ARTICLE I. BELIEFS

The athletic program of St. Laurence School is founded on these beliefs:

A. The existence of God and the dignity and worth of the human person
B. The right of God’s people to mature in society and the Church
C. The responsibility of parents in transmitting these beliefs to their children

ARTICLE II. PHILOSOPHY & PURPOSE

Our athletic program exists to promote the spiritual, moral, social and physical development of students guided by the teachings of the Catholic Church. Our program will serve the following purposes:

A. Promote growth in social skills and moral development
B. Promote physical development and increase potential for improvement in sports
C. Experience God-given talents with fellow athletes
D. Develop within each student a philosophy of teamwork and fair play
E. Develop common goals
F. Create a spirit of camaraderie
G. Afford athletes the opportunity to participate and earn the respect and companionship of their peers
H. Discover and improve individual skills
I. Promote self-confidence and poise as team members
J. Teach good fundamentals, team spirit and sportsmanship

ARTICLE III. ADMINISTRATION

A. In accordance with Rockford Diocesan Policy “All elementary athletic programs associated with Catholic Schools shall be under the jurisdiction of the school principal”.
B. The Athletic Director (AD) will be accountable to the Principal.
C. The St. Laurence Athletic Committee shall be comprised of the Principal, AD, Secretary, Treasurer and one member of the Education Commission to act as a liaison between the Athletic Committee and Education Commission. The liaison will have no voting privileges.
D. Athletic Committee members must be 21 years of age and registered members or spouses of registered members of the parish.
E. The AD may assign sport coordinators to be responsible for various duties.
F. Athletic Committee members may serve for as long as they remain in good standing with the committee.
G. As it becomes necessary to replace Athletic Committee members, St. Laurence Parish and school will be notified of the openings.
H. Individuals applying for open positions must submit their request in writing to the Athletic Committee.
I. If there are more candidates than positions, the Athletic Committee will conduct a vote.
J. The Athletic Committee will meet quarterly. Additional meetings may be called at the discretion of the Principal or AD.
K. All regular meetings of the Athletic Committee shall be open to the members of the parish/school.
L. Individuals wishing to address the Athletic Committee must request an opportunity to do so by submitting a request in writing to the principal or AD.
M. Written records of all meetings shall be maintained by the Secretary.
N. Steps for conflict resolution are as follows:
   1. Speak directly to the individual.
   2. If the issue is not addressed to your satisfaction, contact the AD.
   3. If you still have questions or concerns, write or call the Principal.
O. All adults who oversee Athletics (Principal, AD, Coaches) must be adequately trained to use the AED (Automatic External Defibrillator).

ARTICLE IV. ATHLETIC PROGRAM REQUIREMENTS

A. Every student that desires to participate shall be given the opportunity as long as they meet all other requirements of the school.
B. If a school has many students at a particular grade level, there are to be multiple teams at that level so as to encourage greater participation.
C. If there are multiple teams at one level, the AD will make recommendations with regard to team size based on skill level of athletes, number of athletes and input of coaches.
   1. At 5th and 6th grade, teams will be divided to create 2 equal teams.
   2. At 7th and 8th grade, teams may be divided to create 2 equal teams or an “A’ team and a “B” team.
D. There will be no tryouts or cutting of players.
E. Lower grade (5th & 6th) programs shall have as their primary emphasis instruction and participation.
   Upper grade (7th& 8th) shall emphasize instruction, participation, and competition. At lower grades (5th & 6th) in order to emphasize instruction and participation, playing time in a given contest is to be equitable among all athletes on the team.
F. Coaches and ADs must cooperate in teaching methods, styles of play, etc. so as to provide the best opportunity for athletes to develop proficiency and character.
G. It shall be the responsibility of the host school to lead those assembled in a public prayer and the recitation of the pledge of allegiance or playing/singing of the national anthem.
H. It is mandatory that all team members who are listed in the official scorebook for each contest be given playing time. Every member listed in the book must enter and play in the game/match/contest before it ends. Likewise, it is mandatory that all team members who are listed in the official scorebook sit out a portion of each contest. Exception: When the number of team members is equal to the number of athletes necessary to field a team. Exception: The sit out rule will not apply for girls’ and boys’ volleyball.
I. Host schools are responsible for having a designated person in charge of the game facility at all times. Such person will notify visiting coaches of his/her role.
J. Religious activities take precedence over all athletic activities.
K. A properly equipped first aid kit must be available to coaches at all practices and contests.
L. Playing rules and regulations shall govern play in each sport. If no conference regulation exists, decisions are referred / made according to IESA guidelines.
M. Playing/Practice Time for Diocesan Schools: Each school team shall have a maximum of four days of practices/contests in a given week – Sunday through Saturday. Practice times shall be limited to no more than 90 minutes per session.

ARTICLE V. PARTICIPANT ELIGIBILITY

A. At the principal’s discretion, 4th graders may be allowed to participate:
   1. On a 5th-6th combined team to bring that school into conference membership compliance.
   2. On a 5th grade conference level team where the member’s school deems necessary.
B. No 4th graders will be allowed to participate at levels above 6th grade.
C. No participants may play “down” a level on another conference level team (i.e., 8th grader on a 7th grade team).
D. Participants may play “up” one conference grade level (6th grader to a 7th or a combined 7th-8th team).
E. In the event of uncontrollable or foreseeable circumstances i.e. there are not enough children to complete a team at any grade level, a child may be moved up from a lower grade level team or over from a second team competing in conference play, on a contest by contest basis.
F. In the event that players need to be moved, the following procedure is to be followed:

   BASKETBALL
   6 Players - no players permitted to be used
   5 Players - 1 player permitted to transfer
4 players - 2 players can be moved

**Volleyball**
- 6 Players - no players permitted to be used
- 5 Players - 1 player permitted to transfer
- 4 Players - 2 players can be moved

**ARTICLE VI. SPORTS LIMITATIONS AND SPECIFICS**

Diocesan athletic rules provide guidelines as to limitations on the number of contests (every interscholastic competition/scrimmage shall be considered a contest). The Conference Tournament counts as one of the allowable tournaments. No team may play in more than 5 matches/games in any given tournament.

**Volleyball (7th and 8th Grade Levels)**
The total number of regular season contests may not exceed:
- a) Twenty-one matches and no tournaments; or
- b) Nineteen matches plus one tournament; or
- c) Eighteen matches plus two tournaments; or
- d) Sixteen matches plus three tournaments; or
- e) Fifteen matches plus four tournaments

**Volleyball (5th and 6th Grade Levels)**
The total number of regular season contests may not exceed:
- a) Eighteen matches and no tournaments; or
- b) Sixteen matches plus one tournament; or
- c) Fourteen matches plus two tournaments.

**Basketball (7th and 8th Grade Levels)**
The total number of regular season contests may not exceed:
- a) Twenty-one games and no tournaments; or
- b) Nineteen games plus one tournament; or
- c) Eighteen games plus two tournaments; or
- d) Sixteen games plus three tournaments.

**Basketball (5th and 6th Grade Levels)**
The total number of regular season contests may not exceed:
- a) Eighteen games and no tournaments; or
- b) Sixteen games plus one tournament; or
- c) Fourteen games plus two tournaments.

**Cheerleading / Pompons / Dance Teams**
Regular season contests plus two competitions per squad per year

**ARTICLE VII. CONFERENCE PLAY**

**Volleyball**
- All matches will consist of the best two out of three games using rally scoring. The first two games are to 25 points with a tie-breaker game to 15 points if necessary. Team must win by a two point differential – no cap.
- Let servers are legal serves.
- Two timeouts per team per game.
- 5th grade is allowed a 4-foot step in serves.
- 6th grade is allowed a 2-foot step in serves.
- Teams are allowed to begin a game with 5 players. “Ghost Rule” will apply.
• Warm-ups will consist of a total of 8 minutes (3 minutes for “Away” team at net, 3 minutes for “Home” team at net, and 2 minutes serving for both teams).

5th & 6th Grade Basketball
• May press only last 2 minutes of each half. (No press allowed if team is leading by 15 or more points).
• 5-minute quarters
• Maximum two 2 1/2–minute overtime periods. If game is still tied, it will go to sudden death where the first team that scores wins.
• Five minute warm-up period.
• Five seconds permitted in the lane.
• Timeouts: (3) full & (2) 30-second timeouts per game. 1 additional full timeout for overtime.
• If a team is ahead by 25 points at the end of the 3rd quarter, the clock will continue to run the entire 4th quarter. Neither team will run a full court press. The team with the higher score will remove as many starters as possible. Official time outs will continue.

7th & 8th Grade Basketball
• May press during the entire game. (No press allowed if team is leading by 20 or more points).
• 6-minute quarters
• Maximum two 3-minute overtime periods. If game is still tied, it will go to sudden death where the first team that scores wins.
• Five minute warm-up period.
• Three seconds permitted in the lane.
• Timeouts: (3) full & (2) 30-second timeouts per game, 1 additional full timeout for overtime.
• If a team is ahead by 25 points at the end of the 3rd quarter, the clock will continue to run the entire 4th quarter. Neither team will run a full court press. The team with the higher score will remove as many starters as possible. Official time outs will continue.

ARTICLE VIII. REQUIREMENTS FOR ATHLETES

A. All students participating in the athletic program must maintain a “C” average in core subjects (English, Math, Science, Reading, Religion and Social Studies) with no failing grades in any subject. If these criteria are not met, the athlete will be placed on Academic Probation. Any athlete on Academic Probation may not attend practices; however, they are encouraged to attend games to show their support for the team.

B. The Principal will notify the AD of any student who becomes academically ineligible as well as the period of ineligibility.

C. The AD will notify the appropriate coach of any student who becomes academically ineligible as well as the period of ineligibility.

D. A candidate for an athletic team may not practice or play in a game until he or she has filed with the school a certificate of physical fitness issued by a licensed medical doctor for the current school year and a proof of insurance waiver signed by the parent/guardian.

E. Parents and athletes are required to review and follow the Concussion/Head Injury Policy and the Fact Sheets for Parents and Athletes which can be found at the back of the handbook.

F. Any student athlete who misses a contest due to an injury or a health issue must provide the principal, coach and athletic director a doctor’s note clearing them to resume playing.

G. Athletes must follow the rules and general philosophies of the church, school and coach regarding discipline, sportsmanship and conduct. Violations can result in suspension or dismissal from the team.

H. Athletes are expected to attend all games and practices. If the athlete is unable to attend, the coach must be notified by the parent or athlete. Excessive absences from practices or games are subject to penalties such as reduced playing time or suspension.

I. Athletes should be allowed equal participation in practice.

J. Athletes may not participate in a game or practice if they were absent from school on that day.
K. As a reflection of the philosophy and purpose of the Rockford Diocesan Elementary Athletic Policy, 
the Catholic Education Office recommends that participation on school teams take precedence over club, 
travel or A.A.U. teams.
L. No jewelry is to be worn during practices or games.

ARTICLE IX. REQUIREMENTS FOR COACHES

A. Head Coaches must be at least 21 years of age. An assistant coach may be under 21 provided an adult is at 
every game and practice when the head coach is unavailable.
B. There must be a minimum of 2 adults at every practice and game.
C. At least one adult female must be in attendance at all girls’ teams’ practices and contests.
D. At least one adult male must be in attendance at all boys’ team practices.
E. All coaches or other adults involved in student supervision must complete all diocesan requirements 
regarding criminal background checks, Sexual Misconduct Norms Receipt, Pastoral Code of Conduct, 
Blood Borne Pathogen training, Protecting God’s Children classes, etc.
F. All coaches are required to read the “CDC Guide for Coaches” on Concussions/Head Injury which can be 
G. All coaches should possess a basic understanding of risk management procedures.
   1. Coaches must carry Emergency forms for every athlete to all practices and games.
   2. Emergency forms list medical conditions and allergies, as well as contact numbers.
   3. Coaches should never administer medications.
H. It is recommended that coaches have a basic knowledge of First Aid and CPR.
I. In case of injury or accident, the following steps should be taken:
   1. Assess the situation and administer First Aid.
   2. An adult should stay with the injured player at all times.
   3. Call 911 if necessary.
   4. An adult should meet the emergency vehicle.
   5. Provide assistance as necessary.
   6. Call parent or guardian immediately.
   7. Report serious injuries to AD/Principal immediately.
   8. Submit Diocesan Accident Form (obtained from school office).
J. Coaches shall display good sportsmanship to instill in each student a sense of responsibility for being good 
examples to one another. Coaches are always to be positive in coaching and encouraging a good attitude 
toward officials. Sportsmanship covers not running up the score on another team. Obscene language and 
behavior will not be tolerated. Coaches are not to incite the fans toward opposing coaches, players, or 
officials. ADs are instructed to caution coaches and remind them of their responsibilities and 
accountability in this regard.
K. “Slaughter Rule” – If a team is ahead by 25 points at the end of the 3rd quarter (for all regular season and 
tournament games) the clock will continue to run through the entire 4th quarter. Neither team will run a full 
court press. The team with the higher score will remove as many starters as possible. Official time outs will 
continue.
L. All coaches will answer directly to their AD who in turn answers to his/her Principal.
M. IESA rules governing sportsmanship and coaches shall apply in all cases.
N. At the end of the school year, each coach will be required to submit a letter stating his or her intention to 
return as a coach for the following year.
O. If a coach currently holds a coaching position and remains in good standing, he or she will continue to have 
the opportunity of remaining in that position for the following year. If that individual does not wish to 
remain in the current position, there will then be an opportunity for a coach at a lower level to move up. 
(Example: If the 8th grade coach relinquishes his or her position, the 7th grade coach will have the 
opportunity to move up; if the 7th grade coach chooses not to move up, the 6th grade coach will have the 
opportunity to move up; if the 6th grade coach chooses not to move up, the 5th grade coach will have the 
opportunity to move up. The same process will be followed for lower grades. If no coach chooses to move 
up, then the position will open up to any interested individuals subject to confirmation by the Principal and
P. Please read the letters addressed to all coaches.

Coaches Letter  Coach's Practice

Q. If an individual is interested in coaching, and is not currently a coach, he or she should submit their request in writing to the Principal or AD.
R. Every attempt will be made to allow anyone who wants to coach the opportunity to do so.
S. Consequences for violations of Diocesan Rules and Regulations are to be developed and determined at the local level by the school principal. The school in violation of any of these policies shall be required to forfeit the contest in which the violation occurred and the head coach of the school in violation shall be suspended for the following contest.
T. Dismissal of coaches will be addressed by the Athletic Committee.

ARTICLE X. SPECTATOR GUIDELINES AND EXPECTATIONS

A. All spectators and participants (i.e. parents, grandparents, coaches, players and referee’s) are expected to exhibit acceptable conduct at all times. If not, they may be removed from the premises of the school by the game officials or authorized personnel of the school.
B. Fans are expected to be courteous and respectful of the host school facility and those in authority.
C. Obscene language and behavior will not be tolerated towards any official, coach, player and/or fan.
D. Conference rules state that kicking and stomping on bleachers is not permitted. Fans may be asked leave.
E. Local host rules regarding food and drink in gyms must be observed.
F. All student spectators are to be accompanied by a responsible adult. NO students are to be dropped off at a game and left unsupervised.
G. Be a good representative of St. Laurence Catholic School.
H. All school rules should be followed when attending Athletic events.
I. Good sportsmanship should be demonstrated at all times.
J. Hats are to be removed while in school or in gym.
K. Only students participating in an athletic event should be handling or using the equipment.
L. Students will stay off the floor during time-outs, halftime and during games.
M. Since St. Edward High School has allowed us to use their facilities for all home basketball games, extra care must be taken to ensure that the gym area and bathrooms are clean, doors are locked and lights are turned off. Per our agreement with St. Edward staff, all other areas of the school are off limits to all parents, coaches and students (i.e. locker rooms, small gym).
N. Students attending an event must stay in the gym. Students may not loiter outside buildings.
O. It is expected that parents and family members will conduct themselves in an exemplary Christian manner.
P. It is expected that coaches will conduct themselves in a Christian manner. Coaches shall instill in each student, good sportsmanship and a sense of responsibility for being good examples to one another. (Sportsmanship covers not running up the score on another team.) Coaches should not incite the fans toward opposing coaches, players, or officials.
Q. It is expected that players will conduct themselves in a Christian manner.
R. Serious infraction regarding sportsmanship should be brought to the attention of the Principal and AD.
S. No one is allowed to wear gym shoes with “heelies” in the gym area.

ARTICLE XI. PARENT/GUARDIAN RESPONSIBILITIES

A. Demonstrate a Christian attitude at athletic events towards coaches, players, referees, opposing teams and other spectators.
B. Transport your child to and from practices and games on time. Coaches will inform parents of what time to arrive.
C. Reinforce with your child the responsibility of playing on a team. If your child signs up for a sport, he or she is making a commitment and the other players on the team are depending on them to be at all practices and games.

D. Work Admissions & Concessions for assigned home games. If you are scheduled for the first game of the day, you are to arrive 30 minutes prior to the start of the game to help setup Admissions & Concessions. If you are scheduled for the last game of the day, you are to help put away all Concessions and equipment. Cash boxes are to be returned to the Sport Coordinator or AD.

E. Clean up and put away equipment after games.

F. Upkeep of athlete’s uniforms and following washing instructions.

G. Clean uniforms should be returned to the school office following the last game of the season.

H. Parents are responsible for lost or damaged uniforms and can be charged replacement cost of the uniform.

I. Parent attendance is strongly encouraged for games.

J. 7th grade players and parents are responsible for 8th grade Black & Gold Day, which is the last home game of the season.

ARTICLE XII. SPORT COORDINATOR RESPONSIBILITIES

A. VOLLEYBALL (St. Laurence)
   1. Arrive 30 minutes before the first game time.
   2. Open facility for event.
   3. Prepare gym.
   4. Help set up Concessions and Admissions table.
   5. Ensure that individuals assigned to Concession and Admissions arrive and are present for their duties. Inform AD of any parents who missed their scheduled work time.
   6. Put Concession items away and help clean up after last game.
   7. Collect cash boxes and return them to the AD after last game.
   8. Check restrooms after last game.
   9. Secure the school building after games, lights off and doors locked.
   10. Keep the school building in good condition and report any damage to the AD and Principal.

B. BASKETBALL (St. Ed’s High School)
   1. Prepare gym
      a. Arrive 1 hour prior to start of first game.
      b. Open facility for event.
      c. Turn on lights.
      d. Open storage room under bleacher in gym for tables and chairs.
      e. Setup 10 chairs for each team.
      f. Setup scoreboard (located in AD office).
      g. Plug in lights for scorer’s table.
      h. Set out basketballs for each team.
      i. Set out game ball.
      j. Turn on lights in restrooms.

   2. Concessions & Admissions
      a. Setup Concessions/Admissions table and chairs in hallway and put them away at the end of the games.
      b. Setup floor mats in hallway leading to gym.
      c. Setup microwave, food, candy, drinks, coolers and paper goods.
      d. Confirm that workers are there for their scheduled times.
      e. Report no-shows to AD.
      f. Collect Concessions and Admissions cash boxes at the end of the games.
      g. Put Concession items away and help clean up after last game.
      h. Keeps AD informed of Concessions needs.
3. Cleanup
   a. Put away chairs and sweep floor.
   b. Cleanup gym and bleachers.
   c. Secure the school building after games, lights off and doors locked.
   d. Keep the school building in good condition and report any damage to the St. Laurence AD and Principal.
   e. Collect all basketballs.
GUIDELINES FOR 8TH GRADE BLACK & GOLD RECOGNITION

1. Black & Gold is held on the last home game of the season for each sport.

2. Athletics will provide the following for Black & Gold:
   a. Balloons and flowers for each 8th grade athlete.
   b. Athletics will reimburse up to $5 per 8th grade athlete to the 7th grade parents for supplies such as posters, goodie bags and other supplies. Receipts must be saved and presented to the Athletic Director for reimbursement.
   c. Streamers for decorating.

3. The 7th grade players and parents are responsible for:
   a. Cost of supplies, goodie bag items, posters, decorations, etc. in excess of the reimbursement amount mentioned above. A collection can be taken up among the 7th grade parents to cover additional cost of supplies and items.
   b. A poster for each 8th grade athlete. Each poster generally contains pictures, both individual and team.
   c. Decoration of gym with posters, streamers, etc.
   d. Goodie bag ideas for each 8th grade athlete can include, but are not limited to: candy, cookies, crackers, beads, sunglasses, gum, bracelets, noise makers, sport-specific items, glow sticks, small bottles of hand sanitizer or lotion, nail polish, chap stick or handmade items. These ideas are to get you started. Be creative!
   e. Party supply stores, Dollar stores or Oriental Trading Company are good places to buy items in bulk.
DIOCESAN POLICY FOR CONCUSSION/HEAD INJURIES

The State of Illinois enacted a law effective July 1, 2011, requiring IHSA member schools to adopt a policy regarding student-athlete concussions and head injuries that is in compliance with the protocols, policies, and by-laws of the IHSA. The School and its coaches shall continue to adhere to the IHSA Protocol for Implementation of NFHS Sports Playing Rule for Concussions and the IHSA Return to Play Policy, as they are now and may hereafter be amended. This Diocesan Policy applies to elementary schools and high schools.

Definition

A concussion is caused by a blow or motion to the head or body that causes the brain to move rapidly inside the skull. The risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed.

Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or with obstacles. Concussions occur with or without loss of consciousness, but the vast majority of concussions occur without loss of consciousness.

Removal from Practice and Game if Suspected Injury

When a student exhibits signs, symptoms, or behaviors consistent with a concussion or other head injury, such as a loss of consciousness, headache, dizziness, confusion, or balance problems, or when a coach otherwise suspects a student has suffered a concussion or other head injury, the student shall be removed at that time from participation in a practice or game or other competition.

No Return to the Practice or Game without Physician Clearance

A student who has been removed from an interscholastic contest for a possible concussion or head injury shall not be permitted to 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 shall not be permitted to return to play or practice until the student has provided the 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.
What is a concussion?
A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms?
You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

<table>
<thead>
<tr>
<th>Signs Observed by Parents or Guardians</th>
<th>Symptoms Reported by Athlete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appears dazed or stunned</td>
<td>Headache or “pressure” in head</td>
</tr>
<tr>
<td>Is confused about assignment or position</td>
<td>Nausea or vomiting</td>
</tr>
<tr>
<td>Forgets an instruction</td>
<td>Balance problems or dizziness</td>
</tr>
<tr>
<td>Is unsure of game, score, or opponent</td>
<td>Double or blurry vision</td>
</tr>
<tr>
<td>Moves clumsily</td>
<td>Sensitivity to light or noise</td>
</tr>
<tr>
<td>Answers questions slowly</td>
<td>Feeling sluggish, hazy, foggy, or groggy</td>
</tr>
<tr>
<td>Loses consciousness (even briefly)</td>
<td>Concentration or memory problems</td>
</tr>
<tr>
<td>Shows mood, behavior, or personality changes</td>
<td>Confusion</td>
</tr>
<tr>
<td>Can’t recall events prior to hit or fall</td>
<td>Just not “feeling right” or is “feeling down”</td>
</tr>
<tr>
<td>Can’t recall events after hit or fall</td>
<td></td>
</tr>
</tbody>
</table>

How can you help your teen prevent a concussion?
Every sport is different, but there are steps your teens can take to protect themselves from concussions and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches’ rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?
1. Keep your teen out of play. If your teen has a concussion, her/his brain needs time to heal. Don’t let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it’s OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

2. Seek medical attention right away. A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.

3. Teach your teen that it’s not smart to play with a concussion. Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don’t let your teen convince you that s/he’s “just fine.”

4. Tell all of your teen’s coaches and the student’s school nurse about ANY concussion. Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen’s coaches, school nurse, and teachers. If needed, they can help adjust your teen’s school activities during her/his recovery.

If you think your teen has a concussion:
Don’t assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information and to order additional materials free-of-charge, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
What is a concussion?
A concussion is a brain injury that:
• Is caused by a bump, blow, or jolt to the head or body.
• Can change the way your brain normally works.
• Can occur during practices or games in any sport or recreational activity.
• Can happen even if you haven’t been knocked out.
• Can be serious even if you’ve just been “dinged” or “had your bell rung.”

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?
You can’t see a concussion, but you might notice one or more of the symptoms listed below or that you “don’t feel right” soon after, a few days after, or even weeks after the injury.
• Headache or “pressure” in head
• Nausea or vomiting
• Balance problems or dizziness
• Double or blurry vision
• Bothered by light or noise
• Feeling sluggish, hazy, foggy, or groggy
• Difficulty paying attention
• Memory problems
• Confusion

What should I do if I think I have a concussion?
• Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
• Get a medical check-up. A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
• Give yourself time to get better. If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?
Every sport is different, but there are steps you can take to protect yourself.
• Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and the correct size and fit
  - Used every time you play or practice
• Follow your coach’s rules for safety and the rules of the sport.
• Practice good sportsmanship at all times.

If you think you have a concussion:
Don’t hide it. Report it. Take time to recover.

It’s better to miss one game than the whole season.

For more information and to order additional materials free-of-charge, visit: www.cdc.gov/Concussion.

U.S. Department of Health and Human Services
centers for disease control and prevention

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Dear Parents,

This is a reminder for the washing instructions for all Athletic uniforms.

**Turn uniform inside out.**
**Machine Wash cold, gentle cycle, mild detergent.**
**Line dry or dry flat.**
**DO NOT PLACE IN DRYER.**

This will prevent shrinkage and damage to the uniforms. Placing the uniforms in the dryer will result in damage to the heat-treated logos and numbers as well as potential shrinkage of the uniform.

If the logos or numbers on the are damaged as a result of improper washing or general care, you will be held financially responsible for the replacement of the uniform, numbers or logos. If the uniform is lost, you will be charged the full replacement cost of the uniform.