

Concussion Quick Facts

What is a concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain.

What are common signs and symptoms of a concussion?

There are many different signs and symptoms of a concussion, but the most common symptoms are headache, nausea, dizziness, blurred vision, ringing in the ears, balance problems, and trouble concentrating. These symptoms can take minutes, hours, or even days to appear following impact. Reporting these signs and symptoms to a healthcare professional trained in concussion management as soon as possible is very important.

I suspect my son or daughter has sustained a concussion.

Now what?

The first step in our concussion protocol here at Mt. Spokane High School is for your child to see our certified athletic trainer, Breann Booher, for a concussion evaluation. If she suspects your son or daughter may have sustained a concussion, she will refer your child out to their primary healthcare provider or our team physician for further evaluation. Your child will then be placed in our school's stepwise concussion return to play protocol.

What is the purpose of a concussion return to play protocol?

The number one purpose of a concussion protocol is to ensure a safe return to play for your child. Returning an athlete to play too soon following a concussion can result in catastrophic consequences. Our concussion protocol follows the most current evidence based guidelines for return to play issued by the CDC, NATA, GSL, and WIAA. Your child's return to play will be closely monitored not only by our certified athletic trainer, but our team physician as well. Our certified athletic trainer has the final say in an athlete's return to play.

Athletic Trainer

Breann Booher MS, LAT, ATC
Breann.booher@mead354.org
253-241-3835
Office: 509-465-2139

Wildcats Booster Club

Membership in the Booster Club is as easy as volunteering for concessions, helping at events, assisting with fund raising or being a Parent Rep. We support athletics, coaches, cheer, dance/drill teams, and the debate team.

Fundraising & Donations

Allow Us To Do Some Amazing Things.
100% of the donations go to our athletic program.
Any assistance is greatly appreciated.

IT'S FOR THE KIDS!

Donation checks: Payable to [MSHS Boosters](#)



Stop in at any Yoke's Fresh Market and pick up a card. Use the card every time you shop to earn up to 5% for Mt Spokane High School.

Access your personal reports at [escrip.com](#)



Cat Scramble - Saturday, September 16th, 2017

The major fundraiser each year is the annual **Cat Scramble Golf Tournament** which takes place at Wandermere Golf Course in September. Last year's combined effort with Mead High School, raised a record \$61,300+ that was split between both high schools.

Cat Gamble - Friday, December 1st, 2017

Dinner & Poker/Bunko Tournaments

This traditional celebration, planned at the beginning of our Winter season, will be at St Thomas More, is a chance to enjoy a nice dinner with the Boosters and our Coaches, play some fun games, visit with friends & win numerous fabulous prizes.

Cats Run wild - Sunday, April 22nd, 2018

2K/5K/8K Fun Run ~ plus Kids Dash "Sprints"

This annual event is a great prep for Bloomsday and the Boosters enjoy hosting our community for an afternoon of exercise and camaraderie. It's fun for the whole family.

Boosters President

Shane Rhodes (509) 951-4324

Athletic Director:

Paul Kautzman 509-465-7229
paul.kautzman@mead354.org

ATHLETICS



Fall Sports:

Football, Volleyball, Girls Soccer,
Boys & Girls Cross Country
Slow-Pitch Softball

Winter Sports:

Gymnastics, Wrestling
Boys & Girls Basketball

Spring Sports:

Baseball, Fast-Pitch Softball
Boys Soccer, Golf, Tennis, Track

Athletic Director:

Paul Kautzman 509-465-7229
paul.kautzman@mead354.org

Administrative Assistant:

Denise Nokes 509-465-7204
denise.nokes@mead354.org

Mt. Spokane High School
6015 E. Mt. Spokane Park Drive
Mead, WA 99021

<http://mtspokanehs.mead354.org/>



Athletic Eligibility

Online Registration via FamilyID:

<https://www.familyid.com/organizations/mt-spokane-high-school>

Physicals - Good for two years*

*All Incoming 9th Graders need new physicals for High School Athletics.

ASB (\$45) & Activity Fees (\$40):

Pay online: <https://wa-mead.intouchrecepting.com/>

Health Care Plans: These must be turned in to the office/nurse prior to tryouts / practices. Contact the school nurses if you have questions: 509-465-7215

Attendance Policy: "Miss School, Miss Out"

Absences must be Legit and Pre-excused in advance of the absence with Coach and/or Athletic Director.

Academic Eligibility ~ with an Emphasis on "Student"- Athlete:

WIAA rule (18.6.0) - **Passing 5 Full-time subjects and GPA better than 2.0 or at least a "C" in 4 Full-time subjects.**

- ◆ While on **Academic Probation**, student athletes will not be limited in participating in an interscholastic activity. During this time student athletes should work with their teachers and coaches to improve grades in those classes that are deficient.
- ◆ While on **Academic Suspension**, student athletes will not be allowed to participate in interscholastic activities or suit up for games. They may travel with the team at the coach's discretion.
- ◆ Teachers Aid or Study Hall courses do not qualify as full-time subjects.
- ◆ Home school, private school, and Running Start students must verify, in writing, that all academic, legal, and other requirements have been met.

Probation & Suspension

2.00 GPA C C B D F A = Academic Probation
2.00 GPA C C C C C C = Academic Probation
2.67 GPA A A A F F = Academic Suspension

Athletic Code

Students are not permitted to possess and/or use non-prescribed or illegal drugs, alcohol, marijuana or tobacco. Non-alcoholic beer, tobacco-less chewing products, electronic cigarettes, etc., will be treated the same as real alcohol or tobacco products. In addition to the prohibition against possession or use, a participant shall not attend any party or gathering of students where alcoholic beverages, tobacco products, electronic cigarettes, marijuana, drugs, controlled substances, or other mood-altering chemicals are present. *Such functions include parties in homes or out of doors, or while riding in a vehicle. Failure to leave such a situation immediately, in a safe manner, shall constitute a violation of the Athletic Code.*

- If a student cannot safely leave a situation where prohibited substances are present, the student must report the incident to an administrator immediately upon returning to school. Verification of the circumstances by the administrator will result in no disciplinary penalty.
- A first violation of this policy, either in-season or out-of-season (school year), will result in suspension from participation in contests, awards, and recognition based on the following guidelines:

Percent of Contests Forfeited	Investigation Circumstance
20%	Student self-reports & takes responsibility
40%	Student admits guilt during investigation
100%	Student is found guilty, but denies fault



"A recent NFHS study reports that single-sport athletes are almost twice as likely to sustain lower extremity injury as multisport athletes."

Benefits of Sport Diversification for Athletes:

Multi-sport Athletes have a better chance to play after high school than single sport athletes.

Guide to the College Bound Athlete:

The high school student-athlete is at an age when the last thing they probably want is more advice. But there's only one thing to do with good advice – pass it on.

If they plan to compete athletically at the college level they need to start asking questions early and prepare themselves academically.

- Are you on track to meet NCAA academic requirements?
- What is the graduation rate of athletic programs and the athletes in your sport at the colleges in which you are interested?
- What support services are available and how will your academic progress be tracked?

You'll notice that not one of these questions deals with the athletic side of being a student-athlete. Instead of focusing on which college can lead to a career in the pros, consider the following:

- **The odds of a high school football player making it to the pros are about 6,000 to 1.**
- **The odds of a high school basketball player making it to the pros are about 10,000 to 1.**

Take a hard look at those numbers and think about what will matter in the long run -

A COLLEGE EDUCATION!

Choosing a college is difficult. A wise choice will be the first step on the road of success.

NCAA guidelines:

Student athletes who would like to continue participating in college at the Division I or Division II level should register for the NCAA Clearinghouse by their junior year.



http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA_EMS.html#

- ◆ **Take SAT &/or ACT more than one.**
- ◆ **Take rigorous classes and maintain a good GPA equals college opportunities and more**

Dignity, Class, Respect

Powerschool:

To view or receive email notifications of your student's grades, use your parent password to log into Powerschool at:

<https://meadschools.powerschool.com/public/home.html>

To receive regular email notifications click the home icon.

If you don't have a Parent Account set up in Powerschool, please contact Stefanie Butler for access: 509-465-7207

Greater Spokane League:

Team Rosters / Schedules / Brackets / Results

<http://greaterspokaneleague.org/>

Sign up for email notifications when events are changed.

MSHS Google Calendar:

<http://mtspokanehs.mead354.org>

District Transportation Policy:

The Mead School District will furnish transportation for athletes to and from contests. All team members will ride the team bus to and from all contests. Coaches may excuse an athlete from travel to or from practices or contests on the team bus provided one of the following conditions is met:

- a. The athlete is riding with his or her own parent or guardian
- b. A parental note or signed alternative travel form is on file allowing the athlete to ride with another adult. Athletes will not be allowed to ride without approved adult supervision even if they have a parental note.

Activity Buses: Mon-Thurs - uses leave MSHS @ 5:30

The Activity Bus routes begin the first week of school and are scheduled to run on regular school days Monday through Thursday, until the end of May. Subject to changes due to weather related school make-up day, etc.

Cheerleaders:

The Mt Spokane Varsity and Junior Varsity Cheer squads show team support through sideline cheering, developing spirit packs, painting signs, maintaining team showcases and decorating for the end of year banquets.

Cheerleading at MSHS is a year round activity program. Cheerleaders are also allowed to participate in other sports and outside of school activities. The cheer program is committed to supporting at the highest level, if needed the JV team may help to cover Varsity events.

What is WDFY:

~WDFY ~ Washington Drug Free Youth



Membership requires a "no use" illicit drug policy, including alcohol verification of drug-free status through screening of urine samples and encourages participation in community service projects. Several businesses in our area allow students who are drug free to have special discounts/coupons/tickets to area businesses when they show their official WDFY card.

~ The Wildcat Way ~