

2016-2017 Fall Sport Parent Rules & Information Meeting



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**Athletic Director
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Athletic Trainer

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What are Concussions?

- **A concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.**
- **VIDEO PRESENTATION**
 - http://www.brainshark.com/IllinoisPrincipalsAssoc/concussion_ihsa

Signs & Symptoms

- **Headache**
- **Blurred vision**
- **Nausea/Vomiting**
- **Dizziness**
- **Fatigue/Sleepiness**
- **Irritability/Emotional**
- **Confusion**
- **Difficulty falling asleep**
- **Difficulty focusing/concentration**
- **Feeling like you're "in a fog"**
- **Sensitive to light**
- **Sensitive to noise**
- **Temporary loss of memory**

1. You have to have a loss of consciousness to have sustained a concussion.
 - Studies show that less than 10% of concussions result in a loss of consciousness
2. Concussions are only a result of a direct blow to the head
 - A concussion can be sustained by a sudden, violent movement of the head caused by an unexpected external force to the body.
3. You need to wake someone every 20 minutes.
 - Though it is important to check on someone periodically, it does not have to be every 20 minutes. Once every 2-3 hours is sufficient.

SPORTS MEDICINE UPDATE – PA 099-0245

- **On August 3rd, 2015, Governor Rauner signed into law SB 07 (Public Act 99-245). The legislation focuses primarily on concussion management at the middle school/junior high school and high school levels. The legislation amends the School Code and is a requirement for all schools.**

SPORTS MEDICINE UPDATE – PA 099-0245

- **Highlights of the Youth Sports Safety Act:**
- **Each school board in the state of Illinois shall adopt a policy regarding student athlete concussions and head injuries that is in compliance with the protocols, policies, and by-laws developed by the Illinois High School Association.**
- **Each school district must use education materials provided by the Illinois High School Association to educate coaches, student-athletes, and parents/guardians of student-athletes about the nature and risk of concussions and head injuries, including continuing play after a concussion or head injury.**
- **The formation of Concussion Oversight Teams (COT) at all public, private, or charter schools. The COT's primary function will be to develop return-to-play and return-to-learn protocols for students believed to have experienced a concussion. The protocols should be based on peer-reviewed scientific evidence consistent with guidelines from the Center for Disease Control and Prevention. These teams can contain a range of individuals based on the resources available to the school in their community or neighborhood but must include one person who is responsible for implementing and complying with the return-to-play and return-to-learn protocols.**
- **No later than September 1, 2016, all interscholastic coaches and licensed officials will need to complete a training program of at least two hours on concussions. Coaches, nurses, and game officials must provide the school or district with proof of successful completion of the training. Training must be completed every two years. Head coaches and assistant coaches must complete the required training as well as members of a school/district's CO**

CONCUSSION MANAGEMENT RESPONSIBILITIES

FOR ADDITIONAL INFORMATION PLEASE GO TO:

<http://www.ihsa.org/Resources/SportsMedicine/ConcussionManagement.aspx>

STAKEHOLDER RESPONSIBILITIES

Concussion Management Responsibilities

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion. Medical advances over the past decade, along with a national emphasis on raising awareness about concussions, have enabled sport organizations, including the IHSA, to draft or revise rules and policies aimed at player safety in all sports that reflect this growing body of information. Proper concussion management is not the responsibility of one person or group; rather, it is the shared responsibility of various stakeholders involved with athletic participation.

CONCUSSION MANAGEMENT RESPONSIBILITIES

- **School Responsibilities**
- **IHSA member schools:**
- **Shall adopt a policy regarding student athlete concussions and head injuries that is in compliance with the protocols, policies, and by-laws of the Illinois High School Association.**
- **Shall provide information on their school's concussion and head injury policy as a part of any agreement, contract, code, or other written instrument that a school requires a student-athlete and his/her parent(s) or guardian(s) to sign before participating in an interscholastic practice or competition.**
- **Shall use educational materials provided by the Illinois High School Association to educate coaches, student-athletes, and parents and guardians about the nature and risk of concussions and head injuries, including continuing to play after a concussion or head injury.**
- **Shall ensure compliance with the Return-to-Play (RTP) Policy of the Illinois High School Association.**
- **Shall develop RTP and Return-to-Learn (RTL) protocols for students at their school who have been diagnosed as having sustained a concussion in accordance with Illinois state law.**
- **Shall ensure that student-athletes watch the IHSA Concussion video at least once during the school year.**

CONCUSSION MANAGEMENT RESPONSIBILITIES

Coaches Responsibilities

Coaches:

- Shall be educated about the nature and risk of concussions and head injuries, including continuing to play after a concussion or head injury, and successfully complete an approved program prior to beginning their coaching responsibilities. The IHSA shall make educational materials available at no charge to coaches through its sports medicine website.
- Shall immediately remove from participation or competition any athlete who is suspected of sustaining a concussion or head injury.
- Shall not allow an athlete who has been removed from participation or competition because of a suspected concussion or head injury to return to participation or competition until the athlete has met the appropriate RTP protocols.

CONCUSSION MANAGEMENT RESPONSIBILITIES

- **Athlete Responsibilities**

- **Athletes:**

- **Shall annually review, sign, and return to the school, a concussion and head injury information sheet prior to initiating practice or competition.**
- **Shall notify a coach if the athlete or a teammate exhibits signs or symptoms of a possible head injury.**
- **Shall abide by all appropriate RTP and RTL protocols.**
- **Shall view the IHSA Concussion video at least once during the school year.**

- **Parent/Guardian Responsibilities**

- **Parents/Guardians:**

- **Shall annually review, sign, and return to the school, a concussion and head injury information sheet prior to their student initiating practice or competition.**
- **Shall provide their student's school with the necessary written consent in accordance with Illinois state law prior to their student's return to participation following a concussion.**

- **IHSA policy:**

- A student athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from participation or competition at that time.
- A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury can not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer.
- If not cleared to return to that contest, a student athlete can not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

Care Plans

Rehabilitation stage		Functional exercise	Success goal of each stage
No Activity		Physical and Cognitive rest	Recovery
B Bike	Light aerobic exercise		Increase heart rate without symptoms
R Run	Aerobic Exercise	Running >70% maximum predicted heart rate	Increase heart rate without symptoms
A Agility	Sport-specific activity	Agility Drills. No head impact activities	Add movement without symptoms
I "In Red"	Non-contact training drills	Progression to more complex training drills. May start progressive resistance training	Exercise, coordination, and cognitive without symptoms
N No Restriction	Full contact practice	Following medical clearance participate in normal training activities	Restore confidence and assess functional skills without symptoms
G Game Play	Return to Play	Normal game play	

Injury Care Protocol

1. Report the injury to your Coach.
2. See and get evaluated by the Athletic Trainer.
3. Parent is contacted, if necessary.
4. Referral to a Physician, when appropriate.

Rest

Ice

Compression

Elevation

An injured athlete is expected to be in the athletic training room everyday for treatment until pain-free return to activity.

“Thank you.” – B. Westholder

Injury During A Contest

- **Please stay calm – many times things appear much worse than they actually are.**
 - A student athlete that is injured during game play will be immediately attended to by the trainer.
 - For the trainer to assess the extent and severity of you athlete's injury he needs complete control and focus of that athlete.
 - If your athlete requires additional medical assistance, one of the athletic administrators will come and get a parent/guardian to meet with the trainer.
 - Please remember...our trainer is an expert in what he does. Please know that we have your athlete's best interest in mind at all times.

Athletic Department Expectations

High school athletes represent themselves, their family, their school and their community. Judgment as to the quality of a participant's conduct and actions are constantly made. A player's behavior reflects positively or negatively.

We expect that all students involved in the East Aurora athletic programs will strive to be the best that they can be academically, in behavior, and in playing skill and sportsmanship.

In the Competition Arena

Athletes are expected to compete aggressively within the rules of the game, not to swear, not to cheat, and accept that winning and losing are a part of athletic competition.

Winning or losing a game is in no way an indication of an athlete's character; however, the athlete's response to winning and losing is a clear indication of a good or bad nature.

Misbehavior During A Contest

If an athlete is ejected from a contest for unsportsmanlike conduct, that athlete will be ineligible to participate in the team's next contest per the IHSA guidelines and is subject to other penalties from the Athletic Administration.

In The Classroom

Athletes are expected to comply with all school attendance, scholarship, and behavioral requirements. Athletes are expected to strive for achievement of subject or course goals and to work cooperatively with their respective teachers and classmates for the benefit of everyone.

Leadership in responsible and cooperative behavior by student-athletes is the standard of which all student imitate.

In The Hallways

Student-athletes are expected to act in such a way as to earn the respect of themselves, fellow students, teachers, parents and the community of Aurora.

The way a person acts is of great importance because a person's reputation is the way that he or she will always be remembered.

Expectations of EAHS Athletes

- **Make and keep commitments, and follow rules of school, athletic code, and team during their high school career.**
- **Be coachable. Have a positive attitude.**
- **Be tobacco, alcohol & drug free.**
- **Set realistic and challenging goals.**
- **Respect coaches, teammates, officials, parents, and EAHS faculty and equipment.**
- **Demonstrate good sportsmanship at all times, in an out of season.**
- **Learn from your mistakes.**
- **Have a good work ethic.**
- **Be a leader and a positive role model.**

Expectations of EAHS Parents

- **Notify coaches of ANY injury or illness that our staff may not be aware of.**
- **Be Positive- Being on one of our high school teams is an accomplishment.**
- **Be Supportive- Nothing can erode teamwork faster than athletes doubting the capabilities of their coaches.**
- **Communicate fairly and openly with our coaching staff.**
- **Be a good role model- Demonstrate positive behavior and sportsmanship as a fan.**
- **Read, understand, discuss, and help monitor the Athletic Code of Conduct.**
- **Attend pre-season meetings.**
- **Learn the rules of your particular sport.**
- **Encourage commitment and positive values**

ISSUES THAT ARE APPROPRIATE TO DISCUSS WITH COACHES

24 Hour Rule:

- **Concerns about academic eligibility.**
- **Concerns about behavior.**
- **Various ways to help son/daughter improve.**
- **The treatment of you son/daughter.**

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- **Other athletes**
- **Philosophy- Play Calling**
- **Playing time**
- **Team or individual strategy**
- **Do not attempt to confront a coach before or after a practice or contest**
 - *These unscheduled meetings rarely accomplish anything positive and do not promote resolution. Please let 24 hours go by and then call or ask the coach for a time to meet.*

PROCEDURES & LINES OF COMMUNICATION TO FOLLOW

- 1. Communication between player and coach to resolve problems or conflicts.**
- 2. Communication between parent and coach to resolve problems or conflicts.**
- 3. Communication between athletic director, parents, coach, and athlete to resolve conflicts.**
- 4. Communication between principal, athletic director, and parents to resolve conflicts.**

Training Rules and Regulations

**24 hours a day /
7 days a week /
365 days a year /
on or off school property**

Training Rules and Regulations

- **Violations:**

- **Use of Tobacco Products**

- **First Offense – Suspension for 10% of all regular season games.**

- **Use of Alcohol or Chemical Substances**

- **First Offense – Suspension will be for 25% of all regular season games. The suspension may be reduced to 10% if the student-athlete enrolls into an approved substance abuse program within 48 hours after notification. Voluntary admission of an infraction of the training rules regarding substance abuse will not result in suspension but will count as a first offense. In such cases, mandatory enrollment in an approved substance abuse program within 48 hours is required.**

Training Rules and Regulations Cont...

– School Disciplinary Action

- A student-athlete suspended out of school from regular class attendance shall not participate in games or practices on the school days of suspension. In repetitive cases, the high school administration may consider additional consequences for the student-athlete based upon the student-athletes history and the recommendation of the Athletic Counsel.**

– Criminal Action

- A student-athlete involved in a criminal offense will be suspended immediately from participation in athletic activity at East Aurora High School during the period of investigation. The high school administration will consider reinstatement of the student-athlete to the athletic program based upon the findings of the investigation and the recommendation of the Athletic Counsel.**

Training Rules and Regulations Cont...

– Theft or Vandalism

- **First Offense – Theft or vandalism of any school or personal property will result in the suspension of the student-athlete for a period to be determined by the Athletic Director via the Athletic Council's recommendation. Suspension term may be delegated up to but not more than one calendar year.**

– Gang / Subversive Group Activity

- **A student-athlete involved in Gang or Subversive Group activities will be suspended immediately from participation in athletic activity at East Aurora High School during the period of investigation. The high school administration will consider reinstatement of the student-athlete to the athletic program based upon the findings of the investigation and the recommendation of the Athletic Counsel.**

Training Rules and Regulations Cont...

– Hazing / Bullying

- The Board of Education strives to maintain a learning environment that is free from any form of harassment, intimidation or bullying of students. No person, including a District employee or agent, or student shall harass, intimidate or bully another student. based upon a student's race, color, national origin, sex, sexual orientation, religious beliefs, age, physical and mental handicap or disability, status as homeless, or actual or potential status, including pregnancy, or any other protected characteristic.**
- The District will not tolerate harassing, intimidating conduct or bullying whether verbal, physical or visual, that affects the tangible benefits of education, that unreasonably interferes with a student's educational performance, or that creates an intimidating, hostile or offensive educational environment.**

Weekly Eligibility Check

In order to be eligible for participation in any school-sponsored or school-support athletic or extracurricular activity, each student-athlete must maintain a passing grade in no less than 5 courses, as determined on a weekly basis.

Any student-athlete who fails to meet this weekly requirement will be suspended from further participation in school-sponsored and school supported athletic and extracurricular activities for 7 calendar days.

In addition any student-athlete who fails to maintain a passing grade in no less than 5 courses for a given semester will be prohibited from participating in any school-sponsored and school supported athletic and extracurricular activities for the following semester.

IHSA DRUG TESTING POLICY

- **Required signature on athletic registration**
- **Random drug testing throughout the school year.**
 - **Randomly select 12 individuals.**
 - **Test is administered during any of the 3 seasons.**
- **EAHS has NOT been tested recently.**
 - **There is a potential that it may happen this school year.**

Congratulations on your
**child making their sport
team @ EAHS.**

Show your support...

join the

Tomcat Athletic Booster Club!

Who are the Tomcat Athletic Boosters?

- **Non-profit**
- **Volunteers**
- **Mission to boost, support, encourage, and aid Illinois High School Association (IHSA) student organizations at EAHS.**
- **Meetings are held the 1st Tuesday of each month at 7:00 PM at the school.**
 - **All members are welcomed to attend.**
 - **See and hear what we do, as well as voice any compliments or concerns.**

Fall Sports Season Pass

✓ **\$30.00 Fall Season Pass:**

- ✓ **Adult Admission to all 4 Home Football Games**
- ✓ **Preferred Parking at Home Football Games**
- ✓ **Tomcat Booster Club Membership**
- ✓ **Tomcat Fall Sport T-Shirt**
- ✓ **Adult Admission to 5 Home Volleyball Games**
 - ❖ *(IHSA events are excluded)*

Adult Event Admission Cost - \$4.00 per event

4 FB games	-	\$16.00
5 VB games	-	\$20.00
Tomcat Booster Club Membership	-	\$10.00
Tomcat Fall Sport T-Shirt	-	\$12.00
Preferred Parking	-	<u>PRICELESS</u>

\$58.00 Package for the low cost of only \$30.00

You save \$28.00 by purchasing this package – see Ms. Andrews for the Sign up Sheets.

Athletic Communications

- **Athletics 2000-**
<http://il.8to18.com/eahs>
 - **Athletic Announcements**
 - **Athletic Rosters**
 - **Game Results**
 - **Directions to schools**
- **NEW- EMAIL ALERTS!!!**
 - **Go to website**
 - **Select 'Email Alerts'**
 - **Create 'New Account'**
 - **Select the sports your son/daughter play**
 - **Throughout the season- important information may be sent.**

Upstate Eight Conference

- **RIVER**

- **Batavia**
- **Elgin**
- **Geneva**
- **Larkin**
- **St. Charles East**
- **St. Charles North**
- **Streamwood**

- **VALLEY**

- **Bartlett**
- **East Aurora**
- **Glenbard East**
- **South Elgin**
- **West Aurora**
- **West Chicago**

Breakout Sessions

- **Football – Auditorium**
- **Boys' Soccer - Main Cafeteria**
 - **Volleyball – Main Gym**
 - **Golf - Faculty Cafeteria**
 - **Cheer - Rm. 116**
 - **Girls Tennis – Rm. 118**
- **Cross Country – Coach Gillespie's Room**

THANK YOU FOR YOUR ATTENDANCE



TEAM - FAMILY - PRIDE

Let's Have An Outstanding Fall Season!
WE ARE.....EAST STRONG!