

ATHLETIC INFORMATION

The athletic website is available with current information. Updates for games, current schedules, tryout information, tournament info, and coaches information can be found on this site. The website will be updated with new information on a regular basis. Please check back frequently for updated news.

Please visit: www.dist50.net and click on athletics.

ACTIVITY PASS

An activity pass can be purchased for **home** Woodland athletic events. The pass can be purchased for \$10 and will be good for (1) admission to any and all home Woodland **basketball, poms, cheer, volleyball, and wrestling** athletic events (including any home tournaments). The pass can be purchased from any coach and will be good for the entire 2014-2015 athletic seasons. Please allow a few days before receiving your activity pass.

ATHLETIC PHILOSOPHY

The athletic program at Woodland Middle School strives to ensure a safe environment for participation in all athletic activities. Enhancing fundamental skills through a variety of games and drills will enable student athletes to reach their highest potential. By taking part in the athletic program, student athletes will learn the importance of sportsmanship, leadership, and character.



P 847.244.2266
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<http://woodlandathletics.net/>

WOODLAND MIDDLE SCHOOL 2014-2015

PARENT/GUARDIAN/STUDENT INTERSCHOLASTIC ATHLETIC HANDBOOK



Mr. Jared Dufault, Athletic Director

Mr. Scott Snyder, Principal
Mrs. Tiffany Drake, Assistant Principal
Mrs. Vicki Marble, Assistant Principal
Mrs. Trina Metz, Assistant Principal
Mr. Sean Murphy, Assistant Principal

For current athletic information:

www.dist50.net

The purpose of this handbook is to clearly define the policies and expectations for a student's participation in interscholastic athletics, as well as the expectations of their parent/guardian. Our view is that participation in interscholastic sports is a privilege. Academics and citizenship in school is of the utmost importance, and this is reflected in our eligibility process. In addition, sportsmanship continues to be a major focus in the athletic arena. Students and parents are representing our school at all home and away matches, and we must continue to model appropriate sportsmanship.

Please carefully review this handbook with your athlete. If you have any questions as you review this handbook with your son/daughter, please contact me at the number below.

Best wishes for a successful sports season!

Jared Dufault, Athletic Director (847) 856-3668

Email: jdufault@dist50.net

IESA ATHLETICS

The Illinois Elementary School Association provides our school the framework to participate in sectional, regional, and state athletic events. For the current year we are signed up for **cross country, wrestling and track**. Only the students that qualify will get the privilege to participate in the IESA sanctioned events.

Athletes who qualify for post season meets will be responsible for their own transportation and costs to and from the meet. Being involved in the IESA events is a privilege and should a conflict in dates arise, please communicate with your coach as early as possible.

For more information regarding IESA athletics, please visit their website at www.iesa.org, contact your coach, or the athletic director.

ELIGIBILITY

Student-athletes must meet all the academic standards for eligibility. Players must be passing all classes to be eligible for participation. Academic eligibility will be verified on a weekly basis. The athletic director and the coach will be notified when a player is failing a class.

~ STUDENTS MAY NOT HAVE 1 OR MORE E's.

***1st week of ineligibility:** The student-athlete is ineligible and will not be allowed to dress for the games. However, attendance is mandatory at the games and practices.

***2nd week of ineligibility:** The student-athlete will spend the week working on their academics and will not be involved in any practices or games.

***3rd week of ineligibility:** The student-athlete may be removed from the team. No costs will be refunded.

These ineligible weeks do not have to occur consecutively.

Students will be ineligible from Monday – Sunday of that week. This includes any weekend tournaments. Students will be re-evaluated by Friday for the next week's participation.

Further information can be found in your child's student planner.

Note: Questions regarding your child's grades should be directed toward that teacher.

ACCELERATED REHABILITATION

Accelerated Rehabilitation Centers offers a wide range of programs and specialized services to help our student athletes restore and maintain their physical strength, performance skills, and levels of function. Woodland is pleased to be working with Accelerated and their staff.



<http://www.acceleratedrehab.com/>

CHAIN OF COMMAND

As a parent, you have the right to have communication with your child's coach. As such, it is imperative that those lines of communication be open and respected. **Please do not talk to the coach during or after a game.** Please contact the coach via phone call or email to set up a meeting if necessary. If there are any questions regarding your child's participation in a particular sport, parents must first contact the coach. Please allow 24 hours for your call to be returned. If there are still questions or concerns after contacting the coach, you may then contact the athletic director. If you still have questions, or if concerns still exist, you may then forward them to the principal. Communication is vital to a productive sports season. **Please contact the coach with any concerns.**

SPORT PHYSICALS/CONCUSSIONS

It is *mandatory* that all students who participate in athletics have a current physical on file with the school nurse every year. Physicals are valid for 395 days. **Sport physicals must be on file in our health office prior to participation in practices and games. No exceptions to this policy can be made.** If you have any questions or concerns, please contact the school nurse at (847) 856-3406. A concussion is a serious injury! The concussion form must be read and signed before participation in athletic events.

PARTICIPATION (ABSENCE)

Students may not participate in an athletic event if they are absent from school for that day or arrive after 11:00 am (unless prior approval was granted from administration). Students serving in or out of school suspensions may not participate in any athletic/extracurricular event on the day of the suspension.

NON-COMPLIANCE

If a student fails to abide by the established principles and rules, the student may be suspended from the sport and would, therefore, forfeit the privilege of participation. All decisions will be made as fairly and team oriented as possible.



SCHOOL RULES

Student-athletes are expected to be good role models and should represent Woodland Middle School in a positive manner.

Any person, adults included, who behave in an unsportsmanlike manner during an athletic or extracurricular event may be ejected from the event and/or denied admission to school events for up to a year.

The use of any illegal substance will result in an immediate dismissal from the team.

All school rules will apply during the entirety of the athletic season. School and classroom behavior must be acceptable.

Any athlete receiving a **detention** will miss half the competition for the first infraction and will then double for each occurrence afterwards.

For each day a child receives an in-school **suspension**, a one-week game suspension per day will take place. In the event a **Saturday school** is received, a one game suspension will take place. An out of school suspension is an immediate dismissal from the team. Suspensions will start following the date of the assigned suspension.

Failure to obey instructions of a school district employee, including but not limited to coaches, supervisors, and administrators, will result in a consequence of the school's discretion.

UNIFORMS

It is the responsibility of parents and/or students to properly care for the uniform. Uniforms must be returned to the coach within one week of the last scheduled game of the season.

If the uniform is not returned in the same condition it was received, minus normal wear, damage costs will be assessed. If any portion of the uniform is damaged or lost, parents/guardians will be responsible for the replacement cost for the item(s).

Replacement costs can be obtained from the athletic director.

PRACTICES

Practices will be held according to the schedule determined by the head coach. Most likely it will be Monday through Thursday from 2:30-4:00pm.

Attendance at practices is mandatory! If practice must be missed, the coach must be notified prior to practice. Excused absences include illness, injury, and anything cleared by the coach prior to the start of practice.

An **unexcused absence** is anything not cleared by a parent/guardian with the coach before practice has taken place. The first unexcused absence will result in missing (1) game and then double each time for any other occurrences.

An email or phone call is needed to excuse a player from a practice or game.

Attendance is critical for the success of a team, both in practice and games.

APPOINTMENTS

Parents are encouraged to schedule appointments outside of practice and game times. A missed practice or game due to an appointment will be handled at the coach's discretion. Please communicate with the coach prior to games and practices.

TRANSPORTATION

All individuals are expected to provide their own transportation home from practices and games. Rides must be on time! Practices are finished promptly at 4:00 every day. The first time a ride is late, a warning will be given to the student/athlete. If it occurs a second time, dismissal from the team may occur.

Players are expected to ride the bus to and from away games, unless excused by an adult with a signature. When riding the bus, all school rules will apply.

PLAYING TIME

Playing time is not guaranteed and will be earned through effort and ability during practices. Each game, playing time may be different depending on match-ups and opponents.

SPORTSMANSHIP

Participation in sports and any other activity at Woodland Middle School is not only a privilege, but also an extension of the classroom. We want our athletes to learn how to work as individuals and as a team. We also want students to learn how to be respectful citizens in their community, even in challenging circumstances.

It is our job as parents, coaches, athletic directors, and administrative staff to hold our student-athletes to a high level of sportsmanship and citizenship. Students and parents agree to this code of conduct by signing up for this extra-curricular activity.

To that end, we will be taking strong action for any student who violates the rules of sportsmanship. Any student who receives a **technical foul** for conduct or sportsmanship issues will be removed from the game/match and serve a one game suspension. Any students involved in taunting, or verbally harassing an opponent, or using profanity on the court/field will be removed from the game and serve a one game suspension. If the student is involved in a **fight** at any time, that student will be removed from the team. When physically confronted by another person, we expect our student-athlete to simply walk away from confrontation.

Our coaches are expected to model the same sportsmanship characteristics, and will be held to the same policy as their team.

We want our students to enjoy the activities in which they participate. However, we feel it's more important that our students learn the value of good sportsmanship and fair play, even when faced with difficult situations.

Parents are expected to set the same example of good sportsmanship during all athletic season. Any yelling, heckling, or unsportsmanlike conduct directed at any team, official, coach, or player will not be tolerated. You will be asked to leave the premises immediately. Failure to do so will result in your son or daughter being dismissed. Don't let your actions jeopardize your child's athletic season.

“Your children need your presence more than your presents.”

~ Jesse Jackson



WOODLAND MIDDLE SCHOOL WILDCAT ATHLETICS



Interscholastic Athletic Handbook

For the student:

I have read the Interscholastic Athletic Handbook, and I agree to the policies and expectations listed within, while paying special attention to sportsmanship, ethics, injuries, and eligibility.

Student's name (printed)

Student's signature

Date

For the parent/guardian:

I give permission for my child to participate in extra-curricular athletics. I have read the Interscholastic Athletic Handbook, and agree to support the policies and expectations listed within. In addition, I have discussed this handbook with my child, especially the sections on sportsmanship, injuries, equipment, and eligibility.

Parent's name (printed)

Parent's signature

Date

Parent's email address: _____
(used by the coach for communication purposes – if necessary)

Please mark any box that pertains to your child

☐

I allow my child to ride home with another parent after any game or practice.

☐

I allow my child to walk home or to the Warren Township Center after any game or practice.

☐

I have read and acknowledge having received the updated concussion and injury guidelines.

☐

I give permission to Woodland Dist. 50 to release the name of my child to local newspapers or other media, such as a school website for a caption below a photograph when taken at a school activity.



IESA Protocol for Implementation of NFHS Sports Playing Rule for Concussions

August, 2014

The National Federation of State High School Associations (NFHS) implemented a new national playing rule regarding potential head injuries. The rule requires “any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

Definition of a Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Behavior or signs observed indicative of a possible concussion

- Loss of consciousness
- Appears dazed or stunned
- Appears confused
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes
- Can’t recall events prior to or after the injury

Symptoms reported by a player indicative of a possible concussion

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

NOTE: The persons who should be alert for such signs, symptoms, or behaviors consistent with a concussion in an athlete include appropriate health-care professionals, coaches, officials, parents, teammates, and, if conscious, the athlete him/herself.

Protocol

Background: This protocol is intended to provide the mechanics to follow during the course of contests/matches/events when an athlete sustains an apparent concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.

Policy:

1. During the pre-game conference of coaches and officials, the official shall remind the head coaches that a school-approved appropriate health care professional will need to clear for return to play any athlete removed from a contest for an apparent head injury, **unless that injury is the result of the student-athlete losing consciousness for any period of time. In such a situation, the student-athlete shall be removed from the practice or contest and will not be allowed to return to activity that day and will be subject to the Association’s Return to Play policy.**
2. The officials will have no role in determining concussion other than the obvious situation where a player is unconscious or apparently unconscious as is provided for under the previous rule. Officials will merely point out to a coach that a player is apparently injured and advise the coach that the player should be examined by the school-approved health care provider.
3. If it is confirmed by the school’s approved health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to the contest rules.
4. **RETURN TO PLAY POLICY:** In cases when an athlete is not cleared by a school-approved health care professional to return to play the same day as he/she is removed from a contest following a possible head injury (i.e., concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.
5. Following the contest, a Concussion Special Report must be filed by the contest official(s) with the IESA Office through the Officials Center.
6. In cases where an assigned IESA state finals event medical professional is present, his/her decision to not allow an athlete to return to competition may not be over-ruled.

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns	<ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays in coordination• Answers questions slowly• Slurred speech• Shows behavior or personality changes• Can’t recall events prior to hit• Can’t recall events after hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness	

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too soon?

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

If you think your child has suffered a concussion

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

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

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

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

Student/Parent Consent and Acknowledgements

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

Student

Student Name (Print): _____ Grade: _____

Student Signature: _____ Date: _____

Parent or Legal Guardian

Name (Print): _____

Signature: _____ Date: _____

Relationship to Student: _____

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

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 7/1/2012 Reviewed 4/24/2013

**WOODLAND MIDDLE SCHOOL
7000 WASHINGTON STREET
GURNEE, IL 60031
PHONE: (847) 856-3400**

**Parent/Guardian Consent for Participation in
Interscholastic Athletics / Intramurals**

Student Name: _____

Name of Sport/Intramural: _____

Grade of Student: ☐ 6 ☐ 7 ☐ 8

GENERAL INFORMATION

1. We understand that our student athlete is responsible for equipment issued to him/her and will pay the replacement cost for lost equipment.
2. We approve all immediate treatment in the event of an emergency situation with the understanding that the family will use its own doctor following emergency treatment.
3. We also understand that neither Woodland Middle School nor any designated person will be held liable for immediate and emergency care.
4. We understand that we must have a **CURRENT** physical examination on file in the school Health Office before the student athlete can try out for any interscholastic athletic sports. The physical examination is valid for 395 days from the date of the examination. The physical examination is required annually for the student athlete by Illinois High School regulations.
5. Please call the WMS Health Office, (847) 856-3406, to verify that your student athlete has a current physical examination on file.

We do hereby give our consent for our student athlete to participate in interscholastic athletic/intramural competition representing Woodland Middle School for the school year.

_____ (Students Name)

With our signature we hereby agree and support all school athletic/intramural rules and policies set forth by Woodland Middle School and the Northwest Suburban Grade School Conference.

Signature of Parent/Guardian: _____

Home Phone # _____ **Work Phone #** _____ **Cell Phone #** _____

Address: _____

Hospital Preference: _____

Emergency Contact (Name and Relationship to student): _____

Emergency Contact Number: _____

Pertinent Medical Concerns: _____

Save Consent document after it has been filled out, then email it to msathdept@dist50.net as an attachment, subject line should contain the sport your child is registered for.