

# Strasburg High School



**Student Athlete Handbook**

**2015-16 School Term**

**[www.strasburgathletics.org](http://www.strasburgathletics.org)**

**540-465-8669**

# Mission Statement of the Strasburg High School Athletic Department

At Strasburg High School  
our mission provide the student-  
athlete the opportunity to  
develop attributes that will lead  
toward positive character  
development.



## **WELCOME TO STRASBURG** **ATHLETICS AND OTHER VHSL ACTIVITIES!**

The Strasburg High School Student-Athletics/Activity Handbook has been developed to aid the student athlete, parent and/or guardian, and the coaching staff, to gain an understanding of the policies governing the total activities program of Strasburg High School. Hopefully this manual will serve as a reference guide, presenting basic information and knowledge essential to the success of the athletic program. Familiarity with the rules and regulations should eliminate misunderstandings due to lack of information.

Any questions relating to information found in this handbook, or if you are unable to find what you are looking for, please call Morgan Saeler (Principal), Melissa Foltz (Assistant Principal), Matt Hiserman (Athletic Director) or Jeff Smoot (Assist. Athletic Director), at 465-5195 Main school office, 540-465-8669 Athletics office. You can also reach them by e-mail at:

mmsaeler@shenandoah.k12.va.us  
mlfoltz@shenandoah.k12.va.us  
mrhiserman@shenandoah.k12.va.us  
jasmoot@shenandoah.k12.va.us

Sports schedules are available at Strasburg at the beginning of each season and can also be obtained from the school athletic web page at:

[www.strasburgathletics.org](http://www.strasburgathletics.org)

### **OBJECTIVES OF THE STRASBURG HIGH SCHOOL** **ATHLETIC DEPARTMENT**

- The interscholastic program of Strasburg High School will strive to provide:
  1. Activities that are compatible with the general instructional program of the school.
  2. Opportunities for student athletes to learn the value of cooperation, hard work, dedication, sacrifice, and perseverance.
  3. Opportunities for student athletes to develop positive leadership qualities.
  4. Learning experiences that place team goals above individual goals.
  5. Physical, mental, and social growth embodied in the spirit of amateur athletics.
  6. Each student athlete the opportunity to explore a variety of activities.
  7. A means for students to learn to manage and budget time wisely.
  8. Opportunities for students to develop a positive attitude toward school.
  9. Instruction in proper techniques, skills, and regulations of each activity while placing safety of the participant first and foremost. **WARNING:** It should be understood there is an inherent risk of injury and even death while participating in any athletic activity.
  10. Instruction that fosters respect for opponents, officials, school property, faculty, and coaches.

## **ATHLETIC ADVISORY COMMITTEE**

- **Membership-** The Advisory Committee will be made up of the following members:

1. Principal
2. Assistant Principal
3. Athletic Director
4. Assistant Athletic Director
5. One Fall Varsity Sport Head Coach
6. One Winter Varsity Sport Head Coach
7. One Spring Varsity Sport Head Coach
8. One Ram Athletic Association Member
9. One Male Non-coaching Faculty Member
10. One Female Non-coaching Faculty Member

**Committee Objectives:** The committee will review the athletic handbook annually and make recommendations.

### **VHSL ATHLETIC/ACTIVITY OFFERINGS**

Realizing that students' needs, abilities, and interests vary widely, the Strasburg High School Athletic Department offers a broad spectrum of interscholastic athletics and activities. Presently, those offerings include:

<b><u>FALL</u></b>	<b><u>WINTER</u></b>	<b><u>SPRING</u></b>
Cheerleading	Boys' Basketball*	Baseball*
Cross Country*	Forensics	Boys' Soccer*
Football*	Debate	
Golf	Scholastic Bowl	Girls' Soccer*
Volleyball*	Swimming	Softball*
One-Act-Play	Girls' Basketball*	Boys & Girls Track &Field*
	Wrestling*	

\*Indicates Varsity and Junior Varsity sports

**At no time will a student be permitted to participate in more than one activity during a season. An athlete who quits or is dismissed from a team may not try out and/or join another team during that season.**

Students are encouraged to participate in a variety of athletic activities, as long as academic progress and achievement is not hindered. It is the belief of the coaching staff and administration of Strasburg High School that due to low enrollment, so called "specialization and/or concentration" result(s) in specific sport monopoly, and is neither in the best interest of the individual nor the school. This practice limits opportunities for students to develop skills and talents in areas where they may possess equal or greater aptitude.

It is recognized that athletic teams provide a means of bonding the school and community by providing a rallying point and a vehicle for cultivation of community pride. The athletic program at Strasburg High School desires to provide a means of bringing together the school and community through wholesome activity in a climate that is both satisfying and rewarding.

## **VIRGINIA HIGH SCHOOL LEAGUE**

The Virginia High School League (VHSL) is an organization of public schools in Virginia. The league seeks to encourage student participation in desirable school activities by conducting or supporting programs of interscholastic activities. The VHSL is composed of schools, grouped by school size based on enrollments of grades 9-12 as follows:

The New VHSL is composed of 6 classifications. Group 6A being the largest enrollments going down to Group 1A being schools under 475 students

Strasburg High School is in Group 2A. There are two regions in Virginia. Each region has three or more conferences— Strasburg High School is in Region 2A East, a member of Conference 35 and the Bull Run District that is composed of the following high schools:

Central-Woodstock High School  
Clarke County High School  
George Mason High School  
Madison County High School  
Rappahannock County High School  
Strasburg High School  
William Monroe High School  
Warren Co. High School

Playoffs now begin with Conference 35 play. The following schools make up Conference 35

Central-Woodstock High School  
Clarke County High School  
George Mason High School  
Madison County High School  
Strasburg High School

## **LEAGUE PLAY**

Strasburg High School varsity and selected JV teams play a round robin or double round robin Bull Run District master schedule, prepared by the district athletic directors. This schedule includes all district schools which field a team in a sport or VHSL activity. Teams outside the district are added to complete the schedule. Varsity teams, which play master district schedules, are eligible for district, conference, region and state championships

## **BOOSTER CLUB MEMBERSHIP**

The Strasburg Ram Athletic Association exists for the purpose of supporting the extracurricular programs of the school. The Ram Athletic Association operates the concession stands for all home athletic events played at Strasburg High School. If you are interested in becoming a member of the Ram Athletic Association, please contact:

**President: Monty Stickles Vice President: Paula Judy**

## **DIRECTIONS TO AWAY EVENTS**

Driving directions to all common away facilities can be obtained and printed from the back of the athletic handbook or online at [www.strasburgathletics.org](http://www.strasburgathletics.org)

### **ELIGIBILITY FOR PARTICIPATION IN VHSL ACTIVITIES**

The Virginia High School League (VHSL) sets the criteria for eligibility in athletics and all other VHSL sponsored events. These criteria are set forth in the VHSL Handbook which is published annually and available online at [www.vhsl.org](http://www.vhsl.org) or for inspection in the office of the principal and the athletic director. The rules and regulations governing the participation of student athletes at this high school are in compliance with the VHSL Handbook.

VHSL Regulations- Based on the regulations established by the Virginia High School League, a student athlete must meet the following criteria to be considered eligible for interscholastic athletics:

- A. The student shall be a regular bona fide student in good standing of the school of which he/she represents. The student shall be enrolled in the last four years of high school. Note: Eighth grade students may compete on the sub-varsity level.

#### **Interpretations:**

1. A “regular” student is considered a full-time student who is in regular attendance and is carrying a schedule of subjects which, if successfully completed, will render him/her scholastically eligible for League participation the ensuing semester.
  2. Any student who is under penalty of suspension, or whose character is such as to reflect discredit upon his/her school, is not considered in good standing.
- B. The student shall have been regularly enrolled in the school that he/she represents not later than the fifteenth school day of the semester.
  - C. The student shall be currently enrolled in not fewer than three (3) subjects, or their equivalent, offered for credit and which may be used for graduation and have passed 3 subjects or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester. **Students may not repeat courses for eligibility purposes for which credit has been previously awarded.**
  - D. The student shall not have reached the age of 19 on or before the first day of August of the school year in which he/she wishes to compete.
  - E. The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parents, parent, or guardian.

- F. The student shall not have been enrolled in the last four years for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the ninth grade. The eight consecutive semesters shall be counted continuously from that point, regardless of whether or not he/she remains continuously enrolled in school.
- G. The students shall have submitted to the principal or coach of his/her school, prior to becoming a member of any school athletic team, league form No. 2 (Athletic Participation/Parental Consent/Physical Exam Form) completely filled in and properly signed attesting that he/she has been examined and found to be physically fit for athletic competition, and that his/her parents consent to his/her participation.
- H. The students must sit out all VHSL competition for 365 consecutive calendar days following a school transfer unless the transfer is corresponded with a family move.  
(Check with principal or athletic director for exceptions.)

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by your League, district and school. If you have questions regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, check with your principal for interpretations and exceptions provided under league rules. Meeting the intent and spirit of League standards will prevent you, your team, school and community from being penalized. When allowing their son/daughter to join a VHSL team, parents also give their consent and approval for his/her picture and name to be printed in any high school or VHSL athletic program, publication or video. Local school divisions and VHSL districts may require additional standards to those listed above.

## **GENERAL CODE OF CONDUCT FOR ATHLETES**

**A. Training Rules-** In the interest of optimizing performance and insuring the athlete's safety, the following guidelines have been established.

### **1. Drugs, Alcohol, Tobacco Products, and Criminal Activity**

Possession or use of illicit drugs, alcohol, and/or tobacco while a member of any athletic team is strictly forbidden. A student athlete WILL BE DISMISSED OR SUSPENDED from any team of which he/she is a member and could be ruled ineligible to represent the school in subsequent sports seasons, if it is determined he/she is involved in any of the following:

- Use or possession of alcoholic beverages during sports/activity season in which he/she is participating. This rule is in effect 24 hours a day during the season.
- Use or possession of illicit drugs during the sports/activity season in which he/she is participating. This rule is in effect 24 hours a day during the season.
- Use or possession of tobacco during the sports/activity season in which he/she is participating. This rule is in effect 24 hours a day during the season.

- Use of anabolic steroids during the training period immediately preceding or during the sport season of the athletic team, unless such steroid was prescribed by a licensed physician for a medical condition. Violation of this rule will make the athlete ineligible for two school years to compete in interscholastic athletic competition if the school principal or division superintendent determine the athlete used anabolic steroids.
- Conviction for, or evidence of being involved in, a criminal activity that reflects on the school or the athletic program in a negative way, regardless of when the offense may have occurred.

A substance abuse counseling program will be made available for the dismissed athlete. Participation and completion of a counseling program approved by the Principal or Athletic Director is mandatory if that athlete wishes to continue participation in any subsequent athletic/academic activity at SHS.

## 2. **Curfew**

Coaches can establish curfew regulations specific to the sport they coach.

## **BEHAVIOR OF ATHLETES**

Realizing that student-athletes are highly visible and representatives of Strasburg High School and the Strasburg community, they are expected to display qualities of favorable character.

### 1. **Schools and Classroom Disruption**

Any athlete who serves In-School Suspension (ISS) may **NOT** participate in athletic or other school related activities on the day they serve the suspension. Any athlete who serves Out-of-School Suspension (OSS) will be suspended from activities during the day(s) of the suspension. Athletes may not practice on days they are serving In-School Suspension or Out-of-School Suspension. A second I.S.S. or O.S.S., or combination of I.S.S. and O.S.S., may result in dismissal from the team. It shall be the responsibility of the Athlete to inform his or her coach when assigned to I.S.S. or O.S.S. **Athletics is an extra-curricular activity and any athlete that is in violation of a school or athletic team policy can be disciplined, suspended, or removed from the team by a coach, administrator, or athletic director. Any athlete deemed not in good standing by the school can be subject to disciplinary action**

Note: This disciplinary process begins anew with each sport season.

### 2. **Team Travel behavior**

Conduct and expectations while en route to and from contest sites will be at specific sport coach's discretion.



3. **Social Media Networks**- Athletes need to understand that pictures, messages, or anything that is posted on a social media network that is deemed in violation of a school or athletic policy can result in dismissal or suspension from athletic teams. Anything brought to the attention of the Strasburg HS administration or coaching staff can be investigated.

The Strasburg High School Department of Athletics recognizes and supports its student-athletes' and coaches' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student athlete and coach must remember that playing and competing for SHS is a privilege, not a right. As a student-athlete or coach, you represent the high school and are expected to portray yourself, your team, and the high school in a positive manner at all times. Any online postings must therefore be consistent with federal and State laws, and team, department, school, and VHSL rules and policies (including the Guidelines listed below).

Guidelines:

If you participate on a social networking site, you must keep the following guidance in mind:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, comments, and posters) may be accessible even after it is removed.
- Limit information about your whereabouts or plans to minimize the potential of being stalked, assaulted, or the victim of other criminal activity.
- What you post may affect your future. Many employers and school admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, the Department of Athletics will not tolerate disrespectful comments and behavior online, such as:
  - o Derogatory, defamatory, or vulgar language;
  - o Comments that create a serious danger to the safety of another person or that constitute a credible threat of serious physical or emotional injury to another person;
  - o Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct, including violating the High School's Policy on Prohibited Harassment and Discrimination

## **BEHAVIOR OF PARENTS**

Parents are reminded the practice of good sportsmanship is expected towards not only opposing teams, fans, officials, but also towards the Strasburg HS coaching staff and administration. Parents that behave inappropriately towards members of the coaching staff, administration, other schools, officials, etc. may be removed from the athletic contest and can be banned from all athletic contests. Parents are asked to keep their distance during all practice sessions. Although some practices are considered OPEN practices, please keep a reasonable distance between yourself, the coaching staff and athletes.

**Parent are NOT to approach a member of the coaching staff immediately after a contest. Contests bring out the competitor in all of us and we all need time to cool down after the contest. If you need to discuss something with the coach, please call the athletic office to set up a meeting.**

**Playing time WILL NOT be discussed with parents. If an athlete is not getting playing time he or she thinks they deserve, the athlete needs to approach the coach and find out what he or she needs to do to receive more playing time.**

**Strasburg High School WILL NOT allow any volunteer coaches of a parent while he or she has an athlete involved in the athletic program!**

**If a parent has any questions, please call (540) 465-8669**

## **SPORTSMANSHIP**

The VHSL has asked member schools to make good sportsmanship an area of special emphasis. The VHSL Handbook states that the athlete as well as participants in other VHSL activities should:

1. Be courteous to visiting teams and officials.
2. Play hard and to the limit of his/her ability, regardless of discouragement. A true athlete does not give up nor does he/she quarrel, cheat, bet or grandstand.
3. Retain his/her composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
4. Be modest when successful and gracious in defeat. A true sportsman does not offer excuses for failures.
5. Maintain a high degree of physical fitness by observing team and training rules conscientiously.
6. Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
7. Play for the love of the game.
8. Understand and observe the rules of the game and the standards of eligibility.
9. Set a high standard of personal cleanliness.
10. Respect the integrity and judgment of officials and accept their decisions without question.
11. Respect the facilities of host schools and the trust entailed in being a guest.

**If a player is ejected for un-sportsmanlike conduct, that player becomes ineligible to participate in the next contest. If the un-sportsmanlike conduct is classified as “fighting”, the player becomes ineligible to participate in the next 2 contests. (This does not apply to basketball players who must leave the game after five personal fouls.) Major infractions of sportsmanship rules including ejections, will be reported to the VHSL and violations are subject to disciplinary action by the league and sanctions against member schools. The Athletes’ are also subject to further discipline by Strasburg High School.**

### **ATTENDANCE REQUIREMENTS**

In order to participate in events, a team member must be counted present in ½ the blocks of the school day. Administration-coach conferences may grant exceptions in extenuating circumstances. Attending classes the day after contests is expected. Tardiness to morning classes on days after contests is NOT ACCEPTABLE. Failure to comply with these rules will be dealt with on an individual basis if it becomes a problem.

If, in the judgment of the Athletic Administration, an athlete begins to miss an unacceptable amount of academic instruction, a meeting will be held involving the athlete, the head coach and an Athletic Administrator. If academic time continues to be neglected, the Athletic Administration will implement a period of suspension for the athlete. Further absences during or after the suspension period will result in the athlete being removed from the team and possibly subsequent seasons.

**Athletes are expected to be at all team practice sessions. Any athlete missing a schedule practice needs to contact the coach to explain absence. A coach, athletic director, or administrator may discipline an athlete for unexcused absences from practices or games. Excused absences must be pre-approved by coaches. Any athlete that is absent from school due to an illness should still contact the coach.**

### **PHYSICALS AND HEALTH INSURANCE**

All athletes must have an annual physical prior to trying out or participating in VHSL activities. Physicals completed after May 1 of any year are acceptable for the following school year’s eligibility.

- **All candidates for an athletic team MUST have health insurance. Athletes can purchase student medical insurance through the school to cover the athlete either as their primary insurance or a supplemental insurance. (See Ms. Hansberger for details. An additional policy must be purchased for varsity football coverage.)**
- **No student athlete will be permitted to begin practice until properly covered by insurance.**
- **For school insurance purposes, it is the responsibility of the student athlete to report an injury requiring medical attention to the secretary in the main office immediately.**
- **Expenses associated with medical treatment resulting from participation in school sponsored athletic activities are the responsibility of the parent or guardian.**

## **TEAM TRAVEL**

**Student athletes are expected to travel as a team using school provided transportation to and from contest sites.** It is the philosophy of the coaching staff that camaraderie and esprit de corps are cultivated by equal treatment and spending time together as a group. While riding a school bus is not particularly enjoyable, the experience of doing so is invaluable in “bonding as a team”.

There are times, however, that not doing so is acceptable. These are considered to be emergency or extreme situations. Pre-approval must be granted by the school administration and coaches. In all cases, it must be understood that only the parents or guardians transport athletes. Parents must also submit a written note to the coach in these situations.

## **HAZING AND OTHER RITES OF INITIATION**

Any form of hazing or other rites of initiation or intimidation are strictly forbidden at any time, on or off school property. Any athlete that is in violation of this rule may be removed or suspended from the team.

## **SUPERVISION OF STUDENTS AND PARKING**

Students may not be on school property before 7:30 a.m. or after 3:30 p.m. during the instructional day or any time school is not in session unless they are supervised in an activity. **A coach or approved school staff member must supervise the activity. Students may only use the weight room if a coach or school weight trainer is supervising. Students should not stay after school for a game or activity unless directly supervised by a coach.**

Once on school property, students must enter the building or practice area promptly. Sitting in vehicles or standing in the parking lot is prohibited. Students may not go to the parking lot at any time during practice without permission from the coach. Students must park in the main, white line, student-parking area during the school day. **NO ATHLETE SHOULD BE PARKED IN THE RAM CIRCLE AT ANYTIME DURING SCHOOL, DURING PRACTICES, OR DURING GAME TIMES!**

## **LOCKERS**

Athletes are assigned lockers and provided locks in the school locker room. **Personal locks are not allowed to be placed on lockers.** Valuables or money should not be left in the locker room or in lockers. **The school will not be responsible for items lost or stolen.** School locks can be purchased in the main office or some coaches have locks for sale. All team locker rooms will be locked at 8:15 AM each morning and in-season athletes that have PE are expected to have separate clothing in the PE locker room to use for PE class. The team locker rooms will remain locked during the school day.

## **UNIFORMS AND EQUIPMENT**

Team uniforms, travel bags, and equipment are the property of the school. These items are expensive. The school and the Ram Athletic Association have spent a great deal of time and money to ensure that our teams have uniforms that will last and which are in presentable condition. All issued uniforms, travel bags, and equipment must be returned promptly within one week of the final competition. Failure to meet the return deadline causes problems in reconditioning, storage, laundry, inventory, and budget requests for the subsequent season. Athletes who do not conform to the return deadlines will be disciplined in an appropriate manner by the staff. The administration reserves the option to deny participation in subsequent sport seasons for those in violation.

## **AAU/INDEPENDENT TEAM PARTICIPATION**

Any student participating on a Strasburg High School athletic/academic team may not be excused or permitted to miss a scheduled team practice or event to meet, practice or compete with a non-school/independent team. Each absence or early dismissal for participation in a non-school/independent team function may result in suspension from the next scheduled school/VHSL sanctioned competition. Consistent infractions may result in elimination from the high school team and/or loss of eligibility for district competitions in accordance with team rules and attendance policies.

**A student athlete who chooses to do AAU, travel team, rec. league sport:**

- 1.) must inform his/her in-season coach of his/her decision to participate in an out-of-school sport.**
- 2.) must complete ALL duties pertaining to his/her current in-season sport.**
- 3.) cannot miss practice/game(s)/meeting/etc. due to out-of-school sport participation. Likewise, he/she should not arrive late or leave early from in-season practice either.**
- 4.) should view his/her participation in a school sport as more important than the out-of-school sport.**

## **WEATHER RELATED DECISIONS**

On days when snow or other situations have caused the cancellation of school, students may call the office after 12:00 noon to see about plans for contests and practices. Depending on weather conditions, the Superintendent of Schools may allow practice or playing of a contest on a day school is closed. The decision will be made after 12:00 noon. Once the decision is made, each coach will personally contact their athletes or initiate a previously designed phone tree. When school is released early due to inclement weather or other unplanned releases, all practices and games are cancelled.

- All cancellations of games will be displayed at [www.strasburgathletics.org](http://www.strasburgathletics.org) and on the Strasburg Twitter site.

## **STRASBURG HIGH SCHOOL ATHLETIC TRAINER**

The Athletic Trainer at Strasburg HS, Abbie Hansberger ([alhansberger@shenandoah.k12.va.us](mailto:alhansberger@shenandoah.k12.va.us)), is an allied health professional who specializes in the prevention, care and rehabilitation of sports related injuries. She is certified nationally and by the state in the field of sports medicine. The Athletic Trainer is a member of the Sports Medicine Team (SMT) that also includes the student athlete, the student athlete's parent, the Head Coach, the Athletic Administration, the School Administration and the team/family physician. Any member of the SMT may deem an athlete ineligible for participation and may not be overridden by any other member. **Only the Athletic Trainer may finalize the return-to-play status of an athlete.**

Athletes that go see a doctor without the recommendation of the athletic trainer need to bring a doctor's note back when they return.

## **VHSL ENERGY DRINK BAN**

On September 22, 2012 the VHSL Executive Committee passed an energy drink policy which is in effect immediately for all VHSL member schools. The basics of this policy are as follows:

- A recommendation that athletes not consume energy drinks during participation in VHSL practices and competition.

- The penalty for violation of this rule is a warning to the member school.

Energy Drinks are defined as drinks advertised as boosting energy. These drinks do not emphasize energy derived from the calories they contain but rather through a choice of caffeine, vitamins and herbal supplements the manufacturer has combined. Some common examples of energy drinks are Amp, Monster and Red Bull.

Fluid Replacement Drinks or drinks used to replenish body fluid after exercise are defined as drinks that are designed to replace energy and electrolytes, used especially to assist the body in recovering from exercise. Some common examples of fluid replacement drinks are Gatorade and Powerade.

Soft drinks such as Coke and Pepsi, while not fluid replacement drinks, are not classified as energy drinks.

Athletes are not to be consuming energy drinks at anytime during their participation in SHS athletics. This policy is in effect 24 hours a day, 7 days a week. Any athlete caught using these energy drinks will be disciplined within the athletic department.

## **CONCUSSION INFORMATION**

As of July, 2011, the Virginia Department of Education states that all parents and student-athletes must be presented with information pertaining to concussion injuries before that student-athlete can participate in any athletic practice. Each parent and student should read through the Heads Up Concussion documents on the next couple of pages to gain an understanding about concussions.

## FAQs ABOUT CONCUSSION BASELINE TESTING



### WHAT IS BASELINE TESTING?

Baseline testing is a pre-season exam conducted by a trained health care professional. Baseline tests are used to assess an athlete's balance and brain function (including learning and memory skills, ability to pay attention or concentrate, and how quickly he or she thinks and solve problems), as well as for the presence of any concussion symptoms.

Baseline testing should take place during the pre-season—ideally prior to the first practice. It is important to note that some baseline and concussion assessment tools are only suggested for use among athletes ages 10 years and older.

### HOW IS BASELINE TESTING INFORMATION USED IF AN ATHLETE HAS A SUSPECTED CONCUSSION?

Results from baseline testing (or pre-injury tests) can be used if an athlete has a suspected concussion. Comparing post-injury test results to baseline test results can assist health care professionals in identifying the effects of the injury and making more informed return to school and play decisions.

Education should always be provided to athletes and parents if an athlete has a suspected concussion.

This should include:

- Information on safely returning to school and play
- Tips to aid in recovery (such as rest)
- Danger signs and when to seek immediate care
- How to help reduce an athlete's risk for a future concussion

### WHO SHOULD ADMINISTER BASELINE TESTS?

Baseline tests should only be conducted by a trained health care professional.

### WHO SHOULD INTERPRET BASELINE TESTS?

Only a trained health care professional with experience in concussion management should interpret the results of a baseline exam. When possible, ideally a neuropsychologist should interpret the computerized or paper-pencil neuropsychological test components of a baseline exam. Results of neuropsychological tests should not be used as a stand-alone diagnostic tool, but should serve as one component used by health care professionals to make return to school and play decisions.



## WHAT SHOULD BE INCLUDED AS PART OF BASELINE TESTING?

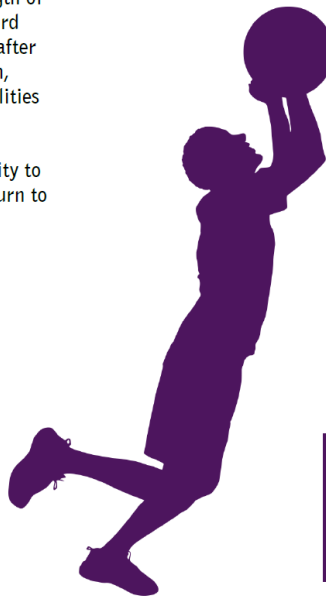
Baseline testing should include a check for concussion symptoms, as well as balance and cognitive (such as concentration and memory) assessments. Computerized or paper-pencil neuropsychological tests may be included as a piece of an overall baseline test to assess an athlete's concentration, memory, and reaction time.

During the baseline pre-season test, health care professionals should also assess for a prior history of concussion (including symptoms experienced and length of recovery from the injury). It is also important to record other medical conditions that could impact recovery after concussion, such as a history of migraines, depression, mood disorders, or anxiety, as well as learning disabilities and Attention Deficit/Hyperactivity Disorder.

Baseline testing also provides an important opportunity to educate athletes and others about concussion and return to school and play protocols.

## HOW OFTEN SHOULD AN ATHLETE UNDERGO BASELINE TESTING?

It is recommended that most components of baseline testing be repeated annually to establish a valid test result for comparison. Baseline computerized or paper-pencil neuropsychological tests may be repeated every 2 years. However, more frequent neuropsychological testing may be needed if an athlete has sustained a concussion or if the athlete has a medical condition that could affect results of the test.



► **“WHEN IN DOUBT, SIT THEM OUT!”**



JOIN THE CONVERSATION AT [www.facebook.com/CDCHeadsUp](https://www.facebook.com/CDCHeadsUp)

TO LEARN MORE GO TO [>> WWW.CDC.GOV/CONCUSSION](http://www.cdc.gov/concussion)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).



## CONCUSSION FACT SHEET FOR ATHLETES



### CONCUSSION FACTS

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven't been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and until a health care professional says you are OK to return to play.



### CONCUSSION SIGNS AND SYMPTOMS

Concussion symptoms differ with each person and with each injury, and may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

### WHY SHOULD I REPORT MY SYMPTOMS?

- Unlike with some other injuries, playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery and a delay in your return to play.
- While your brain is still healing, you are much more likely to have another concussion.
- A repeat concussion in a young athlete can result in permanent damage to your brain. They can even be fatal.

## WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

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### **DON'T HIDE IT. REPORT IT.**

Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

### **GET CHECKED OUT.**

Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

### **TAKE CARE OF YOUR BRAIN.**

A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.



► **"IT'S BETTER TO MISS ONE GAME,  
THAN THE WHOLE SEASON."**



JOIN THE CONVERSATION AT ➡ [www.facebook.com/CDCHeadsUp](https://www.facebook.com/CDCHeadsUp)

**TO LEARN MORE GO TO**

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

## CONCUSSION FACT SHEET FOR PARENTS



### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

#### SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

#### SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes



## DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

## WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY**  
A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.**  
Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.**  
Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

## HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.


## HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.



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TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

## **AWARDS AND LETTERING**

As designated by the Virginia High School League, a student shall not have accepted nor accept from any source whatsoever, in recognition of or as a reward for his/her athletic skill, any award other than letters, medals, charms, cups, plaques, letter sweaters, or similar trophies, or any award of value other than of intrinsic value. These listed awards may be accepted only when presented or approved by his/her school, or when earned in VHSL sanctioned meets or tournaments.

Athletes must complete the sports season as defined by the VHSL in good standing with the school in order to receive any awards/honors associated with participation in a particular sport. Such eligibility for awards will be confirmed by the principal.

**Athletes who earn a varsity letter are eligible to purchase a varsity letter jacket. To purchase a jacket, please contact Danny Wymer at The Trophy Case, 540-465-3188 for details.**

- A. Lettering - The following guidelines have been established by the Athletic Department at Strasburg High School to determine qualifications for earning a Varsity Letter in specific sports:

Baseball - Participate in one half of the games.

Basketball - Participate in one half of the quarters.

Cheerleading - Participate in 90% of events through the fall season.

Cross Country - Must finish among the team's top five (5) runners four times, or finish among the team's top seven (7) runners three times.

Football - Participate in one half of the quarters.

Golf - Participate in over half of the Varsity matches

Soccer - Participate in one half of the halves.

Softball - Participate in one half of the games.

Swimming – Must earn at least (18) points in regular season meets

Track and Field - Earn at least twelve (18) points in regular season meets, place in the top six (6) in individual events or top three (3) in relay events during the District Meet.

Volleyball - Participate in one half of the matches.

Wrestling - Participate in one half of the matches.

Manager - Complete two (2) seasons (not years) in any combination of sport(s).

Statistician - Complete three (3) seasons (not years) in any combination of sport(s).

- Note: Seniors who have been on the varsity squad at least two (2) years automatically qualify. In all cases, athletes must be in “good standing” at the end of the season.
- Athletes that letter in 3 Varsity sports during one school year will receive a Strasburg HS 3 sport letter winner pin and special recognition.

B. Athletic Awards Banquet - An annual Awards Banquet will be held in the spring. Outstanding Athlete Awards are presented in each sport as voted by teammates. Additionally, various awards voted on by coaching staff will also be presented.

C. Scholarships – The Ram 300 Scholarship is sponsored by the Ram Athletic Association and will be presented to deserving senior athletes. The selection Committee consists of head coaches from varsity sports, the principal, and a Member of the Ram Athletic Association. Applications will be reviewed by the Committee who will consider commitment to the athletic program, citizenship, and academic performance.

D. Team Championship - Patches for Varsity Jackets will be awarded to team members whose teams win District, Conference Regional, or State Championships. Additionally, plaques will be presented to those team members who participate on teams that win State Championships. District, Regional, and State Championship medals are also presented to championship team members, along with appropriate trophies.

E. Individual Recognition - Individuals may earn All-District, All-Conference, All-Region and/or All-State recognition as voted by opposing coaches in all team sports. These Athletes’ will receive medals by the appropriate councils. Individual sport athletes will receive medals at the District, Regional, and State levels based on their order of finish in each specific sports, culminating tournament or meet.

F. Hall of Champions - Pictures of athletes are placed in the Hall of Champions for the following:

Team - Being a member of a State Championship team.

Individual - Being a State Champion in an individual sport.

- Being selected to 1st team All-State Team in a team sport.
- Scoring 1,000 points in basketball.

## **STRASBURG HIGH SCHOOL**

### **VHSL STUDENT ACTIVITIES HANDBOOK SIGN OFF PAGE**

#### **2015-16 SCHOOL YEAR**

#### **ALCOHOL, TOBACCO, AND DRUG USE**

Alcohol, tobacco, and drug use does not enhance or assist the development of athletes or other students. There is a significant amount of research that shows the effects of these substances are dangerous to the health and condition of athletes. Use, possession, or involvement with alcohol, tobacco, and/or illegal drugs, and/or the misuse or abuse of any medication or other substance, is not acceptable to the coaches and administration or the school and is strictly prohibited.

A student-athlete or other VHSL team member will be suspended or dismissed from any team of which he/she is a member and could be ruled ineligible to represent the school in the subsequent season, if it is determined that he/she is involved in any of the following:

1. Use or possession of alcoholic beverages or tobacco during the sports season in which he/she is participating. This rule is in effect twenty-four hours per day during the season.
2. Use or possession of illegal drugs during the sports season in which he/she is participating. This rule is in effect twenty-four hours per day during the season.
3. Conviction for, or evidence of being involved in a criminal activity that reflects on the school or the athletic program in a negative way, regardless of when the offense may have occurred.

#### **BEHAVIOR OF PARENTS**

Parents are reminded the practice of good sportsmanship is expected towards not only opposing teams, fans, officials, but also towards the Strasburg HS coaching staff and administration. Parents that behave inappropriately towards members of the coaching staff, administration, other schools, officials, etc. may be removed from the athletic contest and can be banned from all athletic contests. Parents are asked to keep their distance during all practice sessions. Although some practices are considered OPEN practices, please keep a reasonable distance between yourself, the coaching staff and athletes.

**Parents are NOT to approach a member of the coaching staff immediately after a contest. Contests bring out the competitor in all of us and we all need time to cool down after the contest. If you need to discuss something with the coach, please call the athletic office to set up a meeting.**

**Playing time WILL NOT be discussed with parents. If an athlete is not getting playing time he or she thinks they deserve, the athlete needs to approach the coach and find out what he or she needs to do to receive more playing time.**

**If a parent has any questions, please call (540) 465-8669**

**We have received a copy of the Strasburg High School VHSL Student-Athlete Handbook. We have read this handbook and we are aware of the information about concussions, expectations, rules, and regulations as they apply to the athletic programs and other VHSL activities at Strasburg High School.**

Student Athlete: (PRINT) \_\_\_\_\_

Student-Athlete: (SIGNATURE) \_\_\_\_\_

Parent/Guardian: (SIGNATURE) \_\_\_\_\_

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

**MUST BE RETURNED TO YOUR COACH BEFORE THE FIRST DAY OF PRACTICE!!!**

# Strasburg High School Distance Running 2015-2016

## Safety Precautions for On-Road Running

When running on city or county roads:

- Run against traffic (i.e. facing traffic). Use a sidewalk (if possible).
- Run single file.
- Run with others. You should always have a running partner.
- Alert pedestrians when you are passing them.
- Obey all traffic signs & traffic laws. Always stop at intersections. (Beware of stopped cars waiting to make a right turn.)
- Respect private property.
- Never wear headphones.
- Avoid unpopulated, unfamiliar areas.
- Don't stop to give directions to strangers in cars.
- Make yourself visible. Try to wear brightly colored running clothes.
- Always trust your intuition.
- Remember, you represent the Strasburg High School & the Strasburg Distance Program.

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### Permission for On-Road Running

**ATHLETE:** I have read & understand the directions for safe on-road running provided below. I agree to follow these directions during any workouts which involve on-road running in order to protect myself & others from injury.

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Athlete Name (printed)

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Athlete Signature & Date

**PARENT/GUARDIAN:** I realize that on-road running is a potentially hazardous activity. In consideration of the acceptance of these hazards, I hereby release Strasburg High School/Shenandoah County Public Schools, the Strasburg High School Athletic Department, and any coach from any & all liability for injuries which might involve my son/daughter during said activity. Furthermore, I have read & understand all of the directions for safe on-road running provided above.\*\*

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Parent Name (printed)

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Parent Signature & Date

**\*\* Without permission, your son/daughter will still have plenty of safe places to run including on campus and/or the River Walk Trail. If your son/daughter plans to participate in track or cross country, please sign this paper!**