



# Newport-Mesa

Unified School District

## BOARD OF EDUCATION

Ashley Anderson • Michelle Barto  
Carol Crane • Leah Ersoylu • Charlene Metoyer  
Krista Weigand • Karen Yelsey

### **(GRADES 7 - 8) Middle School Athletics 2022 - 2023**

The following information is required for any student to participate in any middle school sport at a Newport-Mesa Unified District (NMUSD) school. It is the goal of NMUSD that all parents/guardians and students are aware of these guidelines.



If your student is participating in a sport, an Athletic Clearance Form (including physical and proof of insurance) must be completed and filed in the athletic office along with a copy of your insurance card. For more information on insurance, visit <http://web.nmusd.us/StudentInsurance>. If you have not completed this form for the 2022 - 2023 school year and wish to participate, pick up a form from your athletic office during business hours or click on one of the following links.

[2022 - 2023 English Athletic Clearance Packet](#)

[2022 – 2023 Spanish Athletic Clearance Packet](#)

#### **IMPORTANT LINKS FOR FURTHER INFORMATION:**

[CDC - Heads Up, Brain Injury Basics](#)

[Concussion Fact Sheet English](#) & [Hoja informativa para conmociones cerebrales](#)

[Keep Their Heart in the Game](#) & [Mantenga su corazón en el juego](#)

[Parent Student CIF Heat Illness Information – English](#)

The following information is provided by the California Interscholastic Federation (CIF):



## **CONCUSSION INFORMATION**

What is a concussion? 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 quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

What are the signs or symptoms? Appears dazed or stunned • Forgets an instruction, is confused about an assignment or position or is unsure of the game, score or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior or personality changes • Cannot recall events prior to or after a hit or fall • Signs and symptoms can show up right after the injury and may not appear to be noticed until days after the injury.

Per California state law (AB25), athletes sustaining a concussion/head injury in an athletic activity outside of the regular school day must be immediately removed from the activity. The student shall not return to the activity until evaluated by a licensed healthcare provider. A written clearance from the provider is needed for the student to return to activity. If you think your teen may have a concussion, seek medical attention as soon as possible. Please contact your school if you need further information.

**We have reviewed and understand the symptoms and warning signs of a Concussion.**

Parent/Guardian Acknowledgement

Student Acknowledgement

---

## **SUDDEN CARDIAC ARREST (SCA)**

Thousands of kids die annually from undetected heart conditions that can cause Sudden Cardiac Arrest (SCA). The number two cause of death among youth under 25, and the number one killer of student athletes. A heart screening that includes an EKG can help identify these cardiac abnormalities that puts kids at risk, but EKGs are not part of well-child or pre-participation sports physical. SCA is not a heart attack. It is an abnormality in the heart's electrical system or structure that abruptly stops the heartbeat. It is fatal in 92 percent of cases, if not properly treated within minutes. Abnormalities can be genetic or inherited conditions, or they could be congenital, meaning you are born with it. The defect could become more pronounced as young hearts grow. In general, SCA affects males four times more than females and occurs during exercise sixty percent of the time, putting athletes at a higher risk.

SCA often has no warning signs. In fact, the first symptom could be death. But according to a study published in the Journal of the American Board of Family Medicine (2012), seventy-two percent of students that suffered from SCA were reported by their parents to have at least one cardiovascular symptom before SCA. They just didn't recognize it as life threatening. That's why it's important to understand potential warnings of SCA.

**We have reviewed and understand the symptoms and warning signs of SCA.**

Parent/Guardian Acknowledgement

Student Acknowledgement

---

## **HEAT RELATED ILLNESS (HEAT - ACCLIMATIZATION)**

Heat illness is a preventable tragedy. It is imperative that school leaders ensure, that those adults working directly with our students have the knowledge and ability to minimize and reduce injuries for the students they serve. A proper acclimatization plan is essential to minimize the risk of exertional heat illness during the early season practice period. Gradually increasing athletes' exposure to the duration and intensity of physical activity and to the environment minimizes heat illness risk while improving athletic performance.

Heat acclimation or acclimatization plays a large part in the body's physical responses and overall ability to cope with heat exposure. Heat acclimation is a broad term that can be loosely defined as a complex series of changes or adaptations that occur in response to heat stress in a controlled environment over the course of 7 to 14 days. These adaptations are beneficial to exercise in the heat and allow the body to better cope with heat stress. Heat acclimatization describes the same process, but in a natural environment. In either case, the positive adaptations that occur include reductions in heart rate, body temperature responses, skin temperature responses, and perceived exertion, as well as sweat rate, sweat onset (sweating starts earlier), heart function/blood distribution, and overall ability to perform in the heat. Other changes include decreased salt losses in sweat and urine as well as an improved blood pressure response. All of these changes improve an athlete's ability to handle heat stress.

### **We have reviewed and understand the symptoms and warning signs of heat related illness.**

Parent/Legal Guardian Acknowledgement

Student Acknowledgement

---

## **CODE OF ETHICS - Athletes**

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, official coaches.

Code of Ethics (Athletes) - Both the student and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 202, there could be penalties for false or fraudulent information. We also understand that the Newport-Mesa USD and school policy regarding the use of illegal substances will be enforced for any violations of these rules.

### **I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.**

Student Acknowledgement

---

**VICTORY WITH HONOR - Code of Conduct for Parents/Guardians**

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code.

**We have reviewed and understand the Code of Conduct Information.**

Parent/Legal Guardian Acknowledgement

---