



Athletic & Activities

**Handbook
2019-2020**

ATHLETIC & ACTIVITIES PROGRAM MISSION STATEMENT

The mission of Child of God Lutheran School athletic and activities program is to assist students in developing their God-given abilities while teaching life skills such as cooperation, self-sacrifice, leadership, fair play, good sportsmanship, and a common concern for others.

PROGRAM PHILOSOPHY

Child of God Lutheran’s athletic and activities program is an extension of the school’s academic program. The program is a shared partnership of teachers, coaches, athletic director, administrators, and parents. The goal of their efforts is to ensure that participants have a positive experience in their physical, mental, emotional, social, and spiritual development. The program offers a unique setting where players, coaches, and families can witness the blessings of a gracious God and in return reflect His love through their participation and conduct.

SPORT LEVEL PHILOSOPHIES

“C” Team (Weekend League Basketball): Participation at this level is developmental. The fundamentals of the sport are strongly stressed. Winning is not overemphasized. Instead, the emphasis is placed on the development of team play and individual skills. Coaches are encouraged to involve all team members. Therefore, playing time is generally equal among team members.

“B” Team: Participation at this level is again developmental. The fundamentals of the sport continue to be emphasized with greater attention to technique and team skills. Team success is a priority but not the number one emphasis. Student-athletes must be willing to discover and accept their role on the team, which may include unequal playing time. However, coaches are encouraged to involve all players. Playing time is based on the athlete’s attitude, practice presence, and skill levels. Absence from games, practices, and arriving late or leaving early may result in loss of playing time. As a need arises, students at the “B” level may be asked to participate at the “A” level. This is done only under agreement with the parent(s), coach, and athletic director.

“A” Team: While individual and team skills continue to be developed, participation at this level is more competitive. Team success and winning are two of the primary goals. Student-athletes must be willing to discover and accept their role on the team, which may include unequal playing time. Playing time is based on the athlete’s attitude, practice presence, and skill levels. Absence from games, practices, and arriving late or leaving early may result in loss of playing time. As a need arises, students at the “B” level may be asked to participate at the “A” level. This is done only under agreement with the parent(s), coach, and athletic director.

SPORTS AND ACTIVITIES

The following sports and activities are offered to students at Child of God Lutheran School:

<u>SPORT/ACTIVITY</u>	<u>GRADES</u>	<u>SEASON</u>
Cross Country		August-October
Girls’ “A” Volleyball	7-8 (6)	August-November
Girls’ “B” Volleyball	5-6	August-November
Girls’ “A” Basketball	7-8 (6)	November-February
Boys’ “A” Basketball	7-8 (6)	November-February
Girls’ “B” Basketball	6 (5)	January-March
Boys’ “B” Basketball	6 (5)	January-March
Girls’ Pep Squad	K-8	January – March
Boys’ & Girls’ Sat. Morning Basketball	3-5	February – March
Boys’ & Girls’ Track	5-8	April – May

1 st Robotics	5-8	August-November
Lego League	K-4	August-November
STEM for Girls	K-4	January - April
Academic Team	6-8	October-February
Game Club	5-8	Feb-April
Stuco	6-8	Year Round
Praise Team	6-8	Year Round
Math Club	3-5	Sept-May

*grades/genders in parentheses are as necessary

The “A” and “B” teams for boys’ and girls’ sports are comprised primarily of 6th through 8th grade students. If numbers allow and the student(s) exhibit the skills necessary for the “A” or “B” level, lower grade students may be brought up to the team at the discretion of the coach and athletic director. Unless approved by the athletic director, students who participate on the “A” or “B” basketball team may not participate in the Saturday Morning Basketball League.

FOUR GOALS OF THE ATHLETIC & ACTIVITIES PROGRAM

Athletes will:

- learn to glorify Christ on and off the playing field/court and grow in their faith.
- develop and use their God-given talents and abilities to their fullest.
- develop a team attitude. A team attitude is defined as “an attitude of placing group goals above self-desires and of working to develop individual skills in order to aid the group.”
- experience the physical and mental conditioning that a game situation provides. Competition, gracious winning, and losing attitudes and participation are an integral part of training.
- realize his/her teammates, coaches, parents, and talents are gifts from God.
- develop a lifelong enjoyment for sports and athletic activities.

Parents will:

- encourage children to compete with a Christ-like attitude
- encourage and support all competitors, coaches, and referees
- allow referees to officiate games without disturbance
- allow coaches to coach games without disturbance
- supervise your other children during practice and games keeping them within eyesight
- contact the coach or athletic director if a problem arises
- withhold from contacting the coach for 24 hours after a game
- transport children to games on time
- pick up children from practices in a timely manner

Coaches will:

- model a Christ-like attitude in all activities
- encourage all students to show a Christ-like attitude when competing
- conduct practices which allow all children to compete and have fun
- allow referees to officiate without disturbance
- communicate with parents if a problem occurs
- communicate scheduling changes with parents and players in the most timely manner possible

MEASURING SUCCESS

At Child of God, success is not measured merely by the quality of the product produced or by the win-loss record of the team. If each individual in the group can answer “yes” to the following questions, success has been obtained.

1. Did my faith in my Lord and Savior increase?
2. Did my relationship with others grow?
3. Did my school work remain steady or improve?
4. Did I learn?
5. Did I improve?
6. Did I participate?
7. Did I have fun?

PROGRAM ORGANIZATION

The Athletic Director administers the Child of God Lutheran interscholastic athletic and activities program. The Athletic Director is responsible for day-to-day operations of the program. The Athletic Director reports to the Principal. Child of God Lutheran School teams are nicknamed the “Crusaders.” The school colors are purple, black, and white.

INTERSCHOLASTIC COMPETITION AND ORGANIZATION

Child of God Lutheran School is a member of the St. Louis Lutheran Athletic League.

GAMES/PRACTICES/SCRIMMAGES

The majority of practices at Child of God will be held immediately after school. However, some practices may be held later in the evening, on Saturdays, or at Lutheran High St. Charles. Schedules will be given to athletes at their first practice. The practice times and sites will vary to accommodate all COGLS teams and the coaches’ availability. Practices will be limited to 1 hour and 45 minutes and must end before 8:00 p.m. Practices cannot conflict with Advent or Lenten services and must end 1 hour before the services begin. Special Points of Emphasis

- Any athlete who does not participate in physical education class due to sickness or injury may not participate in practices or games which occur on that day. A student who is not present in school before 10:00 a.m. will not be allowed to participate in a practice or game on that day. Extenuating circumstances, such as a funeral, etc., should be brought to the Athletic Director for consideration. If a student is absent from school on a Friday and an event is scheduled for the next day, the student will be allowed to participate.
- Students, who are or will be absent, arriving late, or leaving early from practices, must notify the coaches in writing or by a phone call. If students will miss a game, they need to notify the coach either by phone call or a note prior to the missed game.
- All athletes must hand in their physical form, athletic contract, hold harmless and indemnification agreement, and medical treatment consent form before they will be allowed to participate in any tryout, practice, or game. In addition, parent participation deposits must be turned in before an athlete will be allowed to participate in a game.

TRYOUTS

All people have been blessed by God with certain talents. We realize that God has blessed certain people with athletic abilities. Accordingly as these student-athletes prepare for a higher level of competition, the players who have been gifted in the areas of athletics should be given the opportunity to develop those skills to a higher level. Therefore, students are asked to tryout for the A level teams only. Tryouts are held for each sport except track and weekend basketball league. All students interested in participating must attend tryouts. In case of sickness or absence,

arrangements must be made with the coach for the child to exhibit the necessary skills to try out for the team. Students who try out for teams will be notified of which team they make (A or B) via a sealed envelope.

DISMISSAL FROM/QUITTING A TEAM

Once a student joins an athletic team, he/she is expected to remain on the team throughout the season. Students are expected to understand that their participation on a team is important and the student has made a commitment to the team and their team relies on them. Once a student is on a team, and voluntarily quits that team, he/she becomes ineligible to participate in any other sport/activity that school year unless he/she has been given prior approval by the athletic director.

ATHLETIC PLAYING TIME

Our goal at Child of God is that all students participate during games. However, this does not mean that all players have equal playing time. On teams that involve grades pre-kindergarten through fourth grade, sports are deemed developmental programs. This means these teams are meant to teach the players the basic skills of the sport, and all players get a chance to play in all games unless there is a disciplinary reason for a player not playing. At this level we do not, as a league, keep won/lost records and do not sponsor post-season tournaments. When the players advance to grades five and above, the emphasis shifts from developmental A and B level competitive. While the coaches are still encouraged to give everybody playing time during the games, playing time is not equal.

STUDENT CONDUCT

The way we act is a reflection of who we are and whose we are. We will glorify God with our ability and witness His love with our actions. Competitiveness is a gift from Him. Self-control is also a gift. Respect your opponents, opposing coaches, and officials. Learn to handle adversity in a Godly manner.

EXPECTATIONS FOR STUDENTS

When given the privilege to represent Child of God Lutheran School as a member of an athletic team/squad, athletes will:

- remain committed to the team regardless of the amount of playing time they receive.
- cheer their teammates on in victory or defeat.
- conduct themselves as team members and not as individuals.
- treat everyone with respect.
- take care of themselves spiritually, physically, and mentally.
- remember they are representatives of Child of God Lutheran School.
- give 100 percent effort at practices and during games.
- be present for every practice or game unless prior arrangements have been made with the coach.
- refrain from using any illegal substance or committing a misdemeanor or felony crime.
- remain sexually pure.
- be responsible for the care of their uniform.
- develop their skills outside of practices and games.

SCHOOL EXPECTATIONS FOR PARENTS

In order to teach, by example, a Christ-centered attitude towards all, parents will:

- set priorities for church, Sunday school, and Bible study attendance, homework, peer relationships, family time, and appreciating each person as a creation of God.
- make sure the child knows that a person's value comes from the fact that God loves him/her.
- support the coaches.

- support the whole team in a Christian manner.
- foster an attitude of service to others within the child.
- be honest about his/her capabilities, level of skill, practice habits, and competitive spirit.
- be supportive of his/her child. Allow the child to experience the whole-range of emotions involved in competition and helping him/her to deal with them in a God pleasing manner.
- be accepting of final decisions made by school faculty/administration, etc.

In order to assist the athletes and the program, parents will:

- help the child maintain his or her commitment to the team by attending all contests.
- model good time-management skills for the child by picking him or her up promptly after practice or game.
- attend athletic contests.
- participate in carpooling for away games.
- be aware of becoming over-zealous in their support.

Your child learns most from observing your actions. If you demonstrate a positive, active role in all you do, your child will learn to be a positive, active member of God's kingdom on earth!

OUT OF TOWN TRIPS/STATE MEETS/PLAYOFFS/AWAY GAMES

Some teams will have the opportunity to compete in out of town tournaments. While at these tournaments, students will be held to the same standards and rules as if they were at school. Students will be required to attend all of the events that might accompany these types of events. Parents should conduct themselves in an appropriate manner and celebrate the team's accomplishments. Parents must supervise their child when not in the event. It is not the responsibility of the coach to supervise the student in the hotel or in free time.

24-HOUR POLICY

Parents should wait 24 hours following a game to speak with a coach regarding concerns. This allows all parties involved to take time away from a game situation to collect their thoughts and address concerns calmly.

PROCEDURES FOR ADDRESSING CONCERNS

When frustrated about a situation on the team, including playing time, athletes and parents should follow the Biblical principle found in Matthew 18. Here we are exhorted to go to the individual with whom we have a misunderstanding or disagreement and discuss it with them personally. At no time should talking to other parents about private concerns be considered acceptable. As a result, the following procedures should be followed when raising concerns with a coach:

1. The athlete should ask for a personal meeting with the coach. Remember that there is an appropriate time and manner in which to request a meeting.
2. If the issue is not resolved, then the athlete may come with a parent/guardian to request a meeting with the coach.
3. In extreme situations in which the issue is still not resolved, then a meeting between the athlete, parent/guardian, and athletic director may be requested.

ATHLETIC CONTRACT

In addition to a parent meeting at the school, we will post all pertinent information regarding the upcoming year in the athletic and activities handbook, the parent/student handbook & contract can be found on the website under athletics.

Each student-and a parent will be required to read the handbook and sign the Contract indicating that they have done so prior to his/her child being allowed to participate in a sport or activity.

ACADEMIC ELIGIBILITY

Child of God students must have the following to be eligible to participate in some extracurricular activities (lego league, student council, academic quiz bowl, or athletic practice/games):

1. Have a physical on file in the school office for the current school year (athletics only)
2. Have permission form signed by parent and athlete
3. Attend at least four (4) class periods during the day of the practice or game.
4. Provide the appropriate uniform rental fees.

Representation of Child of God Lutheran School is a privilege. Student athletes and leaders must maintain certain academic levels and demonstrate appropriate behaviors in and out of the classroom. Therefore, academic and behavior monitoring will begin at the start of each sport or activity season and run the duration of the season.

Academic Standards:

The Athletic Director will review the academic progress of all students who are involved in athletics on a weekly basis. Students earning a grade lower than a 70% due to missing/incomplete assignments or a lack of efforts, as concluded by teacher and athletic director, may be declared ineligible for one week. Students will be allowed to participate in practices, but they cannot wear a uniform or play in the games during the week. The administration may exercise the right to reinstate eligibility at any given time. Students may regain eligibility within the week should they correct their academic status with the penalty of counting the week as one full week. Students who are ineligible for a combination of three (3) weeks during a season shall be declared ineligible for the remainder of the respective season.

Players who are injured can attend the game but sit on the bench. Players who are declared ineligible may not dress in uniform for the game and should not sit on the bench until the ineligibility period is over. If there is a question over grades the student should talk to their teacher. However, it is the student's job to know their grades.

Behavioral Standards

1. Behavioral ineligibility may be declared by the athletic director in conjunction with the principal, when together, in their opinion, the athlete has, by a single extreme action or by continuous inappropriate behavior, set an example for other students that is not acceptable by the athletic director and administrator.

Eligibility Procedures

1. A student athlete will be declared ineligible the day after the athlete is notified.
2. During the suspension period, the student/athlete may not participate in any games.
3. He/she may attend games to watch not in uniform.
4. The student will be allowed to continue to practice with the team. However, the student's priority should be to improve the deficient subject area(s).

If there are any questions over grades the students should talk to their teacher. However, it is the student's job to know their grades.

SCHOOL SUSPENSION

Student-suspended from school will not participate in or attend any practice, game, or team function for the duration of the school suspension.

GENERAL DISCIPLINE POLICIES & PROCEDURES

The rules, policies and procedures addressed in the Athletic Handbook does not cover every possible situation. Any infractions not listed will be covered in the Parent/Student Handbook. Consequences for any athlete not adhering to any rule, policy or procedure will be at the discretion of the principal.

TRAINING RULES

A good athlete is not developed overnight. An athlete's development takes years and many hours of preparation.

A dedicated Christian athlete will observe training rules year round, not just during the sport season. Individual coaches may have different rules above and beyond training rules. Each student athlete is expected to follow these rules.

1. Student-athletes should strive to strengthen their personal walk with God. This includes active participation in church and chapel services, Child of God's youth program, as well as classroom, family, and private devotions.
2. Student-athletes should eat a well-balanced diet. Eat breakfast and limit candy, soda, and junk food consumption.
3. Student-athletes should get plenty of rest. Each individual requires a different amount of sleep. As a student- athlete, you will require more rest than if you were not involved with athletics. Individuals should try to receive at least eight hours of sleep a night.
4. The possession or use of alcohol, tobacco, narcotics, or other undefined controlled substances is not allowed. In addition, the misuse of prescription drugs will not be tolerated. Students found in violation may be dismissed from the team by the athletic director and face possible school disciplinary action.

TEAM MANAGEMENT

1. Each coach is responsible for the safety and conduct of his/her squad. Anything out of order in this area should be reported to the Athletic Director.
2. Each coach is responsible for the formulation of his/her own practice schedule and controlling their team.
3. All coaches must be aware of and comply with all rules from the St. Louis Lutheran Athletic League.
4. At the beginning of their respective season all coaches should meet with their team and spell out all rules, expectations, and consequences. This information should be in written form.
5. Limited playing time due to unexcused absences at practices and games or for poor behavior while at practices and games is permissible. If the situation is sustained over a period of time or is a gross misconduct, the coach should inform the athlete, his/her parents, and the AD as soon as possible.
6. Coaches are never to leave their athletes alone in the gym or practice field, unless in an emergency. Players are not to play with balls or horse around while waiting outside the gyms for their practice.
7. Be at practice and games on time and lead by example. Set up needed equipment. Check the locker rooms prior to and after the players use them. Remain until all team members have departed unless prior arrangements have been made. Remain until the building is empty of all students. Put equipment away.
8. Siblings of players should not be at the practices without their parent. Children of coaches must remain the gym with their parents during practice.
9. Any head injuries should receive immediate attention and if the athlete loses consciousness, the proper medical authorities should be called immediately. Assume a moral obligation in the care and prevention of athletic injuries. Recommend a doctor when in doubt.
10. The Athletic Director will secure scoreboard operators (parent volunteers) for all home games. The coach will secure the scorebook keeper for both home and away games. At home games this person will be the official scorer. If possible this person should be an adult.

SPORTS PHYSICAL/MEDICAL INFORMATION FORM

Child of God Lutheran School requires a yearly physical/medical information form to be on file for any potential student-athlete. The physical/medical information form must be on file with the athletic director before an athlete will be allowed to participate in tryouts, practices, or games. The form can be found on the school website.

INCLEMENT WEATHER

If school is cancelled due to inclement weather, practices, games, and/or performances scheduled for that day will also be cancelled unless special scheduling circumstances warrant that the game(s) be played.

DRESS CODE

Students are encouraged to dress with modesty when practicing. Therefore, spaghetti strapped tank tops worn by students are not allowed. Students will wear shirts at all times. Shorts that are worn should not be shorter in length than mid-thigh. Coaches may ask students to “dress-up” on game days. This is strongly encouraged to promote team spirit, unity, and a positive image for the school.

UNIFORMS

Each athlete receives a uniform and has the responsibility of properly caring for the uniform. Athletes must provide a refundable \$50 deposit check made to Child of God at the beginning of the season. Uniforms must NOT be worn during school or after an athletic contest. Any athlete who permanently stains, does not return, or loses a uniform will be subject to a financial penalty not to exceed the cost of replacement. Uniforms must be turned into the athletic director within one week following the last game/performance. At the end of the sports season, all uniforms must be cleaned according to manufacturer’s specifications before turning the uniform into the Athletic Director. Coaches may decide to order additional sweatshirts, T-shirts, or other articles of clothing during the season. Full participation is not required, but is encouraged to promote team unity and spirit. Prices and size selections will be decided at that time.

WARM-UP MUSIC

All team music will need to be approved by the coach and athletic director before it can be played at games, performances, or competitions.

TRANSPORTATION

Transportation to and from contests and practices is the parents’ responsibility. If parents are unable to drive, students are encouraged to carpool with parents of teammates. Staff members cannot transport students other than their own children.

FEE SCHEDULE

Athletics and activities at Child of God Lutheran is a self-sustaining program, which means that all funds needed to run the program need to be raised by the program. The fees cover costs associated with equipment, field/gym rental, referees, conference dues and any other costs during the athletic season. Athletics does not receive any funds from the school’s general budget. These funds come from four sources;

- 1) Participation Fees: These are paid for each sport which a student participates in.
- 2) Gate Receipts: Monies received at home games/tournaments for volleyball and 5—8 basketball games.
- 3) Concession: Monies received through the sale of items at home games at the concession stand.
- 4) Sweatshirts & T-shirts: Yearly themed items sold to the entire school body.

5) COGLS Summer sports camps and or clinics.

Child of God follows the fee schedule set by the St. Louis Lutheran Athletic League. Fees for 2019-20 school year are \$50.00 per athlete per sport with a \$100 cap.

PARENT BOOSTER REQUIREMENT

Each parent is also asked to serve twice during the sport in season. This could include working book/lines, clock, hall monitor, or concessions. There will be a 25.00 booster deposit that will be returned at the end of the season after requirements are met. These service hours will also count towards COGLS service credit.

PARENT/ATHLETE MEETING

Anyone interested in playing a sport at Child of God will need to attend an Athletic meeting. These meetings will take place in the fall and spring. If your child is considering playing sports you must be at this meeting otherwise your child may not be allowed to play. The meetings will have coaches for that season where they will go over volunteer hours and expectations for joining the team.

AFTER SCHOOL/EXTENDED CARE

If a practice is not held immediately after school, students are not allowed to stay in the school building or grounds unsupervised. Coaches and teachers are not responsible for the students before and after practices and games. Therefore, all athletes must go to extended care or leave the premises with an adult before practices and games. The only exception to this policy is if the coach is at the school and has agreed to monitor the student(s) after school.

INSURANCE

Insurance coverage for the student-athlete is the sole responsibility of the student-athlete's family.

ASSUMPTION OF RISK

Participation in Child of God athletics and activities does include competition and possesses the potential for serious injury. Participants and parents are encouraged to consider the inherent risks and hazards associated with participation. Risks vary from sport to sport and can occur under direct supervision and with proper safety equipment.

CONCUSSION POLICY

In accordance with Missouri House Bill Numbers 300, 334 & 387 any athlete suspected of having suffered a concussion will be removed from a practice or game immediately. The athlete may not return to practice or competition until a written clearance from a medical doctor has been submitted to the athletic director.

SOCIAL MEDIA GUIDELINES

Child of God Lutheran School and its athletic and activities department is an honor and a privilege provided to a select group of individuals. Along with that privilege come a set of expectations and responsibilities as a member of the COGLS athletic program.

You are held to a high standard and are recognized because you choose to represent your school in a public forum. Through social media, you are now being monitored by more individuals than ever before including Crusader fans as

well as fans of opposing teams. Everything you do in these forums should positively represent not only yourself and your family, but also the team and school that you represent.

Used responsibly, social media can be a great way to interact with friends, fans, and the public as well as promote your sport and school. Used irresponsibly, it can be a quick way to destroy your reputation. Below are some tips and guidelines for using social media responsibly and effectively.

Social Media Guidelines:

- Set your security settings so that only your friends can see your account.
- Don't accept friend or follow requests if you are not sure who they are coming from.
- Understand that who you have listed as followers or friends is a reflection on you.
- Don't put anything on social media that you would not want your family, your future employers, those reading the front page of the paper, or the whole world to see.
- Think before you post, tweet, or retweet. Will it be a positive reflection of you?
- Do not post offensive language, personal attacks, or racial comments.
- Do not post or repost inappropriate photographs.
- Do not post when you are emotional, such as right after a game. You are more likely to say something you will regret. Inappropriate posts or tweets on social media may lead to consequences that affect not only playing time, but also status as a member of the team. Be smart!
- Abide by the social media guidelines as outlined for students and parents in the Parent/Student Handbook

SPORTS AWARDS

Proceeding the year end chapel service is the Child of God Awards & Recognition Celebration.

- All Conference Team: Cross Country, Volleyball, Basketball, Track (6-8)

-One athlete per sport, selected by the coach with consultation by the Athletic Director & principal

- Male Christian Athlete (5-8)
- Female Christian Athlete (5-8)

-The Christian Athlete Awards are given out to one boy and one girl each year. Coaches who are members of the faculty in consultation with the athletic director and principal make the final decision. Qualifications include:

1. Exhibits a positive Christian attitude
2. Demonstrates Christian sportsmanship
3. Has excelled with the gifts of physical ability that God has given them
4. Exhibits cooperation, loyalty, and respect to teammates
5. Demonstrates respect for self, opponents & Child of God

- Crusader Award (8)

-Awarded to 8th grade athletes who meet the following criteria:

1. The athlete must have been a COGLS student for at least 2 years.
2. The athlete must have participated in a team sport every season that COGLS offers a team sport. (ie, Cross Country/Volleyball in fall, Basketball/Cheerleading in winter, Track in spring)
3. Participation in a LHS Junior Cougar athletic program will count toward the Crusader Award if COG does not offer the sport (ie, softball, soccer, football).

The athletic director will make the final determination in consultation with the Principal and input given by the coaches, school faculty and Pastor. If it is determined that there are no qualified students for a specific category, the award will not be presented that year.



CHILD OF GOD LUTHERAN SCHOOL ATHLETIC PROGRAM

STUDENT COMMITMENT

I have read the sports handbook outlining the athletic program policies and procedures at Child of God Lutheran School. I agree to follow these policies and regulations.

Name of student (print): _____ Signature _____ Date _____

PARENT COMMITMENT

I have read the sports handbook outlining the athletic program policies and procedures at Child of God Lutheran School. I agree to follow these policies and regulations. I will support the school in upholding the policies of the athletic program.

Signature of parent/guardian: _____ Date _____

Concussion Signature Page

After reading and reviewing concussion information, sign and return this page to the office.

Student-athlete Name Printed

Student-athlete Signature

Date



CHILD OF GOD LUTHERAN SCHOOL

650 Salt Lick Road St. Peters, MO 63376 Office: (636) 970-7080 www.coglcs.com

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.

You should also inform your child's coach if you think that your child may have a concussion. **Remember** it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to: <https://www.cdc.gov/headsup/youthsports/index.html>

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and in most sports, concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none">● Headaches● "Pressure in head"● Nausea or vomiting	<ul style="list-style-type: none">● Amnesia● "Don't feel right"● Fatigue or low energy

<ul style="list-style-type: none"> ● Neck pain ● Balance problems or dizziness ● Blurred, double, or fuzzy vision ● Sensitivity to light or noise ● Feeling sluggish or slowed down ● Feeling foggy or groggy ● Drowsiness ● Change in sleep patterns 	<ul style="list-style-type: none"> ● Sadness ● Nervousness or anxiety ● Irritability ● More-emotional ● Confusion ● Concentration or memory problems (forgetting game plays) ● Repeating the same question/comment
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<p>Signs observed by teammates, parents and coaches include:</p> <ul style="list-style-type: none"> ● Appears dazed ● Vacant facial expression ● Confused about assignment ● Forgets plays ● Is unsure of game, score, or opponent ● Moves clumsily or displays incoordination ● Answers slowly ● Slurred speech ● Shows behavior or personality changes ● Can't recall events prior to hit ● Can't recall events after hit ● Seizures or convulsions ● Any change in typical behavior or personality ● Loses consciousness
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