



Required Athletic Forms

Athlete Name: _____

Athlete Grade: _____

Sport: _____

Form Checklist

(all forms must be completed for an athlete to tryout or practice)

- ☐ Physical (turned into Mrs. Grasenick by August 1)
- ☐ Informed Consent Form (completed and signed)
- ☐ Transportation Permission Form (completed and signed)
- ☐ Illinois High School Association Sports Medicine Acknowledgement & Consent Form (read and signed)
- ☐ Athletic Code of Conduct (read and signed)

**Athletic Forms must be completed and submitted to
Ms. Briesch, Athletic Director, on the first day of tryouts.**



Informed Consent Form:

I hereby give my permission for _____ to participate in _____ during the athletic season beginning in 20____.

Further, I authorize the school to provide emergency treatment of any injury or illness my child may experience if qualified medical personnel consider treatment necessary and preform the treatment. This authorization is granted only if I cannot be reached and a reasonable effort has been made to do so.

Date _____ Parent or guardian _____

Address _____

Home Phone _____ Work Phone _____

Family Physician _____ Phone _____

Insurance Company _____ Policy No. _____

Medical conditions (e.g., allergies, asthma, chronic illnesses) _____

Are you on any medication? _____ If so, what? _____

Other person to contact in case of emergency _____

Relationship with student _____ Phone _____

My child and I are aware that participating in _____ is a potentially hazardous activity. I assume all risks associated with participation in this sport, including but not limited to falls, contact with other participants, the effects of the weather, traffic and other reasonable risk conditions associated with the sport. All such risks to my child are known and appreciated by me. I understand this informed consent form and agree to its conditions on behalf of my child.

Student's signature _____

Parent's signature _____



TRANSPORTATION FORM

Student's Name _____

Team _____

Season (fall, winter, spring) _____

Please check all that are appropriate

My daughter, named above, has my permission:

_____ to ride on the bus to games away from Woodlands

_____ to ride in cars driven by another student

_____ to drive other students in her car

Parent Signature _____

Date _____



Concussion Information Sheet

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 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• 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">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment

Signs observed by teammates, parents and coaches include:
<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 questions 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



IHSA Sports Medicine Acknowledgement & Consent Form

Concussion Information Sheet (Cont.)

What can happen if my child keeps on playing with a concussion or returns too soon?

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 athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to 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. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

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:
<http://www.cdc.gov/ConcussionInYouthSports/>



IHSA Sports Medicine Acknowledgement & Consent Form

IHSA Performance-Enhancing Substance Testing Policy

In 2008, the IHSA Board of Directors established the association's Performance-Enhancing Substance (PES) Testing Program. Any student who participates in an IHSA-approved or sanctioned athletic event is subject to PES testing. A full copy of the testing program and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association's Banned Drug classes are listed below. School administrators are able to access the necessary resources used for program implementation in the IHSA Schools Center.

IHSA PES Testing Program

<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20PES%20policy%20final.pdf>

IHSA Banned Drug Classes

<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20IHSA%20Banned%20Drugs.pdf>

insert Consent Language here (w/o signature lines)

IHSA Steroid Testing Policy Consent to Random Testing

As a prerequisite to participation in IHSA athletic activities, we agree that I/our student will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. We have reviewed the policy and understand that I/our student may be asked to submit to testing for the presence of performance-enhancing substances in my/our student's body either during IHSA state series events or during the school day, and I/our student do/does hereby agree to submit to such testing and analysis by a certified laboratory. We further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my/our student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. We understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. We understand that failure to provide accurate and truthful information could subject me/our student to penalties as determined by IHSA.

A complete list of the current IHSA Banned Substance Classes can be accessed at <http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20IHSA%20Banned%20Drugs.pdf>



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Woodlands Academy of the Sacred Heart Athletic Department Code of Conduct

The athletic code of conduct for all student-athletes has been adopted by the administration of Woodlands Academy. Our coaching staff and athletic department are committed to enforcing this code of conduct. All Woodlands Academy of the Sacred Heart student-athletes will be subjected to disciplinary action if either of the following principles is violated:

Principle One – Wellness Rules

No member of a Woodlands Academy of the Sacred Heart athletic team will knowingly use, attempt to use, possess, sell, or assist any other student in the use of:

1. Tobacco or tobacco products
2. Alcoholic beverages
3. Any form of drug or drug paraphernalia or look-alikes other than those prescribed by a physician. **Note:** Vaporizers, including all vape devices and e-cigarette systems, constitutes drug paraphernalia.

Since smoking and the abuse of drugs are considered injurious to a person's health and consumption and/or purchase of alcohol and tobacco products by minors is illegal, **Principle One is in effect the entire year. Any picture or on-line image that depicts behavior described above may be used as evidence of the violation. Violating any or all of the sections of Principle One will result in immediate loss of eligibility for 20% of the current season and loss of captain status (if applicable), or of the next scheduled season in which the student-athlete participates. During the suspension the student-athlete is expected to attend and participate in all required practices and successfully complete the season. Confirmation of a second violation of Principle One will result in immediate suspension from athletic participation for the remainder of that school year.**

Principle Two – Community

No member of a Woodlands Academy of the Sacred Heart athletic team will:

1. Exhibit any conduct unbecoming of a student including, but not limited to acts of violence, criminal damage to property, theft, vandalism, hazing, fighting, bullying, intimidation, or harassment (i.e. hand-written, technology generated, or spoken words). Maintaining or being identified on a social media site which depicts illegal or inappropriate pictures or behavior will also be considered a violation of this code.
2. Exhibit behavior that is detrimental to her team or school. Examples of detrimental behavior include, but are not limited to: insubordination; repeated class truancy; repeated truancy from practices; lying; cheating; fighting; repeated violations of written team rules; unsportsmanlike conduct. IHSA Bylaw 6.011 regulates unsportsmanlike conduct during athletic contests.
3. Falsify a signature on any Woodlands Academy of the Sacred Heart athletics form. If the falsification is done by a parent or another student, the student-athlete will be held responsible.

Violating any or all of #1 of Principle Two will result in immediate loss of eligibility for 20% of the current season and loss of captain status (if applicable), or of the next scheduled season in which the student-athlete participates. During the suspension the student-athlete is expected to attend and participate in all required practices and successfully complete the season. Confirmation of a second violation of Principle One will result in immediate suspension from athletic participation for the remainder of that school year.

Since the inappropriate behavior in Principle Two pertains to school year activities, **they are in effect only during the school year. Violating either #2 or #3 sections of Principle Two will result in immediate suspension from athletic participation and/or disciplinary action on the part of the Woodlands Academy.**

Athletic Department General Policies

1. Student-athletes are expected to abide by all IHSA rules and regulations.
2. Students must maintain a C average in each class in order to remain in satisfactory standing. IHSA regulations require a weekly academic check.
3. Cell phones or other electronic recording devices are not to be used in the locker room or restroom areas unless emergency or special circumstances make it necessary for the device to be used.
4. Student-athletes are responsible for the care of their uniforms. In the event of damage or loss, the student-athlete will be held financially responsible for replacement or repair of the uniform.
5. Student-athletes are to report injuries immediately to their coach. Student-athletes may resume practicing and competing once a note from a doctor is received.
6. Any and all issues regarding playing time or similar concerns should be dealt with privately with the student-athlete's coach. The Athletic Department of Woodlands Academy of the Sacred Heart discourages parents, guardians, or friends from intervening in these cases. Team issues should be dealt with between student-athletes and coaches.
7. Coaches may institute their own rules and consequences with respect to their teams in addition to the Athletic Department Code of Conduct. These additions may include items such as absence from practice and/or games; effort at practice and/or games; respect for teammates and coaches. Consequences and rules must be in writing and distributed to all players and parents at the beginning of the season.

Appeal Process

Any student-athlete who feels her rights have been violated may appeal the suspension. The student athlete must submit to the Dean of Students a written rationale for the appeal within three (3) calendar days of the suspension. The Dean of Students will convene a committee consisting of the coach in question, the student, the parents or guardians, the Athletic Director, and the Dean of Students. The Dean of Students and the Athletic Director will make a decision to uphold or deny the appeal within three (3) calendar days of receiving it.

The student-athlete will remain under suspension and follow the provisions of the suspension throughout the appeals process.

SIGNATURES

I have read the Woodlands Academy of the Sacred Heart Athletic Department Code of Conduct and I understand its principles and the consequences for my failure to comply with them. By signing my name below, I indicate that I agree to be bound by the principles and consequences of the Woodlands Academy of the Sacred Heart Athletic Department Code of Conduct.

Date

Student's Signature

I have read the Woodlands Academy of the Sacred Heart Athletic Department Code of Conduct and I understand its principles and the consequences for my child's failure to comply with them. By signing my name below, I indicate that I agree that my child be bound by the principles and consequences of the Woodlands Academy of the Sacred Heart Athletic Department Code of Conduct.

Date

Parent's Signature