

Athletic Handbook

2023-2024



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OVERVIEW

The mission of Jordan Catholic School is to provide for the religious and academic formation of students in preparation for their lives as productive Catholic adults. An important part of student development is the opportunity for our students to be involved in athletics. Student academic and spiritual development should never be compromised for athletics. If kept in proper perspective, the life lessons learned through athletic achievement, competition and teamwork can be very valuable.

Jordan's athletic philosophy and objectives apply to all students in every grade participating in any school-related sport. Specific policies and guidelines listed in this handbook may be specifically directed at middle school and junior high sports, however, all Jordan athletes, their families, and coaches are asked to follow the spirit of these guiding principles.

JORDAN PHILOSOPHY ON ATHLETICS

The Jordan Catholic School Athletic Program is a source of pride for its students, staff, parents, coaches, pastors, and alumni. Jordan expects everyone associated with our athletic program to fulfill their responsibility of good sportsmanship, high character, and respect for others. We will strive to help all our athletes reach their athletic potential as well as experience the benefits of healthy competition, teamwork and fun.

Any Jordan student who wishes to participate in our athletic program and makes the necessary commitment set forth by the team will be given the opportunity to participate. The success of our athletic program will not be judged by wins and losses. The goal of our athletic program is to help our young people reach their full athletic potential as well as experience the benefits of healthy competition and teamwork with proper appreciation and respect for the opportunities and abilities God has given them.

JORDAN ATHLETIC PROGRAM OBJECTIVES

- Provide for all students wishing to participate in athletics, the opportunity to develop and improve their skills and physical condition.
- Help our athletes understand and appreciate the importance of hard work and sportsmanship as well as maintain a healthy perspective on teamwork versus individual achievement.
- Have Jordan athletics be a teaching opportunity to stress the values of our school.

SPORTSMANSHIP

It is recognized that Jordan Catholic School interscholastic athletic events should be conducted in such a manner that good sportsmanship prevails at all times. It is an expectation at Jordan Catholic School that every effort is made by students, athletes, coaches, and parents to promote good sportsmanship and healthy competition. Unsportsmanlike conduct by any student, athlete, coach, or parent may result in consequential action taken by the Jordan administration.

Athletes

Jordan Catholic School athletes are expected to exhibit the highest level of sportsmanship at all athletic events, both home and away. Any athlete that fails to demonstrate sportsmanship will be disciplined by their respective team coach. Any Jordan athlete that is ejected from an athletic contest for unsportsmanlike conduct will serve an immediate one game suspension. An athlete that is ejected a second time in the same season for unsportsmanlike conduct will serve an immediate two game suspension and be subject to additional disciplinary action determined by the Jordan administration and athletic director.*

Coaches

Jordan Catholic School coaches are expected to exhibit the highest level of sportsmanship at all athletic events, both home and away, and represent our school with grace and dignity. Any coach ejected from an athletic event for unsportsmanlike behavior will be subject to an immediate one game suspension. The principal and athletic director will review any situation where a coach is ejected and determine if any further action should be taken. Multiple cases of coach ejections in a season will be subject to review by the Jordan administration and athletic director.

Parents & Student Spectators

Jordan Catholic School parents and student spectators are expected to exhibit the highest level of sportsmanship at all athletic events, both home and away. Parents, students, and fans that display “unreasonable” or unsportsmanlike conduct towards contest officials, players, or other spectators will be asked to leave Jordan facilities. Continued unsportsmanlike conduct at Jordan athletic events may result in further actions deemed necessary by the Jordan administration and athletic director.

**The Jordan administration and athletic director will consult on sportsmanship issues when deemed necessary.*

LINES OF RESPONSIBILITY

Principal

The Jordan Catholic School Athletic Program is administered by the principal, who has the final authority regarding eligibility of students, selection of coaches, scheduling, use of school property and equipment and all policies regarding the athletic program. The principal will consult with the Jordan Catholic School Pastors’ Board when deemed necessary.

Athletic Director

The Jordan Catholic School athletic director will implement the athletic program and enforce all rules, regulations, and policies under the direction of the principal.

COACH SELECTION

The Jordan Catholic School principal and athletic director are responsible for selection of coaches (Grades 5th through 8th grade). Persons interested in coaching should contact the athletic director or principal.

RESPONSIBILITIES OF COACHES

The coach has the greatest responsibility as well as the greatest opportunity to guide and influence the student athlete. Coaches assume the role of teacher and mentor. A coach’s attitude and behavior are crucial to modeling good sportsmanship in both word and deed. Jordan’s Athletic Program is dependent on volunteers, and is appreciative of the time and effort expended by these individuals. **Even though these are volunteer positions the following responsibilities must be followed for the welfare of the students involved in the program.**

Coaches are required to:

- Read and abide by the Jordan Athletic Handbook
- Uphold the Jordan Catholic School Athletic Philosophy and adhere to its principles.
- Be responsible to the Jordan administration and athletic director.
- Complete all required background checks and training required by Jordan Catholic School and the Diocese of Peoria.

- Adhere and comply with all Jordan Catholic School rules, policies, and regulations regarding athletic eligibility, playing time, and sportsmanship and behavior.
- Have a firm understanding of the rules and fundamentals of the sport they are coaching and teach it to the players.
- Teach and model respect and sportsmanship.
- Use appropriate language and behavior at all times while maintaining composure.
- **Conduct a MANDATORY informational meeting for parents and players prior to the first practice.** The purpose of the informational meeting is to communicate to players and parents information regarding:
 - game and practice schedules including drop-off and pick-up times
 - team attendance expectations
 - player and parent sportsmanship and conduct
 - playing time issues
 - how questions, problems or concerns will be resolved
 - Return to Learn and Return to Play Protocols and Procedures
- Help develop all players on the team and involve them in practices and games.

- Have a basic understanding of first aid. In the event of an injury the coach should evaluate its severity and seek proper assistance if necessary.
- Communicate to the principal, athletic director, and parents any serious injuries as well as complete a Diocesan Accident Report Form and submit it to the Principal immediately following the incident.
- Communicate to the principal, athletic director, and parents, any and all serious disciplinary issues and actions taken.
- Be fair and balanced in scheduling practices and games/meets. Academics come first.
- Maintain a complete roster of players, which include telephone numbers to call in case of an emergency. The athletic director will provide this roster to the coach at the beginning of the season. It is the coach's responsibility to maintain/update as needed.
- Provide supervision of athletes before, during, and after all practices and games. No player should be left unsupervised following a game or practice.
- Be responsible for facilities, materials, and equipment being used.

RESPONSIBILITIES OF PARENTS/GUARDIANS

Parental support and involvement are vital to the success of the Jordan Athletic Program. Parents/Guardians are required to:

- Read and discuss the Jordan Athletic Handbook with his/her student(s).
 - Read through, sign and return to school all necessary forms required of each student participating in the Jordan Athletic Program. All forms must be signed and returned ***prior to the first practice.***
 - **Attend a MANDATORY informational meeting with coaches at the beginning of each sport season.**
 - Pay any fees associated with a particular sport. **The participation fee must be paid prior to the first competition: cross country(\$30), volleyball(\$25), boy's and girl's basketball(\$25), boy's and girl's tennis(\$30), boy's and girl's golf(\$50), cheerleading(\$25), track and field(\$30).**
 - Maintain respectful behavior at all times.
 - Treat all coaches, officials, players, spectators with respect. Inappropriate behavior may lead to a parent being asked to leave a game/match.
 - Be responsible for their child's transportation to and from all practices, games, meets.
 - Follow the communication channels outlined in the Athletic Handbook.
 - Parents/Guardians are required to volunteer to work at least one home game. The Athletic Director will provide volunteer opportunities to the parents at the beginning of each sport season.
- ***If your athlete is to be excused from school before 3:15 for an athletic competition, you must send a note stating your intention to pick them up and the time they will be leaving. If your athlete is to leave school with another adult, that specific adult needs to be named in your note.***

RESPONSIBILITIES OF THE ATHLETIC DIRECTOR

The Athletic Director is required to:

- **Oversee the athletic program** of Jordan Catholic School and communicate with the administration on all necessary matters.
- Uphold the philosophy of Jordan Athletics and adhere to its principles.
- Represent Jordan Catholic School at all meetings and act as a liaison for the *Heartland Athletic Conference (7th and 8th Grade)* and the *Quad City Eight Athletic Conference (5th and 6th Grade)*.
- Annually **secure and oversee all coaches/assistant coaches** for Jordan Catholic School sponsored sports, volleyball, basketball, cheerleading, and to work in conjunction with the other Catholic middle school athletic directors to secure coaches for cross country, golf, tennis, wrestling and track. (*Principal MUST approve ALL coaches prior to the start of a season*).
- Serve as a member of the **Concussion Oversight Team**
- Annually hold a **mandatory informational meeting for all Jordan coaches.**
 - Explain responsibilities and expectations to coaches.
 - Provide coaches with a copy of the Jordan Athletic Handbook.
 - Review IESA protocol for implementation of NFHS sports playing rule for concussions
 - Explain Return to Learn and Return to Play Protocols and Procedures

- Provide coaches with a team folder containing emergency sheets for each athlete as well as Accident and Incident Forms and a Concussion Checklist. Collect the folder at the end of each season.
- Monitor the progress of coaches throughout the sport's season.
- Prepare and submit to the principal an annual **budget** for athletics and physical education with the physical education department.
- **Purchase** needed athletic equipment and uniforms.
- Collect all participation fees from student athletes prior to the first competition for **cross country, volleyball, boy's and girl's basketball, boy's and girl's tennis, boy's and girl's golf, cheerleading, track and field.**
- Be responsible for the **distribution and collection of all uniforms.**
- Be responsible for the **care and maintenance of all athletic equipment and uniforms.**
- Work with the Jordan Catholic School secretary and Saint Pius Catholic Church to **schedule practice times** for various teams using the gymnasium.
- Organize and oversee minimally six to nine (6 to 9) **tournaments** throughout the school year.
- Hire, schedule and pay needed officials for games.
- Conduct student-athlete roster sign-up for: volleyball, cross country, tennis (fall and spring), golf, basketball, wrestling cheerleading, and track.
- Distribute, collect and organize all required forms from each athlete.
- Facilitate conflict resolution if problems arise between a coach, player, parent, fan, or another school.
- Other Responsibilities:
 - Oversee all home games/meets held at Jordan Catholic School.
 - Oversee the concessions program
 - Oversee all Jordan Catholic School sponsored tournaments.
- Follow and enforce all rules and regulations of the Jordan Athletic Handbook, IESA (Illinois Elementary School Association), the Heartland Athletic Conference (Heartland by-laws and rules are included in the appendix), and the Quad City Eight Athletic Conference (Quad City Eight by-laws and rules are included in the appendix).

RESPONSIBILITIES OF ATHLETES

It is a privilege to participate in athletics. Therefore, the students will:

- Uphold the Jordan Athletic Philosophy and adhere to its principles.
- Be present **at school by 10:00 a.m. to participate in practice or a competition on that same day.**
- Be at all practices and competitions for the full period of time. Discuss/communicate with coaches regarding any absence prior to the practice or competition. A written excuse/phone call from parents regarding special circumstances will be accepted. Repeated absences may mean dismissal from the team. Students with two (2) unexcused absences from practice/competition will receive a one competition suspension. Students with four (4) unexcused absences will be dismissed from the team/squad.
- Be responsible for the proper care and return of Jordan Catholic School uniforms.
- Display appropriate behavior at all times and treat teammates, game officials, opponents, and spectators with proper respect and exemplify good sportsmanship.
- Be attentive and respectful to coaches at all times.
- Abide by all rules and instructions of the coaches and other supervising adults. Inappropriate behavior at practice and/or games may result in the student being suspended or removed from the team.
- Attend your coach's informational meeting with your parent/guardian.
- Strive to give your best effort in practice and games and make a commitment to improve.
- Follow all procedures established for practices, games and meets.
- Submit all required forms and fees prior to the first practice. **A COPY OF THE ATHLETE'S CURRENT SPORTS PHYSICAL IS REQUIRED EACH SCHOOL YEAR.**
- Maintain the academic eligibility requirements set forth by Jordan Catholic School.

*(Forms required to participate in any Jordan sponsored sport may be found in the appendix and on the Jordan Catholic School website.)

ACADEMIC ELIGIBILITY REQUIREMENTS FOR ATHLETICS

- **Eligibility requirements apply to all Jordan-sponsored sports:** Cross Country, Volleyball, Boys' and Girls' Basketball, Cheerleading, Boys' and Girls' Tennis, Boys' and Girls' Golf, Track and Field.
- **Eligibility requirements also apply to the following sports:** Alleman Booster Boys Football and Junior Pioneer Wrestling.
- In order to maintain athletic eligibility students **MUST** be passing all courses and may not have more than one D (course grade).
- Eligibility is determined weekly throughout the sport's season. The 1st week student is on academic probation, and the parents will be notified. The 2nd week, the student will be ineligible.
 - If a student is found to be ineligible, they may not participate in any competitions for a one week period of time. Typically, Monday 8:00 a.m. to Monday 8:00 a.m.
 - Ineligible athletes will be allowed to practice during the week but will not participate in games. Athletes will sit on the bench to cheer on their team during home games. Athletes may not attend away games and need to use this time to improve their academic standing.

TEAM MEMBERSHIP POLICY

The Jordan Catholic School athletic program supports a **no - cut policy** based on the belief that all students should have the opportunity to experience and contribute to a team, regardless of skill level. A **no – cut policy** has many positive attributes; however, in particular sports, such as volleyball or basketball, large team numbers may be difficult to manage. The results may be reduced playing time and less individual attention at practice. We believe the benefits of providing students an equal opportunity to join a team, or a **no – cut policy**, far outweigh these difficulties.

*A **no – cut policy** refers to the opportunity to join a team, it does not guarantee playing time. All athletes who adhere to the coach's guidelines will get to participate in some competitions. (i.e. games, meets, matches).

There shall be a five (5) calendar day grace period, from the first day of official practice, for students to go out for a sport, drop out of a sport, or change from one sport to another. The Athletic Director will set the official first day of practice for each season.

PLAYING TIME POLICY

The Jordan Catholic School athletic program is participation based. "Participation" implies active involvement in practice, competitions, and while watching teammates compete. All coaches are instructed to provide each athlete with opportunities to participate. Playing time in competitions will be based on player ability, effort at practice/competitions, attendance at practices and competitions, preparation, skill development, self confidence, and good sportsmanship. All athletes' playing time in competitions will not necessarily be equal, but each athlete will have the opportunity to compete.

With guidance and supervision from the Athletic Director, each coach will strive for excellence, maintain fairness, and uphold the value system that is an integral part of Jordan Catholic School.

In 5th through 6th grade, each player will be provided as much participatory time as possible for all regular season games, assuming they are in good standing with the team and the school. Coaches are expected to find a reasonable amount of playing time for each student-athlete to build individual and team skills and self-confidence. This may vary per game based on the playing time policy guidelines above.

COMMUNICATION CHANNELS

Parents/guardians should not approach a coach during or immediately after an athletic event. Parents that wish to provide input or have questions answered regarding playing time or other team issues are asked to follow the proper sequence of communication channels. This communication sequence is as follows:

Step 1: Athlete and Coach

Athletes should be encouraged to communicate with their coach(es) regarding team issues during and after practice. Coaches are encouraged to be open and provide constructive feedback.

Step 2: Athlete with Parent and Coach

Step 3: Athlete with Parent and Coach and Athletic Director

Step 4: Athlete with Parent and Coach and Athletic Director
and Principal

Step 5: The Principal will involve the Pastors Board if deemed appropriate.

**Steps 2-5: It is recommended that these steps take place as scheduled meetings.*

Parents should contact the appropriate individual to arrange a meeting

Parents are encouraged to begin at Step 1 and progress to the next step if they feel a particular situation has not been resolved.

ATHLETIC PARTICIPATION FORMS

Forms required to participate in any Jordan sponsored sport may be found in the appendix and on the Jordan Catholic School website. **This includes a current sports physical each year an athlete participates in a school sport.**

CONCUSSION PROTOCOLS AND PROCEDURES

The **Concussion Oversight Team** is composed of the athletic director and the school nurse. If a student/athlete experiences a concussion, this team will guide athletes, parents and coaches through the established *Return to Learn* and *Return to Play* protocols and procedures.

In the event that a student/athlete incurs a head injury during a school athletic event, the concussion team, with the appropriate documentation from a physician, determines that a concussion has occurred, the following procedures will be followed.

Return to Learn Protocol and Procedures:

Documentation will be required from the student's physician as to when the student can initiate the *Return to Learn* protocol. When the student is cleared, the school nurse and/or the athletic director will notify in writing, via email, the student's teachers and coach and the return to learn will be initiated. Each day the school nurse and/or athletic director will monitor the student's progress.

The *Return to Learn* protocol includes 6 steps. Each phase will take place 24 hours following the previous phase. If symptoms return during any phase, a 24 hour period of rest is required before repeating that phase. The student may start at any phase in the *Return to Learn* protocol as directed by his/her symptoms and physician's recommendation.

Prior to the start and end of each school day, the student will report to the school nurse or the athletic director and they will assess the student for any symptoms and record them. The student's teachers will be informed daily of the current step the student is in until the completion of the *Return to Learn* Protocol.

Six Step Return to Learn Protocol:

Step 1 and Step 2: No school attendance, cognitive and physical rest as needed per physician's recommendation.

Step 3: Option for modified daily class schedule i.e. a few hours or half days

No PE or school sports

Allow breaks as recommended by physician

Provide extended time for school work to be completed

Step 4: Full days of school

Gradually decrease all restrictions

Still allow for extra time for school work to be completed

Step 5: Full academic load

Step 6: Begin *Return to Play* Protocol to return to sports/P.E.

Six Step Return to Play Progression

It is important for an athlete's parent(s) and coach(es) to watch for concussion symptoms after each day's *return to play* progression activity. An athlete should only move to the next step if they do not have any new symptoms at the current step. If an athlete's symptoms come back or if he or she gets new symptoms, this is a sign that the athlete is pushing too hard. The athlete should stop these activities and the athlete's medical provider should be contacted. After more rest and no concussion symptoms, the athlete can start at the previous step.

Step 1: Back to regular activities (such as school)

The athlete is back to his/her regular activities (such as school) and has the green-light from their healthcare provider via proper documentation, to begin the *return to play* process. An athlete's return to regular activities involves a stepwise process. It starts with a few days of rest (2-3 days) and is followed by light activity (such as short walks) and moderate activity (such as riding a stationary bike) that do not worsen symptoms. You can learn more about the steps to return to regular activities at: https://www.cdc.gov/headsup/basics/concussion_recovery.html.

Step 2: Light aerobic activity

Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.

Step 3: Moderate activity

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight from their typical routine).

Step 4: Heavy, non-contact activity

Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

Step 5: Practice & full contact

Young athletes may return to practice and full contact (if appropriate for the sport) in controlled practice.

Step 6: Competition

Young athletes may return to competition after parent/guardian has signed and returned a Post-Concussion Consent Form (see Appendix)

GUIDELINES FOR RETURN TO PLAY AFTER A NON-HEAD INJURY

If professional medical attention is not deemed necessary by parents/guardians after a non-head sports injury, then a release/medical professional clearance is not required to return to practice/competition. However, in such a case, the following guidelines should be used in determining when an athlete may return to play:

1. No swelling or deformity
2. No headache, nausea, blurred vision, tingling numbness, cognitive or sensory changes
3. Symmetrical (equal to the other side) joint range on motion and strength
4. Ability to bear weight, without a limp, if an injury to the lower body. Ability to put weight through upper extremity if upper body injury.
5. Ability to complete full functional sporting activities without compensation.

If there is a question as to the seriousness of an injury and ability of an athlete to play, the parents/guardians should be consulted.

Athletes that are unable to meet the above criteria should be encouraged to seek medical attention prior to interscholastic activity.

Those athletes that seek medical attention for an injury are required to provide a written medical release indicating their ability to return to participation.

Athletic Packet:

- Jordan Athletic Handbook Sign-Off
- Medical Information Sheet
- Parental/Guardian Consent Form and Liability Waiver
- Concussion Information and Sign-Off sheet
- Post-Concussion Consent Form

The Athletic Director retains copies of all By-laws.

- BY-LAWS AND GOVERNING RULES OF HEARTLAND ATHLETIC CONFERENCE
- BY-LAWS AND GOVERNING RULES OF QUAD CITY EIGHT ATHLETIC CONFERENCE



August, 2023

Dear Parents,

Your student has indicated an interest in the Jordan Catholic School Athletic Program. Please read the Jordan Athletic Handbook, and know that you are responsible for supporting your student athlete in following its requirements.

The following must be completed and all forms returned to the Athletic Director *once each academic year*:

1. **Athletic Packet** (attached) which includes:

- a. Jordan Athletic Handbook Sign-Off** - *complete and return*
- b. Medical Information/Authorization** - *complete and return*
- c. Parental/Guardian Consent Form and Liability Waiver** *complete and return*
- d. Concussion Information Sign-Off sheet** - *read, complete and return*
- e. Post Concussion Consent Form** - *read and keep in case needed*

2. ***Sports Physical** -

A physical form must be completed and turned in along with the attached paperwork **prior** to the *first practice*. Sports physical forms are included in this packet and available in the school office or your doctor's office. A sports physical is valid for one full year.

3. A **\$25.00 participation fee** must be paid by all athletes. ***This fee is due BEFORE the first competition and must be paid in order for the athlete to compete.***

Please keep this cover letter, along with the **Concussion Information Sheet** and **Post-concussion Consent Form** for reference and possible later use. Turn in the attached forms listed to the athletic director. Thank you for your understanding and cooperation. Go Jaguars!

Kyleigh McLaughlin, Athletic Director
Kelly McLaughlin, Principal



ATHLETIC HANDBOOK SIGN-OFF: 2023-2024

Please complete both sides of this two-page packet and return to the athletic director.

Please print student athlete's name: _____

We have read and agree to abide by the **Jordan Athletic Handbook**.

Parent's Signature

Date

Student's Signature

Date

*The **Athletic Handbook** is found in the back of the **Jordan Parent/Student Handbook** or on the **Jordan** website.



MEDICAL INFORMATION

2023-2024

STUDENT/MINOR NAME (first, middle, last): _____

Address: _____ Date of Birth: _____

STUDENT/MINOR'S DOCTOR (first, middle, last): _____ Phone: _____

MEDICAL CONDITIONS: Please list any medical conditions of the student/minor (asthma, diabetes, epilepsy, etc.):

List any allergies or allergic reactions to medications of the student minor: _____

List any medications the student/minor is presently taking: _____

Other pertinent medical information: _____

Date of student/minor's most recent tetanus shot: _____

MEDICAL INSURANCE INFORMATION: Insurance Company: _____

Plan Number: _____ Employee Identification#: _____

EMERGENCY CONTACTS: Parent or Guardian (first, middle, last name): _____

Cell: _____ Work: _____ Home: _____

Other Contact: Name (first, middle, last): _____

Phone (with area code): _____ Relationship to student/minor: _____

AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT

This information will be kept in the possession of the school/parish. A copy may be distributed to the person in charge of each trip or athletic activity in which the student/minor participates. Should the need arise this information will be given to the proper medical authorities.

I, _____, [parent/guardian], understand that in the case of illness or injury to my child, _____ [child's name], the school/parish will try to notify me or the person I have listed as an emergency contact. In case of medical emergency concerning my child, at a time when I or my listed emergency contact cannot be notified, I grant full power to the school/parish to 1) arrange for the transportation of my child, whether by ambulance or otherwise, to a proper facility where emergency medical treatment would normally be administered, including but not limited to, an emergency room of a hospital, a doctor's office, or a medical clinic; and 2) sign releases as may be required in order to obtain any medical or surgical treatment as is required in the judgment of medical authorities at the facility.

Signature of Parent/Guardian: _____ Date: _____



**PARENT / GUARDIAN CONSENT
LIABILITY WAIVER**

2023-2024

Student Participant’s Name: _____

School / City: _____

Date of Birth: _____ Male Female

Parent/Guardian’s Name: _____

Home Address: _____

Home Phone: _____ Business: _____ Cell: _____

REQUEST FOR PERMISSION / LIABILITY WAIVER

As parent and/or legal guardian, I give permission for my son/daughter named above to participate in interscholastic programs in the following sports during the 2022-2023 academic year (indicate all that apply):

- | | | | |
|---------------|---------------|----------|---------------|
| Archery | Dance Team | Soccer | Track & Field |
| Basketball | Football | Softball | Volleyball |
| Cheerleading | Golf | Swimming | Wrestling |
| Cross Country | Marching Band | Tennis | |

Other (please specify): _____

As parent and/or legal guardian, I, _____, remain legally responsible for any personal actions taken by the above named minor (“participant”).

I am aware that participating in sports will involve travel to practices and games. I acknowledge and accept the risks involved with my child’s travel. I further understand that participation in sports presents to my child the risk of harm, including, but not limited to, possible exposure to COVID-19, serious personal injury or death. Any questions I have concerning my child’s participation have been answered.

In consideration of my child being allowed to participate in the sport(s) indicated above, I hereby RELEASE AND AGREE TO INDEMNIFY AND HOLD HARMLESS the Catholic Diocese of Peoria, the parish, the school, coaches, chaperones, volunteers or representatives associated with the event, and their employees and agents, from any and all liability for injuries, damages, medical expenses, or any other loss to my child or family or me (including attorneys’ fees) arising from or related to my child’s participation. Additionally, I give my consent and approval for my child’s name and picture to be printed in any sports program, publication, or video.

As a parent/guardian, I further acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering important learning experiences for the students. Therefore, I will show respect for all players, coaches, spectators, and officials. I will only participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and good sportsmanship expected by a Catholic school, and accept the responsibility that comes with being a parent/guardian of a student athlete.

Signature: _____ Date: _____

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:	
<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:	
<ul style="list-style-type: none"> • 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 	

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 concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to-Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

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

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

Student/Parent Consent and Acknowledgements

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

Student

Student Name (Print): _____ Grade: _____

Student Signature: _____ Date: _____

Parent or Legal Guardian

Name (Print): _____

Signature: _____ Date: _____

Relationship to Student: _____

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



Post-concussion Consent Form
(RTP/RTL)



Date _____

Student's Name _____

Year in School 5 6 7 8 9 10 11 12

By signing below, I acknowledge the following:

1. I have been informed concerning and consent to my student's participating in returning to play in accordance with the return-to-play and return-to-learn protocols established by Illinois State law;
2. I understand the risks associated with my student returning to play and returning to learn and will comply with any ongoing requirements in the return-to-play and return-to-learn protocols established by Illinois State law;
3. And I consent to the disclosure to appropriate persons, consistent with the federal Health Insurance Portability and Accountability Act of 1996 (Public Law 104-191), of the treating physician's or athletic trainer's written statement, and, if any, the return-to-play and return-to-learn recommendations of the treating physician or the athletic trainer, as the case may be.

Student's Signature _____

Parent/Guardian's Name _____

Parent/Guardian/s Signature _____

For School Use only

Written statement is included with this consent from treating physician or athletic trainer working under the supervision of a physician that indicates, in the individual's professional judgement; it is safe for the student to return-to-play and return-to-learn.

Cleared for RTL

Cleared for RTP

Date _____

Date _____