

KERR-VANCE ACADEMY

ATHLETIC FEES PAYMENT FORM

Athletic Fee is \$225.00 per athlete/per sport

Reminder: No uniforms will be issued until fee is paid in full

Athlete _____

Parents/Guardian _____

Sport(s) _____

Amount _____

Date Submitted _____

Office use only Check number _____

CONCUSSION

INFORMATION FOR *STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS*

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

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

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

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

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

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

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

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

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

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

Student-Athlete & Parent/Legal Custodian Concussion Statement

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

Student-Athlete Name: _____

This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal Custodian Name(s): _____

- We have read the *Student-Athlete & Parent/Legal Custodian Concussion Information Sheet*.
If true, please check box.

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

Student-Athlete Initials		Parent/Legal Custodian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or medical professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation.	
	I realize that ER/Urgent Care physicians will not provide clearance if seen right away after the injury.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

Signature of Student-Athlete

Date

Signature of Parent/Legal Custodian

Date

Kerr Vance Academy

Athletic Pledge and Code of Conduct

Athletic rules will define and establish our program's parameters. They help develop the lifelong character traits that make a player a better person. These regulations are intended to instill self-restraint, moral values, and the ability to weigh the consequences, make good choices, and set priorities. Student athletes must be willing to accept the consequences for a negative action.

All players are expected to abide by all training/team rules set forth by the coach.

- As representatives of the school and the community, athletes have a responsibility to demonstrate, through example, the values of teamwork, good sportsmanship, commitment and leadership both on and off the playing field.
- Student athletes are expected to demonstrate a high level of maturity and commitment to their team and to the objectives of practices, games and any other team related events.
- Students may not join any team after 50% of the season has been completed. Exceptions would include injuries, illness or the transfer of a student in good standing.
- Student athletes are required to undergo a current physical examination prior to participating in any athletic program or practice. Physical exams should be turned in to the Main Office.
- Student athletes are expected to be at all practices, on time, prepared to participate unless the coach has been notified prior to the scheduled practice time.
- Legitimate excuses for absence from practices and/or games are found in the Student-Parent Handbook and must be made with the coaching staff prior to the activity. Athletes must attend a full day of school in order to play or practice, unless a doctor's note is presented to the office and coach.
- Coaches require a strong commitment from athletes to be responsible for following all school rules and procedures and for conducting themselves as role models for others.
- Student athletes are expected to care for and respect uniforms, equipment and facilities. Uniforms must be cleaned and turned in no later than 1 week after the season is completed. Any uniform lost or destroyed will be paid for by the athlete.
- Student athletes are required to travel to and from athletic events with the team. Exceptions stated in the Student-Parent Handbook.
- No player shall question a decision made by an official. Any athlete removed from a contest will receive disciplinary action. The athlete must meet with the Athletic Director before he/she is allowed to practice or play.
- The use of profanity is not allowed.
- Student athletes will demonstrate positive attitudes in both the athletic and academic arenas. Arguing or taunting opponents, officials, coaches or teachers will not be tolerated and will be subject to disciplinary action.
- Any student athlete involved in a fight will be disciplined under the procedures outlined in the handbook and will be disciplined by the Athletic Director.
- Horseplay or not re-racking weights in the weight room is subject to disciplinary action by the Athletic Director or loss of use of the weight room.
- Student athletes will wear dress clothes to school on the day of the game. Dress clothes as outlined in the handbook.

- Student athletes will abide by the dress code in the school handbook for game day attire. For travel attire, teams will wear dress clothes or uniforms as deemed necessary by the coach.

Athletic competition in the NCISAA is guided by the following ideals.

The Players

- Play within the rules of the game.
- Win with humility and lose without excuses.
- Respect officials and accept their decisions.
- Never play with the intent to injure an opponent.
- Remember that they represent their schools, their coaches, and their families as well as themselves.
- Respect the property and facilities of their opponents.

The Coaches

- Inspire in their players a love for the game and the desire to win.
- Teach that it is better to lose fairly than to win unfairly.
- Show restraint and respect when dealing with officials.
- Serve as a positive role model for their players.
- Hold their players accountable for unsportsmanlike behavior.

The NCISAA Schools

- Have a responsibility to treat officials, opposing teams, and their spectators as guests.
- Have a responsibility to educate their supporters to cheer the strengths and victories of their own teams and never to denigrate the performance of opponents or officials.
- Will not tolerate any spectator, either adult or student, whose behavior is disrespectful towards players, officials, coaches, or other spectators.
- Will not permit any type of spectator behavior that detracts from the proper conduct of the game.

Signatures:

Athlete

Name/Date _____

Parent

Name/Date _____

Kerr-Vance Academy, Inc. - Athletic Assumption of Risk and Liability Waiver

In consideration of the participant being allowed to participate in any way, in any Kerr-Vance Academy, Inc. sports programs, physical education classes, or other events or activities, I understand, acknowledge and agree to the following:

1. I certify that the participant is physically fit and able to participate in the program, event or activity, and has not been advised otherwise by a qualified medical professional.
2. I agree to comply with any and all rules, regulations, terms and conditions for participation in the program, event or activity.
3. I acknowledge and fully understand that the participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, property loss and severe social and economic losses. These risks include, but are not limited to, those caused by: (a) the actions, inactions or negligence of Kerr-Vance Academy, Inc., participants, volunteers, spectators, coaches, event officials, referees and organizers; (b) conditions of the premises or equipment used; (c) rules of play; (d) temperature; (e) weather; (f) condition of participants; and, (g) vehicular traffic. I further acknowledge and fully understand that there may also be other risks that are not known or foreseeable at this time. I KNOWINGLY AND VOLUNTARILY ASSUME AND ACCEPT ALL SUCH RISKS, EVEN IF ARISING FROM THE NEGLIGENCE OF KERR-VANCE ACADEMY, INC. OR OTHERS, AND I ASSUME FULL RESPONSIBILITY AND LIABILITY FOR THE PARTICIPANT'S PARTICIPATION.
4. I, on behalf of myself and the participant, hereby waive, release, discharge, and agree not to sue Kerr-Vance Academy, Inc., its managers, members, directors, officers, employees, volunteers, representatives, agents, coaches and referees, and other participants, sponsoring agencies, sponsors, and advertisers (collectively the "Releasees"), from any and all claims for damages, injuries, losses, liabilities and expenses which I may have or which may subsequently accrue to me, relating to, resulting from or arising out of my use and/or participation in any programs, events or activities of Kerr-Vance Academy, Inc., including any injury or damage to my person or property, or to that of any other person or property.
5. I agree to indemnify, defend and hold the Releasees harmless from and against any and all claims for damages, injuries, losses, liabilities and expenses relating to, resulting from or arising out of the participant's participation in or travel to and from any Kerr-Vance Academy, Inc. program, event or activity.
6. I consent to the participant having medical treatment that may be deemed advisable in the event of injury, accident and/or illness during any program, event or activity. I release Kerr-Vance Academy, Inc. and all persons participating in any such medical treatment from all responsibility for any such actions. I hereby release Kerr-Vance Academy, Inc. of any financial obligation for any medical bills incurred as a result of injury from or arising out of the participant's participation in or travel to and from any Kerr-Vance Academy, Inc. program, event or activity; and acknowledge that I am fully responsible for all such medical bills.
7. I intend that this Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

BY SIGNING, I ACKNOWLEDGE THAT I HAVE READ THIS WAIVER AND RELEASE OF LIABILITY AND I FULLY UNDERSTAND ITS TERMS, AND I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS, AND I SIGN IT KNOWINGLY AND VOLUNTARILY WITHOUT ANY INDUCEMENT OR DURESS.

Participant (Print) _____ **Participant (Signature)** _____

Parent/Guardian (Print) _____ **Parent/Guardian (Signature)** _____

If the participant is under the age of 18, this form must be signed by a parent or legal guardian.