

# **INTERSCHOLASTIC ATHLETIC PROGRAM**

**Guidelines Packet**  
for Students & Parents in Grades 6-12



***2023-2024 School Year***

**Cecil County Public Schools  
201 Booth Street  
Elkton, MD 21921**

# CECIL COUNTY SCHOOLS CONTACT INFORMATION

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## HIGH SCHOOLS

## ATHLETIC DIRECTORS

## MIDDLE SCHOOLS

**Bohemia Manor High**  
(410) 885-2075

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**Bohemia Manor Middle**  
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**Cherry Hill Middle**  
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**Athletic Director: Tom Kluch**  
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**Elkton High**  
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**Elkton Middle**  
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**North East Middle**  
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**Athletic Director: George Rash**  
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**Perryville Middle**  
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**Rising Sun High**  
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**Rising Sun Middle**  
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# PARENT INFORMATION SECTION

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**Please keep this information for your reference.**

**This packet is for ALL sports during the 2023-24 school year.**



# **CECIL COUNTY PUBLIC SCHOOLS INTERSCHOLASTIC ATHLETIC PROGRAM**

## **PARTICIPATION INFORMATION**

### **TO THE PARENT OR GUARDIAN:**

It is the goal of the Cecil County Public Schools (CCPS) Interscholastic Athletic Program to provide a safe and supportive environment for all students. We believe athletes need to develop skills that will teach good sportsmanship, self-discipline, and relationship skills. Toward that end, coaches, students, and parents should be aware of school, county, and state policies and procedures that support these goals. Students who have elected to participate in the athletic program will be required to practice and participate in scheduled contests after regular school hours and possibly on non-school days. CCPS will provide supervision of practices, games, and travel.

### ***Eligibility Requirements and Cecil County Public School Policies***

The Cecil County Interscholastic Athletics Program is an integral part of the educational process. The athletic program eligibility rules, required for all students who wish to participate, support the academic function of the Cecil County Public Schools by encouraging all students to reach their academic as well as athletic potential.

### ***Academic Eligibility:***

All students must comply with the CCPS Board of Education Policies and Regulations listed online under Board of Education Board Docs (<https://www.ccps.org/domain/12>). They must also abide by MPSSAA (<https://www.mpssaa.org/>) and individual school athletic team rules.

### ***Alcohol and Controlled Dangerous Substances:***

Student-athletes are not to use tobacco, alcohol, or other drugs at any time. Any substantiated use/report of alcohol, tobacco, or drugs in or out of school will be handled in accordance with county policy.

### ***Uniforms and Equipment:***

The athlete and the parent/guardian are financially responsible for any and all athletic equipment issued to the participant if not returned to the school in good condition.

# **Your child would like to play sports! Now what?**

Below are some general guidelines for participation.

*The following forms are found in the “Athletic Forms Packet.”  
Keep the packet all in one piece. DO NOT SEPARATE!*

**1. Medical History Form**

*This form can be found on **page 1** of the *Athletic Forms Packet*.*

This medical history section must be completed and signed **by the parent** before a physical is completed.

**2. Athletic Physical Examination Form**

*This form can be found on **page 2** in the *Athletic Forms Packet*.*

This form is to be completed **by your physician**. Students must have a physical examination by qualified medical personnel submitted on the CCPS Athletic Physical Form that is **dated after June 1, 2023**. This physical exam will be valid from June 2, 2023 to the end of the school year.

**Free physicals will be offered for student-athletes in June of each year.** Please check the CCPS Athletics website for location, date(s), time(s), and how to register at <https://www.ccps.org/Page/205>. The information will also be shared on Facebook, Twitter, and via robocalls.

**3. Signature Section**

*This can be found on **pages 3-4** in the *Athletic Forms Packet*.*

Information on concussions, concussion testing, health insurance, and sudden cardiac arrest is provided in this booklet. This section must be signed by the parent confirming they have received and read the mandatory information, and any other school-related expectations.

## STUDENT ACCIDENT INSURANCE FOR PURCHASE

A link to register for this insurance option is available at <https://www.ccps.org/Page/201>.

All students who participate in Interscholastic Athletics must have insurance coverage in effect on the first day of practice in order to participate in interscholastic athletics either through a family plan or the school sponsored plan. To avoid any possible confusion over insurance coverage, please be advised that the Board of Education of Cecil County does not provide accident or health insurance to students enrolled in our school system. Parents are responsible for seeing that their children are insured for adequate and necessary coverage. If your student does not have health insurance, reasonably priced policies may be purchased through an independent carrier provided by the school system.

The Board of Education does sponsor a program for the purchase of student accident insurance. The program is administered by Bob McCloskey Insurance.

**Below is a list of the current rates (21-22) but these rates are regulated by and subject to change by the insurance company.** All questions regarding coverage should be directed to the insurance company representative at: 800.445.3126.

### **24 Hour Coverage:**

Provides coverage for injuries sustained all year long; 24-hours a day until one year after the date the school year begins. High school football is NOT included in this option.

Levels of Coverage	Rate
24 Hour All Year	\$ 82.00
24 Hour Summer Only	\$ 27.00

### **At School Accident Coverage:**

Provides coverage for injuries sustained at school or during sponsored activities until the end of the regular school term. High school football is NOT included in this option.

Levels of Coverage	Low Options Rate
At School Coverage	\$ 26.00

### **HIGH SCHOOL FOOTBALL ONLY:**

Provides coverage for injuries sustained while practicing or participating in Junior Varsity and Varsity Football. Football insurance must be purchased through the school plan if coverage is not provided through a family plan. This plan only covers the student for football. The coverage is not intended to replace other insurance. It should be considered as a supplement to other health and accident insurance coverage.

Football Levels	Premium	Student Cost	CCPS Contribution
Full Year Rate	\$ 134.00	\$ 67.00	\$ 67.00

**The Board of Education does not administer the program. If you wish to purchase the insurance for FOOTBALL, you must fill out the paper copy and take it to your child's school along with a check for HALF THE TOTAL AMOUNT (rate may change) made out to Bob McCloskey Insurance.**



**Office of Athletics**

**Athlete/Parent/Guardian Sudden Cardiac Arrest  
Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt**

**What is sudden cardiac arrest?**

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

**Warning Signs of SCA**

- SCA strikes immediately
- SCA should be suspected in any athlete who has collapsed and is unresponsive
- No response to tapping on shoulders
- Does nothing when asked if he/she is OK
- No pulse

**Emergency Response to SCA**

- Act immediately; time is most critical to increase survival rates
- Recognize SCA
- Call 911 immediately and activate EMS
- Administer CPR
- Use Automatic External Defibrillator (AED)

**Warning signs of potential heart issues:** The following need to be further evaluated by your primary care provider.

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

**What are the risks of practicing or playing after experiencing these symptoms?**

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

The act is intended to keep student-athletes safe while practicing or playing. The requirements of the act are:

- All student-athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may also hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses and athletic trainers.

**Removal from play/return to play**

A youth athlete who has been removed from play may not return to play until the youth athlete has obtained written clearance from a licensed health care provider.

# A FACT SHEET FOR High School Parents



This sheet has information to help protect your teens from concussion or other serious brain injury.

## 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.

## How Can I Help Keep My Teens Safe?

Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for teens to avoid hits to the head.

**Talk with your teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

## How Can I Spot a Possible Concussion?

Teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents

- 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
- Can't recall events *prior to or after* a hit or fall

### Symptoms Reported by Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

**GOOD TEAMMATES KNOW:  
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



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## CONCUSSIONS AFFECT EACH TEEN DIFFERENTLY.

While most teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



**Plan ahead.** What do you want your teen to know about concussion?

### What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

**Teens** who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a teen for a lifetime. It can even be fatal.



### What Should I Do If My Teen Has a Possible Concussion?

As a parent, if you think your teen may have a concussion, you should:

1. Remove your teen from play.
2. Keep your teen out of play the day of the injury. Your teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your teen's healthcare provider for written instructions on helping your teen return to school. You can give the instructions to your teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Revised January 2019

To learn more,  
go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



# A FACT SHEET FOR Middle School Athletes



This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

## WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

## What Should I Do If I Think I Have a Concussion?

### Report It.

Tell your coach and parent if you think you or one of your teammates may have a concussion. You won't play your best if you are not feeling well, and playing with a concussion is dangerous. Encourage your teammates to also report their symptoms.



### Get Checked Out by a Doctor.

If you think you have a concussion, do not return to play on the day of the injury. Only a doctor or other healthcare provider can tell whether you have a concussion and when it's OK to return to school and play.



### Give Your Brain Time to Heal.

Most athletes with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.



**GOOD TEAMMATES KNOW:  
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



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## How Can I Tell If I Have a Concussion?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  ..... **Get a headache**
-  ..... **Feel dizzy, sluggish, or foggy**
-  ..... **Are bothered by light or noise**
-  ..... **Have double or blurry vision**
-  ..... **Vomit or feel sick to your stomach**
-  ..... **Have trouble focusing or problems remembering**
-  ..... **Feel more emotional or “down”**
-  ..... **Feel confused**
-  ..... **Have problems with sleep**

A concussion feels different to each person, so it's important to tell your parents and doctor how you feel. You might notice concussion symptoms right away, but sometimes it takes hours or days until you notice that something isn't right.

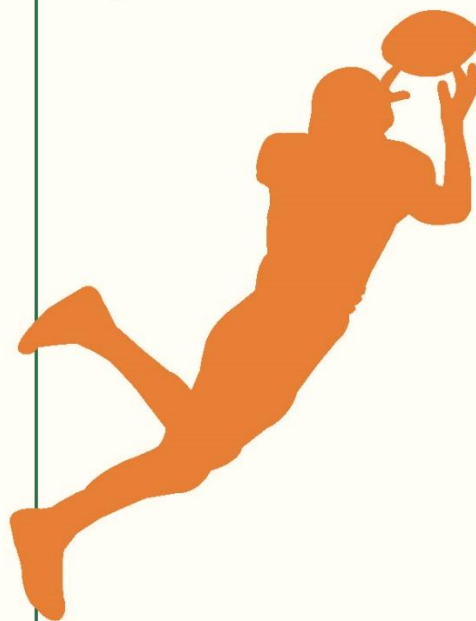
## How Can I Help My Team?

### *Protect Your Brain.*

All your teammates should avoid hits to the head and follow the rules for safe play to lower chances of getting a concussion.

### *Be a Team Player.*

If one of your teammates has a concussion, tell them that they're an important part of the team and they should take the time they need to get better.



The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider.

*Revised January 2019*

To learn more,  
go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



# INTERSCHOLASTIC ACTIVITIES

## SPORTSMANSHIP, ETHICS AND INTEGRITY

### Expectations of COACHES, DIRECTORS AND SPONSORS

- Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
- Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics the No. 1 priority.
- Respect judgment of contest officials, abide by rules of the event, and display no behavior that could incite fans.
- Treat opposing coaches, directors, participants, and fans with respect. Shake hands with officials and opposing coach in public.
- Develop and enforce penalties for participants who do not abide by sportsmanship standards.

### Expectations of STUDENT PARTICIPANTS

- Live up to high standard of sportsmanship established by coach or director.
- Treat teammates with respect.
- Treat opponents with respect by shaking hands prior to and after contests.
- Respect judgment of contest officials, abide by rules of the contest, and display no behavior that could incite fans.
- Cooperate with officials, coaches or directors, and fellow participants to conduct a fair contest.
- Accept seriously the responsibility and privilege of representing school and community; display positive public action at all times.

### Expectations of PARENTS, STUDENTS and OTHER FANS or AUDIENCE MEMBERS

- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers.
- Respect fans, coaches, directors, and participants. BE A FAN ... NOT A FANATIC.
- Encourage surrounding people to display only sportsmanlike conduct.
- Respect decisions made by contest officials.
- Realize that a ticket is a privilege to observe a contest and support high school activities.

### UNACCEPTABLE BEHAVIOR

- Targeting of individual opposing players, coaches, fans, or officials
- Negative and derogatory chants, yelling, songs and/or gestures.
- Communication and interaction between spectators and event participants
- Signs, unless approved by school administration for special events
- Noisemakers are prohibited for all **indoor** events
- Noisemakers for **outdoor** events must be approved by school administration
- Charging the court upon completion of the event

**Failure to comply with the above expectations may be required to meet with an administrator.**

***Finish First with Sportsmanship***