

**ST. MARY MAGDALEN**  
**SCHOOL**

**2015-2016**

**ATHLETIC**  
**HANDBOOK**

**Prayer to St. Mary Magdalen  
Patron and Steward**

Mary of Magdala,  
Apostle to the Apostles,  
Beloved Steward of Jesus,  
Patron of our Parish:  
guide us so that, like you,  
we may live our faith  
to spread the Good News  
of Jesus Christ by welcoming  
all those who come in need,  
using our spiritual and material resources  
to truly serve as the  
hands and feet of Christ in  
our community, and being  
willing to follow Christ  
wherever his Gospel leads us.  
Amen

*St. Mary Magdalen School  
140 Buckingham Street  
Oakville, CT 06779*

**Athletic Director**

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**Principal**

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## **SMMS**

### *Mission Statement*

St. Mary Magdalen School shares in the aim and purpose of Catholic School Education by concentrating on the total development of each student in Grades Pre-K through 8. \*We value the human life that Jesus affirmed; thus our stress on Community, Respect, and Self-Discipline. We encourage the “best” in one another – to be and to help discover and develop each individual’s God-given talents. Through traditional and innovative teaching we provide students with the necessary skills to live and serve in an ever-changing society. We strive to have children come to a greater knowledge of and friendship with Jesus as well as to have them enjoy learning and being who they are.

*\*“We” includes students, teachers, families and alumni*

## **SMMS ATHLETICS**

### *Philosophy Statement*

Athletics is a physical and social approach to fulfill the whole development of a child and to enrich those values taught at St. Mary Magdalen School.

Athletics fosters the value placed upon the human life given to us by God.

Through athletics we hope to encourage team respect, faith and self-worth within a group and to aid in the development of positive student leadership.

***All schedules will be posted on the SMMS website.  
Updates/changes will be posted as soon as they are received.***

## JV Boys & Girls Basketball

- **Teams will consist of 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> grade students.**
- While every student will make the team (no student will be cut), “tryouts” may be held in order to give the coaching staff an opportunity to gauge the talent level of each player.
- Although every student trying out for the team will be on the roster, **there will be no guaranty of playing time awarded to any player. Playing time will at the discretion of the coaching staff** and be determined by the score of the game, talent level of the opposition, talent level of the SMMS players, and the overall flow of the game. JV athletics is a competitive Archdiocesan sport and the goal is to win as many basketball games as possible. There will be games where some players may play a significant amount of time, little time or not at all. With that being said, coaches have been instructed to make every effort to try and play as many players as possible (if not all players) in every game.
- Our coaches have dedicated themselves and their valuable time to instruct and teach our children the game of basketball. With the possibility of there being a significant number of players, we must keep in mind that our coaches are not “babysitters”. **All players are to remain attentive and focused on what is being taught or instructed; just as they would in the classroom.** Consistently poor behavior will not be tolerated and could result in reduced playing time and/or dismissal from the team.
- If a particular player exhibits the ability to compete at the Varsity level and/or the Varsity team is in need of players, consideration may be given to allowing that player to play for the Varsity team. This discussion/decision will be made by the Athletic Director with input from both the Varsity and JV coaching staffs. Parents will not be involved in this decision-making process, but will have the final say as to whether or not they want their child moving up. Parents should not approach a coach to inquire about the possibility of his/her son/daughter moving up to the Varsity level.
- JV teams may practice up to a maximum of three (3) times each week in the pre-season. During the regular season and in the post season, teams may practice provided that the combined number of practices and games does not exceed four (4) in a calendar week.
- JV team participation shall not exceed the following:
  - Twenty (20) regular season games.
  - Three (3) regional tournaments
  - Forty (30) games total (excluding Parochial League, State, & New England tournament play)

*The primary goal of JV sports is to create an environment that is instructional. At the same time, we must acknowledge that competition within the team environment and league environment is part of the overall learning process.*

## Varsity Boys & Girls Basketball

- **Teams will consist of 7<sup>th</sup> and 8<sup>th</sup> grade students,**
  - There will be a maximum of 15 players on each team. If 16 players try out, all 16 will make the team (1 player will not be cut).
  - Players who played Varsity basketball in 7<sup>th</sup> grade will not be cut as 8<sup>th</sup> graders. This does NOT, however, guaranty playing time.
  
- **Playing time will at the discretion of the coaching staff** and be determined by the score of the game, talent level of the opposition, talent level of the SMMS players, and the overall flow of the game. Varsity athletics is a competitive Archdiocesan sport and the goal is to win as many basketball games as possible. There will be games where some players may play a significant amount of time, little time or not at all. With that being said, coaches have been instructed to make every effort to try and play as many players as possible (if not all players) in every game.
  
- Varsity teams may practice up to a maximum of three (3) times each week in the pre-season. During the regular season and in the post season, teams may practice provided that the combined number of practices and games does not exceed four (4) in a calendar week.
  
- Varsity team participation shall not exceed the following:
  - Twenty-five (25) regular season games.
  - Four (4) regional tournaments
  - Forty (40) games total (excluding Parochial League, State, & New England tournament play)

## JV Boys Baseball

- **Team will consist of 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> grade boys.**
- While every student will make the team (no student will be cut), “tryouts” may be held in order to give the coaching staff an opportunity to gauge the talent level of each player.
- Although every student trying out for the team will be on the roster, **there will be no guaranty of playing time awarded to any player. Playing time will at the discretion of the coaching staff** and be determined by the score of the game, talent level of the opposition, talent level of the SMMS players, and the overall flow of the game. JV athletics is a competitive Archdiocesan sport and the goal is to win as many baseball games as possible. There will be games where some players may play a significant amount of time, little time or not at all. With that being said, coaches have been instructed to make every effort to try and play as many players as possible (if not all players) in every game.
- Our coaches have dedicated themselves and their valuable time to instruct and teach our children the game of baseball. With the possibility of there being a significant number of players, we must keep in mind that our coaches are not “babysitters”. **All players are to remain attentive and focused on what is being taught or instructed; just as they would in the classroom.** Consistently poor behavior will not be tolerated and could result in reduced playing time and/or dismissal from the team.
- If a particular player exhibits the ability to compete at the Varsity level and/or the Varsity team is in need of players, consideration may be given to allowing that player to play for the Varsity team. This discussion/decision will be made by the Athletic Director with input from both the Varsity and JV coaching staffs. Parents will not be involved in this decision-making process, but will have the final say as to whether or not they want their child moving up. **Parents should not approach a coach to inquire about the possibility of his/her son/daughter moving up to the Varsity level.**
- JV teams may practice up to a maximum of three (3) times each week in the pre-season. During the regular season and in the post season, teams may practice provided that the combined number of practices and games does not exceed four (4) in a calendar week.

## Boys Varsity Baseball

- **Team will consist of 7<sup>th</sup> & 8<sup>th</sup> grade boys.**
  - There will be a maximum of 15 players on the team. If 16 players try out, all 16 will make the team (1 player will not be cut).
  - Players who played Varsity basketball in 7<sup>th</sup> grade will not be cut as 8<sup>th</sup> graders. This does NOT, however, guaranty playing time.
- If a particular player exhibits the ability to compete at the Varsity level and/or the Varsity team is in need of players, consideration may be given to allowing that player to play for the Varsity team. This discussion/decision will be made by the Athletic Director with input from both the Varsity and JV coaching staffs. Parents will not be involved in this decision-making process, but will have the final say as to whether or not they want their child moving up. Parents should not approach a coach to inquire about the possibility of his/her son/daughter moving up to the Varsity level.
- **Playing time will at the discretion of the coaching staff** and be determined by the score of the game, talent level of the opposition, talent level of the SMMS players, and the overall flow of the game. Varsity athletics is a competitive Archdiocesan sport and the goal is to win as many baseball games as possible. There will be games where some players may play a significant amount of time, little time or not at all. With that being said, coaches have been instructed to make every effort to try and play as many players as possible (if not all players) in every game.
- Varsity teams may practice up to a maximum of three (3) times each week in the pre-season. During the regular season and in the post season, teams may practice provided that the combined number of practices and games does not exceed four (4) in a calendar week.

## Girls Varsity Softball

- **Team will consist of 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grade girls.**
  - There will be a maximum of 15 players on the team. If 16 players try out, all 16 will make the team (1 player will not be cut).
  - Players who played Varsity baseball in 7<sup>th</sup> grade will not be cut as 8<sup>th</sup> graders. This does NOT, however, guaranty playing time.
- **Playing time will at the discretion of the coaching staff** and be determined by the score of the game, talent level of the opposition, talent level of the SMMS players, and the overall flow of the game. Varsity athletics is a competitive Archdiocesan sport and the goal is to win as many baseball games as possible. There will be games where some players may play a significant amount of time, little time or not at all. With that being said, coaches have been instructed to make every effort to try and play as many players as possible (if not all players) in every game.
- Varsity teams may practice up to a maximum of three (3) times each week in the pre-season. During the regular season and in the post season, teams may practice provided that the combined number of practices and games does not exceed four (4) in a calendar week.

## **Cross Country**

- **Varsity team will consist of students in grades 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>.**
- **JV team will consist of students in grades 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> (New)**
- **No cuts. Everyone makes the team. Every runner may compete in every race.**

## **Cheerleading & Dance**

- **Both Cheerleading and Dance teams will consist of students in Grades 4-8**
- The number of cheerleaders will be determined on a yearly basis, but will not exceed 20.
  - Cheerleaders will be allowed to practice no more than three (3) times per week
  - Cheerleaders will be allowed to compete in no more than five (5) competitions
- The number of dancers will be determined on a yearly basis
  - Dancers will be allowed to practice no more than three (3) times per week
  - Dancers will be allowed to compete in no more than five (5) competitions



## Code of Conduct (Players)

1. Participation in a St. Mary Magdalen School sport takes precedence over all other extra-curricular activities (i.e. in-town basketball, swimming, dance, cheerleading). Sports is extremely competitive and the players that were chosen to play were chosen based not only on their athletic ability and skill, but their **commitment to the sport and their teammates**. We need everyone to be on the same page in this regard if we are to have a successful athletic program.
2. If a player is not in school due to illness, they will not be allowed to practice or play that day. **No exceptions.**
3. If a player does not attend practice for a reason that is deemed inexcusable, they will not play in the next scheduled game.
  - **Excused Absences** include but are not limited to the following: player is sick, death in the family, any extenuating circumstance beyond their control.
  - **Unexcused Absence** include but are not limited to the following: player is attending another extra-curricular activity (i.e. another in-town sport, dance, karate, music lessons, cheerleading), too tired, upset about playing time,.....
4. **Unchristian-like behavior by players during practice, games, or in school will not be tolerated.** We win as a team and we lose as a team. First and foremost, we are to behave as good Christians....both during school and outside of school. No one player or one single play makes or breaks a game. This will be made perfectly clear to the players by the coaches. Laughing at another player or student, chastising another player or student, making fun of another player or student,....will not be tolerated. **If it is learned that any form of “bullying” is occurring among teammates or classmates, it will be handled accordingly by the respective coaches, the Athletic Director and the Principal; and could result in dismissal from the team.**
5. As previously mentioned, girls’ and boys’ sports at the JV and Varsity level are extremely competitive. Every game should be played to win. While every effort will be made to play everyone, there will be games where some players may play only a few minutes/innings or not at all. **Every player is expected to support their teammates at all times and remain focused and attentive.**
6. **Players are expected to be at all games no later than 30 minutes prior to the start of the game and no later than 15 minutes prior to the start of practices.** Players are expected to arrange their own transportation to and from games and practices. Coaches are not responsible for providing transportation to players to and from practices or games. If a child will be going home with someone other than a parent, legal guardian or authorized person on the school’s list, they must provide a note signed by a parent or legal guardian authorizing that person to provide transportation.
7. **SMMS players are expected to treat not only their teammates with respect, but opposing players, coaches, referees, umpires, and fans as well. Again, we are a Catholic institution and we are expected to act as good Christians at ALL times.** Our behavior is a direct reflection not only on ourselves, but our teammates, parents, and most importantly St. Mary Magdalen Parish and School. If a conflict among players, coaches, referees, umpires or fans should arise during the course of a game,

SMMS players should immediately retreat their bench area and remain there until instructed otherwise.

8. Any players that is benched during a game or suspended for a game(s), must be seated in the players' area (bench) for the entire game and is expected to remain attentive and maintain an appropriate level of sportsmanship throughout the entire game. Anything less and that player is subject to further disciplinary action up to and including dismissal from the team.

## **Code of Conduct (Parents, Family Members, & Friends)**

1. **Parents, family members, and friends are not allowed to chastise coaches (SMMS coaches or opposing coaches), players (SMMS players or opposing players), fans, referees or umpires before, during or after games.** This is a zero tolerance policy. Poor behavior by SMMS adults reflects poorly on the players, other parents and family members, the coaches and most importantly the St. Mary Magdalen Parish and School. If it is determined that anyone is being disrespectful to an opposing coach, player or referee, they will be asked to leave the gymnasium for the remainder of the game. If a pattern of behavior develops which could be perceived as damaging to the integrity of the players, their coaches and St. Mary Magdalen Parish and School, that person(s) may be barred from St. Mary Magdalen athletic events.
2. **Parents, family members and friends are asked to refrain from "coaching from the stands".** This will only confuse the players and take away from what the coaches and players are trying to accomplish.
3. **Parents are not allowed to address a coach about their child immediately before or after a game or immediately before or after practice.** Parents who would like to speak to a coach regarding their child should do so in an appropriate manner, in private and not in the presence of their child or other players or parents. Every parent will have the cell phone number and email address of their child's coach(s) and should arrange to speak to them, if they wish, at an appropriate time and place. Belligerent behavior toward a coach and in front of other players, parents and/or students will not be tolerated.
4. **JV and Varsity Basketball and Cheerleading tryouts and practices will be closed to everyone except the players and coaches.** Once practice begins, there should be no parents in the gym. Parents will be allowed in the gym 5 minutes prior the end of practice.
5. No parent(s), family member,....will be allowed to sit on the bench, help at practice if there is a need for assistance, enter the locker room area before a game to address the team, during halftime or at the conclusion of a game if they have not completed **Virtus Training**. This is a zero tolerance policy.

*Remember.....These are kids, This is a game, Coaches are volunteers, Referees and Umpires are human*

## Duties of the Coach & Assistant Coaches

- Attend Athletic School Meetings
- Maintain open communication with the Athletic Director, Principal, & Faculty.
- Attend mandated Diocesan league meetings.
- Attend pre-season coaches meetings to make schedules.
- Hand out and collect all uniforms and equipment.
- Present team rosters to the Athletic Director.
- Report any discipline problems to the Athletic Director.
- Advise the Athletic Director of any change in schedule (in writing).
- Call SMMS before 2:30pm or at the earliest know time if games are cancelled/changed/postponed.
- Provide directions to parents for all away games.
- Retain referees for basketball games
  - JV: 1 referee, \$30 per game
  - Varsity: 1 referee, \$40 per game (Note: for games of significance, 2 referees may be used at a cost of \$70 (\$35 each)
  - Each coach will be provided with a check prior to the start of the season which will cover the cost of the referee for every home game. **It is the responsibility of the coach to pay the referee at the conclusion of each game.**
- Each coach should provide training on the use of the scoreboard and clock to at least 3 parents
- Coaches should not allow players to use the bathroom or move to an area of the school/gymnasium area that is out of view without being accompanied by a fellow teammate.
- **Every coach (head coach and assistants) must be CPR/First Aid and Virtus trained. There are no exceptions to this rule. No adult without the required Virtus training will be allowed on the bench, court/field or locker room area at any time.**
- **NO games or tournaments may be scheduled to begin any earlier than 12:00pm on Sundays**
- **No games or practices may be scheduled on Religious Holy Days as these days shall be reserved exclusively for religious observance.**
- **All Head Coaches must maintain an email distribution list or text message distribution list of all parents/guardians of their players (coaches may assign an assistant coach or parent representative/Team Mom to handle this. This will be used to communicate with parents regarding changes in practice time, games changes, cancellations, postponements,...**
- **Coaches should at no time contact a player directly via phone, text or email. All correspondence should take place through parents/guardians.**

**As representatives of St. Mary Magdalen School & Parish, our coaches have an important leadership job. It is up to the coach and his assistants to maintain high and fair standards. At all times, they represent SMMS and are accountable to the Principal, Priest Director and Athletic Director.**

## **Role of the Athletic Director**

**The Athletic Director is accountable to the Principal and has the following duties:**

- To serve as a liaison between Principal, Pastor, Faculty, Coaches, & Parents
- To plan and organize athletic sign-ups
- To monitor student academic and behavioral conduct
- To oversee practices and games
- To oversee all sports programs
- To help coaches articulate the philosophy and mission of St. Mary Magdalen School
- To oversee athletic functions and preside over all committee meetings
- To assist in the selection of all coaches
- Evaluate coaches
- To place jacket, uniform and equipment orders
- To organize sports night and awards
- To attend Home & School Executive Board meetings

## Medical Requirements

In keeping with local school system policy and good health practice, sports physicals are an integral prerequisite for all extra-curricular athletic activities. This means that **a completed sports physical must be on file with the school nurse before any player can participate (participation includes tryouts & pre/postseason play). Sports physical forms can be obtained from the school nurse.**

Note: Sports physicals are good for only one (1) year.

## Academic Requirements

While St. Mary Magdalen realizes the importance of a successful sports program, we place stronger emphasis on academics. Therefore, our policy is stated in the Parent/Student Handbook and is as follows:

- An athlete who is in danger of receiving an “F” or two (2) “D’s” will be given sufficient warning that their status as a student-athlete is in jeopardy. The student-athlete may play or practice during this time; but if the grades do not improve, a timed suspension follows. During the suspension, the student-athlete may not attend practices or games.
- If the grade(s) improve to an acceptable level. The student-athlete will be reinstated.
- If the grade(s) do not improve during the course of the suspension, the student-athlete may be dismissed from the team for the remainder of the season
- Any student-athlete receiving 3 detentions in one marking period may be suspended for play or practice for two (2) weeks. If a student-athlete receives an in-school suspension, he/she may be dismissed from the team.
- **THE PRINCIPAL/PRIEST RESERVES THE RIGHT TO SUSPEND A STUDENT FROM ANY EXTRA CURRICULAR ACTIVITY SHOULD HE/SHE VIOLATE THE CODES OF CONDUCT SET FORTH IN THIS HANDBOOK AND THE PARENT/STUDENT HANDBOOK**

*Playing on a St. Mary Magdalen School sports team is a privilege and an honor, not a right. Student-athletes are expected to respect one another and represent themselves, their families, their teammates, their Parish and their School with pride and dignity at all times*

## Miscellaneous Policies

- Players are not to add to or change the stated team uniform. Uniform shirts, pants, shorts,...should be worn to every game. Uniform shirts should be tucked in at all times.
- Home & School Dues must be paid in full
- Athletic Fee (\$30) must be paid in full
- **Insurance Policy, waiver, completed physical form, and signature sheet from handbook** must be on file in the office before an athlete can practice/play.
- **All parents of students who play a winter sport will be required to work the *Cougar Café* at two (2) home games.** A schedule will be disseminated prior to the start of the basketball season. If you are unable to work your assigned games, you are responsible for “trading” with another parent or getting another parent to work your assigned shift.

**St. Mary Magdalen School**  
**2015-2016 Concussion and Head Injury Student Awareness & Consent Form**

This consent form was developed to provide students, parents and legal guardians with current and relevant information regarding concussions and to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by State Board of Education. Revocation of coaching permit;* and Section 10-149c: *Student athletes and concussions. Removal from athletic activities. Notification of parent or legal guardian. Revocation of coaching permit.*

**What is a Concussion?**

**National Athletic Trainers Association (NATA)** - *A concussion is a "trauma induced alteration in mental status that may or may not involve loss of consciousness."*

**Centers for Disease Control and Prevention (CDC)** - *"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain."* -CDC, Heads Up: Concussion.

[http://www.cdc.gov/headsup/basics/concussion\\_what.html](http://www.cdc.gov/headsup/basics/concussion_what.html)

***Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious."***

CDC, Heads Up: Concussion Fact Sheet For Coaches

[http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion\\_fact\\_sheet\\_coaches.pdf](http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_coaches.pdf)

**Section 1. Concussion Education Plan Summary**

The Concussion Education Plan and Guidelines for Connecticut Schools was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum, the following:

1. The recognition of signs or symptoms of a concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student-athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

**Section 2. Signs and Symptoms of a Concussion: Overview**

**A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.**

- |   |  |
|---|--|
| * Confusion/disorientation/irritability | * Acts silly, combative or aggressive      |
| * Trouble resting/getting comfortable   | * Repeatedly asks the same question        |
| * Lack of concentration                 | * Dazed appearance                         |
| * Slow response/drowsiness              | * Restless/irritable                       |
| * Incoherent/slurred speech             | * Constant attempts to return to play      |
| * Slow/clumsy movements                 | * Constant motion                          |
| * Loss of consciousness                 | * Disproportionate/inappropriate reactions |
| * Amnesia/memory problems               | * Balance problems                         |

### Symptoms of a concussion may include (i.e. what the athlete reports)

- \* Headache or dizziness
- \* Nausea or vomiting
- \* Blurred or double vision
- \* Oversensitivity to sound/light/touch
- \* Ringing in ears
- \* Feeling foggy or groggy

State law requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

### Section 3. Return to Play (RTP) Protocol Overview

Currently, it is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until she/he has received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

#### **Concussion Management Requirements:**

1. No athlete shall return to participation in the athletic activity on the same day of a concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete **MUST** be transported immediately to the hospital.
3. Close observation of an athlete **MUST** continue following a concussion. The athlete should be monitored following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion **MUST** be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete **MUST** obtain an initial written clearance from one of the license health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Rehabilitation Stage	Functional exercise at each stage of rehabilitation	Objective of each stage
No activity	Complete physical and cognitive rest until asymptomatic; School activities may need to be modified	Recovery
Light aerobic exercise	Walking, swimming or stationary cycling, maintaining intensity at less than 70% of maximal exertion; no resistance training	Increase heart rate
Sport-specific exercise, No contact	Skating drills in ice hockey, running drills in soccer, no head impact activities	Add movement
Non-contact sports drills	Progression to more complex training drills, such as passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination, and cognitive load
Full contact sports drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff



Full activity	No restrictions	Return to full athletic performance
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- If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and do not resolve, the athlete should be referred back to her/his medical provider.
- **References:**
- 1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. <http://www.nfhs.org>.
- [http://journals.lww.com/cisportsmed/Fulltext/2009/05000/Consensus\\_Statement\\_on\\_Concussion\\_in\\_Sport.3rd.1.aspx](http://journals.lww.com/cisportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport.3rd.1.aspx).
- 2. CDC. *Heads Up: Concussion in High School Sports*. [http://www.cdc.gov/NCIPC/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm).
- 3. CIAC Concussion Central - <http://concussioncentral.ciacsports.com/>.
- **Resources:**
- CDC. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 1, 2015. <http://www.cdc.gov/TraumaticBrainInjury/index.html>
- CDC. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 1, 2015. <http://www.cdc.gov/headsup/highschoolsports/coach.html>
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***Consent /Acknowledgement Form Signature Page Below***

# Signature Page

## St. Mary Magdalen School Athletics

*This form must be signed, returned, and kept on file at the school  
Before a student will be allowed to be a member of any team sport.*

As a student athlete and a parent(s) of a student athlete, we understand that participation on an interscholastic team is a privilege and a commitment, not a right. We have read the SMMS Athletic Handbook and agree to support all policies, rules and regulations. We also understand that this contract shall remain in effect for this academic year.

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Student Name (Print)

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Student Signature

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Parent Name (Print)

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Parent Signature

We have read and understand the Concussion and Head injury Student Awareness and Consent Form and understand the severities associated with concussions and the need for immediate treatment of such injuries.

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Student Name (Print)

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Student Signature

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Parent Name (Print)

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Parent Signature

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Date

