

The Bethel School District believes athletes are a vital part of the education of our students. The district is committed to providing an athletic program that supports cultural diversity and gender equity among its student athletes and athletic staff. The pursuit of excellence has been a cornerstone of the Bethel School District. The athletic program is an additional way in which the Bethel School District provides that challenge.

Objectives of Bethel School District Athletes:

1. To provide opportunities for the maximum number of students to participate in a wide variety of individual and team sports that meet student interests and needs.
2. To support an athletic program that provides equal athletic opportunity for all students.
3. To instill respect and appreciation for diversity.
4. To develop self-discipline, the spirit of cooperation, respect for others, courtesy, good sportsmanship, dependability, pride, loyalty, teamwork, and the understanding of fair play.
5. To instill an appreciation of and a commitment to lifetime physical fitness through a broad range of opportunities.
6. To teach the rules, basic skills, and safety requirements of common sports.
7. To ensure every effort will be made to support the athletic program with the best facilities and equipment.
8. To provide the most qualified athletic staff available to provide guidance in the development of self-realization, good sportsmanship. Cooperation, leadership, and ethical behavior.
9. To make the Bethel School District athletic experience one of enjoyment, opportunity, satisfaction, and personal fulfillment.

All interscholastic activities and events will be in compliance with the rules and regulations of the Washington Interscholastic Activities Association (WIAA). The interscholastic athletic program shall be conducted in accordance with existing board policies, rules, and regulations.

Coach / Player / Parent Expectations



1. When your children become involved in the Bethel School District Athletic Program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach. **Please remember that participation in an athletic program is a privilege, not a right.**
 - a. ***Communication you should expect from your child's coach:***
 - i. Philosophy of the coach
 - ii. Locations and times of all practices and contests
 - iii. Procedure followed should your child be injured during participation
 - iv. Team requirements: e.g., practices, special equipment, out-of-season conditioning, team rules
 - v. Discipline that may result in the denial of your child's participation
 - b. ***Communication coaches expect from parents:***
 - i. Concerns expressed directly to the coach through an appropriately scheduled conference
 - ii. Notification of any schedule conflicts well in advance
 - iii. Specific concerns with regard to a coach's philosophy and/or expectations
 - iv. **Parents are to notify the coach of any injury or illness**
2. Coaches make judgments based on what they believe is best for the team and all students involved. Certain issues can and should be discussed with your child's coach. At these times, discussion with the coach is encouraged.
 - a. ***Examples:***
 - i. The treatment of your child, mentally or physically
 - ii. Ways to help your child improve
 - iii. Concerns about your child's attitude
 - iv. Academic support and college opportunities

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. Coach/Parent Conferences are encouraged and when a conference is necessary, the following procedures should be followed to help promote communication and resolution:

1. **Do not attempt to contact a coach immediately before or after a contest or practice.** These can be emotional times for both the parent and coach. Meetings of this nature generally do not promote resolution.
2. Call the school to set up an appointment.
3. If the coach cannot be reached, call the building Athletic Coordinator. A meeting will be set up for you.

If the meeting with the coach did not provide a satisfactory resolution, the next step is to set up an appointment with the building Athletic Coordinator to discuss the situation. If satisfaction is still not achieved, call the building athletic administrator to set up an appointment for further discussion.

Sportsmanship

We expect positive sportsmanship for all spectators and participants at all events. Failure to do so may result in removal from the event or a permanent No Trespass order.

Our goal is to make you and your child's experience with the Bethel School District Athletic Program a rewarding and enjoyable one.

Code of Conduct



All students who participate in the athletic program of the Bethel School District will comply with the rules and regulations and will submit to the reasonable discipline of school authorities. Any student having registered and/or participated in the athletic program is subject to the athletic code of conduct for student athletes from the first participation until graduation from senior high school.

Disciplinary offenses are cumulative during middle school participation as well as senior high participation but will not be cumulative from middle school participation to senior high participation. Students under athletic sanction at the end of middle school must complete the required disciplinary action.

Any student who willfully performs an act which materially interferes with or is detrimental to the orderly operation of the school's educational and athletic program will be subject to athletic discipline, probation, suspension, or expulsion. Such acts shall include, but not limited to those described below:

The following acts by a student athlete on school premises (*or in reasonable proximity thereto*), or off of school premises at any school-sponsored activity will constitute sufficient cause for athletic discipline, probation suspension, or expulsion: disruptive conduct; disobedience of reasonable instructions of school authorities; refusal to identify oneself; unauthorized absence from turnout or game; cheating; immoral conduct; vulgarity or profanity; destruction or defacing of property; extortion; intimidation or harassment (*including race/gender*) of another student or employee; assault of another student or employee; stealing; possession or use of any dangerous weapons or objects and; the commission of any criminal act as defined by law.

The following acts by a student athlete on or off school premises will constitute sufficient cause for athletic probation, suspension or expulsion: use, sale or possession of tobacco; use, sale or possession of alcoholic beverages; use sale or possession of drugs and/or related paraphernalia. Possession includes both physical and constructive possession. Social Media – Videos and photos on social media outlets can be used as evidence of athletic code violations and lead to athletic discipline.

Any athlete involved in conduct which results in the imposition of disciplinary action by the school may be declared ineligible for the next interscholastic contest for which he/she is eligible. If any athlete is suspended from school for disciplinary reasons for any length of time during a sports season, the athlete will be placed on probation for up to a maximum of sixty (60) school days and may miss at least the first contest following the suspension. Subsequent school suspensions may result in the athletic suspension from all sports in the Bethel School District for up to one (1) calendar year (*365 consecutive days*).

Code of Conduct Definitions and Terms

1. **Athletic Suspensions** - is a disciplinary action that results in removal from athletic participation for a specified number of turnout days, the duration which may extend beyond the current season. The principal may direct that the suspended student athlete may take part in team turnouts or meetings. The suspended student athlete is not allowed to participate in any game/contest related activities.

2. **Athletic Expulsion** - is a disciplinary action that results in the complete denial of privilege to participate in the athletic program for an indefinite period of time.
3. **Emergency Athletic Expulsion** - is a disciplinary action that results in the complete denial of the privilege to participate in the athletic program while an investigation occurs regarding possible athletic code violation.
4. **Athletic Probation** - is a disciplinary action consisting of a trial period during which an athlete remains part of the team and attempts to correct his/her deficiencies in a prescribed amount of time.
5. **In Season** - begins with the first WIAA allowed practice day and ends with the awards ceremony (banquet) for that sport. In the event of no season ending banquet or a banquet held prior to the last competition, the ending date will be after the last scheduled event for that sport.
6. **Out of Season** - any time not in season, as defined by WIAA sport season and ending with the last student school day in the Bethel School District.
7. **Complete Season** - a season in which a student athlete begins the season within the first week of the turnout and completes the season, in good standing, without interruption, until the last scheduled contest or banquet, whichever is later.

Alcohol, Legend Drugs and Controlled Substances

Penalties for the possession, use or sale of legend drugs (drugs obtained through prescription, RCW 69.1.020.050) and controlled substances (RCW 69.50) shall be as follows:

1. **1st Violation** - A participant shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. Ineligibility shall continue until the next sports season in which the participant wishes to participate unless the student accesses the assistance program outlined in B (below).
 - a. In order to be eligible to participate in the next interscholastic sports season, the student shall meet with the school eligibility board consisting of coaches and administrators selected by the principal, to request approval to participate. The school eligibility board will recommend to the principal appropriate action to be taken in the student athlete's case. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.
 - b. A participant who seeks and receives help for a problem with use by legend drugs (RCW 69.41.010 identified substances) or controlled substances and controlled substance analogs (RCW 69.51.101 identified substances) shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in school and/or community approved assistance programs excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility reinstated in that athletic season, pending recommendation by the school eligibility authority.
2. **2nd Violation** - A participant who again violates any provision of (RCW 69.41.020 through 69.41.050 or of RCW 69.50) shall be ineligible for interscholastic competition for a period of (1) calendar year from the date of the second violation.
3. **3rd Violation** - A participant who violates for a third time (RCW 69.41.020-69.41.050 or of RCW 69.50) shall be permanently ineligible for interscholastic competition.

Tobacco and/or Substance Abuse/Nicotine Delivering Devices

The use of tobacco products and nicotine in any form is prohibited. Any athlete possessing, selling, and/or using tobacco, nicotine products, vaping products shall be subject to the following disciplinary action.

1. 1st Violation:

- a. **In Season** - The athlete will be placed on probation and miss the next contest. This penalty may carry over to the subsequent sports seasons.
- b. **Out of Season** - The athlete will be placed on probation during the next completed sports season in which the athlete participates; also, the athlete will miss the first interscholastic contest.

2. 2nd Violation:

- a. **In Season** - The athlete will be suspended for no less than the remainder of the present sports season. This penalty may carry over to the subsequent sports seasons.
- b. **Out of Season** - The athlete will be placed on suspension for the equivalent of one-half the regular season contests for the next sport season they participate in. The athlete must complete the season in good standing.

3. 3rd Violation: Whether in season or out of season, will result in suspension from all sports in the Bethel School District for one calendar year (365 consecutive days) from the date of the second violation.

4. 4th Violation: Again whether in season or out of season, will result in permanent ineligibility for interscholastic competition in the Bethel School District.

Procedures for Disciplinary Action

1. Athletic disciplinary offenses are cumulative during middle school participation as well as senior high participation. Students under athletic sanction at the end of middle school must complete the required disciplinary action before participating in high school athletic programs.
2. A building Administrator may consult with the Athletic Coordinator and/or the Head Coach to determine disciplinary action resulting from violation of the Bethel School District rules within three (3) school days of learning of the violation. A copy of the disciplinary action will be placed in the student's school discipline file and sent to the District Athletic Director.
3. For first violations of the tobacco, alcoholic beverages and/or substance rules, athletes have the option available to participate and complete a school approved drug/alcohol/tobacco assessment program. Participation in this assessment option will not preclude a minimum athletic probation period of five (5) school days and one (1) contest which must be precluded before participation resumes. In addition, athletes who voluntarily come forth seeking help for substance abuse problems may be granted immunity from disciplinary sanctions under the athletic code if they go through an assessment and enter a rehabilitation program.
4. Athletes and parents will be notified of reasons for the types of disciplinary actions. A grievance procedure, as described in the Student Athletic Handbook will be followed for any athlete excluded from a sport, if requested in writing to the building Principal or Designee within five (5) school business days.

Steps:

1. Athletes and/or parents may request a grievance hearing if done so in writing to the building Principal or Designee within five (5) school days.
2. The building Principal will review all of the materials provided to determine if the imposed discipline is fair, consistent and equitable, and render a decision within three (3) school days.

3. Athletes and/or parents may appeal the Principal's decision in writing within five (5) working days to the District Athletic Director. The District Athletic Director will convene with the District Eligibility Committee and shall have ten (10) school days to render a written decision. The District Eligibility Committee is comprised of the District Athletic Director, designated building Athletic Administrators and building Athletic Coordinators.
4. Athletes and/or parents may appeal the District Athletic Eligibility Committee's decision in writing within two (2) working days to the School Board. The athlete and/or parents shall have the right to present a written or oral grievance to the Board of Directors during the Board's next regular meeting. The Board shall notify the Athlete and/or parents of its response to the grievance within ten (10) working days after the date of the meeting. The suspension shall continue withstanding the implementation of the grievance procedure set forth in this section.

Transfer Rule

Athletic Suspension or Probations which have been imposed by other school districts on students transferring into the Bethel School District will be honored.

Awards

If an athlete is on suspension at the conclusion of a sport season, the Head Coach may forfeit the athlete's privilege of earning a school letter, certificate, or any other school athletic award.

Physical Examination



Physical Examination

Prior to the first practice for participation in interscholastic athletics a student shall undergo a thorough medical examination and be approved for middle level and/high school interscholastic athletic competition by a medical authority licensed to perform a physical examination. Physical exams are good for a period of 13 months, but must be current throughout the entire athletic season for a student athlete to be cleared for a sport.

Student Emergency Contact Information

In order to participate with the teams in practices, Emergency Contact Information will need to be provided when registering your student through your ParentVue Account in Synergy. Please be sure to keep your contact information current in case of an emergency situation as to whom to contact, etc.

Athletic Requirements



Athletic requirements are subject to WIAA rules and regulations. For further information please visit wiaa.com.

ASB Card

Team members are required to purchase ASB cards. All members of athletic teams are using Associated Student Body purchased equipment and supplies.

Athletic Registration

Online Athletic Registration must be completed for each student participating in any sports before he/she turns out or is allowed to participate in any sport. Online registration includes:

1. Parent permission and acknowledgement of risk signature
2. Student acknowledgment of risk signature
3. Evidence of insurance coverage or waiver of insurance coverage
4. Physical clearance by a physician
5. Sport specific athletic warning letter and safety guideline form
6. Student - Athlete authorization/consent for disclosure of health information
7. Concussion Education form with signature of athlete and parent/guardian
8. Sudden Cardiac Arrest form with signature of athlete and parent/guardian

Attendance

Any student participating in an athletic activity shall be expected to attend and participate in all classes on the day of the scheduled activity. On any school day, students must be in attendance at least one-half day to participate in practice. In the case of a weekday scheduled athletic activities, attendance in all classes the following day shall also be expected. In the case of weekend scheduled athletic activities, attendance in all classes on Friday shall be expected. Failure to comply with these attendance regulations may result in a student being declared ineligible and not allowed to participate in the next scheduled athletic activity. Exceptions to this rule may be made by the building Principal and/or designee.

Equipment – School Issued

1. School equipment checked out by the student athlete is their responsibility. He/she is expected to keep clean and in good condition.
2. Loss of issued equipment or damage to issued equipment will be the student's financial obligation.
3. Issued equipment is to be used only while participating with the team in practice or during a contest. If coach's desire, players may wear their jerseys to school on game days. However, they are not to be worn at other times without their coach's prior permission.
4. School uniforms imply school sponsorship and may be worn only during the WIAA season for that sport.

Health Insurance and Portability Act (HIPAA)

While visiting the doctor recently, you most likely were given information about patient privacy. The athletic trainers in the Bethel School District are licensed care providers. As such, your physician can

provide us with treatment and conditioning information related to your child's medical condition with your permission. Please help us provide care for your student by signing the attached form and allowing your physician to forward that information to us. If you have any questions about HIPPA and its impact on our athletic program, please speak with a member of our staff.

Insurance

It must be indicated on the athletic card that is kept on file with the Athletic Coordinator/School Nurse, that participants are covered by accident insurance during the current season.

Participation Fee

Team members are required to pay the participation fee as established by the Bethel School District. The participation fee is due prior to participating in the first contest. **Students who qualify for Free or Reduced Lunch receive a discount, *when verification is provided to the school*. Payment of the participation fee allows a student to participate, but does not guarantee playing time.** Playing time is the responsibility of the coach.

Travel

1. All athletes must travel to and from athletic contests in transportation provided by the school district. Except that an athlete may return:
 - a. With their own parent(s), if the parent gives written notice, the coach approves and the parent meets the coach in person after the contest to take him/her athlete (only) home in their own car.
 - b. Individual school administration may develop more specific student-athlete transportation policies.
 - c. Transportation is not provided in - district or to Puyallup Schools for high school contests beginning after 5:00pm.
2. Athletes will remain with their squad and under the supervision of their coach when attending away contests.
3. Visiting athletes are direct representatives of their school, community, and home and should conduct themselves accordingly.
4. Students can drive to off campus practices and game sites for golf, cross country, swimming, bowling, and tennis provided the "Use of Private Car for Transporting Athletes" form is signed by parent or guardian.

Varsity Letter

Students may earn a Varsity letter at the high school level by meeting the requirements set forth by the Head Coach in each sport.

Concussion Information



Dear Parent and Athlete,

Each year, about 300,000 sports related traumatic brain injuries occur in our country and many of those are classified as concussions. Concussions can occur in any sport – and all are serious injuries.

On May 14th, 2009 Washington State Governor Christine Gregoire signed into law House Bill 1824 to be known as the Zachary Lystedt Law. This new law requires the education of coaches, players and parents on the recognition and management of concussions as well as establishing return to play protocol for all athletes suspected of, or having a concussion or brain injury.

As of July 26, 2009, the implementation date of the legislation, the following will apply to all school coaches, players and their parents/guardians.

1. All school coaches will have to take a training course on the nature and risk of concussions and head injuries including continuing to play after a concussion or head injury.
2. Each school year prior to initiating any turnouts or competition, all school athletes and their parents/guardians must have received training on concussions and head injuries and provide the school with a signed statement indicating they have taken the training.
3. All athletes suspected of suffering a concussion or brain injury will be removed from practice or competition and not returned to play until cleared in writing by a licensed health care provider trained in the evaluation and management of concussions.

Parents and Athletes are required to read the attached information sheet to alert and train you as to the signs and symptoms of a concussion and steps to follow if a concussion is suspected.

After reading the attached information, Parents/Guardians and Athletes need to print their name, sign and date the second page of this document and return the second page to the school before an athlete can participate in turnouts or competition.

For further information go to:

www.cdc.gov/TraumaticBrainInjury/Fact_sheet_for_Parents.html

If I can be of further assistance or answer any questions please do not hesitate to contact me.

Bryan Streleski
Director of Athletics

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

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 Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or 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.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; 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 children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



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

How Can I Spot a Possible Concussion?

Children and 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 or Coaches

- 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 Children and 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"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and 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. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

A FACT SHEET FOR 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, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.



Get Checked Out. If you think you have a concussion, do not return to play on the day of the injury. Only a healthcare provider can tell whether you have a concussion and when it is OK to return to school and play. The sooner you get checked out, the sooner you may be able to safely return to play.



Give Your Brain Time to Heal.

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.

Why Should I Tell My Coach and Parent About My Symptoms?



- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.

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



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

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.



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.



Give Your Brain Time to Heal.

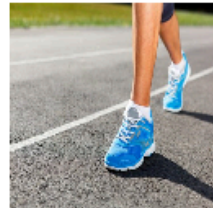
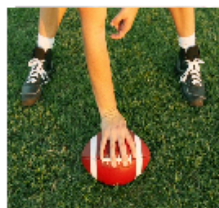
Most athletes with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.



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



cdc.gov/HEADSUP



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

1. RECOGNIZE

Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED

3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

4. AED

- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!
Every Second
Counts!**

UW Medicine
Center For Sports Cardiology
www.uwsportscardiology.org

WIAA
Est. 1905
**WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION**

**NICK OF TIME
FOUNDATION**
SCA Awareness
Youth Heart Screening
CPR/AED in Schools
www.nickoftimefoundation.org