

Clarksville Panther Athletic Handbook



HOME OF THE PANTHERS!

Clarksville, Arkansas

Dear Athlete and Parent(s):

Welcome to the Clarksville Panther athletic program. The coaches of the Clarksville Schools are proud to have your son or daughter enrolled in our athletic program. We believe that athletics will contribute to the overall education of your child. Hopefully, your decision to take advantage of this portion of our extra-curricular program will be educational, rewarding, and challenging.

The purpose of this handbook is to provide information that is relevant to every sport offered through grades 7-12, and attempts to clearly define what is expected of an athlete who participates in athletics at Clarksville. We do not encourage specialization in one sport; rather, we encourage each athlete to experience a variety of sports as well as other school activities. Due to conflicts of season, practice times, schedules, etc., some choices will have to be made by each athlete and their parent(s).

We ask that you read this handbook carefully and discuss the contents together. After reading this handbook, both the athlete and the parent(s) are asked to sign the handbook and other required forms in the back of the handbook and return them to your coach.

Thanks,

Clarksville Coaching Staff

GO PANTHERS!!!!



CLARKSVILLE HIGH SCHOOL ATHLETIC DEPARTMENT

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PHILOSOPHY

The Clarksville athletic program has been developed to further the mission of the school. The athletic program exists as a vital part of the total education program. It is intended to contribute in a positive manner to the total development of the individuals participating in the program.

The athletic program shall be conducted in accordance with the rules and regulations of the Clarksville Board of Education, the Arkansas Activities Association, and the Arkansas Department of Education. While the Board of Education and school administrators take great pride in winning, they do not condone “winning at all cost” and discourage any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way as to justify it as an educational activity.

PURPOSE

The purpose of the athletic administration and staff is to maintain maximum participation, maximum competitiveness, and a fiscally sound program. To accomplish this goal there must be continued review of the athletic programs in order to ensure that students who participate will have the best opportunity for success.

GOALS

The goals of the Clarksville athletic program are:

1. To foster physical and emotional growth of our athletes.
2. To develop a good work ethic in our athletes.
3. To develop a sense of fair play and sportsmanship.
4. To provide good role models for our athletes.
5. To develop lifetime fitness and recreational activities.
6. To emphasize safety in all athletic activities.
7. To promote loyalty and pride in our school and community.

SPORTS OFFERED

FALL

Girls Cross Country
Boys Cross Country
Football
Volleyball
Girls Tennis
Boys Tennis
Girls Golf
Boys Golf

WINTER

Girls Basketball
Boys Basketball
Girls Bowling
Boys Bowling
Boys Swimming
Girls Swimming

SPRING

Girls Track
Boys Track
Baseball
Softball
Girls Soccer
Boys Soccer

EXPECTATIONS OF ATHLETES

Successful athletic programs require higher standards and set higher expectations for its athletes in the area of academics, citizenship, behavior and sportsmanship. Students and parents must understand that participation in athletics is a **privilege**, not a right. With the privilege of participation comes responsibility and accountability. Athletes participating in the athletic program in Clarksville Schools will be expected to accept responsibility and be accountable for their actions. They will be expected to act with dignity, class, and integrity at all times. The Clarksville Panthers shall show consideration and humility in victory and dignity and courage in defeat.

Those participating in the Clarksville athletic program are expected to:

1. Meet Arkansas Activities Association academic eligibility requirements.
2. Develop self-discipline and a good work ethic.
3. Abide by the rules of the game.
4. Maintain a positive attitude toward teammates and coaches.
5. Display good sportsmanship.
6. Follow rules implemented by their coaches.
7. Comply with standards of conduct as presented in their student handbook.
8. Be in attendance at school the day of competition, unless excused by the principal.
9. Promptly report injuries to their coach.

PARTICIPATION

The Clarksville Athletic Department believes that athletics at any level is more than a recreational activity. However, the degree to which we emphasize competition and winning varies greatly from our programs on the 7th grade level compared to the programs on the varsity level. There is greater emphasis on participation on the 7th grade level than on the varsity level. Participation, development of skills, improvement, teamwork and the enjoyment of a specific activity are always important in our athletic program. However, with each succeeding level, there is a greater emphasis on winning from parents and the community. We recognize that the senior high varsity teams are our marquee teams. The expectations for team success are higher at the varsity level. While participation, development of skills, improvement, teamwork and enjoyment of the activity remain a key element of our efforts at the varsity level, we also recognize that the success of our teams is an inspiration to, and a source of pride for, our school and community.

The head coach will set the standards for participation for their respective sport(s). This will include requirements for off-season, pre-season, season, summer programs, and camps.

Before a student may participate in athletics, he/she shall have the following documents on file with the athletic department:

1. Physical (less than one year old)
2. Suggested warning and permission statement
3. Medical release form
4. Drug consent form
5. Athletic early release form
6. Handbook Form
7. Hydration Form
8. Concussion Form
9. Exertional Heat Illness Form
10. Handbook/Hydration/Exertional Heat Illness/Concussion Form
11. Consent For Cognitive Testing and Release Of Information

Free physical examinations are available for all athletes during the summer. Dates and times will be announced each spring. Athletes may get a physical form at their respective schools office or at the athletic director's office.

QUITTING A SPORT

A student who chooses to leave a team before the conclusion of the season may not participate in another sport until the dropped sport has completed its season. Exceptions can be made for medical reasons or if the head coaches of the sports involved and the athletic director agree to allow participation in the succeeding sport prior to the end of the dropped sport. If the athlete is unable to complete a sport due to medical reasons, verification from a doctor must be given to the coaches by the athlete.

If a student is removed from a team by the head coach for disciplinary reasons, the student **will not** be allowed to participate in another sport until after the dropped sport has completed its season.

EXTRACURRICULAR ACTIVITIES ATTENDANCE POLICY

Students, who are absent during all or part of the school day, shall not be allowed to participate in any school activity on that day or night, unless advance permission is granted by the principal or his designee.

OFF-SEASON POLICY

Athletes in grades 10 and 11 who participate in football and a spring sport will participate in football off-season program during 7th period until 3:15 p.m.

At 3:15 p.m. these athletes may go to their spring sport.

These athletes will not participate in the football off-season program on the day in which they have a scheduled spring sport contest.

These athletes will be excused from football off-season beginning on Monday, the week of their state tournament or meet and extending to the end of their spring sport season.

When basketball season is over, those athletes who participate in basketball and a spring sport will participate in off-season basketball until 3:15 p.m. At 3:15 p.m., they may go to their spring sport.

Athletes who play basketball and a spring sport will not participate in off-season basketball on the day in which they have a scheduled spring sport contest.

These athletes will be excused from basketball off-season beginning on Monday, the week of their state tournament or meet and extending to the end of their spring sport season.

After basketball season is over, those athletes who play football and basketball, as well as a spring sport, will participate in off-season football and basketball 7th period on a rotating basis. Three days one week they will report to football off-season during 7th period. Two days per week they will report to basketball. The following week, they will report to basketball three days and football two days. This rotation will continue until the Monday of the week of the state tournament or meet for spring sports. At that point, these athletes will report to their spring sport at the beginning of 7th period until their spring sport is over.

SPORTSMANSHIP

Sportsmanship is conduct exhibited toward opponents, officials, and fans that shows fairness, courteous relations and graceful acceptance of results. It is characterized by generosity and genuine concern for others. It includes abiding by the rules of a contest. Sportsmanship is a cornerstone for the existence of athletics in a school program. The Clarksville Panthers are expected to display good sportsmanship at all times.

PARENT/SUPPORTER CODE OF CONDUCT

The larger school-community has an interest and investment in the success of Clarksville athletic programs. Parents and other supporters play a key role in reinforcing the educational goals of our program. Therefore, we expect these important supporters of our program to do the following:

1. Remember that a ticket to a school athletic event is a privilege to observe the contest.
2. Be a positive role model through their behavior at athletic contests.
3. Show respect for the opposing players, coaches, spectators, and support groups.
4. Be respectful of all official's decisions
5. Recognize and show appreciation for an outstanding play by either team.
6. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
7. Gain an understanding and appreciation for the rules of the sport.
8. Reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.
9. Be respectful of all coaching decisions and never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning
- Written warning
- Game suspension with written documentation of incident kept on file
- Season suspension
- Permanent dismissal

CARE OF EQUIPMENT

In order to give an athlete a sense of responsibility and an appreciation of their equipment, each athlete will be held accountable for the abuse, damage, or loss of equipment. **ANY EQUIPMENT THAT IS LOST OR DAMAGED MUST BE PAID FOR BY THE STUDENT TO WHOM THE EQUIPMENT WAS CHECKED OUT.**

COMPLAINTS

The following procedures should be followed when reporting a complaint:

1. Contact the coach who had direct supervision of the athlete at the time. If satisfactory resolution of the complaint is not made, then
2. Contact the head coach of the sport in which the athlete was participating. If satisfactory resolution of the complaint is not made, then
3. Contact the athletic director. If satisfactory resolution of the complaint is not made, then
4. Contact the building principal of the appropriate school. If satisfactory resolution of the complaint is not made, then
5. Contact the superintendent.

ELIGIBILITY

Junior High requirements for eligibility as approved by the Arkansas Activities Association (AAA) are as follows:

1. Any student promoted from the 6th to the 7th grade automatically meets academic eligibility requirements.

2. Any student promoted from the 7th to the 8th grade automatically meets academic eligibility requirements for the first semester.
3. The second semester 8th grade student and the first semester 9th grade student meets the academic eligibility requirements for Junior High by passing four (4) academic courses the previous semester, three (3) of which shall be in the core curriculum.
4. The second semester 9th grade student meets scholarship requirements for Junior High if he/she has successfully passed four academic courses the previous semester which count toward his/her graduation requirements.

Senior High requirements for eligibility as approved by the AAA shall include:

1. Passing four academic courses, and
2. A minimum grade point average of 2.0 based on the previous semester.

INSURANCE

Clarksville School District will **no longer** provide accident insurance for students who participate in athletics, AAA activities, or any school sponsored event. Your child will no longer be covered while participating in, practicing for, and travel to and from such an activity in a school furnished vehicle. It is the parent or guardians responsibility to maintain insurance for their child. Clarksville School District assumes no responsibility as a result of injuries that occur during any school sponsored activity.

TRAVEL RELEASE POLICY

The Clarksville School District provides safe transportation for student/athletes to and from all athletic events.

1. If a parent wishes to take his/her athlete home after an athletic event, the parent must sign the student out with the head coach or his designee.
2. If a parent wishes to have his/her athlete ride home with another parent or family member, the parent must come by the athletic director's office the day of the game and sign a release form, fax the information to the athletic director at 754-2492, or email the athletic director. The name of the student/athlete, the parent, and the person responsible for signing out the student/athlete must be **printed** on the fax or email as well as the signature of the parent of the student/athlete and a verification phone number. **The parent or family member whom the athlete is riding home with must sign the athlete out with the head coach or his designee.**

CHEMICAL SCREEN TEST POLICY

The Clarksville School District recognizes that chemical abuse or misuse is a significant health problem for students, detrimentally affecting overall health, behavior, learning ability, reflexes, and the total development of each individual. The Clarksville Board of Education is determined to help students by providing another option for them to say “No.” Chemical abuse includes, but is not limited to, the use of illegal drugs, alcohol, and the misuse of legal drugs and medications. The provisions of this policy apply to students in Clarksville Schools in grades 7-12. No student will be allowed to participate in any school activity (any activity outside the regular curriculum) or park on campus until the consent form has been signed by both student and custodial parent/legal guardian and returned to the coach. **The entire chemical screen policy can be read in the student handbook (page 75). The disciplinary actions are different if a student is in possession of drugs or alcohol on school property, at a school function, or on official school business (page 58). The drug consent form is at the back of this handbook.**

PREVENTING AND MANAGING MRSA

As part of its official statement on MRSA, the National Athletic Trainers’ Association (NATA) suggests the following prevention and management recommendations on MRSA.

1. Care for and cover skin lesions appropriately before participation.
2. Keep hands clean by washing thoroughly with soap and warm water or using an alcohol-based hand sanitizer routinely.
3. Avoid whirlpools or common tubs when an athlete has open wounds, scrapes, or scratches.
4. Encourage immediate showering after activity.
5. Avoid sharing towels, razors, or daily athletic gear.
6. Properly wash athletic gear and towels after each use.
7. Maintain clean facilities and equipment.
8. Refer to appropriate health care personnel all active skin lesions and lesions that do not respond to initial therapy.
9. Administer or seek proper first aid.
10. Encourage health care personnel to seek bacterial cultures to establish a diagnosis.

Student/Athlete Use of Social Media

As a student athlete within the Clarksville School District, you are required to follow student handbook guidelines, even though an event may happen off school property or after school hours.

Social network sites such as, but not limited to, Facebook and other digital platforms and distribution mechanisms facilitate students communicating with other students. Participation in such networks has both positive appeal and potentially negative consequences. It is important the Clarksville student-athlete be aware of these consequences and exercise appropriate caution if they choose to participate.

Student-athletes are not restricted from using any on-line social network sites and digital platforms. However, users must understand that any content they make public via on-line social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with federal government, state of Arkansas, Clarksville High School, and AAA rules and regulations. As a Clarksville student-athlete you must be aware of Student Handbook regulations. Ignorance of these regulations does not excuse student-athletes from adhering to them. **(Bullying 4.43, Student Internet/Intranet Use Agreement and Bring Your Own Device Policy in the Student Handbook)**

Guidelines for Student-Athletes

These guidelines are intended to provide framework for student-athletes to conduct themselves safely and responsibly in an on-line environment. As a student-athlete at Clarksville you should:

- Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an email address can access your personal page. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Facebook and other sites provide numerous privacy settings for information contained on its pages; use these settings to protect private information. However, once posted, remember the information becomes property of the website.
- Be aware that potential current and future employers and college admissions offices often access information you place on these on-line social networking sites. You should think about any information you post on Facebook or similar directories as potentially providing an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
- Be careful in responding to unsolicited e-mails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in e-mails.

- Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions.
- Remember photos once put on the social network site's server become their property. You may delete the photo from your profile but it still stays on their server. Internet search engines like Google and Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

Things student-athletes should avoid:

- Derogatory language or remarks about teammates or coaches; other Clarksville student-athletes, teachers, or coaches; student-athletes, coaches, administrators, or representatives of other schools.
- Demeaning statements about or threats to any third party.
- Incriminating photos or statements depicting violence; hazing; sexual harassment; vandalism; stalking; underage drinking, selling possessing, or using controlled substances; or any other inappropriate behaviors.
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of an unreported felony theft or felony criminal damage to property.
- Indicating knowledge of an unreported school or team violation-regardless if the violation was unintentional or intentional

Student-athletes who misuse any form of social media will be subject to disciplinary action. This discipline will be decided upon by a disciplinary committee, which shall consist of the student-athletes coach, athletic director, and building principal.

One of the biggest lessons social network users can learn is that anything you post online enters the public record. You never know who may be looking. For instance, there have been cases where minors were cited for underage drinking or breaking the rules of an apartment lease after pictures of parties were posted on social networking sites. Kids posting photos bragging of graffiti have been arrested by police.

Although not every Facebook misstep makes the national news, users should always be sensitive to how others might perceive their profiles. A private joke isn't so private when it's accessible to millions across the internet, and it can easily offend someone who doesn't understand the context. If that isn't enough to make you think twice about posting an inappropriate picture or off-color comment, consider your future. High school and college students should carefully consider their Facebook profiles and ask themselves how they would look to a future college admissions officer or potential employer.

ACT 1227 of 2013 (School Choice)

All students transferring under the guidelines of this act must meet all current eligibility rules in order to participate in athletics and non-athletic competitive activities.

Athletic Activities:

- 1) All transfers must take place by July 1 before a student enters grades 7-10.
- 2) Students transferring after July 1 prior to entering the 10th grade year shall not be eligible for one calendar year (365 days) unless there is a bona fide move from one public school district into the public school district that the student will be attending.
- 3) The CSAP form (Changing Schools/Athletic Participation form), must be signed by administrators of the previous school and new school before participating in interscholastic competition.
- 4) The CSAP form only pertains to students in grades 7-10.
- 5) Meet the domicile rule, bona-fide student rule, scholarship rule, semester rule and age rule.

Non-Athletic Competitive Activities:

Meet the bona-fide student rule, scholarship rule, semester rule and age rule

ACT 1469 of 2013 (Home School)

A home school student shall be given the opportunity to try out for an athletic or non-athletic competitive activity or team in their resident public school district if the following criteria are met:

- 1) Inform the principal of the resident school district in writing of their request to participate in the interscholastic activity before the signup, tryout, or participation deadlines established for students enrolled in the resident school district.
- 2) Inform the principal in the request that the student has demonstrated academic eligibility by obtaining: a minimum test score of the thirtieth percentile on The Stanford Achievement Test Series, Tenth Edition, or another nationally recognized norm-referenced test in the previous (12) months, or a minimum score on a test approved by the State Board of Education.
- 3) In order to be eligible to participate, the student must be enrolled within the first (11) days of the fall or spring semester.
- 4) Meets the same requirements as enrolled students in regards to practice times, required drug testing, permission slips, waivers, physical exams, and participation fees.
- 5) The student cannot be required to be enrolled in more than (1) period per school day.
- 6) Be transported by the resident school district to and from interscholastic activities as the resident school district transports other students who are enrolled in the resident school district.
- 7) If the student withdraws from an Arkansas Activities Association member school to be home-schooled, the student shall not participate in an interscholastic activity in the resident school district for minimum of (365) days after the student withdraws from the member school.

Rule 12. PARTICIPATION ON NON-SCHOOL TEAMS (PAGE 30 AAA HANDBOOK)

A. Team Sports.

1. A student who is a member of a school's athletic team and who has engaged in interscholastic competition may not try out for, practice with, or otherwise participate with, or be a member of a non-school athletic team in the same sport, *in season*, without losing eligibility for up to a full year (365 days) from the date of such participation with the non-school team.

2. This limitation shall apply to the team sports of football, basketball, volleyball, baseball, softball, and soccer.

However, a member of an interscholastic baseball, softball or soccer team may try out for or practice with a non-school team on days when the school team does not practice or play. This exception for baseball, softball and soccer shall not apply in weeks the school team is involved in AAA-sponsored championship tournaments.

3. Participation on a non-school athletic team in the same sport *in season* shall define *in season* as the AAA established beginning date until the end of the state tournament in that sport for students in grades 10-12 and students in grade 9 who have participated interscholastically with the senior varsity team in the sports of football, volleyball, and basketball.

4. Students in grades 7-8 and students in grade 9 who have not participated interscholastically on a senior varsity team shall have the *end of season* defined as when their school's team is finished in each sport.

5. A member of an interscholastic spirit team may not compete on a non-school team during the interscholastic spirit season.

**SUPPLEMENTAL CLARKSVILLE HIGH SCHOOL
INSTRUCTION PROGRAM (SIP)**

The Clarksville School District recognizes the importance of extracurricular activities in the development of young people. The following Supplemental Instruction Program (SIP) will be used for students to gain eligibility and ultimately improve the student's academic performance.

The SIP will be directed by the assistant principal and will be offered on Monday through Thursday from 7:00 – 7:55 A.M. and 3:30 – 5:10 P.M. on Monday and Wednesday. Certified teachers will serve as instructors for the program. Each student participating in the program will have a folder, which contains the following information:

1. Supplemental Instruction Program Contract which identifies the subject area(s) where failure has occurred and includes an assessment of the factors contributing to the student's inadequate academic performance, a plan of action for academic improvement, and an agreement to abide by program guidelines. This contract must be signed by the student and the student's parent(s)/guardian(s).

2. The student's progress reports filed each grading period from teachers in subject area(s) where inadequate performance occurred. The assistant principal will be responsible for adding this information to the file. The file will be kept in the assistant principal's office.

Parents must meet with the assistant principal, and coach/sponsor in order to receive information about the program. The rules and regulations for the program will be explained to the parents at this time. The student shall also attend this meeting. The assistant principal will be responsible for setting up the meeting.

Instruction will be focused on improving the student's skills in the identified subject area(s). Students must attend the SIP at a time designated by the assistant principal. Failure to attend will result in the student being dropped from the program and immediately suspended from competition for the remainder of the semester.

Students will be allowed two tardies up to five minutes each. If a student is tardy for SIP, he/she must remain in SIP an additional twenty 20 minutes. The third time a student is tardy, he/she will be declared ineligible and immediately suspended from competition.

Students will be allowed two excused absences. The assistant principal must pre-approve the absence. Three absences will result in the student being declared ineligible and immediately suspended from competition. Absences will be excused for the following reasons:

1. Personal injuries, illness, or hospitalization of the student as verified by a physician;
2. Hospitalization or death of a member of the immediate family (parent, grandparent, sibling)

The SIP teacher will take roll and report all tardies and absences to the assistant principal.

During the semester the student is enrolled in SIP, he/she must not have any unexcused absences from school; receive any school disciplinary actions in which an out of school suspension results from the behavior; or receive any criminal convictions. Failure to meet these requirements will result in the student being dropped from the program and immediately suspended from competition for the remainder of the semester. The assistant principal will check these.

A student may maintain eligibility under the Supplemental Instruction Program by meeting one of the following requirements:

- A. Pass four academic courses and earn a minimum of 2.0 GPA for the first semester he/she is enrolled in the SIP. The student would not be required to remain in the SIP for the following semester.
- B. Pass four academic courses and show improvement of at least one tenth of one point in his/her GPA after the first semester of participation in the SIP. The student must remain in the SIP for the following semester. The rule restricts a student to a maximum of two consecutive semesters in the SIP any time a student's GPA falls below a 2.0 for the previous semester. Therefore, to maintain eligibility following the second consecutive semester in the SIP, the student must have reached the 2.0 GPA and passed four academic courses.

At the end of each school year, the assistant principal must file a report with the Arkansas Activities Association (AAA) on forms provided by the AAA or electronically as directed by the Association.

Welcome to the Hydration Campaign!

KENDRICK
FINCHER



HYDRATION
FOUNDATION

Directions:

Look over the following information and complete the quiz below by circling the correct answer.

Did you know...?

- 75% of the body is made up of water.
- 92% of blood is made of water.
- Water carries nutrients and oxygen to all the cells in your body.
- Water helps turn food into energy.
- Water regulates your body temperature.
- You have a 10% decrease in your mental performance when you feel thirsty.
- If you are dehydrated you are more likely to have trouble concentrating.
- If you are well hydrated, exercise feels easier and more enjoyable.

So drink more water!

How much do I need to drink?

You should take your weight and divide it by two.

So if you weigh 100 lbs. you should drink 50 oz. of water a day. Even if you weigh less than 100 lbs., though, you should always drink at least 50 oz. of water each day. And if you weigh more, you should drink even more!

When do I need to drink?

You should drink water and other healthy liquids all throughout the day, especially when you are sweating or playing sports.

What should I drink?

Water. Sports drinks are also great if you have actually been working out or playing sports. Soft drinks are not a healthy choice for hydration. They will actually make you dehydrate faster. Milk and juice are a great part of your diet, but they contain calories which you may need to keep an eye on for maintaining healthy weight.

What's the big deal?

Dehydration is a common problem for many young athletes playing in heat. These conditions are not only dangerous, but are also fatal in some cases. You can die from these illnesses. Don't take it lightly. It's not cool to see how long you can practice without drinking water. It's deadly.

Three Degrees of Heat Illness:

The three types of heat illness are Heat Cramps, Heat Exhaustion and the most serious and deadly form: Heat Stroke. All three of these types of dehydration are dangerous, and that is why it is so important to know the warning signs.

Warning Signs!

Dehydration is a very common problem, and young athletes can experience consequences of dehydration even if they are as little as 2% dehydrated. Here are some warning signs:

- Noticeable Thirst
- Muscle Cramps
- Weakness
- Decreased Performance
- Nausea
- Headache
- Fatigue
- Lightheaded or Dizzy
- Difficulty Paying Attention

Then what?

If you experience any of the previous symptoms, you need to take the following action:

1. Rest in a cool place
2. Drink a sports drink that contains the adequate amount of electrolytes.
3. Prevent dehydration in the future by consuming fluids before, during and after exercise.
4. Allow lots of time to rehydrate.

Heat Exhaustion

Symptoms of heat exhaustion include dizziness and fatigue, chills and rapid pulse.

If you experience these symptoms, immediately:

1. Rest in a cool place.
2. Drink a sports drink.
3. Lie down with legs elevated to promote circulation
4. You should begin to feel better soon. If not, you may have heat stroke.

Heat Stroke

Heat Stroke is a medical emergency! If not treated fast and well, it can result in death!

Symptoms include:

Very High Body Temperature

Altered central nervous system function (confusion or unconsciousness)

Healthy athletes collapse during intense exercise in the heat

Cool--Out Heat Stroke

Immediate cool-down procedure is very important if someone seems to be suffering Heat Stroke. Quickly get the person into an ice bath to get temperature down as quickly as possible. Put ice packs all over the body, take a cool shower, use wet towels or spray water. Remember that Heat exhaustion gets better, but heat stroke just gets worse. So take a Heat Stroke victim to the hospital or call an ambulance as soon as possible.

CAREFUL! Don't give Heat Stroke victim water or any other liquids to drink, because it commonly causes nausea and vomiting. Cool the body.

Ok, you know the facts, now what are you going to do about it?

Know Your Sweat Rate

Athletes need to know how much they sweat and how much to drink to replace it:

Weigh in before and after practice and competition.

Keep track of how much fluid you drink during workout.

Combine the amount of weight lost with the amount of fluid consumed to know how much to drink to stay hydrated.

Check your Urine

Yeah, yeah, we know it is gross.

But if your urine is colored dark yellow like apple juice, you probably aren't staying hydrated. It should be clear or light yellow--such as lemonade to know that you are drinking enough fluids.

Hydrate, hydrate, hydrate

- You should always drink before, during and after practice.
- BEFORE gives you a head start.
- DURING gives you the energy to keep going.
- AFTER helps replace the lost fluids and electrolytes.

Know WHAT to drink

Water is always a good choice, but research has shown that sports drinks such as Gatorade are best while working out. This is because sports drinks contain electrolytes, flavor to encourage you to drink and carbohydrates to send energy to your muscles. Avoid fruit juice, carbonated drinks, caffeine and energy drinks before or after activity.

Speak Up!

If you are feeling ill or need to rest, **TELL YOUR COACH!**

Do not let these symptoms go by without saying something about it! Don't worry your coach won't think less of you and your teammates will respect you protecting yourself. It is nothing short of dangerous and stupid to be quiet when you aren't feeling well. So speak up!

Heat Illness Prevention

There are a lot of factors that can cause heat illness, but here are some simple tips to keep you safe.

1. Acclimation – an athlete needs two weeks to get acclimated to work-out routines. Drink lots of liquids, stay hydrated and take some time to get used to the sport you will be participating in.
2. Proper Rest – Parents and coaches should encourage breaks in shaded areas, practice during cooler times of the day, such as the evening or early morning and practices must be modified based on the conditions of weather and time of year.
3. Dress Code – Wear light-colored and lightweight clothing that does not constrict your body.

Temperature Awareness

Keep track of the heat index and the risk during activities. The 'heat index' is a measurement of air temperature and humidity.

Congratulations!

You've finished The Hydration Campaign. Now you are ready to take the quiz. After you have answered all the questions, give your results to your coach. Thanks for taking the time to make sure you can beat the heat!

QUIZ

Circle the correct response:

1. When conditioning for sports, the process of Acclimation takes:

- A. 1 Day
- B. 2 Days
- C. 1 Week
- D. 2 Weeks

2. Proper hydration is most important:

- A. Before practice or games
- B. During practice or games
- C. After practice or games
- D. They are all equally important

3. Unless discolored from medications, you know you are pretty well hydrated if your urine color is clear or looks like:

- A. Apple Juice
- B. Prune Juice
- C. Lemonade
- D. Limeade

4. Which of the following are signs of dehydration?

- A. Nausea
- B. Thirst
- C. Weakness
- D. All of the above

5. One treatment for dehydration is:

- A. Drink enough liquids
- B. Get used to it
- C. Vomit
- D. Work harder

6. Which of the following is a sign of heat stroke?

- A. Confusion
- B. Healthy athlete collapses during intense exercise
- C. High core body temperature
- D. All of the above

7. What is the most important treatment for a heat stroke victim?

- A. Resting in a cool place
- B. Re-hydrating before the next practice
- C. Rapid cooling and transport to a medical facility
- D. Eating a snack

8. Rapid cooling can be done by:

- A. Ice bath in a "cool place"
- B. Ice packs or cold, wet towels over the body
- C. Taking a cool shower
- D. All of the above

9. The heat index is a measure of:

- A. Humidity
- B. Air Temperature and humidity
- C. Air Temperature
- D. Barometric Pressure

10. In addition to water, the best drink to consume when you are working out is:

- A. An energy drink
- B. 100% juice
- C. You really should only drink water
- D. A sports drink

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Arkansas Activities Association Concussion Fact Sheet for Athletes and Parents

WHAT IS A CONCUSSION

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding”, “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION

Observed by the Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy foggy, or groggy
- Difficulty paying attention
- Memory Problems
- Confusion
- Does not “feel right”

Observed by the Parent/Guardian, Coach, or Teammate

- Is confused about assignment or position.
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events after hit or fall
- Appears dazed or stunned

WHAT TO DO IF SIGNS/SYMPTOMS OF A CONCUSSION ARE PRESENT

Athlete

- TELL YOUR COACH IMMEDIATELY
- Inform parents
- Seek medical attention
- Give yourself time to recover

Parent/Guardian

- Seek medical attention
- Keep your child out of play
- Discuss time to return to play with coach
- Address academic needs

WHERE CAN I FIND OUT MORE INFORMATION?

- Center for Disease Control www.cdc.gov/concussion/HeadUp/youth.html
- NFHS Free Concussion Course <http://nfhslearn.com/electiveDetail.aspx?courseID=15000>

RETURN TO PLAY GUIDELINES

1. Remove immediately from activity when signs/symptoms are present.
2. Release from medical professional required for return (MD, DO, Nurse Practitioner, Certified Athletic Trainer, or Physician Assistant)
3. Follow school district’s return to play guidelines and protocol

Dear Parent/Guardian,

The Clarksville Athletic Program is currently implementing an innovative program for our student-athletes. This program will assist in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in "video-game" format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and postseason injury test data is given to a local doctor to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when returning to play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all of the details.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Clarksville Schools administration and coaching staff are striving to keep your child's health and safety at the forefront of the student athletic experience. If you have any further questions regarding this program please feel free to contact me at 705-3212.

Sincerely,

Cheyne Dougan



CLARKSVILLE HIGH SCHOOL ATHLETIC DEPARTMENT

SUGGESTED WARNING AND PERMISSION STATEMENT

Student Name (Print)

Parent/Guardian Name (Print)

Address

Home Phone

Work Phone

City

State

Zip

EMERGENCY CONTACT

Person who may grant permission for emergency care if unable to contact parents.

Name

Phone

Name of Family Physician

Phone

WARNING

I give permission for my son/daughter to participate in organized high school athletics, realizing that such activity involves the potential for injury, which is inherent in all sports. I acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis, or even death.

Signature of Parent/Guardian

Date



CLARKSVILLE HIGH SCHOOL
ATHLETIC DEPARTMENT

MEDICAL RELEASE FORM

In case of a medical emergency, I give permission to the Clarksville Coaching Staff to seek medical assistance for my child. I understand that I am financially responsible for my student's medical expenses.

Athlete's Name (Print)

Parent's/Guardian's Signature

*The Clarksville School District **does not** carry a secondary insurance policy on all student athletes.



CLARKSVILLE HIGH SCHOOL
ATHLETIC DEPARTMENT

CONSENT FORM A
CHEMICAL SCREEN POLICY (OPTIONAL)

I understand that my performance as a participant and the reputation of my school are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules, and regulations set forth by the Clarksville School District and the sponsors for the activities in which I participate.

I authorize the Clarksville School District to conduct a test for drugs and/or alcohol use on a urine specimen, which I provide. I also authorize the release of information concerning the results of such a test to the Clarksville School District and my parents and/or guardians.

This shall be deemed consent pursuant to the Family Education to Privacy Act for the release of above information to the parties named above.

Student Name (Print)

Student Signature

Date

Parent's/Guardian's Signature

Date

Date Received in Principal's Office



CLARKSVILLE HIGH SCHOOL
ATHLETIC DEPARTMENT

ATHLETIC EARLY RELEASE FORM

It has been the policy of the Clarksville Athletic Department to allow the head coach of each sport dismiss his/her athletes from the school when required. I have read and understand the early dismissal policy and give my permission to the head coach to sign my student/athlete out of school when he/she deems necessary.

Athlete's Name (Print)

Parent's/Guardian's Signature

Date



CLARKSVILLE HIGH SCHOOL ATHLETIC DEPARTMENT

HANDBOOK/HYDRATION/EXERTIONAL HEAT ILLNESS/CONCUSSION FORM

I have read and understand the requirements and guidelines of the Clarksville Athletic Department and will abide by its rules and regulations. The athletic handbook can be found online at chs.csdar.org (Athletics>Athletic Handbook). If a written copy of the athletic handbook is preferred, you may get a copy in the high school office.

Proper hydration and heat illness prevention requires a team effort between the coach, parent and athlete. It is essential for the athlete to be prehydrated prior to practice and rehydrated after practice. The information presented is to provide you with the knowledge you need to help the coach keep your child safe at practices and games. Your coach has received additional training in proper hydration and heat illness prevention. After review of the information and completion of the quiz, please acknowledge below.

By signing below, I acknowledge that I have reviewed the Exertional Heat Illness PowerPoint for Athletes and Parents. I also acknowledge and I understand the risks of heat related illnesses associated with participation in school athletic activity.

By signing below, I acknowledge that I have reviewed the AAA Concussion in Sports Fact Sheet for Athletes and Parents. I also acknowledge and I understand the risks of brain injuries and associated with participation in school athletic activity.

Athlete's Name (Print)

Athlete's Signature

Date

Parent's/Guardian's Name (Print)

Parent's/Guardian's Signature

Date



CLARKSVILLE HIGH SCHOOL
ATHLETIC DEPARTMENT

CONSENT FOR COGNITIVE TESTING AND RELEASE OF
INFORMATION

I give my permission for (name of child) _____

(child's date of birth) _____

to have a post-concussion ImpACT (Immediate Post-concussion Assessment and Cognitive Testing) administered at Clarksville High School. I understand that my child may need to be tested more than once, depending upon the results of the test, as compared to my child's baseline test, which is on file at CHS. I understand there is no charge for the testing.

Clarksville High School may release ImpACT results to my child's primary care physician, neurologist, or other treating physician, as indicated below.

I understand that general information about the test data may be provided to my child's guidance counselor and teachers, for the purposes of providing temporary academic modifications, if necessary.

Parent/Guardian Name (Print)

Parent/Guardian Signature

Date

PLEASE PRINT THE FOLLOWING INFORMATION:

Name of Doctor: _____

Name of Practice or Group: _____