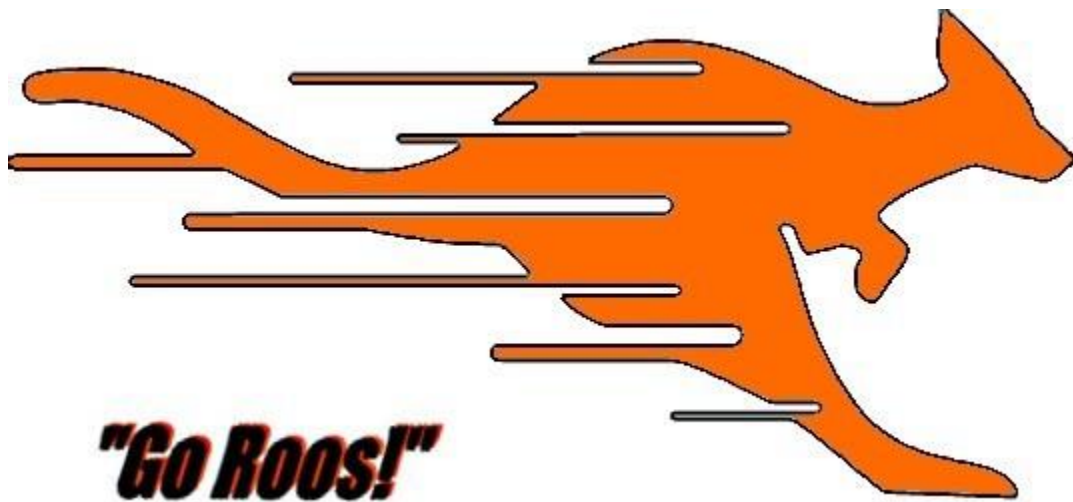


Terryville High School

Home of the KANGAROOS

Student-Athlete Handbook



33 North Harwinton Avenue
Terryville, CT 06786
860-314-2777

Michael Hults, Principal

Jessica Hurd, Assistant Principal

Mark Fowler, Athletic Director

Adam Romano, ATC, CSCS - Athletic Trainer

Roberta Lanning, RN - School Nurse

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Terryville High School Core Values, Beliefs and Learning Expectations

(Adopted December 17, 2014)

Terryville High School is a community of adult and student learners. We believe that every student must have a common core of knowledge that allows them to be flexible and adaptable. We teach students to respect themselves and others, take responsibility for personal well-being, and to be a participatory citizen.

Terryville High School Core Value

- Respect for self and others
- Collaboration in a variety of settings
- Personal integrity promoting healthy living
- Maintaining a nurturing, communal, and civil atmosphere

Terryville High School Belief about Learning

- All students have the potential to learn and achieve
- Students learn best when instruction provides them with meaningful connections to their life
- Students must feel safe, both physically and emotionally, in their school and their classrooms

Terryville High School Learning Expectation

ACADEMIC:

- Blend academic, creative, artistic, and athletic pursuits to develop the potential of every student
- Read, write, and speak effectively
- Use appropriate digital and varied research tools
- Create, develop, modify, and apply questions
- Research, analyze, and evaluate information
- Create and reflect on meaningful connections to college, career, and citizenship

SOCIAL:

- Demonstrate productive and skillful decision making
- Work effectively both independently and collaboratively
- Exhibit personal responsibility, character, and ethical behavior

CIVIC:

- Participate in school and community
- Acknowledge diversity and practice tolerance with respect for alternative perspectives
- Display preparedness for participation in life beyond high school
- Exercise rights and responsibilities in a democratic society while identifying and developing a global awareness

ATHLETIC HANDBOOK

IN ORDER TO PARTICIPATE IN THE TERRYVILLE HIGH SCHOOL ATHLETIC PROGRAM, THE FOLLOWING MUST BE COMPLETED:

BEFORE THE FIRST PRACTICE - You must submit the following forms to:

1. School nurse - A Physical Examination Form (a school athletic physical is valid for 13 months)
2. Athletic Trainer - The Athlete Emergency and Consent to Treat Form.
3. Coach -
 - The Athletic Handbook Release form, signed by the student-athlete and their parent/guardian.
 - Concussion Education Plan & Consent form, signed by the student-athlete and their parent/guardian.
 - A Blue card if you are cleared medically to play for the entire season.
 - A Yellow card, if your physical will expire during the season.

****All forms are available on our Website, in this handbook and from the Coaches.****

INTRODUCTION/VISION

Terryville High School encourages students to participate in sports during all seasons. Our athletic program is one that all of us should be very proud of; it benefits those who actively participate, and it provides entertainment and helps instill a sense of spirit in the school and community as a whole. While the athletic program serves as an arena for the student-athlete to display his or her talents, student-athletes must, in turn, be willing to accept the responsibilities to self, to team, to school, and to the community. The Terryville High School athletic program shall be conducted in accordance with the existing Board of Education, C.I.A.C. and Berkshire League policies, rules, and regulations. While all involved take great pride in our success, Terryville does not condone a “win at all costs” attitude. Everyone involved in our athletic program, from student-athletes, to coaches, to spectators, is asked to help carry Terryville's long-standing tradition of outstanding sportsmanship and integrity in athletics.

Students who choose to participate in athletics are making a choice that requires self-discipline. Please be aware that participation in athletics is a privilege, not a right. As a student-athlete you are a role model; please show pride in yourself and your school.

Mark Fowler, Athletic Director

RULES FOR PARTICIPATION IN ATHLETICS

Students who participate in interscholastic varsity or junior varsity athletics must meet the requirements stated in the Terryville High School Athletic Handbook. The necessary handbook forms are required to be signed and filled out in order to participate.

CONFLICT RESOLUTION/CHAIN OF COMMAND

PLEASE FOLLOW THE APPROPRIATE CHAIN OF COMMAND—complaints outside this chain will not be considered or addressed by the Athletic Director, Administration, or Plymouth BOE.

These are the steps to be followed until the problem is resolved:

1. Athlete > Coach
2. Athlete > Athletic Director
3. Parent > Coach
4. Parent > Athletic Director
5. Parent > Principal
6. Parent > Superintendent
7. Parent > Board of Education

Note: Coaches are not required to address playing time issues with parents. Coaches will not discuss one athlete with another athlete's parents under any circumstances.

ATHLETIC PROGRAM GOALS

- To promote self-esteem, sportsmanship, and reinforce a positive attitude.
- To provide leadership and supervision that stresses self-discipline, self-motivation, work ethic, and excellence in both academics and athletics.
- To develop the skills of the athlete by teaching correct fundamentals.
- To provide coaches who will run their programs in accordance with the athletic department's vision.
- To provide a rewarding athletic experience for students.
- To develop the habit of physical fitness and wellness appropriate to adult life.
- To support and develop all of our athletic teams (boys and girls) equally.
- To provide programs that will generate a feeling of unity and school pride.

PARENTS' RESPONSIBILITY TO STUDENT-ATHLETES AND THE SCHOOL SYSTEM

- Insist on good grades. Please be active in your son or daughter's education.
- Provide the opportunity for your son or daughter to attend all practices and competitions.
- Support Expectations and Guidelines: know and support the expectations of your son or daughter in the athletic program.
- Know and understand the rules and expectations your child has committed to.
- Be aware and accept the consequences administered if a violation occurs.
- Reinforce the importance of good nutrition, appropriate rest, academics, time management and abstaining from drugs and alcohol.

- Be your son or daughter's #1 fan. Accept and take pride in the role your son or daughter has on the team, whatever that role may be.
- Give the coach the respect you would any other individual in their profession.
- Support the coach by respecting their decisions both publicly and privately.
- Leave the skill instruction, role responsibilities, and strategy decisions to the coach. The players need to have one instructional voice.

GENERAL POLICIES, PROCEDURES, AND RESPONSIBILITIES OF THE STUDENT-ATHLETE

The Board of Education, the Administration, and the entire school community expects student-athletes to adhere to extremely high standards of personal and moral conduct. The student-athlete continually serves as a reflection of his or her coach, team, family, school, and community. The student-athlete is expected to make responsible decisions about his or her behavior.

ATHLETIC CODE OF CONDUCT

The community, school administration, and coaching staff believe high standards of conduct and citizenship is essential to a sound athletic program.

- Student-Athletes will conduct themselves appropriately at all times. Remember, you a representative of Terryville High School, your team, coach, and family.
- Student-Athletes will conducts themselves in an exemplary manner at all times in the school, the community, and on any campus which their team is visiting.
- Acts of unacceptable conduct such as, but not limited to, removal from class by a teacher, theft, vandalism, arrest, or any violation of the law will result in disciplinary action. In addition, inappropriate actions, classified as negative faculty involvements by the school administration will not be tolerated and may result in disciplinary action.
- Detentions/suspensions from school of any type will not be tolerated. Any violation of the aforementioned rules may result in suspension or dismissal from the team.
- If a player has a negative police involvement or is arrested that player will be suspended until a review of the incident can be made. This review will be made by the athletic director and principal and may result in suspension or dismissal from the team and/or loss of captain's responsibilities.
- If a student athlete is suspended from school, the student is not permitted to attend practices and/or games in any capacity for the duration of the suspension. The student must return to regular classes prior to returning to athletic participation. In addition, any athletic consequences will begin at the conclusion of the school suspension period.
- Even though some behaviors are not listed, the Principal and Athletic Director have the final say.

PHYSICAL EXAMINATION REQUIREMENTS

1. Prior to the first tryout/practice session, all prospective student-athletes are required to pass a physical exam by a physician.
2. Completed physical examination forms must be on file in the Nurse's Office of the high school prior to the first tryout/practice session.
3. The physical examination is valid for 13 months, and must cover athletes for the entire sports season (including tryout period). The athlete will be given a blue card.
4. The athlete will receive a yellow card should the physical examination expire during the course of the season, the athlete will be ineligible until a new physical is on file with the Nurse and then the athlete will receive a blue card.

RULES OF ELIGIBILITY AND CONTROL

You are **NOT ELIGIBLE** for competition (but may practice) if:

- you are not taking at least 5 Units of work in a marking period or the equivalent.
- you have failed 2 or more Units of work or the equivalent at the end of the last regular marking period.

You are **NOT ELIGIBLE** for competition or practice if:

- you are to start a sport during a season in which your 20th birthday falls. The season is from the first allowable play date until the posted date of the State Championship in that sport.
- you have changed schools without a change of legal residence.
- you have played the same sport for more than three (3) seasons in grades 10-12.
- you switch from one school team to another after the first scheduled contest in that sport.
- you play under an assumed name on any outside team.
- you receive personal economic gain for participation in any CIAC sport.
- you participate in or represent THS in more than one sport during any season.
- you are serving in-school or out-of-school suspension to include any athletic events on the day of the suspension(s) or have been expelled from Terryville High School.

GRADES/CREDITS

The student's eligibility is determined only on the official date on which the school requires report cards to be distributed to students or on the tenth (10th) school day following the closing of grades, whichever comes first.

Credits earned during the summer by any regularly approved Board of Education procedure will be accepted for the purpose of determining the eligibility of pupils desiring to participate in the athletic program of the school for the fall season. Scholastic incompletes must be made up within ten (10) school days following the end of the marking period as defined above. Incomplete grades are not considered passing grades, and shall count as failures until they are completed.

TRYING OUT FOR A TEAM

Students may try out for any sport while at Terryville High School as long as they remain eligible and in good standing with the Athletic Department policies. A student-athlete should select his or her sport carefully for the following reasons:

- A student-athlete will not be allowed to drop one sport for another in the same season except with permission of both coaches prior to the first game. If a student-athlete is cut from one sport, he or she may try out for another in the same season.
- A student-athlete will not be allowed to drop a sport in season to try out for another sport if he or she was a member of that team at the time of the first game. In the event he or she drops out after the first game, he or she will be declared ineligible to participate in another sport until the completion of the season in progress.

STUDENT-ATHLETE CAPTAINS/ LEADERS

Participation in athletics at Terryville High school is a privilege and demands certain commitments and responsibilities. Student-Athletes will take pride in themselves and their school and community. They are expected to take an active role in establishing high standards of conduct for others to follow. The Terryville High School Athletic Program is dedicated to providing young people with a special experience, one that parallels the classroom. Part of this experience includes the responsibility to self, organization, and community that is commensurate with a leadership role. Student-Athlete leaders in activities are clearly representatives of Terryville High School as well as their organizations. With the privilege of leadership comes the obligation to serve as a positive example and role model for fellow Student-Athletes. All student-athlete leaders are expected to display exemplary behavior. They will demonstrate to their peers character traits that are admirable and behaviors that are in every way just and considerate of others.

CAPTAIN'S PRACTICES

The term "Captain's Practice" usually means the team's captain(s) organizing and conducting practice sessions for that particular sport without the supervision of a certified coach. "Captain's Practices" are forbidden at Terryville High School, and no Terryville facilities and/or equipment may be used for the purposes of such an activity. Please note: Off season conditioning is separate from captain's practices, and is both allowed and encouraged, provided it is properly supervised by an adult.

SCHOOL ATTENDANCE:

Students should be taking full advantage of all educational opportunities available to them. Therefore, they must strive to maintain a good school attendance record. Students should be attending a full day of classes. If a student-athlete is absent a full day they must receive permission from the Athletic Director to participate in practice or competition. Tardy excuses will not necessarily be considered sufficient grounds to allow participation—only previously agreed upon absences with administration approval will override this policy. If, after being warned by the coach, athletic director, or principal of unacceptable school or class attendance, and an athlete continues his or her errant ways with regards to attendance, consequences may be applied.

PRACTICE ATTENDANCE:

In order to obtain full benefits from the activity and to be of greatest value to the team, an athlete should participate in all practice sessions. Absences not previously excused by a coach may result in a suspension from practice or athletic contest. In general, students who miss practice, whether during a vacation period or not, may be penalized by the coach. It is the student-athlete's responsibility to provide explanations for all absences from practices or games prior to their occurrence, unless such absence is health-related. Anyone desiring to be excused must see his or her coach in person, and not send word with a teammate. Consequences for unexcused absences from games, matches, or meets will be determined by the Coach.

VACATION POLICY

Student-athletes who go on vacation at any time during an athletic season (including Winter and Spring Breaks) must understand that all games will be played as scheduled. Games will not be rescheduled because one or more athletes are missing. In addition, individual coaches may have additional policies regarding student-athletes who miss practices and/or games to go on vacation. Student-athletes who are planning a vacation or trip during an athletic season should notify his or her coach in writing prior to the season so that there are no misunderstandings.

ABSENCE POLICY INCLUDING SCHOOL SPONSORED TRIPS

Student-athletes who miss practices or games for any reason, including school sponsored activities, and excused absences, may be addressed at the coaches' discretion. Decisions will be made on a case-by-case basis.

INJURIES

1. All injuries sustained while participating must be reported **immediately** to the student-athletes coach or the athletic trainer. This is the responsibility of the student-athlete.
2. Athletes should not try to treat their injuries without consulting their coach or athletic trainer.
3. When playing at away sites, medical treatment will be administered by the home teams athletic trainer.
4. Coaches will exercise responsibility involving all incidents concerning their athletes. In the event a student must be transported for emergency treatment, a family member or assistant coach will ordinarily accompany the injured athlete.
5. If an injury requires a physician's attention, the injured student-athlete must present written authorization from a physician before they return to practices or games. That authorization must be given to the school nurse or the athletic trainer.
6. Athletic trainers have the authority to restrict a student-athletes participation. Decisions are based on what is considered best for the student-athlete's present condition.

ImPACT TESTING

All student-athletes are required to take a baseline ImPACT test at the initiation of their athletic careers. This will usually be conducted in the athlete's freshman year. All student-athletes participating in collision and contact sports (as defined by the American Academy of Pediatrics) will be required to take a new baseline test during their junior year. For additional ImPACT information please see the Concussion Education Plan in this handbook or contact the Athletic Director.

The Terryville High School Athletic Department is in full compliance with Public Act 10-6.

SPORTS-ACCIDENT/MEDICAL EXPENSE COVERAGE

Plymouth Public Schools has insurance coverage for injuries sustained by students while participating on an interscholastic sports team. The following are conditions under which claims may be submitted to the insurance carrier:

1. It is the responsibility of the parents to first submit their child's bills for all injuries sustained through sports to their insurance carrier.
2. After a denial of payment from the student's health insurance carrier, a bill may be submitted to the school's insurance carrier. Proper forms and information may be obtained in the School Nurse or the Athletic Trainer. By adhering to this procedure, consideration for reimbursement under the Interscholastic Sports Coverage Plan will be promptly evaluated by the Board's insurance carrier.
3. The insurance policy paid for by the Board of Education is secondary coverage which becomes effective after a parent's insurance company has paid out its maximum benefit for an injured athlete.

CHEMICAL HEALTH POLICY

In accordance with CIAC participation rules and the school's obligation under state and federal law, the use, sale, distribution, or possession of controlled drugs, controlled substances, drug paraphernalia, performance enhancing substances or alcohol during any school sponsored athletic activity is prohibited, whether occurring on or off school property. It shall be the practice of THS to take positive action through education, counseling, discipline, parental involvement, medical referral, and law enforcement referral, as appropriate, in the handling of incidents by student-athletes involving the possession, distribution, sale or use of substances that affect behavior, including performance enhancing substances.

Procedures:

1. Discretionary nature of student athletics: THS sponsors athletic programs as part of its extracurricular program. The opportunity to participate in extracurricular activities such as student athletics is a privilege, not a right. School administrators may remove students from participation in athletic activities in its discretion.

2. Emergencies: If an emergency situation results from the use of drugs, performance enhancing substances, or alcohol, the student-athlete shall be sent to the school nurse or medical advisor immediately, or emergency medical personnel will be notified. The parent or designated responsible person will also be notified as soon as possible.
3. Prescribed medications: The parent or guardian of any student-athlete who is required to take any prescribed medication during student athletic activities shall so inform the school nurse or the person designated to act in the absence of a nurse. Such prescribed medication will then be administered to the student-athlete under the supervision of the school nurse or designee in accordance with CT General Statute Section 10-212A and the applicable regulations in accordance with any Board policies and regulations concerning medication administration.
 - Student-athletes taking improper amounts of prescribed medications, or taking prescribed medication without proper notification and supervision of the school nurse or designee will be subject to the procedures for improper drug or alcohol use outlined in this policy.
 - Student-athletes with a documented medical history demonstrating the need for regular use of using performance enhancing substances for therapeutic purposes shall not be considered to be in violation of this policy when substances are properly prescribed and taken by the student athlete in accordance with CT General Statute 10-212A and the applicable regulations and in accordance with any Board policies and regulations concerning medication administration.
4. Consequences for the Use, Sale, Distribution, or Possession of Controlled Drugs, Controlled Substances, Drug Paraphernalia, Performance Enhancing Substances, or Alcohol:
 - Any student-athlete in THS using, consuming, possessing, being under the influence of, manufacturing, distributing, selling or aiding in the procurement of controlled drugs, controlled substances, drug paraphernalia, performance enhancing substances or alcohol either on or off school property, or at a school sponsored activity, is subject to discipline up to and including expulsion pursuant to the Board's Student Discipline Policy.
 - Student-athletes found to use illegal drugs may be referred by the building administrator to an appropriate agency licensed to assess and treat drug and alcohol involved individuals. In such event, assessment and treatment costs will be the responsibility of the parent/guardian.
 - A meeting may be scheduled with appropriate school staff members for the purpose of discussing the school's drug and alcohol policy and this chemical health policy with the student-athlete and parent or guardian.
 - Law enforcement officials may be contacted by the building administrator in the case of suspected involvement in the use, sale or distribution of controlled drugs, controlled substances, drug paraphernalia, performance enhancing substances, or alcohol.
 - A student athlete found by the administration to have violated this policy may, in the discretion of school administrators, be suspended from play for short or long term periods, or may have their student athletic participation privileges revoked.

- Any student found by the administration to have used performance enhancing substances shall receive a minimum penalty of revocation of athletic participation privileges for one hundred eighty (180) days. The Board shall report the violation to the CIAC.
- The Board recognizes that the CIAC may impose additional sanctions on student-athletes participating in CIAC controlled activities who are found to have violated this policy.

VIOLATION OF STATE AND/OR FEDERAL LAWS:

A student-athlete who is formally charged with a felony will be suspended from all interscholastic activities. This suspension will continue until resolution of the charges. Upon this resolution, the Principal and Athletic Director will again review the case to determine whether or not the student-athlete should be permitted to represent Terryville High School and its athletic program.

EXPECTED BEHAVIOR - Student-athletes will be expected to:

- attend all practices and contests.
- stand at attention during the National Anthem.
- travel to and from contests on the team bus accompanied by the coach, unless approved by the coach or appropriate administrator.
- represent their school with pride and dignity.
- maintain academic and attendance standards established by the Plymouth Board of Education and Terryville High School Athletics Department.

UNACCEPTABLE BEHAVIOR: Students who have been dishonest regarding violations of Athletic Handbook policies are subject to lengthy and strict penalties. Interscholastic sport privileges may be revoked at any time at the administrator's discretion.

UNSPORTSMANLIKE CONDUCT:

Any student-athlete ejected from a contest for unsportsmanlike conduct will not be permitted to participate in the next scheduled contest, per CIAC policy. For consequences of severe or repeated ejections, please see the CIAC website at: http://www.casciac.org/pdfs/ciachandbook_1415.pdf.

HAZING

Hazing activities are seriously disruptive of the educational process. Hazing activities of any type are inconsistent with the educational goals of the Terryville High School Athletic Program and are prohibited at all times. This prohibition applies to behavior that occurs on or off school property, either during or before/after school hours. Terryville High School has a zero tolerance policy for hazing.

Definition of Hazing: "Hazing" means any activity expected of someone joining the group that humiliates, degrades, abuses or endangers the individual, regardless of the person's willingness to participate in that activity.

Procedures: Any person who believes he or she has been the victim of hazing or has knowledge of an incident during which hazing has occurred shall report the alleged acts to the School Administration or Athletic Director immediately. The school district may take immediate steps to protect the complainant, reporter, students or others pending completion of an investigation of hazing. Upon completion of the investigation the Athletic Director and Terryville High School Administration will take any action deemed appropriate.

RESPONSIBILITY FOR EQUIPMENT

- All issued school equipment will remain the property of the school and must be properly cared for by the student-athlete to whom it is issued.
- It is the financial responsibility of the student-athlete to ensure that the equipment is returned at the end of the season or departure from the team.
- Any student-athlete failing to return a cleaned uniform or the replacement cost at the end of a season will have his or her report card withheld and will be declared ineligible until the account is cleared.
- Game uniforms are not to be worn at any time except during athletic contests.

RESPONSIBILITY REGARDING LOCKER ROOMS

- The school is not responsible nor liable for your personal property.
- Do not bring valuable items to school with you.
- Keep all equipment and personal property locked. Do not share your combination with anyone.
- Lockers and locker rooms are expected to be left in a clean condition at the end of each day.

BUS TRAVEL AND TRIPS

Athletes are expected to ride the team bus to and from “away” contests. Permission may be granted by your coach to allow you to return from the game with your parent or guardian, but only under special circumstances. You are not to return with a parent other than your own parent/guardian. Any waiving of these rules must be done through the Principal. The coach must be contacted in writing by your parents to indicate their approval prior to departure.

GAME POSTPONEMENT / RESCHEDULING POLICY

All games that are postponed due to inclement weather will be rescheduled at the Athletic Director’s discretion. The Head Coach is responsible for notifying the team of rescheduling in a timely manner. For up to date information about game cancellations and postponements, visit the THS Athletics page at <https://ths.plymouth.k12.ct.us/> or sign up for e-mail and text updates from the CIAC sports website at http://ciacsports.com/site/?page_id=116

RULES GOVERNING PARTICIPATION ON OTHER TEAMS:

- You are permitted to receive individual lessons during the season from someone other than your coach.
- During the high school season, starting with the first scheduled contest through the CIAC and New England Tournaments, you may not practice or play with an outside team in the same sport. If you are a member of a golf, swimming, gymnastics, track & field, or tennis team refer to the CIAC Handbook for exceptions to this rule.
- Never participate in any activity in the same sport during your sport season without first consulting with your athletic director or principal to avoid violating CIAC rules.
- You are not permitted to participate in an all-star game until the end of the season as defined by the CIAC.
- NCAA Eligibility: All student-athletes interested in participating in collegiate athletics should consult with their Guidance Counselor at the earliest possible time. This should be done at the onset of the Student-Athlete's Junior year.
- Participation in college auditions, and student clinics is permissible under certain conditions. Check the CIAC Handbook for more information and always consult your athletic director or principal for additional information.
- Direct any questions related to outside participation to your athletic director or high school principal.

ATHLETIC AWARDS

At the conclusion of each school year, the Terryville High School Athletic Department and Booster Club present awards at the annual sports banquet. Athletes may qualify for Most Valuable Player, Most Improved, and Coach's Award which are selected at the Head Coach's discretion, and the Scholar-Athlete Award is given to any student athlete who is on High Honors for the first 3 quarters of the school year. In addition, the Terryville High School Booster Club Athletic Award is given out for consistent participation in the THS Athletics program. To qualify, the athlete must compete in a total of 8 complete seasons (JV or Varsity levels).

BERKSHIRE LEAGUE SCHOOLS

The Gilbert School, Williams Ave, Winsted, CT.

Housatonic Valley High School, 246 Warren Tpke Rd, Falls Village, CT.

Litchfield High School, Plumb Hill Rd, Litchfield, CT.

Nonnewaug High School, 5 Minortown Rd, Woodbury, CT.

Northwestern Regional High School, Central Ave Extension, Winsted, CT.

Shepaug Valley High School, 159 South Street, Washington,

Thomaston High School, Branch Rd, Thomaston, CT.

Wamogo Regional High School, Rt 202, Litchfield, CT

CONTACT INFORMATION

Athletic Director: Mark Fowler: 860-314-2777 Ext. 5121 or 860-314-2790 Ext. 3127

INTERCOLLEGIATE ATHLETICS INFORMATION

Student-athletes interested in participating in college level athletics should contact a member of the Guidance Department for information and ask your coach to assist you in selecting a college that will meet your needs.

All high school students who wish to practice and compete for a Division I or II institution must register with the NCAA Initial Eligibility Clearinghouse. See your Guidance Counselor for more information.

Students entering a Division I or Division II institution must meet certain academic requirements to be eligible for practice, competition, and athletically related financial aid in their first year of collegiate enrollment. Please check and review these NCAA requirements with your guidance counselor and/or the athletic department.

NCAA academic standards are subject to change on an annual basis. Be sure to check with the Guidance Department for the latest NCAA academic requirements when you are preparing to apply.

RECRUITING SERVICES

We do not endorse nor do we recommend the use of athletic recruiting services, especially any that charge a fee. The Guidance Department, members of the coaching staff, and the Director of Athletics are available to assist you in any way possible to contact college coaches. We do not endorse nor do we recommend any athletics related “Who’s Who...” or similar publications that charge a fee or solicit sales of a book, magazine, etc. with names of student-athletes.

Terryville High School Athletics

Handbook Release

A copy of this form, signed by parent/guardian and student-athlete must be submitted at the beginning of each season prior to the first competition.

I have read through the THS Athletics Handbook and agree to abide by the policies, including the drug and alcohol policy, set forth therein. I understand the chain of command and will follow the conflict resolution described in the handbook.

Parent/Guardian

Signature_____Date_____

Student-Athlete

Signature_____Date_____

This release form may also be obtained on the school website, from the Athletic Director, or from your Coach.

TERRYVILLE HIGH SCHOOL
Student & Parent - Concussion Education Plan & Consent Form

NOTE: This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. A new form is required to be read, signed, dated and kept on file by their associated school district annually to comply with Public Act No. 14—66 AN ACT CONCERNING STUDENT ATHLETES AND CONCUSSIONS.

A concussion is the immediate and transient alteration of neurological function in the brain caused by mechanical acceleration and deceleration forces.

Part I – SIGNS AND SYMPTOMS OF A CONCUSSION

- 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.

1. Signs of a concussion may include (what the athlete looks like):

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

2. Symptoms of a concussion may include (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

Note: Public Act No. 14-66 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 athletes has exhibited the signs and symptoms of a concussion.**

Part II – RETURN TO PARTICIPATION (RTP)

Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed healthcare professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete **SHALL** return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete **MUST** be immediately transported to the hospital.
3. Close observation of an athlete **MUST** continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion **MUST** be evaluated from a licensed healthcare professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete **MUST** obtain an initial written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should 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 mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (Recommended one full day between steps)²

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity ,<70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact Training drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

* 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, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to their medical provider

Part III - HEAD INJURIES

– Injuries to the head includes:

- Concussions: (See above information). There are several head injuries associated with concussions which can be severe in nature including:
 - a) Second impact Syndrome - Athletes who sustain a concussion, and return to play prior to being recovered from the concussion, are also at risk for Second Impact Syndrome (SIS), a rare but life-altering condition that can result in rapid brain swelling, permanent brain damage or death; and
 - b) Post Concussion Syndrome - A group of physical, cognitive, and emotional problems that can persist for weeks, months, or indefinitely after a concussion.
- Scalp Injury: Most head injuries only damage the scalp (a cut, scrape, bruise or swelling)... Big lumps (bruises) can occur with minor injuries because there is a large blood supply to the scalp. For the same reason, small cuts on the head may bleed a lot. Bruises on the forehead sometimes cause black eyes 1 to 3 days later because the blood spreads downward by gravity;
- Skull Fracture: Only 1% to 2% of children with head injuries will get a skull fracture. Usually there are no other symptoms except for a headache at the site where the head was hit. Most skull fractures occur without any injury to the brain and they heal easily;
- Brain Injuries are rare but are recognized by the presence of the following symptoms:
 - (1)difficult to awaken, or keep awake or (2) confused thinking and talking, or (3) slurred speech, or (4) weakness of arms or legs or (5) unsteady walking”(American Academy of Pediatrics – Healthy children, 2010) .

I have read and understand this document the “Student/Parent - Concussion Education Plan & Consent Form” and understand the severities associated with concussions and the need for immediate treatment of such injuries.

Student name: _____ **Date** _____
(Print Name)

Signature _____

Parent name: _____ **Date** _____
(Print Name)

Signature _____

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
<http://www.nfhs.org>.
2. McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport Held in Zurich, November 2008. Clinical Journal of Sport Medicine: May 2009 - Volume 19 - Issue 3 - pp 185-200
http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx.
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
4. U.S. Department of Health and Human Services Centers For Disease Control and Prevention. *A Fact Sheet for Coaches*.(2009). Retrieved on June 16, 2010.
http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf
5. American Academy of Pediatrics - Healthy Children. *Symptom check: Head Injury*. Retrieved on June 16, 2010.
<http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx>

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010.
<http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.

****The student shall not participate in sports without completed consent to treat form on file.****

Terryville High School Athletic Training
Student-Athlete Emergency Information

Name: _____ Sports Played: _____

Address: _____

Date of Birth: ____/____/____ Home Phone Number: (____)____-____

Mother's Name: _____ Cell Phone: (____)____-____

Father's Name: _____ Cell Phone: (____)____-____

Primary Care Doctor: _____ Phone: (____)____-____

Family Dentist: _____ Phone: (____)____-____

Hospital Preference: _____ Phone: (____)____-____

Medical History

___ Asthma ___ Diabetes ___ Heart Conditions ___ Seizures ___ High Blood Pressure
(Please Describe): _____

Others: _____

Known Allergies: _____ Epi-Pen- Yes / No

Current Medications: _____

Had a concussion? Yes / No If so, How Many?: ___ Most Recent? ___/___/___

In the event parent(s) cannot be reached, call:

Name: _____ Phone: (____)____-____ Relationship: _____

Name: _____ Phone: (____)____-____ Relationship: _____

Primary Insurance Company: _____ Policy #: _____

Consent To Treat

In the event that an athletic injury or illness should occur to the above named student athlete while participating in a sanctioned athletic activity at Terryville High School, I give my permission for the student athlete to receive proper/necessary care from a certified / licensed athletic trainer, physician or other health care individual representing Select Medical Outpatient Division. Furthermore, in the event that a medical emergency should occur and I cannot be contacted, I give my permission for a Select Medical health representative to arrange for ambulance service to the nearest medical facility. I also give permission for the staff of the medical facility to render treatment, which is considered necessary, for the student-athlete's well being and health.

Parent/Guardian Signature

Date