

Kahuku High School Athletic Department

Team Rules & Try Out Rubric

SPORT: _____

COACH: _____

FACILITY: _____

PHONE: _____

EMAIL: _____

EQUIPMENT REQUIRED FOR SPORT:

OBJECTIVE OF THE GAME:

DESCRIPTION OF THE SPORT:

SPORT RUBRIC: (Assessment Scoring Record)

ATHLETIC DEPT REQUIREMENTS:

Requirement before tryout:

- Student signs up giving legal first and last name
- Current Sports Physical on time
- Individual Sport Assumption of Risk Form on time
- Concussion Management Form on time

TEAM REQUIREMENTS:

Sport Rubrics: (Show the scores for the following)

- Specific sports criteria to be met by students trying out
- Attendance, Tardy record

Final Total Score Sheet:

- Show if the student exceeded, meet, or was approaching

Athletic Transportation Fee:

- Required after the student athlete makes the team
- \$10.00 Transportation Fee, payable to Kahuku High School
- The coach will collect this, and give a receipt

TEAM RULES POLICIES:

ATHLETIC DEPT REQUIREMENTS:

All DOE/KHS/OIA/HHSAA Rules will be followed

All Chapter 19 Violations will be documented, reported promptly by the coach, and dealt with by administration. Chapter 19 Violations may result in a school suspension.

Scholastic Eligibility

To participate in athletics, student athletes must have (1) at least a 2.0 overall grade point average and (2) receive passing grades in courses required for graduation

- Ineligible students, must file for **ARS (Academic Review Status)**. The coach will hand out the form to apply for ARS.
- ARS is in effect for the entire quarter, until the next quarter eligibility clearance.
- ARS students are required to go to tutoring/study hall daily.
- ARS students that **DO NOT** attend tutoring/study hall, may not participate in practice or official events
-

Concussion Management

A student athlete with a possible concussion, will receive two forms: (1) Graded Symptom Checklist for Concussed Athlete (GSC List) and (2) Medical Referral Form for Concussed Athlete. The GSC List form provides your child's symptoms at the time of injury. It also includes signs and symptoms to watch for and recovery recommendations. The medical referral form provides information for your child's physician regarding his/her head injury and recommendations for return to activity. After a student athlete takes the cognitive status assessments, the Athletic Health Care Trainer (AHCT) will collaborate with the student athlete's physician and/or a neuropsychologist to determine if the student athlete is ready to start a Return to Activity Plan (see below). This team approach ensures the health and safety of each concussed student athlete.

Return to Activity Plan (RAP) or Return to Play (RTP):

- Step 1** Complete cognitive rest. This may include staying home from school or limiting school hours and study for several days which would be determined by a physician or AHCT and supported by school administration. Activities requiring concentration and attention may worsen symptoms and delay recovery.
- Step 2** Return to school full time.
- Steps 3-7** Will be supervised by the high school AHCT. (Each step is separated by a minimum of at least 24 hours.)
- Step 3** Light exercise. This step cannot begin until student athlete is cleared by the treating physician for further activity. At this point, the student athlete may begin walking or riding a stationary bike.
- Step 4** Running in the gym or on the field.
- Step 5** Non-contact training drills in full equipment. Weight training can begin
- Step 6** Full contact practice or training.
- Step 7** Play in game

Athletic Training Room

Parents/Spectators are not to go in the Athletic Training room unless called by the Athletic Trainer, or escorted in due to an emergency. If you have any problems, contact the Athletic Director to make an appointment.

Transportation

1. Players and parents are responsible for all travel to and from practices and home games. No coach will be allowed to give rides to players.
2. Players will travel with the coaches on the school bus to and from away games. There will be no drop offs.
3. Parents wishing to take players home from away games will need to sign them out with the Coach. No aunties, uncles, or friends can sign out and take players home.

TEAM RULES AND CONSEQUENCES: (See Below)

RESOURCES:

Tutoring

- Mandatory for all ARS Student Athletes. Go to the designated classroom after school for tutoring, check with your coach for the assigned places. Athletes may not practice or participate in official events for not attending tutoring.

SAT/ACT Info: (collegeboard.org)

2013-2014 SAT Test Dates

October 5, 2013
November 2, 2013
December 7, 2013
January 25, 2014
March 8, 2014
May 3, 2014
June 7, 2014

Test

SAT & Subject Tests
SAT & Subject Tests
SAT & Subject Tests
SAT & Subject Tests
SAT
SAT & Subject Tests
SAT & Subject Tests

2013-2014 ACT Test Dates

September 21, 2013
October 26, 2013
December 14, 2013
February 8, 2014
April 12, 2014
April 23, 2014-May 7, 2014
June 14, 2014

Registration Deadline

August 23, 2013
September 27, 2013
November 2, 2013
January 10, 2014
March 7, 2014
Kahuku High School Mandatory Testing, No Fee
May 9, 2014

Sportsmanship:

- We ask all spectators/parents to be positive and encourage our student athletes.
- Go to the following web site to watch a brief description of sportsmanship
<http://www.nfhslearn.com/courses/teasersPromos/Sportsmanship.html>

- Parents/Spectators should not approach a coach before, during or after a game or practice to discuss problems. Make an appointment with the Athletic Director.

Coaches:

All Coaches are certified from NFHS in the following:

- Basic Coaches Certification (All Paid Coaches)
- Concussion Management Program Certification (All Coaches)

All Head Coaches are certified in First Aid/CPR/AED

Kahuku High and Intermediate School has joined the Positive Coaching Alliance

- We have Double Goal Coaches

Bulletin:

To receive the daily parent bulletin, email: bulletin_kahuku@notes.k12.hi.us

Volunteer:

If the coach chooses to have volunteers, all volunteers are required to complete a volunteer form. The coach can provide you with the form.

BELIEVE...STRIVE...PRIDE...INTEGRITY...RESPONSIBILITY...EDUCATION...COMMUNITY

TEAM RULES AND CONSEQUENCES:

