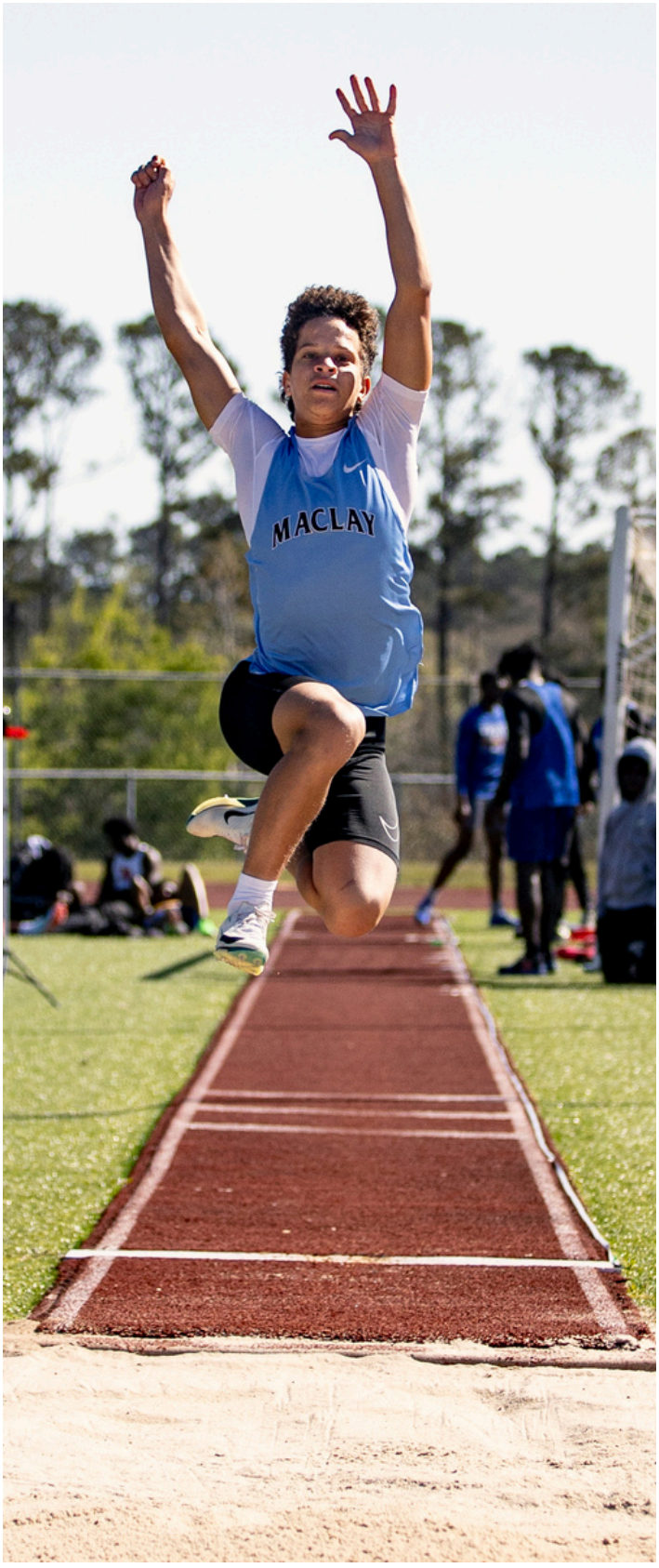
ATHLETIC EXPERINCE

THE MACLAY



Vision

Maclay Athletics is built on a culture of excellence and champions every student-athlete, inspiring them to grow, compete, and reach their fullest potential while strengthening connection and shared pride throughout our community.



Philosophy

Building a competitive and respected program is not an end unto itself. It is a means by which we develop young men and women, throughout their Maclay journey, who are committed to respect, honor, and accountability: qualities that will serve them throughout their lives.

We believe a strong program starts with the fundamentals: culture, standards, communication, and development. When these are strong, competitive excellence follows naturally. Our purpose is to develop young people of strong character, and in doing so, build teams that compete for championships and put Maclay at the forefront of competitive athletics in the Big Bend region.









We are the MARAUDERS

Culture

We build a community of trust and shared identity for our athletes, coaches, and families. We ask everyone in it to be a positive contributor to that culture, not simply a participant in it.

Communication

We will treat every interaction as a deposit of trust, not just a transfer of information, and communicate with clarity and consistency across every program

Development

We will mold a true 6th through 12th grade pathway, investing in the growth of the whole person, character as much as skill, from a student's first season until their last.

Standards

We will hold every Marauder, athlete, coach, and parent to a clear, consistent standard and use it to guide our decisions

Meet The AthleticsTeam



MEREDITH LOCASTO
Director of Athletics
meredithlocasto@maclay.org



MARK MALEY
Associate Director of Athletics
mmaley@maclay.org



CHAD MCCLELLAN
Assistant Director of Athletics
chadmcclellan@maclay.org



COOPER HARRELL
Athletic Coordinator
cooperharrell@maclay.org

SARAH PEDONTI
Head Athletic Trainer
sarahpedonti@maclay.org

DEVELOPMENT



MACLAY ATHLETICS

Priorities at different levels of play

Each level of play, middle school, junior varsity, and varsity is intentionally structured to provide an experience that fits the developmental needs, goals, and competitive expectations appropriate for that level. Many of our student-athletes grow with us over several years, while others join us later. Wherever an athlete starts, our aim is the same: to meet them where they are and help them develop toward the next level of our program.

Across all levels, we focus on three priorities:

- Participation
- Individual Development
- Competitive Excellence

All three matter at every level. What changes is how we weigh them.

Some teams may include both middle and upper school students and be designated as either Junior Varsity or varsity based on the team's structure. The prevailing philosophy will match the team's designation, regardless of the players' ages. Coaches will thoughtfully adjust expectations to fit each athlete's age and level, with care for their physical and emotional well-being.



Middle School

1. Participation. This does not mean equal playing time, but at this level we try to play every athlete in every game. Athletes are expected to meet performance standards in practice to earn their time on the field, court, course, or pool.
2. Individual Development. We stress work ethic, good habits, and sound fundamentals that will serve athletes as they move up. Growth at this stage builds the foundation for everything that follows.
3. Competitive Excellence. We want every athlete to learn how to compete well and pursue their best, individually and as a team. We will be as competitive as we can in every contest, while keeping participation and development first.



Junior Varsity

1. Individual Development. JV exists to develop athletes for varsity. We would rather build strong varsity players and teams for next year than chase an undefeated JV season this year, and the two are not mutually exclusive. Developing players and competing to win go hand in hand, and both reward the work ethic we ask of every athlete.
2. Competitive Excellence. Here, competition for playing time increases as roles become more defined. We value development while providing a genuinely competitive environment. Playing time is earned here and is not guaranteed.
3. Participation. For some athletes, this may be their last season in a given sport, and we know athletes develop at different rates. We make an effort to give team members opportunities to play and grow.

Varsity

1. Competitive Excellence. Our teams and players compete at the highest level they can, which means playing time is earned and not everyone will play in every game. Every athlete is asked to commit fully to the effort improvement requires.
2. Participation. Being part of a varsity team is an outstanding experience in itself, and we want to maximize each player's chance to contribute within their role. Our goal is always to place players where they can grow and make an impact.
3. Individual Development. We continue to push every athlete's skill and work ethic at this level. At the same time, the goals of the team come before those of any one individual, especially at varsity.



Tryout/Limited Rosters

- All Maclay athletic programs will conduct tryouts/evaluations before official rosters are set for each season.
- The tryout/evaluation period commences on the practice start date for that sport per the Florida High School Athletic Association.
- Not all teams will require cuts. Determinations on whether cuts will be necessary will be based on tryout participants for each sport, facility space, staffing, safety, and being able to provide valuable instruction for all student-athletes. The athletic department and coaches will communicate with parents and student-athletes if cuts are required.
- Attendance at tryouts/evaluations is mandatory to be considered for a roster spot on that team. Exceptions will be made for an overlap in sports seasons, illness (a doctor's note will be required to return to play), family emergency, or a school-sanctioned event.
- Coaches will work with players/families to coordinate tryouts/evaluations on a case-by-case basis.
- Coaches will communicate with student-athletes who have been cut from the team before posting rosters publicly.
- Student-athletes will be notified of their placement within 24 hours of tryouts/ evaluations concluding.
- If a student transfers to Maclay after a season has commenced, they must coordinate with the athletic department before joining an interscholastic team.



Athletes should expect to be evaluated on their skills, attitude, effort, leadership, and preparedness, among other sport-specific qualities identified by the coaches.

Food & the Fuel Bar

Maclay athletic department provides all Varsity and JV student-athletes with access to the Fuel Bar, funded by a portion of each JV and Varsity athlete's player fees. The Fuel Bar is stocked with healthy pre-game food and beverages chosen to provide our athletes with needed protein, healthy sugars/carbohydrates, and sodium for hydration. Student-athletes should plan to access the Fuel Bar during the day for away contests, or to stop by before home games to get the sustenance they need to perform their best.

Pre-game meals or snacks beyond what the Fuel Bar provides are funded through the team's player fees. A team parent, ideally a designated food coordinator, helps plan and organize these meals or snacks using those funds, rather than covering the cost out of pocket.

For games/matches that will result in a team getting back to campus later than approximately 9:00 pm, teams will coordinate a stop on the way home for student-athletes to pick up a post-game snack/meal. The cost of post-game stops will be the responsibility of the players/families.

THE FUEL BAR

With schedules that include early-morning workout sessions, after-school practices, and evening competitions, student-athletes need portable food options to fuel them from sun-up to sundown.

WHAT THE FUEL BAR PROVIDES

Protein

We break down muscle tissue every time we move, from running across a soccer field to jumping on a basketball court. Protein provides amino acids as the building blocks to help restore that tissue.



Carbohydrates

Carbohydrates are extremely important, ensuring student athletes have energy to burn so it isn't pulled from other places, like muscle



Fats

Healthy fats support brain health and hormones, fats also help young people feel fuller faster and provide needed calories for growth and development



Hydration

Dehydration is the biggest hindrance to performance and leads to a high risk of injury. It also helps with blood flow to the brain, allowing athletes to focus.



The Fuel Bar is located in Peipers Field House and is accessible to all Junior Varsity and Varsity student-athletes

Sources: Ohio State Wexner Medical Ce

Fifth Grade Participation

Participation in Middle School Athletics is intended for students in Grades 6–8. On a limited, case-by-case basis, fifth-grade students may be approved to participate when it is determined to be beneficial for both the student-athlete and the overall team. Approved fifth-grade students may participate in team practices and are welcome to be present on the bench during home contests. However, they are not eligible to participate in interscholastic competition or travel to away contests with the team.

Approval for a fifth-grade student to participate in a Middle School athletic program requires the consent of the Athletic Director, Lower School Division Head, and Middle School Division Head.









STANDARDS



MACLAY ATHLETICS

Athletic Eligibility



Each student-athlete must have the following information on file through the www.athleticclearance.com web platform before they may participate in any interscholastic athletic activity:

- A complete athletic profile for the current school year.
- A filled-out EL-2 / Physical Evaluation form signed and dated by a doctor certifying the health of the student-athlete.
- EL1ECG Screening form - required starting July 1, 2026, for all incoming 9th graders and new student athletes in grades 10-12.
- EL1/2s is for use when a follow-up is required for either the EL1 or the EL2
- All EL-3 documents signed ELECTRONICALLY by the parent and student, including forms for Parent Consent, Concussion Awareness, Heat Awareness, and Sudden Cardiac Awareness, plus attesting that both student and parent have viewed the required video presentations for all areas.
- Uploaded certificates for the NFHS courses: Concussions for Students, Sudden Cardiac Death, and Heat Illness Prevention.
- Acknowledgement of reading and upholding the Maclay Athletics Player and Parent agreements.

While the Athletic Department is responsible for making sure each student-athlete has all appropriate forms on file, it is the parent's responsibility to keep their student-athlete's documentation up to date. Physicals are valid for ONE Calendar Year. If your child's physical is going to expire mid-season, be sure to schedule an appointment ahead of time to avoid interruption in their current season.

Student athletes must maintain a minimum grade point average established by the Florida High School Activities Association (FHSAA). The FHSAA requires a cumulative, unweighted average of 2.0 based on a 4-point scale for athletic eligibility. This academic average is also required of all auxiliary athletic participants, such as managers, statisticians, etc. In addition, student athletes whose grade falls below a C in any class may be held out of practice and/or games to allow the student athlete to bring their grade up.

Student athletes are eligible for Middle School Athletics for a total of 3 years (plus an additional 4 consecutive years for Upper School beginning the first time they enter ninth grade).

Student Athlete Expectations



- Model behaviors and values consistent with our mission and honor code.
- Place the goals of the team above your own individual stats and accomplishments.
- Be committed to the team; your athletic journey is built one season at a time, through effort, discipline, and follow-through on rules and expectations.
- Always put forth your best effort in practice and in competition.
- Win with dignity, lose with character. How you respond matters as much as the result itself.
- Recognize that as a Marauder, you are an ambassador for the school in every community you represent, including online.
- Stay accountable to the academic standard that makes you eligible to compete; the classroom and the field are one commitment, not two.
- Be your own advocate with your coaches regarding your role, playing time, or similar concerns.

Parent Partnership



- Recognize that the athletic experience must be owned by the student-athlete and supported, not directed, by their families.
- Understand your posture toward coaches and officials shapes your child's experience as much as anything that happens on the field.
- Be positive fans, cheering for Marauders and respecting the decisions of coaches and officials.
- Encourage your student-athlete, in good times and hard times, to draw lessons from their athletic experience that outlast the scoreboard and carry through all seven years.
- Encourage your student-athlete to be their own advocate in discussions with coaches; refrain from interjecting yourself into those discussions.
- When a concern arises, bring it directly to the coach, privately; this is how trust is built.
- Treat every message to a coach or the program as a deposit toward trust, not a withdrawal from it.
- Support your student-athlete's health and readiness to compete through rest, nutrition, and hydration.



Coaching Expectations

- Model behaviors and values consistent with our mission.
- Teach and mentor student-athletes on and off the field, with an eye on the full 6-12 arc of their development, not just the current season or roster.
- Communicate with clarity, tact, respect, and fairness, treating every interaction as a deposit in the relationship, not just a transaction.
- Respect and honor the philosophy and policies of the school and the athletic department.
- Balance individual development with team competitiveness.
- Pursue excellence in knowledge of the sport.

Practice Times

Upper School teams should expect to practice each weekday, and in some sports on Saturdays, when they do not have games. Coaches may alter the practice schedule based on their teams' specific needs.

Middle school teams should expect to practice most weekdays to meet the needs of that specific sport. Middle school teams rarely practice on weekends.

Per the Florida High School Athletic Association, an official practice is defined as one continuous period in which a participant engages in physical activity. Each practice shall be no more than three (3) hours in length. On days when two practices are conducted, neither practice shall exceed three (3) hours in length and student-athletes do not participate in more than five (5) total hours of practice activities on these days.

No interscholastic athletic contest may be held on a Sunday, except under emergencies or extraordinary conditions, in tournaments or meets which are approved by the FHSAA. The conduct of practice sessions of any kind on a Sunday is prohibited.



Morning Practice

Practices/workouts held in the morning before school will follow these guidelines:

- Morning time slots should not be used for practices more than twice per week.
- Practices must be concluded by 7:45 am.
- Students may only leave campus if practice is concluded prior to 7 am. If practice runs past 7 am, students must stay on campus and use our locker room facilities to shower/change.
- All students are expected at homeroom by 8:15 am; coaches are responsible for concluding practices with enough time for all student-athletes to have access to showers and locker rooms to be prepared for the school day.







Missing Practices or Games

Being a part of a Marauder team is a privilege and comes with the responsibility of making the team a priority. Student-athletes are expected to attend all scheduled practices and contests. Missed practice(s) could have consequences such as, but not limited to, reduced playing time, make-up conditioning sessions, and in extreme situations removal from the team.

Multi Sport Athletes

As an athletic department, we encourage athletes to participate in multiple Marauder sports. Although our sports seasons overlap, there will always be an opportunity for athletes to try out for a winter or spring sport at the conclusion of their fall or winter team's season, with no penalty. Coaches of multi-season athletes will coordinate with each other to ensure that neither team's requirements preclude full participation in the other.

Athletes who wish to participate in two sports during the same season must get permission from the athletic director. Athletes will need approval from both head coaches, parents, and the upper school office.

Pre-Season & Off Season

Being a Maclay student-athlete, particularly at the varsity level, requires a high level of commitment and self-discipline. Many of our teams have pre-season or off-season strength and conditioning requirements as a prerequisite to participation. These requirements should be arranged so that being a member of multiple Marauder teams is both possible and complementary. Our head strength & conditioning coach will design appropriate in-season and out-of-season programming to meet the needs of multi-sport athletes. The strength & conditioning coach and team coaches will work with student-athletes to manage any conflicts, but it is the responsibility of the student-athlete to communicate and coordinate with his or her coaches.



Leaving, quitting, or removal

One of the lessons taught in athletics is perseverance. Quitting a team is strongly discouraged, and failure to finish a prior season may be considered in roster decisions in following years. Any athlete who quits a sport, or has been removed from a team, after regular-season contests have begun may not join another team in that same season, nor may they participate with a team in the following season until their teammates can (for example, a basketball player who quits cannot begin track practice until the basketball season concludes). This includes practicing, conditioning, or weight room activity of any team preparing for any upcoming season. Additionally, all player fees will be assessed and are non-refundable. Any exceptions to this policy must be approved by the coaches of both teams and the Athletic Director.





Uniforms and Equipment

Athletes are responsible for any Maclay-owned equipment or uniforms issued to them. All school-issued uniforms and equipment must be returned at the end of the season (even if you plan to wear the same jersey the next year). Athletes' families will be billed for the replacement cost of any equipment lost or damaged.

As a general rule, uniforms and equipment that are personalized or custom-sized will be kept by the student-athletes at the end of the season and are paid for by the student's family as part of the player fee.

Transportation



Busing

The athletic department provides transportation for away contests whenever possible, including drop-off-only transportation to local games within Leon County. In some cases, we may ask families to help transport student-athletes to these local games. For away games outside Leon County, a bus will be provided. Transportation details will be listed on team schedules so families can plan ahead.

Dismissals

Dismissal times for student-athletes are set by the Athletic Department and Head Coaches for each sport. Dismissal times will be added to each team's game schedule. Parents may be responsible for transportation to away games within Leon County. If available, a bus will be provided for away games outside of Leon County. Student athletes are responsible for communicating early dismissals to their teachers and making arrangements for any missed work or make-up assessments.

For away trips in which the team gets back at a late hour, students can be excused from the first block the following day. The athletic department will identify games that warrant an excusal from first block the following day. Student athletes are expected to communicate with their teachers and are responsible for their missed work.

COMMUNICATION



MACLAY ATHLETICS

Communication

At the heart of our athletic program is the shared goal of fostering the growth and success of our student-athletes. We must approach any concerns with a mindset of collaboration and respect. We encourage parents, coaches, and administrators to follow a clear and structured approach when discussing concerns. This helps us all maintain a productive dialogue and ensures that our students are the central focus of every conversation.

HEAD COACH
Player performance and skill development
Game and practice schedules
Playing time concerns
Team discipline questions

ATHLETIC DIRECTOR
Eligibility, team policies, or academic performance
Special requests (travel, equipment, etc.)
Escalated issues that are unresolved with the coach
Questions about the athletic program as a whole

DIVISION DIRECTOR
Serious issues that involve discipline or policies
Concerns regarding school-wide impact
Questions about athletic eligibility related to academic performance



24 hours

Competition and adrenaline contribute to great athletic experiences, but very rarely lead to productive conversations in the heat of the moment. If a parent feels the need to speak to a coach about an experience during a game, please wait until the next day (24 hours after the contest is over) before doing so.



Communication with Coaches

One of the lessons we hope our student-athletes will learn through athletics is how to be their own advocates with those in positions of authority, including coaches and officials. Student-athletes, particularly at the varsity level, are encouraged to speak directly to their coach about any concerns regarding positions, assignments, playing time, etc. Parents should not interject themselves in these conversations and take away their student-athletes' opportunity to learn and grow through them. Coaches and student-athletes are expected to handle any such interactions in a professional manner. This includes tact, discretion, picking a good time to talk (not a time when emotions are high), and mutual respect. Coaches will never penalize a player for communicating candidly and respectfully.



Social Media





Maclay maintains official social media accounts for both the school and athletics, and regularly posts and curates content to represent the school and athletics. Teams and parents are encouraged to share photos, accolades, or highlights to gomaclay@maclay.org.

If a team wishes to have its own social media account, the coach must submit a request to the athletic department for approval. Before the account is created, the coach and account manager must sign off on the department's Social Media Guidelines.

Coaches must also review the social media guidelines and the Faculty Handbook. Coaches are responsible for all content, account management, and password security at all times, regardless of who else may help manage the account.

Student-athletes, account managers, and their families must follow Maclay's Social Media Guidelines when posting or commenting on social media, including posts that show Maclay athletes or opponents in uniform, or otherwise depict Marauder teams. Keep school rules and core values in mind, and think about the impact on yourself and the community.

Financials



Maclay's athletic programs rely on consistent financial support to cover everything from uniforms and equipment to travel, facilities, and coaching. That support comes from three main sources: the school's operating budget, program fees, and MPact (booster) funds.

Budget Funds

Budget Funds come from the school's general operating budget and cover team equipment, officials, facility needs, and coaches' stipends.

Player Fees

Program Fees are collected each season and cover the direct costs of running our athletic programs. They include:

- An Athletic Fee, covering items like media day and photos, Fuel Bar access, and the facility enhancement fee,
- A Team Fee, covering required clothing, equipment, or gear identified by coaches, pre-planned overnight trips, team meals, and other team-specific needs,
- When needed, a Post-Season Fee, covering hotel, travel, and food costs for postseason tournaments.

Program Fees are billed through the school's student information system once final rosters are submitted. Fees are non-refundable if a student leaves, quits, or is removed from a program after fees have been collected.

MPact Booster Funds

MPact Funds come from our booster program. Boosters provide financial support, community engagement, and school spirit that go beyond what the budget and program fees cover, funding larger one-time purchases or program-wide experiences like team bonding activities.

CULTURE



MACLAY ATHLETICS



Locker/Team Rooms

The locker rooms and team rooms are assigned to specific teams each season. Those teams' coaches and student-athletes are then responsible for taking care of them. No one should use the locker rooms or team rooms during the school day; if taking a PE class, student-athletes should use a PE locker for that class. Student-athletes should never prop open the locker room doors to keep them from locking.

Maintain appropriate personal boundaries and abstain from inappropriate actions that include but are not limited to horseplay, towel whipping, inappropriate physical contact, or throwing of objects or projectiles. No person may use a cellular phone, camera, video recorder, or other device to record or transfer images in the locker room at any time.

Lock all valuables in a locker. Do not take items that do not belong to you. If it appears an item has been left behind, give it to a coach or a member of the Athletic Department staff.

Hazing

Abusive and/or humiliating behavior against another individual is contradictory to the Maclay School's honor code and anti-bullying policy and will not be tolerated. It is also contrary to what teamwork is all about. Therefore, hazing in any form, either mental or physical, will not be tolerated.

No student-athlete, regardless of age or grade level, should be "initiated" or be asked to earn his or her spot on a team by submitting to ridicule from other members of the team. This behavior will not be tolerated by any member of the team.

Any hazing behavior of which the coaches are made aware will be handed over to the Upper School Administration to be handled as a disciplinary situation. In addition to this response, student athletes can expect to face additional consequences assigned by the Athletic Department.

Any coach who has any suspicion of any hazing act that occurred or has occurred on their team or because of their team has a duty to report such behavior to the Athletic Department immediately.

End of Season Awards

Each team- Varsity, Junior Varsity, and Middle School teams- will select two awards to give at an end-of-season celebration. At the Varsity level, one athlete per program is honored with the Marauder Award. In addition, each program may nominate a student-athlete for the Student-Athlete of the Year Award and the Leadership Award.

Varsity Letters

A Varsity letter will be awarded to student-athletes who meet the requirements set forth by their coach, as approved by the Director of Athletics. Varsity requirements typically combine playing time, achievement, practice attendance/effort, and commitment to the varsity program. The varsity letter shall be awarded to a member of a varsity team who has worked hard and who, in the eyes of the coaching staff, has earned recognition as a varsity athlete.

A student who fails to qualify for the varsity letter because of injury or other extenuating circumstances, and who does not remain with the team in a service capacity, is not eligible for the varsity letter.



College Signing Ceremonies





The Maclay athletic department wants to support all student-athletes who wish to pursue their sport at the next level. Families should reach out to both athletics and college counseling as soon as their student-athlete is considering pursuing athletics in college. We wish to ensure that student athletes are following the right steps, making strong choices about their academics, and being supported as they follow their dreams to play their sport collegiately.

The Maclay athletic department is pleased to recognize and celebrate our student-athletes who are invited to continue their playing careers at the collegiate level. Students wishing to celebrate a scholarship signing or formal commitment must have a verified roster on their collegiate team. Student-athletes or families must inform the Athletic Department and the Office of College Counseling as soon as possible after the commitment. The athletic department will host two signing ceremonies per year to capture and celebrate all student-athletes committing to play at the collegiate level.

Parent Supporters



LEAD VOLUNTEER

Organize and coordinate with parents of each level within the program to fill voluenteer roles. Coordinate with coaches on team activites, schedules, and booster needs. Assign signup for gate collection.



FOOD COORDINATOR

Organize or order food, meals, and drinks as needed for pre- or post-game meals or snacks. Assign volunteers to run the concessions stand during home games. Coordinate with families for hosting team dinners or other celebratory events.



SOCIAL COORDINATOR

Organize any pre-season team gatherings. Organize the end-of-season banquet with parents from all levels of the program. Coordinate Senior Night with the athletics office.

Athletic Training



Athletic Training Program

Maclay is proud to offer student-athletes access to a fully staffed Athletic Training Room, part of our commitment to keeping every Marauder healthy, safe, and performing at their best. Our athletic trainer works closely with athletes, coaches, and families all season long, from injury prevention to same-day treatment to full recovery.

In the Training Room

Student-athletes can turn to the training room for a range of services, including taping for orthopedic issues, preventative taping for higher-risk positions on game day, and rehabilitation for athletes in a structured program. The training room also offers immediate care, wound care, wrapping, cryotherapy, thermotherapy, electrical stimulation, ultrasound therapy, manual therapy, cupping, assisted stretching, and injury evaluation.

Partnering with the Athletic Trainer

The best outcomes happen when athletes, parents, and coaches work as a team with our athletic trainer. We encourage families to build a relationship with the trainer, ask questions, and stay in the loop on their student-athlete's care.

Reporting injuries and illnesses is a shared responsibility. When coaches, athletes, and parents all communicate promptly, whether that is flagging a new injury, sharing a note from an outside physician, or simply checking in, it helps the trainer respond quickly and gets student-athletes back on the field sooner and safer.

Injuries and illnesses from outside Maclay-sanctioned events, such as club sports or those that happen at home, need to be evaluated by a physician before our athletic trainer can treat them. If the trainer isn't available when an injury happens, please have your student-athlete report to the Athletic Training Room the next day before practice.

Physician Referrals

If an injury or illness warrants additional medical care, the athletic trainer can assist with a referral, drawing on Maclay's network of local physicians to help ensure efficient, consistent care. The decision to use any specific provider is always up to the student-athlete's parent or guardian.

Once a referral is made, the student-athlete, athletic trainer, and coaches must all follow the physician's instructions for treatment, rehabilitation, and return to play.



Return to Play

Any student-athlete removed by the athletic trainer from conditioning, practice, or competition must be cleared by the athletic trainer before returning to play.

If the student-athlete sees a physician for the injury, written clearance from that physician is required: a signed note must be presented to the athletic trainer, and the athlete will not be permitted to return to play without it.

Final Say on Participation

The athletic trainer, or the Maclay Student Health Clinic, always has the final say on whether and how a student-athlete can participate in practices or games due to injury or illness. This keeps every decision centered on the athlete's health, and any questions about a student-athlete's status should go directly to the athletic trainer.









Concussion Management

At the start of each athletic season, student-athletes are required to complete a baseline, known as the ImPACT test, a 25-minute computerized test taken to determine an athlete's neurocognitive function before a concussion has been sustained. Maclay utilizes this FDA-cleared testing program as part of the post-injury evaluation to determine neurocognitive deficits when compared to the athlete's baseline test. The baseline and post-injury evaluations will be administered and supervised by the athletic trainer at Maclay.

In the event that an athlete is diagnosed with a concussion by the athletic trainer or a physician, they will enter concussion protocol. By law, when a concussion is suspected, the steps to return to athletics are as follows.

Immediate Response

The athlete is immediately held from practice, competition, weightlifting, and physical education class. The student-athlete's parent or guardian is informed and referred to a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO) for proper concussion management in compliance with Florida state statutes.

The athletic trainer will contact the Head of Student Health to put in motion academic accommodations for the student-athlete while they have concussion symptoms.

The athletic trainer will administer a concussion evaluation, including the ImPACT post-injury test, and will inform coaches, strength and conditioning coaches, school nurses, and the Center of Academic Excellence of the athlete's injury and any activity or academic modifications

Physician Evaluation

The treating physician will fill out an FHSAA AT18 Form, which includes a return-to-play protocol. This form and any associated notes must be given to the Maclay athletic trainer. The treating physician can also provide written academic accommodations for the classroom, which the athletic trainer will share with the Center of Academic Excellence.

If the athlete is cleared by a physician, they are considered cleared to begin the return-to-play process, not cleared to play.

Daily Symptom Monitoring

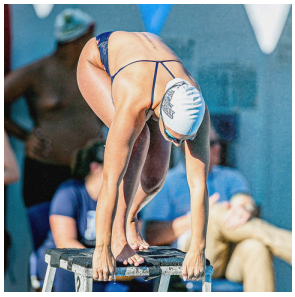
In the days following a concussion, student-athletes are required to check in with the athletic trainer each day to complete a symptom evaluation and functional activities per the physician's orders. Once the athlete is symptom-free, they will begin the graded return to play process, performed under the direct supervision of the athletic trainer

Concussion Return to Play Process

The return to play process consists of four days of physical activity that gradually increase day to day.

- Day one is Light aerobic exercise: walking, swimming, stationary bike
- Day two: Sport-specific exercise: non-contact drills, jogging
- Day three: Non-contact training: Complex (non-contact) drills/practice
- Day four: Full-contact practice: restore confidence and simulate game situations

The athlete advances each day as long as symptoms do not return. If symptoms return, the athlete moves back a day before progressing again.







Medications

Certified Athletic Trainers, coaches, and staff are not permitted to dispense any type of medication, including over-the-counter medication. No medications are available in the athletic training room. If an athlete has a prescription and requires emergency medication such as an inhaler or EpiPen, they are strongly encouraged to administer the medication themselves and have it immediately available. If a student-athlete is unable to administer their own emergency medication, the trainer, coaches or staff will step in to help ensure it is given.

Medication Procedures for Athletic Trips

- For students requiring daily medications, it should be the sole responsibility of the parents/guardians to carry the medication(s) and administer the medication(s) to their child during athletic events.
    - Access must be provided for parents at the time of medication administration; this needs to be communicated to the coach by the parent(s).
    - If the medication is a medication that is administered by the school clinic, it is the responsibility of the parent/guardian to collect the medication from the clinic for the athletic event and is the responsibility of the parent/guardian to return the medication to the school clinic.
- If a parent/guardian is not able to attend the athletic event, it is the sole responsibility of the parent/guardian to communicate this with the coach. It is the sole responsibility of the parent/guardian to drop off medication and the permission form directly to the coach (or other Maclay faculty/coaching/staff member) at the time of departure, and it is the sole responsibility of the parent/guardian to collect the medication at the time of return to campus.
- If a student has rescue medication, such as an inhaler or EpiPen, it is the responsibility of the athlete to carry their own rescue medication in the event that the medication is needed. It is the sole responsibility of the parent/guardian to ensure that their child is sent with their unexpired rescue medication (inhaler or EpiPen), and it is the sole responsibility of the parent/guardian to notify the coach of any medication conditions/allergies and whether their child has any rescue medications.

