the completed game suspension from section IA, IB, or IC. A timeline will be set by the administration for beginning the treatment program.

Controlled or behavior-altering substances include, but are not limited to alcohol, illegal drugs, controlled substances, look-alikes, synthetic drugs, drug paraphernalia, E-Cigarettes/Vapor Pens, and substances as described in the Intoxicating Compounds Act (i.e. inhalants.)

All costs associated with the substance abuse evaluation, including counseling and/or subsequent treatment programs will be the responsibility of the parents. The school shall assume no financial responsibility for any portion of the evaluation, diagnosis, or treatment.

Should a violation occur during the summer or at any other time when the student is not an active member of a squad, the suspension will start on the Sunday of the first week of scheduled contests. The student must practice during the suspension period.

If the student does not complete the assigned suspensions due to the end of a season, the ineligibility will be carried over into the next season in which the student participates. Also, the student must complete the season in Good Standing in order for the violation consequences to be 100% fulfilled.

Game suspensions for Athletic Code Violations (ACV) shall not be counted unless the student is eligible for participation. Example: An athlete has a 2 game ACV suspension, but is also academically ineligible. The ACV suspension does not count until after the academic issue has been resolved.

Ephedra based products are now illegal in Illinois and will be considered to be a controlled substance.

The IHSA and Dee-Mack H.S. strongly discourage the use of creatine due to health and safety reasons.

SECOND VIOLATION - Controlled/Behavior Altering Substances:

If there is a second training violation of any kind, other than tobacco, at any time during high school, the penalty shall be the loss of interscholastic eligibility for a period of one calendar year. At the end of said period the athlete may be reinstated.

Participants who have received a second training violation will forfeit all awards, honors, or recognitions for the affected season(s). Specifically, seniors who have a 2nd training violation will not be invited to participate in Parent Night.

THIRD VIOLATION - Controlled/Behavior Altering Substances:

A third training violation of any kind, other than tobacco, at any time during high school will result in the loss of their interscholastic eligibility for the remainder of a student's high school career at Dee-Mack.

*Note - For non athletic activities, the penalty will be determined by the Sponsor/Activities Director and Principal.

IV. RANDOM DRUG TESTING POLICY

The purpose of this program is to deter the use of alcohol or controlled substances among the student body. The intent is not to "catch" or police our

students. We believe that the use of drugs is damaging to the body, physically, psychologically, and emotionally; therefore, it is imperative that we do all that we can do to ensure that our students are not using dangerous drugs. It is in their best interest, as well as the schools' communities, and society in general that they be drug free.

The Deer Creek-Mackinaw Drug Testing Program is to function under the guidelines described below.

Extra curricular participants who conspire or engage in behaviors designed to alter or circumvent the drug testing procedures for themselves or others will be considered "in violation" of the training procedures and face the appropriate CBAS consequences.

TESTING PROCEDURES

All extracurricular participants (athletics, clubs, organizations, etc.) will be randomly selected for testing on different test dates during the school year. All students tested will have their names placed back into the pool after each test and will be eligible for the next random sampling. A student could be tested several times during the school year.

All testing will be completed at the high school during the school day. All dates will be confidential. Testing may include urinalysis, hair testing, or other available methods.

The school may be involved in the collection and handling of any samples. The students will be randomly selected through the use of a computer program. The school will be responsible for reporting results to parents.

The school will quarantine the testing area and be fully responsible for maintaining security of the testing room. School personnel will ensure the security of the testing area by providing adequate supervision and locking appropriate doors. Non-school agencies may be contracted to administer, collect, and test the samples. Privacy, confidentiality, and authenticity of the collection process will be given priority.

All samples, which result in a positive finding, will undergo additional tests to provide added reliability. Those students who test positive shall be referred to the building principal, and A.D. who will in turn call for a conference with the student and parents.

Any student who tests positive or refuses to be tested, or does not produce a urine sample, will be suspended from participation in all extracurricular activities following the procedures outlined in section I. Subsequent testing for these students shall take place at the discretion of the building principal for the remainder of the student's high school career.

Any incidence of drug/alcohol use of the same drug/alcohol that the student is enrolled in the substance abuse program for will not necessarily result in a second code violation while the student is enrolled in the program. A violation of a different drug/alcohol use during the period of evaluation, counseling, treatment, etc. will result in further suspension from all extracurricular activities. Verified cooperation and participation throughout the length of the recommended substance abuse program is necessary to continue athletic/activity participation in practices. Game participation will be reinstated upon notification of the successful completion of the substance abuse program, a verified clean drug test, and the completed game suspension from section IA, IB or IC of the activities handbook.

A second refusal to be tested during their high school career will result in suspension from all extra-curricular activities for the remainder of their high school career. **There will be no other options available.**

V. VIOLATION OF THE ILLINOIS CRIMINAL CODE

In the event a student is found by school officials to have committed any act prohibited by the Illinois Criminal Code the student shall be suspended from participation in interscholastic competition for a minimum of two football games and 4 games in all other sports. Refer to Roman numeral III under "**FIRST VIOLATION.**"

SECOND VIOLATION

Any second violation of this Criminal Code policy at any time shall result in the loss of the student's interscholastic eligibility for a period of one calendar year.

Participants who have received a second training violation will forfeit all awards, honors, or recognitions for the affected season(s). Specifically, seniors who have a 2nd training violation will not be invited to participate in Parent Night.

Subsequent CBAS Violations

A second CBAS violation will result in a one-year suspension from all activities. A third violation will result in suspension for the remainder of their high school career.

IHSA Random Drug Testing

All Activity Participants will be required to submit to any random drug testing required by the IHSA. Positive drug tests or failure to comply could result in individual or team sanctions. Also, violations would result in consequences under the Dee-Mack Activity Code, CBAS section II.

Felony Violations

If a student violates the Illinois Criminal Code at the felony level, the case will be reviewed by school officials and appropriate consequences administered on an individual basis. Felony violations could result in suspensions ranging from several games to the remainder of the student's athletic/activities career, depending on the severity of the violation.

Extra Curricular Violations

Participants in clubs or Extra Curricular activities (such as Band, Chorus, Scholastic Bowl and Clubs) who face violations of this codebook will be suspended as follows:

First Violation: Suspension from the very next major event or competition sponsored by that club (Example: No participation in opening night of the play, or no attendance allowed during a club field trip).

Second Violation: Suspended from all activities for 1 calendar year.

Third Violation: Suspended from all activities for the remainder of their high school career.

Band/Chorus students who face violations may be suspended as above for IHSA or HOIC events and competitions. Band/Chorus suspensions will not affect seasonal concerts or musical participation during athletic events.

Band and Chorus are unique co-curricular courses with necessary after-school obligations such as practices and performances. Due to this reason, both of these courses will have the Activity Fee assessed. Participants who are not present for planned after-school events may be given alternative academic assignments and/or have grade reduction penalties.

Band and Chorus participants will need to sign and follow this Activity Code in order to participate, although the Drug Testing and grade eligibility requirements will only be necessary for those students entering IHSA or HOIC competitions.

Team Expectations

Coaches may develop team rules/expectations to cover individual areas not discussed elsewhere in this handbook, including additional disciplinary consequences. Such rules/expectations shall be discussed and distributed to the team and parents at the start of the season.

Students Participating in Multiple Activities

Students participating in two activities at the same time shall serve suspensions in both activities. Example: a volleyball/cheerleader would serve the prescribed suspension in each of the two activities.

A student who is suspended will be suspended at the highest level of competition, in which he/she competes. The suspension will include all games being played between the 1st game at the highest level and the last game of the suspension at the highest level. During this time frame, there shall be no participation in competition at any level.

Insubordination

Such infractions as conduct, attitude, unexcused absence; etc. will be determined by the coach/sponsor of that activity and can possibly result in suspension or dismissal from the team.

Obstruction - Students participants who provide false testimony/information/ evidence may face suspension or dismissal from the team.

Unexcused Absences

In the event of an unexcused absence for a JV athlete from a practice or game the coach/sponsor of that sport will determine the penalty. The first unexcused absence for a varsity athlete will result in a consequence determined by the coach/sponsor. Each unexcused absence after the first will result in a one game/contest suspension. The coaches/sponsors will determine if the absence is excused or unexcused, except in the case of vacations (see the vacations section).

In sports that do not have a tryout, athletes may be added to the team after the season has begun, but will face consequences determined by the coach/sponsor.

Participants who face an out-of-school disciplinary suspension for violations of the Student Handbook may consider their suspension to be considered 1 day of unexcused absence for each occurrence of suspension, regardless of length of OSS. Participants facing an OSS are prevented from attending practices or events during their suspension. (Example- A 5 day OSS for fighting would be considered 1 unexcused absence, and not necessarily cause for removal from the team. A varsity participant with other unexcused absences and an OSS would face removal from the team.)

Poms - Cheerleading

A student/athlete may be chosen for only one of the following: Pom Pon, Cheerleading and may not try out for either of the other teams once chosen for one of the above. Alternates from one team may try out for another team.

Vacations

In the event a JV player takes a vacation during a particular sports season, their absence will be "unexcused". The coach/sponsor of that sport and the Activity Director will determine the penalty.

In the event a varsity athlete takes a vacation during the season, the absence will be deemed "Unexcused". The first unexcused/vacation absence will result in a consequence determined by the coach. Each unexcused absence after the first will result in a 1 game/contest suspension.

Travel Policy

All athletes/participants are expected to ride to and from the games/activities on the team or school bus.

In the event that a student has another school activity to attend or a family situation that needs attention, your request can be approved by the Principal or Athletic Director prior to that date. Violation of this policy will result in being suspended for the next game (next home game for cheerleaders and Poms).

Student Responsibilities

1. Attend your classes and all practices regularly. You are in school to secure an education. The books come first, athletic/activities second. Be at the top in both.
2. If necessary to be absent from a practice session, get permission from your head coach/sponsor. He or she will be fair or reasonable with your request.
3. Participation in athletic/activities contest on the day a student is absent from school the entire day is prohibited. A student must attend school a minimum of 5 periods to be eligible that day.
4. All students who participate in inter-scholastic athletics are required by the I.H.S.A. to have a complete physical examination every school year in which they compete. This examination must come prior to any form of tryout or practice.
5. Each student is responsible for the equipment checked out to him or her. If equipment is lost, stolen or damaged unnecessarily, the student must pay the replacement cost of the equipment.
6. In the event that a student is both an athlete and a member of the Cheerleaders, Pom Pons, etc. when it becomes impossible to participate in both because they are scheduled at the same time, the student must participate in the athletic contest first. (Cheerleading, Poms, Colorguard second.)

Awards

If an athlete is suspended during the season and returns in good standing to their respective squad, they will be allowed to receive all the honors earned. Participants who face a suspension at the end of the season, or a suspension that extends past the end of the season, may receive earned honors once the suspension is satisfied and they have returned to the sport in good standing.

Participants who have received a second training violation will forfeit all awards, honors, or recognitions for the affected season(s). Specifically, seniors who have a 2nd training violation will not be invited to participate in Parent Night.

*A student/athlete who continues to represent Dee-Mack after graduation will remain under the guidelines of the athletic/activities code.

Freshmen -	Numerals 2-inch chenille
Fresh Soph -	6 inch D-M chenille letter - with sport symbol insert
Varsity -	8 inch D-M chenille letter - with sport insert and bar
Manager -	6 inch or 8 inch D-M Chenille letter (with MGR insert)

* Athletes may be given only one award per year.

Requirements for Receiving Letters

Requirements for receiving letters will be established by coach of the sport. The criteria that the coach decides on for receiving a letter will be reviewed by the A.D./Administration for approval. These requirements **will be** addressed by the coach with the parents and players at their initial coaches/parents/players meeting before the first game of the season.

- ◆ Freshmen - Every freshman completing a full season in good standing will receive numerals as an award for participation regardless of playing time.
- ◆ Varsity "White Letter" - Any senior who earns a Varsity letter in all sports their senior year (football, basketball, baseball) or (volleyball, basketball, softball) will also receive a white letter for their accomplishment.
- ◆ Additions: Any athlete who is injured during the season and forced to miss the remainder of the season will receive their respective award on that level of competition providing they were participation in 50% or more of the quarters or games at the time of injury.
- ◆ Any athlete who is injured between the first official practice and first official game will receive a letter on the following two conditions. First, in the coaches/sponsors opinion the player involved would have participated in 50% or more of the total quarters or games for that season. Second the player must attend all the practices and games expected of an athlete who is participating.
- ◆ Any player who has participated in the program for 4 years regardless of the amount of playing time will receive a Varsity letter his or her senior year.

- ◆ Any team on any level (Freshmen, Fresh-Soph or Varsity) that goes undefeated or wins a conference championship, all players of that team will receive a letter. Players must have been on the team for the entire season to qualify for this award. **There are no conference champions named at any level other than varsity.**

NOTE: An athlete/participant could be denied a letter for such reason as eligibility, severe infraction of the athletic/activities code, or unexcused absences from practice. The final decision will be up the discretion of the Coach/Sponsor, Activity Director, Principal and Superintendent.

Awards Night

All athletes/participants are expected to be present on awards night to receive their respective awards. If for some reason a student can't attend he or she must contact the coach/sponsor of their sport to receive their awards. If the athlete does not make contact with their coach/sponsor within 2 weeks of the awards night, then the athlete will forfeit their awards.

NOTE: Each coach/sponsor may establish only those rules and regulations for a particular sport/activity not covered in this handbook.

STATEMENT OF NONDISCRIMINATION

- ◆ No employee, student, parent, or any other person having affiliation with the Deer Creek-Mackinaw School District #701 shall on the basis of age, color, gender, race, national origin, religion or disability be excluded from participation in, be denied the benefits of, or be subjected to discrimination in any program or activity under the jurisdiction of the Deer Creek-Mackinaw School District #701.
- ◆ A grievance procedure is on file in the Superintendent's office. Please contact Mr. Scott Dearman at 359-8965 for full details if you feel that your rights have been violated.

NOTE: Activities shall include, but not be limited to: football, volleyball, basketball, baseball, softball, track, Poms, Cheerleading and all clubs.

IMPORTANT NOTE: Signing in the appropriate spaces on both sides of this page indicates agreement to participate and/or allow participation in the drug-testing program.

The Activities Handbook has been prepared to give you information concerning the athletic/activities program at Deer Creek-Mackinaw High School. It is hoped that through a careful study of the contents that you will gain an understanding of the operation of athletics/activities and what is expected of you as an athletic/activity participant.

CONCUSSION INFORMATION

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 |
|--|--|

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’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. IHSA Policy 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 IHSA member 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:

All athletes are required to watch the IHSA concussion video at the link below. We strongly encourage all parents to watch this video as well. Everyone should be thoroughly educated on the signs, symptoms, and effects of concussion.

https://www.brainshark.com/IllinoisPrincipalsAssoc/concussion_ihsa?&r3f1=

Athletes and Parent - Please sign the form on page 18 that will confirm that you have read the above information.

Release of Information For Random Drug Testing

Term: This authorization if not revoked will expire on August 1, 2015.

Purpose of the Release: The protected health information is being used or disclosed for the following purpose: Urine Analysis Results.

I understand that Tazwood may, directly or indirectly, receive remuneration from a third party in connection with the use or disclosure of my health information.

I understand that I may revoke this authorization by notifying Tazwood Mental Health Center in writing. However, I understand that if I revoke this authorization, it will not have any impact on actions taken by Tazwood prior to notice of revocation.

I understand that I may refuse to sign or may revoke (at any time) this Authorization for any reason and that such refusal or revocation will not

effect the commencement, continuation or quality of my Tazwood treatment.

I understand that I may inspect or copy the protected health information to be used or disclosed as permitted under federal (or state law to the extent the state law provides greater access rights).

I have read and understand the terms of this Authorization and I have had an opportunity to ask questions about the use and disclosure of my information. By my signature, I hereby, knowingly and voluntarily authorize Tazwood to use or disclose my information in the manner described above.

NOTICE TO RECEIVING AGENCY/PERSON: Prohibition of Redisclosure: Under the provisions of the Illinois Mental Health and Development Disabilities Act and/or under the Federal Act of July, 1, 1975, confidentiality of Alcohol and Drug Abuse client records, records of HTLV-III or HIV testing (AIDS test) results, and AIDS treatment records - no such records, nor information from such records may be further disclosed without specific authorization for such redisclosure. A facsimile or photocopy of the original consent of release of information is acceptable with telephone confirmation by the sender. The information that is not protected under the Illinois Mental Health Act and other state laws may be subject to redisclosure by the recipient and no longer be protected.

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