

MARVIN RIDGE HIGH SCHOOL



MAVERICKS ATHLETICS

One Team on One Mission

**2015 - 2016
Student/Parent
Athletic Handbook**

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Marvin Ridge High School

1) Mission Statement & Beliefs

VISION STATEMENT:

Marvin Ridge High School will provide a diverse educational experience which will empower our students to succeed as citizens in a changing global community.

MISSION STATEMENT:

The mission of MRHS is to educate all students in a safe, inspiring, and globally aware environment that promotes respect for diversity, lifelong learning, challenging athletics, and extra-curricular experiences that foster successful living.

MOTTO:

“Passport to the World”

CREST, MASCOT AND COLORS

The MRHS Crest symbolizes our ideal for a world-class school. The globe is centrally located to represent our commitment to a global learning approach. Surrounding the globe are representations of each major area of study and athletics.

Our mascot is the Maverick, which symbolizes freedom, spirit, and individuality. Its legend dates back to the 1800's to a strong white stallion living in freedom in the wild. A Maverick is independent in behavior and thought.



Our Colors are Orange, Royal Blue and White. These colors symbolize the following:

- Orange - worthy ambition
- Royal Blue - truth and loyalty
- White - peace and sincerity



Marvin Ridge High School is a World Class School as designated by the The International Baccalaureate® (IB), which offers high quality programmes of international education to a worldwide community of schools. There are more than 837,000 IB students at 3,001 schools in 139 countries.

Introduction

To the parent

One Team on One Mission is the philosophy that we are all a part of the successes at Marvin Ridge High School. Everyone contributes and everyone plays a vital role in what we achieve. This handbook is presented to you because you are considered to be a part of our team.

“Teamwork is the thorough conviction that nobody can get there unless everybody gets there.”

-Virginia Burden

We believe that participation in sports provides a wealth of opportunities and experiences which assist students in their personal growth.

We are charged with the educational development of young men and women through athletics. We feel that a properly controlled, well-organized sports program can meet student needs for self expression, as well as provide opportunities for strong social, mental and physical growth. It is Marvin Ridge High School’s intent to conduct a program that is educationally sound in purpose and at the same time, enhance each student’s personal growth through a positive athletic experience.

A student who elects to participate in our athletics program is voluntarily making a choice and a commitment to their school. They are committing to follow the rules and guidelines as set forth by their coaches, Marvin Ridge High School, and Union County Public Schools. As a parent, your support is crucial. In our efforts we are striving for excellence and do not want our athletes to compromise with mediocrity.

When your son/daughter enlisted in one of our sports programs, he/she committed our staff to certain responsibilities and obligations, which are:

- a. to provide adequate equipment and facilities.
- b. to provide well trained coaches.
- c. to provide schedules with qualified officials.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations, which are, but not limited to;

- a. providing transportation to and from practices.
- b. monitoring your child’s eating, sleep, and study habits.
- c. supporting your child’s team, coach, and fellow parents in a positive manner.

It is the role of the athletic department to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic handbook for students and parents. We truly appreciate your help, your time, and your efforts as a part of our team.

To the student/athlete

Being a member of a Marvin Ridge athletic team exemplifies, dedication, talent, leadership, and sacrifice. You are at the heart of our program. Being a member of one of our athletic teams has become a lofty goal for many young athletes. The attainment of this goal carries with it certain traditions and responsibilities.

It is not easy to build and establish a great athletic program and it is even harder to maintain the core traditions over time. When you wear the orange and blue of Marvin Ridge, we trust that you not only understand the hard work that has gone into building our program, but are willing to assume responsibility in maintaining it.

As a school we desire to win, but only with honor to our fellow athletes, rival schools and our community. Winning in this manner has become our most noteworthy tradition. Maintaining this tradition is worthy of only the best efforts of all concerned.

As a student athlete you must be willing to accept certain responsibilities, above and beyond those of some of your peers. You are not just a student athlete when you step onto the practice field or when you put on your uniform. You are a Maverick at home, in the classroom, and in the community.

- 1) Responsibilities to Your Self:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult. You have a responsibility to maintain a healthy diet, get enough rest throughout the week, and to strive to excel in the classroom, as well as in athletics.
- 2) Responsibility to Your Family:** As a student athlete you represent your family when you are in the classroom, practicing, competing, and in the community. You have a responsibility to your family to conduct yourself in a manner that reflects the expectations and beliefs of your family.
- 3) Responsibility to Your Team:** What you do does have an impact on your team and your coaches. You have a responsibility to follow the rules and guidelines as established by your coaches and teammates. You have a responsibility to put the goals of the team above individual goals.
- 4) Responsibilities to Your School:** Marvin Ridge cannot maintain its position as being an outstanding school unless you do your best in the activity in which participate. By participating in athletics to the maximum of your ability, you are contributing to the reputation of Marvin Ridge High School. You assume a leadership role when you are on an athletic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, our community and other communities judge our school by your conduct and attitude, both on and off the field of play. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Marvin Ridge proud of you and your community proud of your school, by your consistent demonstration of these ideals.

You Are a Role Model- If you work hard, and model good ethical decisions, you will make your family and your school proud. The younger students in the Marvin Ridge Cluster of Schools are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them. Wear your uniform with pride and honor.

Athletic Philosophy

Statement of Philosophy

The Marvin Ridge Athletic Program should provide a variety of experiences to enhance the development of favorable habits and attitudes that will prepare students for adult life in a democratic society.

The Marvin Ridge athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at any cost.” It discourages any and all pressures which might lead to neglecting good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way that it is an educational activity.

Athletic Goals and Objectives

Every athletic activity should be an opportunity for players and coaches to:

- be responsible and contributing members of the Marvin Ridge community.
- maintain the Marvin Ridge motto of “One Team on One Mission” to reach common goals.
- overcome obstacles through hard work and determination.
- live and play by the rules of Marvin Ridge High School and the game itself.
- show appreciation and respect for the efforts of others.
- promote team play and to develop personal characteristics such as loyalty, cooperation and fair play.
- create an environment that will provide physical, mental and emotional growth for all student athletes.
- promote participation by providing a wide range of athletic opportunities.
- develop an understanding of the value of athletics within the context of the entire educational experience.
- win conference and state championships.
- win the conference and State Wachovia Cup.
- be recognized for displaying true sportsmanship.
- support as many student-athletes as possible to continue their athletic endeavors at the post-secondary level.

Dear Maverick Families,

The Marvin Ridge Maverick Athletic Booster Club is gearing up for an exciting 2015-2016 school year. As we prepare for a new school new year, we anticipate many great achievements will be accomplished by our student athletes. In the short time since we have opened our doors, we have been able to establish a proud athletic tradition in Union County. The Booster Club is excited to work with the Administration, Athletic Director, Coaches, and the community to ensure we provide the highest level of support to the athletic program.

Let us share the vital role Booster Club plays in the athletic programs of both Middle and High School.

The role of the Booster club is quite simple:

- To physically and financially support **all** athletic programs at Marvin Ridge Middle School & High School. This includes the following
 - Volunteers
 - Team Uniforms
 - Equipment needs
 - Bleachers for sports fields
 - Scheduled field maintenance for all fields
 - Repairs to fields, courts, tracks and cross-country trail
 - Funding for the new Dive Team

To help provide some context to the financial role the Booster Club plays for the sports programs we have been able to complete several Capital projects over the last several years:

Every dollar we raise through memberships and sports fees goes directly back to supporting the sports programs and your athlete. In order to continue to support the Athletic Program at the highest level, we need your support in three very important areas.

1. Make it a priority to join the Booster Club!
2. Help support our fundraisers organized by the Booster Club. The first one will be our annual barbeque fundraiser this fall. There will be an additional Booster Club fundraiser each season.
3. Get involved -- Volunteer to be on a committee or be a team parent. If you have interest, please speak with a Booster Club Board member, as we are happy to speak with you about getting plugged in.

Your support in these three key areas will ensure we continue to provide the best athletic experience possible for our athletes and families.

GO MAVS !!!

President
MRMABC

Marvin Ridge Mavericks Athletic Booster Club

Christine Robertson- President

Jennifer Claxton – Secretary

Missy Harding – President Elect

Bob Bennett - Treasurer

Governance

The Board of Education

The Board of Education, responsible to the people, is the ruling agency for the Union County Public School System.

The Board of Education is responsible for the following areas:

- 1) Interpreting the needs of the community
- 2) Developing of policies in accordance with state statues and mandates and in accordance with the educational needs and wishes of the people of Union County Public Schools.
- 3) Approving means by which professional staff may make these policies effective.
- 4) Evaluating the interscholastic athletic program in terms of its value to the community.

The North Carolina High School Athletic Association

All schools are voluntary members of the North Carolina High School Athletic Association. As a member school district, the secondary schools of Union County Public Schools agree to abide by and enforce all rules and regulations set forth by this association.

The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees and coaches' associations.

The state association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

The Southern Carolina 3A Conference

Marvin Ridge High School is a voluntary member of the Southern Carolina 3A Conference. This conference was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort.

The conference was established to encourage member schools to improve their co-curricular program in athletics. The conference membership facilitates the arranging of schedules, equalizing competition, and conducting conference meets and determining conference championships. The conference provides Marvin Ridge High School the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by conference schedules, rules and regulations.

Member schools are:

- 1) Anson County High School
- 2) Cuthbertson High School
- 3) Marvin Ridge High School
- 4) Piedmont High School
- 5) Sun Valley High School
- 6) Weddington High School

Eligibility: Requirements for Participation (required documents on www.gomavericks.org website)

- 1) **Physical Examination-** A yearly physical examination is required. The physical form must be completed by the physician and submitted to the coach **PRIOR** to participation. The examination is valid for one calendar year, at which time it will need to be updated. The form will be kept on file in the athletic director's office.
- 2) **Emergency Medical Authorization-** Each athlete's parents shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s) are not available. The form will be kept in the athletic director's office.
- 3) **UCPS Eligibility and Athletic Participation Form** – Each year, the student athlete and parent are required sign this form. The form covers residency, transferring, AAU/rec sports, age requirement, 8 semester rule, misdemeanor-felony-charges and the Athletic Risks of high school athletics.
- 4) **Student Accident Insurance-** The UCPS Board of Education requires that the student insurance offered will be compulsory for all students participating in high school athletics unless a notarized waiver form is signed by the parent indicating that they have adequate personal insurance and releasing the Board of Education and employees from responsibility for any claim due to injuries received while participating in a school sponsored athletic program. This year, parents can go to www.studentinsurance-kk.com to find out details about and how to enroll in the Student Accident Insurance coverage.
- 5) **Gfeller-Waller Concussion Form** – this form is required by the State of North Carolina.
- 6) **NCHSAA Consent for Participation Form** – this form is required by the NCHSAA and must be signed by both the student-athlete and the parent.
- 7) **Scholastic Eligibility-** In order to participate on a Marvin Ridge High School athletic team (see UCPS Student Handbook for policy), each student-athlete must have satisfied all of the following scholastic eligibility requirements prior to participation:
 - Students entering the 9th grade must have been promoted from their middle school.
 - For all others: To be eligible the first semester, a student must pass a minimum of three out of four classes for schools on the block schedule, meet the attendance requirements from the previous semester, and be promoted to the next grade level.
 - To be eligible for the second semester, a student must pass a minimum of three out of four classes for schools on the block schedule, and meet the attendance requirements from the previous semester.
 - Not turn 19 years of age prior to August 31st.
 - Once a student enters the 9th grade, he/she will have four successive years in which to participate provided he/she does not exceed the age requirement. This is referred to as the "8 semester rule" in the NCHSAA eligibility section of the handbook.
 - Transfer students must comply with the NCHSAA transfer rule. If you are a transfer student, contact your coach or athletic director so that he/she can determine if you are in compliance.
 - A student is only eligible to participate in athletics at the school to which he/she is assigned by the local board of education, within the administrative unit of residence.
 - A student that has been convicted of a felony or misdemeanor OR has been charged with a felony or misdemeanor where the court has not rendered a decision is ineligible to try-out or play high school athletics. (More information can be found in the section entitled "eligibility".)
- 8) **Risk of Participation-**All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Marvin Ridge High School will use the following safeguards to make every effort to eliminate injury:

- Conduct a mandatory parent/athlete meeting prior to the start of the season to fully explain the athletic policies and to advise, caution and warn parents/athletes of the potential for injury.
- Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- Instruct all athletes about the dangers of participation in the particular sport.
- Implement the MRHS Emergency Athletic Action Plan (EAP).

9) Equipment and Uniforms- All athletes are responsible for the proper care and security of equipment and uniforms issued to them. School-furnished equipment and uniforms are to be worn only for contests and practice. All equipment and uniforms not returned in good condition at the end of the season will be subject to a financial penalty.

Athletic Codes of Conduct

Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. All UCPS Code of Student Conduct policies apply at all times during participation in high school athletics.

Social Media- Student-athletes should remember that the image they present both on and off the field of play is that of Marvin Ridge High School. Students should be thoughtful of the image that they portray on social media sites. Any inappropriate conduct on these sites is unacceptable and reflects poorly on the athlete, teammates, and their school. Student-athletes should refer to the UCPS Code of Student Conduct. No student-athlete, while representing MRHS, should ever post a photograph or statement that is inappropriate, abusive, or that represents inappropriate behaviors on any social media. Consequences may be imposed, up to removal from the team, dependent upon the severity of the image or statement.

Ethics Rule- Acts of unacceptable conduct, such as, but not limited to, theft, vandalism, disrespect, aggressive behavior or violations of the law tarnish the reputation of everyone associated with the program and will not be tolerated. Due to the serious nature of violations of the Ethics Rule, the appropriate head coach, the athletic director and the principal shall meet and determine the penalty according to the degree of the infraction. Any consequences imposed by the athletic program are in addition to school consequences.

Training Rules and Regulations- You cannot compromise athletic participation with substance abuses. The athlete that wishes to experiment with such substances should remove him/herself from the team before he/she jeopardizes team morale, team reputation and team success and does physical harm to him/herself.

Students have to decide if they want to be athletes. If you do wish to be an athlete, you must make the commitment in order to be a competitor. A big part of this price is following a simple set of training rules which the department of athletics believes to be fair.

- 1) Use of Tobacco-** Defined by the UCPS Student handbook.
This rule means no use of tobacco or any tobacco product all year, in or out of season.
- 2) Use of Alcoholic Beverages-** Defined by the UCPS Student handbook.
This rule means no use of alcoholic beverages all year, in or out of season.
- 3) Use of Illegal Drugs or Misuse of Medications-** Defined by the UCPS Student Handbook
This rule means no use of illegal drugs, or misuse of Over the Counter or prescription drugs all year, in or out of season.

Penalties for Violation of Training Rules

All UCPS rules and consequences apply. Absolutely no alcohol, tobacco or illegal drug use will be tolerated. No member of the Marvin Ridge Athletic Team will be present at parties/activities in which the above substances are present. Immediate suspension and/or dismissal from the team could result.

Arrests, citations, investigation, or probation: If an athlete is arrested, receives a citation, or is under investigation or on probation, they will be suspended from athletics per UCPS guidelines. It is the student and parent responsibility to notify the school of any such incident immediately. Failure to do so could jeopardize the team and will not be tolerated. Failure to self-report can result in removal from the team for the entire season.

Individual Team/Coaches Rules

Coaches may establish their own team rules and regulations with the approval of the athletic director for their respective programs. These rules and regulations must be given in writing to the athlete/parent and explained fully at the parent meeting, prior to the start of the season. Penalties for the violation of team rules will be presented in writing and shall be administered by the head coach of that particular sport. Copies of team rules by head coaches will be on file in the athletic director's office.

Academic Support of Athletes

The focus on the Marvin Ridge Athletic Program is on the student first. Coaches work with the classroom teachers in order to monitor the academic progress and discipline of the student-athletes. Students will be required to attend tutoring for any subject if the report card or progress report grade is below a C. If the student has a C in more than one subject, tutoring will also be required. Students will be required to attend the Athletic Tutoring Program which is run through the Mavs2Mavs Tutoring. There are opportunities for students to receive tutoring directly from their teacher and this should be coordinated by the student through the Athletic Tutoring Program Facilitator, Mr. Hammers. IT IS THE ATHLETE'S responsibility to remember to get the Athletic Progress Form completed—not the teacher's. These forms will be distributed by the coaches on the appropriate day. Every team has consequences for student-athletes that do not attend tutoring as required.

Basic Athletic Department Rules

- 1) **Participation-** An athlete may participate in only one sport per season unless the two coaches agree to the athlete competing in both sports and priorities are established prior to the beginning of the season. A primary and secondary sport must be chosen to insure clarity.
- 2) **Quitting/Dropping or Transferring Sports-** Members of a team are selected from a group of individuals trying out for a team. An athlete that quits has taken a spot from another athlete that would have had a place on a team, therefore quitting is an unacceptable habit. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:
 - i. Consult with the head coach
 - ii. The head coach will report the situation to the athletic director
 - iii. Check in all equipment/uniforms

If an athlete wishes to change sports during a season, he/she must consult with both head coaches involved and the athletic director. If both coaches fail to agree, the athlete cannot begin another sport until the completion of the sport in which he/she is currently involved in, including post season play. This procedure assures a smooth transfer which is in the best interest of the athlete.

- 3) **Equipment and uniforms-** School equipment and uniforms issued to the athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment and uniforms is the athlete's financial obligation.
- 4) **Missing Practice-** An athlete should always consult his/her coach before missing practice. Missing a practice or game will be dealt with by the head coach.
- 5) **College Recruitment Policy-** In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Coaches should be contacted as soon as possible. College recruitment information is available in the athletic office and/or the counseling office.
- 6) **Conflicts in Extracurricular Activities-** An individual student who attempts to participate in several extracurricular activities may create conflict of obligations and interests. These activities should be discussed prior to the season with the coach so that both athlete and coach are aware of the situation.
 - The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.
 - Student-athletes have a responsibility to do everything possible to avoid continuing conflicts. Positive efforts might include being cautious about joining too many activities where conflicts are unavoidable. It also means notifying the faculty sponsors/coaches involved immediately when a conflict arises.
 - When a conflict arises the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the principal will make the decision based on the following:
 - 1) The relative importance of each event to the student.
 - 2) The importance of each event to the school.
 - 3) The relative contribution the student can make.
 - 4) How long each event has been scheduled.
 - 5) Talk with parents.
 - 6) Team rules that dictate set participation supersede this conflict resolution.

Once a decision has been made and the student has committed to that decision, he/she will not be penalized in any way by either faculty sponsor/coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

- 7) **Attendance-** Students who miss over half of the school day, two blocks, due to illness will not be able to play in a contest or practice on that date. Students missing school for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of this rule will rest with the principal.
- 8) **Release from Class-** It is the responsibility of the athletes to see their teacher the day before the classes they will miss because of an athletic contest. All work shall be made up at the convenience of the teacher.
- 9) **Team/Squad Selection-** In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at Marvin Ridge, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations of the most effective squad size for any particular sport. Choosing the squad/team is the sole responsibility of the head coaches of their respective sport. In the event a coach needs to "cut" students trying out for a team, this will be done in person with the athlete. The coach will inform the athlete what areas need to be improved upon.
- 10) **Reporting of Injury-** All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once athletes are treated by a physician, the athlete must obtain the doctor's permission to return to the athletic activity.

Athletic Awards Policy

- 1) The varsity award shall be presented to an athlete who satisfies the participation requirements as set forth by the head coach of their respective sport.
- 2) Junior varsity awards are given on the recommendations of the coach to all athletes who complete the season. Certificates are given for both first and second year awards.
- 3) Managers, trainers and statisticians are included in the awards system if they manage for the entire season.
- 4) All members of a team will be honored at the seasonal team end of season celebration.
- 5) These policies are relative to all athletic teams that are covered under the Marvin Ridge Athletic Umbrella.

College Athletics

A goal of high school athletics is to support all students who have the desire to play collegiate sports. Coaches should assist athletes in preparing themselves to be eligible for this option. We believe that through proper training in athletics and through dedication and commitment both on the field and in the classroom, that students increase their chance to play beyond high school. While the overwhelming majority of high school athletes will not continue their playing career beyond high school, the experience of participating in interscholastic athletics assists in leading a life of healthy living, knowledge of operating within a team and appreciation of sports. However there certainly are those that do wish to continue their playing careers at the collegiate level. Those athletes should be sure that they work with their coaches, high school guidance counselor, and parents to know what is required of athletes at the collegiate level. This can be found by accessing the NCAA Clearinghouse website. It is the student's responsibility to inform the coach and counselor that they are interested in collegiate level play. There are many different types of colleges and universities that are seeking different levels of players. Most coaches will be able to assist with contacting coaches at schools that a student may be interested in. Some colleges may offer financial aid to athletes, while others may not. These are all important discussions to have within the family and with school personnel.

Marvin Ridge Athletic Booster Club

Role of the Booster Club

The Mavericks Athletic Booster Club supports the athletic department both physically and financially and exists as an organization of parents and community persons dedicated to:

- Supporting, encouraging and advancing the athletic program and related activities of Marvin Ridge High School, thereby cultivating clean, wholesome school spirit, promoting good sportsmanship and developing high ideals of character.
- The club shall promote projects to improve facilities and equipment necessary to provide an adequate athletic program for Marvin Ridge High School and Union County Public Schools.
- The club shall not seek to influence or direct the technical activities or policies of the school administration or of the school officials who are charged with the responsibility of conducting the athletic program of Marvin Ridge High School.
- The booster club shall do nothing which violates the rules of UCPS or the NCHSAA or in any way jeopardizes the membership of the school district.

Financial

The booster club each year contributes thousands of dollars to the athletic department for the needs of each sport that otherwise would not be available. Primarily, the monies of the Booster Club will be expended for (1) safety (2) emergency (3) capital projects – short-term and long-term

Concerns

It is the goal of the Marvin Ridge High School Athletic Program to serve our community by supporting all student – athletes. At times, however, concerns may arise from parents or from the athlete. It is requested that all athletes and parents follow the guidelines in below to enable the process of working through the concern to be most effective. Parents are expected to not approach directly after a contest or practice, but rather to talk the following day.

- Any student-athlete with a concern should consult their Head Coach. If for some reason, a student-athlete is uncomfortable in doing this, the student should speak with the Athletic Director.
- Any parent with a concern is asked to contact the Head Coach and request a conference (either via phone or in person). E-mail may also be utilized if it is appropriate for the concern.
- If a student-athlete or a parent still has concerns after speaking with the Head Coach at a conference, the parent/ student-athlete should contact the Athletic Director in order to schedule a meeting with the Coach and Athletic Director.
 - Topics not to be discussed during this meeting include:
 - Playing time (coach decision)
 - Game strategies (coach decision)
 - Other people’s children
- Concerns that still exist after meeting with the Coach and Athletic Director should be brought to the attention of the Administration.
- At any point if a student-athlete or parent feels that an unsafe environment exists and it cannot be handled by speaking with the Coach, they are asked to contact the Athletic Director or Administration immediately. The AD and/or Administration will work with the parent in determining the best course of action for resolution.

CONCUSSION

INFORMATION FOR COACHES/PARENTS/SCHOOL NURSES/ SCHOOL VOLUNTEERS

What is a concussion? A concussion is a traumatic brain injury caused by a direct or indirect impact to the head that results in disruption of normal brain function, which may or may not result in loss of consciousness. It can occur from a fall, a blow to the head, or a blow to the body that causes your head and your brain to move quickly back and forth.

How do I recognize a concussion? There are many signs and symptoms a person may experience following concussion that can affect their thinking, emotions or mood, physical abilities, or sleep.

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability	Sleeping more than usual
Feeling slowed down	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Nausea/Vomiting	More emotional than normal	Trouble falling asleep
Difficulty remembering new information	Dizziness	Feeling nervous or anxious	
	Balance problems		
	Sensitivity to noise or light		

Table from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think a student-athlete has sustained a concussion? If you suspect a student-athlete is experiencing any combination of the signs and symptoms listed above, you immediately remove them from participation, let their parents know, and/or refer them to the appropriate medical personnel.

What are the warning signs that a more significant head injury may have occurred? If they have a headache that gets worse over time, experience loss of coordination or abnormal body movements, have repeated nausea, vomiting, or slurred speech, you should refer them to appropriate medical personnel immediately.

What are some of the long-term or cumulative issues that may result from a concussion?

Individuals may have trouble in some of their classes at school or even with activities at home. Down the road, especially if their injury is not managed properly, or if they return to play too early, they may experience issues such as being depressed, not feeling well, or have trouble remembering things for a long time. Once an individual has a concussion, they are also more likely to sustain another concussion.

How do I know when it's ok for a student-athlete to return to participation after a suspected concussion?

Any student-athlete experiencing signs and symptoms consistent with a concussion should be immediately removed from play or practice and referred to appropriate medical personnel. They should not be returned to play or practice on the same day. To return to play or practice, they will need written clearance from a medical professional trained in concussion management.

No athlete should be returned to play or practice while experiencing any concussion-related signs or symptoms following rest or activity.

Ask your licensed athletic trainer, principal, or athletic director about:

The Emergency Action Plan at your school

The concussion policy at your school

What you should do if you suspect a concussion

How to help athletes play their sport in the safest way

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.

Parents must complete this form:

Coach/School Nurse/Parent/Volunteer Concussion Statement

- I have read the *Concussion Information Sheet*. If true, please check box.
- I should not allow any student-athlete exhibiting signs and symptoms consistent with concussion to return to play or practice on the same day. If you agree, please check box.

After reading the information sheet, I am aware of the following information:

_____ A concussion is a brain injury.

Initial

_____ A concussion can affect a student-athlete's ability to perform everyday activities, their ability to think, their balance, and their classroom performance.

Initial

_____ I realize I cannot see a concussion, but I might notice some of the signs in a student-athlete right away. Other signs/symptoms can show-up hours or days after the injury.

Initial

_____ If I suspect a student-athlete has a concussion, I am responsible for removing them from activity and referring them to a medical professional trained in concussion management.

Initial

_____ Student-athletes need written clearance from a medical professional trained in concussion management to return to play or practice after a concussion.

Initial

_____ I will not allow any student-athlete to return to play or practice if I suspect that he/she has received a blow to the head or body that resulted in signs or symptoms consistent with concussion.

Initial

_____ Following concussion the brain needs time to heal. I understand that student-athletes are much more likely to sustain another concussion or more serious brain injury if they return to play or practice before symptoms resolve.

Initial

_____ In rare cases, repeat concussions can cause serious and long-lasting problems.

Initial

_____ I have read the signs/symptoms listed on the Concussion Information Sheet.

Initial

Signature of Coach/Parent/School Nurse/Volunteer

Date

Printed name of Coach/Parent/School Nurse/Volunteer

CONCUSSION

INFORMATION FOR STUDENT-ATHLETES

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working like it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion that can affect your thinking, the way you feel, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-everything bothers you easily	Sleeping more than usual
Feeling slowed down	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	More moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	
	Dizziness		
	Balance problems		
	Sensitivity to noise or light		

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think I have a concussion? If you are having any of the signs and symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the issues that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have ongoing sadness, not feel like yourself, or have trouble remembering things for a long time. Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

Ask your licensed athletic trainer, coach, or athletic director about:

- The Emergency Action Plan at your school
- The concussion policy at your school
- What you should do if you have a concussion
- How to play your sport in the safest way

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.

Students must sign this form:

Student-Athlete Concussion Statement

**If there is anything on this sheet that you do not understand, please ask an adult to explain or read it to you.*

I have read the *Student-Athlete Concussion Information Sheet*. If true, please check box.

It is my responsibility to tell my parents, my coach, and/or a medical professional about my injuries and illnesses. *If you agree, please check box.*

After reading the information sheet, I am aware of the following information:

_____ A concussion is a brain injury, which I am responsible for reporting to my
Initial coach(es), my parents, or a medical professional if one is available.

_____ A concussion can affect my ability to perform everyday activities, my
Initial ability to think, my balance, and my classroom performance.

_____ I realize I cannot see a concussion, but I might have some of the symptoms
Initial right away. Other symptoms can show up hours or days after the injury.

_____ If I think a teammate has a concussion, I am responsible for telling my
Initial coach(es), my parents, or a medical professional about their concussion.

_____ I will not return to play in a game or practice if a hit to my head or body
Initial causes any concussion-related symptoms.

_____ I need written permission from a medical professional trained in concussion
Initial management to return to play or practice after a concussion.

_____ After a concussion, the brain needs time to heal. I understand that I am
Initial much more likely to have another concussion or more serious brain injury if I return to play or practice before my symptoms go away.

_____ Sometimes, repeat concussions can cause serious and long-lasting problems.
Initial

_____ I have read the concussion symptoms on the Concussion Information Sheet.
Initial

Signature of Student-Athlete

Date

Printed name of Student-Athlete

Gfeller-Waller Concussion Clearance Form

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC web site (<http://www.cdc.gov/concussion/index.html>) as well as the NCHSAA Concussion Return to Play Form. All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury. **Medical providers, please initial any recommendations that you select.**

Athlete's Name _____ Date of Birth: _____
 School: _____ Team/Sport: _____

HISTORY OF INJURY

Person Completing Form (Circle One): Athletic Trainer | First Responder | Coach | Parent | Student

Date of Injury: _____ Please see attached information Please see further history on back of this form

Did the athlete have:	(Circle one)	Duration / Resolution
Loss of consciousness or unresponsiveness?	YES NO	Duration: _____
Seizure or convulsive activity?	YES NO	Duration: _____
Balance problem / unsteadiness?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Dizziness?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Headache?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Nausea?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Emotional instability (abnormal laughing, crying, smiling, anger)?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Confusion?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Difficulty concentrating?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Vision Problems?	YES NO	IF YES, HAS THIS RESOLVED? YES NO
Other:	YES NO	IF YES, HAS THIS RESOLVED? YES NO

Signature: _____ Date: _____

MEDICAL PROVIDER RECOMMENDATIONS

This return to play plan is based on today's evaluation.

RETURN TO SPORTS

PLEASE NOTE:

1. Athletes should not return to practice or play the same day that their head injury occurred.
2. Athletes should never return to play or practice if they still have **ANY** symptoms.
3. Athletes, be sure that your coach and /or athletic trainer are aware of your injury, symptoms, and has the contact information for the treating physician.

- SCHOOL (ACADEMICS): May return to school now May return to school on _____ Out of school until follow-up visit.
- PHYSICAL EDUCATION: Do **NOT** Return to PE class at this time. May Return to PE class _____
- SPORTS:
- Do not return to sports practice or competition at this time.
 - May gradually return to sports practices under the supervision of the health care provider for your school or team
 - May be advanced back to competition after phone conversation with attending physician.
 - Must return to medical provider for final clearance to return to competition.
 - Cleared for full participation in all activities without restriction.

- OR -

Physician (required) _____
 MD/DO (circle one) _____
 Office Address/Phone Number _____
 Signature _____ Date _____

Medical Provider (optional) _____
 Neuropsychologist | LAT, ATC | NP | PA-C (circle one) _____
 Office Address/Phone Number _____
 Signature _____ Date _____

Gradual Return to Play Plan: Return to play should occur in gradual steps beginning with light aerobic exercise only to increase your heart rate (e.g. stationary cycle); moving to increasing your heart rate with movement (e.g. running); then adding controlled contact if appropriate; and finally return to sports competition. Pay careful attention to your symptoms and your thinking and concentration skills at each stage or activity. After completion of each step without recurrence of symptoms, you can move to the next level of activity the next day. Move to the next level of activity ONLY if you do not experience any symptoms at the present level. If your symptoms return, let your health care provider know, return to the first level and restart the program gradually.

- Day 1:** Low levels of physical activity (i.e. symptoms do not come back during or after the activity). This includes walking, light jogging, light stationary biking, and light weightlifting (low weight – moderate reps, no bench, no squats).
- Day 2:** Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity on the stationary cycle, moderate intensity weightlifting (reduce time and or reduced weight from your typical routine).
- Day 3:** Heavy non-contact physical activity. This includes sprinting/running, high intensity stationary cycling, completing the regular lifting routine, non-contact sport specific drills (agility – with 3 planes of movement).
- Day 4:** Non-Contact, sports-specific practice.
- Day 5:** Full contact in controlled drill(s) or practice.
- Day 6:** Return to competition.

NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION SPORT PREPARTICIPATION EXAMINATION FORM

Patient's Name: _____ Age: _____

This is a screening examination for participation in sports. This does not substitute for a comprehensive examination with your child's regular physician where important preventive health information can be covered.

Athlete's Directions: Please review all questions with your parent or legal custodian and answer them to the best of your knowledge.

Parent's Directions: Please assure that all questions are answered to the best of your knowledge. Not disclosing accurate information may put your child at risk during sports activity.

Physician's Directions: We recommend carefully reviewing these questions and clarifying any positive answers.

Explain "Yes" answers below	Yes	No	Don't know
1. Has the athlete ever been hospitalized or had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Is the athlete presently taking any medications or pills?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Does the athlete have any allergies (medicine, bees or other stinging insects, latex)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Has the athlete ever passed out or nearly passed out DURING exercise, emotion or startle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Has the athlete ever fainted or passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Has the athlete had extreme fatigue associated with exercise (different from other children)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Has the athlete ever had trouble breathing during exercise, or a cough with exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Has the athlete ever been diagnosed with exercise-induced asthma?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Has a doctor ever told the athlete that they have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Has a doctor ever told the athlete that they have a heart infection?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Has a doctor ever ordered an EKG or other test for the athlete's heart, or has the athlete ever been told they have a murmur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Has the athlete ever had discomfort, pain, or pressure in his chest during or after exercise or complained of their heart "racing" or "skipping beats"?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Has the athlete ever had a head injury, been knocked out, or had a concussion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Has the athlete ever had a seizure or been diagnosed with an unexplained seizure problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Has the athlete ever had a stinger, burner or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Has the athlete ever had a heat injury (heat stroke) or severe muscle cramps with activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Has the athlete ever had any problems with their eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Has the athlete ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injury of any bones or joints?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Head <input type="checkbox"/> Shoulder <input type="checkbox"/> Thigh <input type="checkbox"/> Neck <input type="checkbox"/> Elbow <input type="checkbox"/> Knee <input type="checkbox"/> Chest <input type="checkbox"/> Hip <input type="checkbox"/> Forearm <input type="checkbox"/> Shin/calf <input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Ankle <input type="checkbox"/> Hand <input type="checkbox"/> Foot			
19. Has the athlete ever had an eating disorder, or do you have any concerns about your eating habits or weight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Does the athlete have any chronic medical illnesses (diabetes, asthma, kidney problems, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Has the athlete had a medical problem or injury since their last evaluation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Does the athlete have the sickle cell trait?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FAMILY HISTORY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Has any family member had a sudden, unexpected death before age 50 (including from sudden infant death syndrome [SIDS], car accident, drowning)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Has any family member had unexplained heart attacks, fainting or seizures?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Does the athlete have a father, mother or brother with sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Elaborate on any positive (yes) answers: _____

I have reviewed and answered each question above, and assure that all are accurate responses. Furthermore, I give permission for my child to participate in sports.

Signature of parent/legal custodian: _____ Date: _____

Signature of Athlete: _____ Date: _____ Phone #: _____

Physical Examination (Must be Completed by a Licensed Physician, Nurse Practitioner or Physician's Assistant)

Athlete's Name _____ Age _____ Date of Birth _____

Height _____ Weight _____ BP _____ (_____ % ile) / _____ (_____ % ile) Pulse _____
 Vision R 20/ _____ L 20/ _____ Corrected: Y N

These are required elements for all examinations			
	NORMAL	ABNORMAL	ABNORMAL FINDINGS
PULSES			
HEART			
LUNGS			
SKIN			
NECK/BACK			
SHOULDER			
KNEE			
ANKLE/FOOT			
Other Orthopedic Problems			

Optional Examination Elements – Should be done if history indicates			
HEENT			
ABDOMINAL			
GENITALIA (MALES)			
HERNIA (MALES)			

Clearance**:
 A. Cleared
 B. Cleared after completing evaluation/rehabilitation for : _____
 C. Not cleared for: Collision Contact
 Non-contact Strenuous Moderately strenuous Non-strenuous
 Due to: _____

Additional Recommendations/Rehab Instructions: _____

Name of Physician/Extender: _____
 Signature of Physician/Extender _____ MD DO PA NP
 (Signature and circle of designated degree required)
 Date of exam: _____
 Address: _____
 Phone _____

Physician Office Stamp:

(** The following are considered disqualifying until appropriate medical and parental releases are obtained: post-operative clearance, acute infections, obvious growth retardation, diabetes, jaundice, severe visual or auditory impairment, pulmonary insufficiency, organic heart disease or hypertension, enlarged liver or spleen, a chronic musculoskeletal condition that limits ability for safe exercise/sport (i.e. Klippel-Feil anomaly, Sprengel's deformity), history of convulsions or concussions, absence of/ or one kidney, eye, testicle or ovary, etc.)
 This form approved by the North Carolina High School Athletic Association Sports Medicine Advisory Committee December 2009, and the NCHSAA Board of Directors reviewed annually.

IMPORTANT: THIS NOTIFICATION MUST BE SIGNED AND RETURNED BEFORE
YOUR SON/DAUGHTER CAN PARTICIPATE IN THIS PROGRAM

TO: Parents of Students Participating in Athletics

DATE: _____

SUBJECT: STUDENT INSURANCE

SCHOOL: _____

SPORT: _____

The Union County Board of Education requires that the student insurance offered will be compulsory for all students participating in junior and senior high school athletics unless a notarized insurance waiver form is signed by the parent indicating adequate personal insurance and releasing the Board of Education and its employees from responsibility for any claim due to injuries received while participating in a school sponsored athletic program. Please be sure that you understand the following before deciding whether to permit your son or daughter to participate:

1. There are limitations in the Student Accident Insurance coverage. It will not always pay all charges for every accident. Read the description of the current Student Accident Insurance carefully and be sure that you understand it.
2. Neither the Board of Education nor any of its employees will assume responsibility for claims resulting from injury to your child while he/she is participating in this program. This means that you will have to pay for any necessary medical treatment not covered by the Student Accident Insurance or any personal insurance coverage that you might have.

In view of this Board policy and the current Student Accident Insurance coverage, I wish to proceed as follows (check one, sign, No. 3 must have notary signature, and return promptly):

1. _____ Enclosed please find \$ _____ for Student Accident Insurance. I understand that I am responsible for payment for any charges not covered by this policy.
2. _____ My son/daughter is already enrolled in the Student Accident Insurance Program, and I understand that I am responsible for payment of any charges not covered by this policy.
3. _____ I have adequate personal insurance and release the Board of Education and its employees from any responsibility in this matter.

SIGNED (Parent or Legal Guardian): _____

ADDRESS: _____

STUDENT'S FULL NAME _____

DATE: _____

(if Item No. 3 is checked, the following must be completed.)

I, _____, a Notary Public of _____ County and State of _____ do certify that _____ personally appeared before me this day and acknowledged the due execution of the foregoing instrument.

Witness my hand and official seal, this the _____ day of _____, 20_____.

NOTARY PUBLIC

My Commission Expires: _____

Each player must also receive a MEDICAL EXAMINATION by a physician licensed to practice medicine each calendar year (once every 365 days) in order to be eligible for practice or participation in interscholastic athletic contest. This verification **must** be in hands of Athletic Director prior to participation.

Students / families who do NOT have adequate personal insurance should follow the directions below to obtain mandatory coverage for their student.

Student Insurance

Go to the following website:

www.studentinsurance-kk.com

Step 1: Under “Get Quote / Buy Online” choose “K12 Voluntary” and Click **Go**

Step 2: Under “School System Name” fill in “Union County” and select “North Carolina” Click **Search**

Step 3: Union County Schools will appear. Select your school (Marvin Ridge High School) and click **Continue** at the bottom.

Step 4: Complete the student information sections and click **Load Available Plans**

Step 5: Choose the plan that best fits your needs and click **Continue**

Step 6: After you have entered all the information, the remaining is where you will set up billing information. If you have problems with the site, contact:

Lawrence Braxton at American Advantage - 1-800-232-9601