

Marin Catholic Athletic Department
HOME OF THE WILDCATS
2012-2013

Mission Statement

The mission of the Marin Catholic Athletic Department is to create a dynamic environment that promotes competitiveness, spirituality, teamwork and self-discipline. We strive to provide a quality experience for all student-athletes in the Roman Catholic tradition. We are committed to building character, developing responsibility, and promoting sportsmanship, which will become life long traits.

Marin Catholic has always been committed to interscholastic athletics. This commitment has allowed thousands of student-athletes to benefit from the life lessons athletic competition offers. We believe athletics contribute to the educational experience of the entire school community and are an integral part of the school's mission to educate the mind, body and soul of each student.

Sportsmanship

Sportsmanship encompasses the practice of playing fair, taking defeat without complaint and victory without gloating, and treating teammates and opponents with respect and dignity. In accordance with the school's philosophy and goals, the promotion of sportsmanship is of utmost importance. Sportsmanship demonstrated by all involved in athletics is perhaps the clearest sign of the mission of our school. Everyone associated with an athletic event - coaches, student-athletes, students, parents, spectators - has a responsibility to uphold the highest standards of sportsmanship before, during and after a contest.

Any student-athlete, parent, or coach using profanity, or lack of integrity and judgment directed toward game officials, players, or fans risks suspension from further attendance at any athletic contest.

Please remember an athletic contest is only a game—and not a matter of life and death for the player, coach, school, officials, community, state, or country. Please read “**Ten Commandments of Parental Behavior**” and “**Pursuing Victory with Honor**” in the back of this packet.

Physician's Medical Clearance/ Injury Report

Each student-athlete, must present a medical clearance form, signed by their doctor, to the Marin Catholic front office to participate in athletics. The form must indicate that the pupil has clearance to participate in the training and the competitive activities of the specific sport(s) chosen. Coaches and school officials shall strictly enforce this regulation. A student-athlete's medical clearance must be renewed on a yearly basis and is valid for one year. Medical clearance forms should be dated no earlier than June 1, and will be valid for the following school year. **The Medical Clearance Form is mailed home with the final, second semester report card** and must be completed, signed and returned to the Main Office no later than Friday, August 12. Student-athletes will not be able to participate in any try-out, practice or athletic contest(s) without a valid physician's medical clearance. All injuries should be reported to your head coach and an accident report filled out. During a student-athlete's season of sport if an injury is sustained that requires the student-athlete to see a physician, a medical release form must be obtained from the trainer and completed before the student-athlete is allowed to participate again.

Participation in Wildcat Athletics

While interscholastic athletics are an extra-curricular activity, the Athletic Department promotes them as an integrated experience. Keeping with the mission of the school to educate the whole student, interscholastic athletics provide an avenue for the student-athlete to mature as a person-physically, emotionally, socially and spiritually in a way that cannot be experienced in the classroom. We ask our student-athletes to be committed and persistent in their athletic endeavors. The committed player wants to contribute, wants to play, wants to be as good as he/she possibly can be, and wants to succeed. Toward that end, he/she will work as hard as he/she can and give his/her all 100% of the time. The persistent player will continue to work hard even in difficult times. It is in this spirit that we ask our student-athletes to finish what they have started. **If a student-athlete quits a team, for whatever reason, they may not try out for, nor participate on, any other school team until the completion of the season of the sport from which he/she has quit. Furthermore, the student-athlete will be unable to participate in the first two (2) athletic contests of the next sport in which they participate (only one contest will be missed in sports that play ten or less games).** This ruling also applies to those individuals who are removed from a team because of academic or disciplinary reasons.

Cut Policy

In many cases, making a team at Marin Catholic is highly competitive. While it is the goal of the Athletic Department to provide as many opportunities to participate as possible, some teams have a limited number of positions available. Therefore, all student-athletes trying out for a team must realize that they may not make the team. Each sport will provide a five-day tryout period unless an extreme situation necessitates a shorter or longer period as approved by the Athletic Director. The coach will inform each athlete of their place in the program, why they are being cut and what they may work on if they wish to try out again the following season.

Transportation

The Athletic Department handles all van and bus reservations. All student-athletes traveling outside of Marin County to an athletic contest must travel by school van or bus driven by an MC coach or employee. They must also return to Marin Catholic by school van or bus unless released by the head coach to a parent/guardian. **Student-athletes are not allowed to drive themselves or other student-athletes to athletic contests outside of Marin County!** Student-athletes may drive themselves and any student-athletes they normally carpool to school with to athletic events taking place within Marin County. In some instances, parents/guardians may be asked to drive student-athletes to contests both within and outside the county. Only parents/guardians who have been approved by the Athletic Department will be allowed to transport student-athletes. Parents/guardians cannot drive school vehicles unless they are a volunteer assistant coach.

Academic Disqualification

Student-athletes must maintain a cumulative G.P.A. of 2.0 or better to be eligible to participate in athletics at Marin Catholic. Student-athletes who finish the Spring semester with a G.P.A. lower than 2.0 must enroll in and pass the appropriate summer school courses to be eligible for the following Fall season of sport. While at Marin Catholic, student-athletes are entitled to one appeal of ineligibility, and it must be made to the Dean of Studies no later than the eligibility date of that season. The following are eligibility dates for the 2012-2013 school year:

August 13, 2012

October 23, 2012

January 8, 2013

March 19, 2013

Vacation/Missed Practice and Game Policy

All Student athletes have made a commitment to their teammates and Marin Catholic when they agree to participate on an athletic team. Choosing to miss games and/or practices in non-emergency situations is not acceptable. Should preseason, MCAL, or postseason practices and/or games be scheduled during school vacations (Christmas vacation, Easter Break, etc...) the athletic commitment takes precedence. **All absences must be approved by the Athletic Director.** Should a student-athlete miss games and/or games without prior approval, they will be suspended for ½ of one game for each practice and game missed. Additionally, games that are scheduled during school vacations will not be moved unless there is an extreme situation. Should this be necessary, the Athletic Director will communicate with the MCAL and move the games to an appropriate date.

Strength and Conditioning Program

In an effort to abide by North Coast Section rules limiting contact between coaches and athletes outside their season of sport, the Marin Catholic Athletic Department employs strength and condition coach Jeremy Lawson. Coach Lawson comes from a collegiate background with experience at UCLA, San Jose St. and most recently, UC Berkeley. All athletes have access to Coach Lawson year round. Coach Lawson's workout times are posted on the strength and conditioning page on the MC website.

Game-Day Dress

Game day attire consists of a Marin Catholic Athletics polo shirt (available for purchase in the MC Bookstore), khaki shorts, pants or skirts, and appropriate shoes (tennis shoes are acceptable). Mass Day attire is REQUIRED on ALL Mass day events (see student dress code). Spirit day dress is acceptable as game day attire, as long as it meets the Spirit Day requirements.

Issuing and Collection of Equipment

Equipment issued by the Athletic Department should be cared for properly. Please follow wash and care instructions for all garments before returning to Equipment Manager, Jeff Morlock. Equipment should be returned to Mr. Morlock at the completion of the season of the sport. Student-athletes will be charged for the replacement of any lost or damaged equipment. Student-athletes will not receive transcripts or yearbooks until all equipment is returned.

Attendance Requirements

To participate in games, a student must be present for four (4) periods of the same day (3 of 4 periods on flex day). Exceptions can be granted only by the Dean of Students.

Grievance Policy

If an athlete or parent should have a grievance with a coach or team member he/she MUST first attempt to resolve any issues with the coach. When all attempts with the coach have been exhausted, then the athletic office should be contacted.

Transfer Students

Students transferring to Marin Catholic from another high school who wish to participate on an athletic team must schedule an appointment with the Athletic Director(s) for review of the transfer forms **206 or 207 & 510.**

Parent/Student Handbook Compliance

The rules, policies and procedures set forth in the Marin Catholic Parent/Student Handbook will be upheld and the Athletic Department and all members of the coaching staff.

Parent Volunteers

The Department of Athletics would like to begin a tradition of parent volunteers to assist teams with organization of carpooling, game day operations, post-season banquets and any other needs that arise. Please contact the Athletic Department at 464-3820 if you are interested.

Team Pictures

Team pictures are organized within the Athletic Department and are available for purchase from Woody Hunt Photos 707-795-5757.

Post-Season Information

Marin Catholic will pay for the following awards for each banquet.

Players vote for the following.

1. Most Valuable Player---There will be **only one** MVP on any team.
2. Most Improved Player
3. Most Inspirational Player

Coaches pick the following two awards.

1. St. Sebastian Sportsmanship Award
2. Coaches Award

Banquets

The Athletic Department will pay for players and coaches of **Varsity Team Banquets Only!** The school will not pay for lower level banquets. Lower level coaches are responsible for setting up a banquet if they wish to do so.

Head Coach Contacts
(all email ends with @marincatholic.org)

Fall Season

First week of practice/tryouts for all Fall sports begins August 13, 2012.
(August 6, 2012 Start for Football)

<u>SPORT</u>	<u>HEAD COACH</u>	<u>EMAIL</u>
Spirit Squad (V, JV)	Ashley Sanchez	SpiritSquad@
M & W Cross Country (V, JV)	Linda Gill	CrossCountry@
Field Hockey (V, JV)	Whitney Hanley	FieldHockey@
Football (V, JV, Frosh)	Mazi Moayed	Football@
Women's Golf (V, JV)	Mike Miller	WGolf@
Men's Soccer (V, F/S, F)	Eamon Kavanagh	MSoccer@
Women's Tennis (V)	Keith Hayes	WTennis@
Women's Volleyball (V, F/S, F)	Kate McBrien	WVolleyball@
M & W Water Polo (V, JV)	Andrew Morris	WWaterpolo@

Winter Season

First week of practice/tryouts for all Winter sports begins November 5, 2012.

<u>SPORT</u>	<u>HEAD COACH</u>	<u>EMAIL</u>
Men's Basketball (V, JV, F)	Mike Saia	MBasketball@
Women's Basketball (-V, JV, F)	Rick DeMartini	WBasketball@
Spirit Squad (V, JV)	Ashley Sanchez	SpiritSquad@
Coed Sailing (V, JV)	TBA	TBA
Wrestling (Coed-V, JV)	Chris Feder	Wrestling@

Spring Season

First week of practice/tryouts for all Spring sports begins February 6, 2013.

<u>SPORT</u>	<u>HEAD COACH</u>	<u>EMAIL</u>
Baseball (V, F/S,F)	Tim Grayson	Baseball@
Golf (Men's-V, JV)	Mike Miller	MGolf@
Lacrosse (Men's-V, JV)	Will McGettigan	MLAX@
Lacrosse (Women's-V)	Whitney Hanley	WLAX@
Sailing (Coed-V, JV)	TBA	TBA
Soccer (Women's-V, F/S)	Rob Funes	WSoccer@
Softball (V, JV)	Dede Cerruti	Softball@
Swim/Dive (M & W-V)	Andrew Morris	Swimming@
Tennis (Men's-V)	Keith Hayes	MTennis@
Track/Field (M & W-V, FS)	Earl Downing	Track@
Volleyball (Men's-V, JV)	Scott Bronson	MVolleyball@

Year Round Staff

<u>SPORT</u>	<u>HEAD COACH</u>	<u>EMAIL</u>
Strength & Conditioning	Jeremy Lawson	jlawson@
Athletic Trainer	Jamie Waterman	jwaterman@
Equipment Manager	Jeff Morlock	jmorlock@

Please contact individual coaches for more detailed information concerning a specific sport.

Marin Catholic Athletic Department

Please read ALL of the following policies and refer to the signature page at the back of this packet to initial and sign in the appropriate areas.

Parental/Student Permission to Play

Parent Section

I am aware that participation in sports has some inherent physical risks, that injuries can and may occur; on rare occasion these injuries can cause temporary or permanent disability, temporary or permanent paralysis, or death. In consideration of my son/daughter being allowed to play, I assume the risk of all injury, paralysis, or death caused by his/her participation in the sports program. I agree to release from any legal liability and agree not to sue the Archdiocese of San Francisco, Marin Catholic, administration, athletic department, coaches, agents or volunteers for any and all injuries caused by or resulting from any participation in sports.

Student Section

I have voluntarily requested participation in the Marin Catholic High School sports program. I am aware that participation in sports has some inherent physical risks. In consideration for being allowed to play on a team, I freely assume these risks. I have read and will abide by the policies set forth in the Marin Catholic Department Information Packet. I further understand that the Marin Catholic Athletic Department will enforce all rules and regulations contained in the Marin Catholic Department Information Packet.

Volunteer Driver Acknowledgement and Release

I acknowledge that my participation as a driver of Marin Catholic students from the location of Marin Catholic to games, and returning students from game sites to Marin Catholic, is an independent, voluntary act. Neither Marin Catholic administration nor Marin Catholic Athletic Department require my participation as a volunteer driver of students in consideration for my son's/daughter's participation in the sports program at Marin Catholic. I assume the risk of liability, and hold harmless from any legal liability, and agree not to sue the Archdiocese of San Francisco, Marin Catholic, its employees, agents, representatives, and volunteers for any injuries, physical or psychological, death, or personal property damage resulting from my participation as a volunteer driver of student-athletes of Marin Catholic. I have the coverage required by the Archdiocese of San Francisco, which is a minimum of \$300,000 of liability. (Parents are not allowed to drive school vehicles unless employed by the school.)

Parental Permission to Travel

Parents of Marin Catholic students may provide transportation to games on the dates deemed appropriate by the Athletic Department. These parents will be driving their own private vehicles. Marin Catholic assumes no responsibility for the driving performance of these parents. The parent/guardian driver is responsible for all automobile insurance coverage in case of accident while driving students to and from games. Students will leave from Marin Catholic and will be returned to Marin Catholic.

In consideration for my son's/daughter's participation on this sports team, I agree to release and hold harmless from any legal liability and agree not to sue the Archdiocese of San Francisco, Marin Catholic, its employees, agents, or representatives for any injury, physical or psychological, death, or personal property damage resulting from transportation by a parent volunteer to or from an athletic competition.

Drug and Alcohol Policy

While the Athletic Department is 100% in compliance with the Drug and Alcohol Policy found in the Marin Catholic Parent/Student Handbook, our student-athletes must be aware that their actions are highly scrutinized and affect the whole program.

All Marin Catholic athletic teams are to be drug and alcohol free. A student-athlete found by the Athletic Department to have been:

- Drinking alcohol
- Using other controlled substances
- Using androgenic/anabolic steroids
- Or in possession of/providing alcohol or other controlled substances

DURING HIS/HER SEASON OF SPORT, will be suspended from all team activities, including practices and sideline privileges during games, for the remainder of his/her current season. Student-athletes issued contracts by the Discipline Review Board may have consequences affecting participation in athletic and/or any other extra curricular activity.

Early Dismissal Policy

My son/daughter has my permission to be released early from school on the dates designated by the athletic department in order to participate in sports.

I understand that my son/daughter is responsible to check in with instructors for the classes they will miss in order to get information concerning up-coming tests or assignments.

North Coast Section Ejection Policy

The following rules and minimum penalties are applicable to players (and coaches) as adopted by the NCS Board of Managers on April 21, 1995, in accordance with National Federation rules. This policy will be in effect beginning with the 1995-1996 school year winter sports season and will include non-league, league, invitational tournaments/events, post-season, league, section or state playoffs, etc.

1. Ejection of a player and or/coach from a contest for unsportsmanlike or dangerous conduct. **Penalty:** The player and /or coach shall be ineligible for the next contest (non-league, league, invitational/tournaments or events, post-season play whether it be league, section or state). (In the case of an under class student-athlete, last season contest, this policy applies to the next season. In the case of a senior student-athlete, it would apply to the next season of sport, if applicable.)
2. Illegal participation in the next contest by a player or coach ejected in a previous contest. **Penalty:** The contest shall be forfeited and the ineligible player or coach shall be ineligible for the next contest. (In the case of an under class student-athlete, last season contest, this policy applies to the next season of sport, if applicable.)
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season. **Penalty:** The player and/or coach shall be ineligible for the remainder of the season. (In the case of an underclass student-athlete, last season contest, this policy applies to the next season. In the case of a senior student-athlete, it would apply to the next season of sport, if applicable.)
4. When one or more players, and./or coach, leave the bench (or dugout, etc.) to begin or participate in an altercation. **Penalty:** The player(s) and/or coach shall be ejected from the contest in question and become ineligible for the next contest; non-league, invitational tournaments/events, post-season, league, section or state playoffs, etc. (In the case of an underclass student-athlete, last season contest, this policy applies to the next season. In the case of a senior student-athlete, it would apply to the next season of sport, if applicable.)
5. Schools may apply other appropriate disciplinary consequences, as they deem necessary.
6. Appeals process follows NCS procedure.
7. That each school gets the "message" out to all players and coaches. It is the responsibility of each principal and athletic director to see to this.
8. That in addition to the principal's statement that accompanies the eligibility lists, we suggest the following be added:
Player(s) ejected are barred from dressing down in the next game and should not be on the bench in civilian clothes.

I have read and understand the rules and regulations of the Ejection Policy. Athletes may not participate in any contest until this document is filed with the school.

"I further certify that the student-athlete listed on this eligibility has been made aware of the MCAL Ejection Policy and has signed statement on file with the school."

"Ten Commandments of Parental Behavior"

1. Talk about the other kids on the team-indeed, on both teams-in the same manner you would want other parents to talk about your child. This is the golden rule applied to sports. Watching kids' sports tends to be a social affair. When you're making conversation on the sideline with your friend and neighbors, think about what you're saying before you actually say it. To always be on the safe side, only voice praise for the other children. That way, you'll never go wrong.
2. It's nice to give the coach a pat on the back when he or she wins. It's even nicer when you give the coach a pat on the back after a loss. Remember that the vast majority of coaches are volunteers who are sacrificing their own time to help your child. So give them a well-deserved salute, especially when their team hasn't fared well that day.
3. Don't hesitate to give the ref, ump or official a pat on the back, either. As you might have guessed, refs and umps are people, too. And they like when parents and fans acknowledge their on-field efforts as well. Why don't you lead the way?
4. Remind your child that it's the effort that counts. We know all the kids want to win. That's a given. But we also know that for every winning team, there's also a loser. Be prepared to cushion your child's disappointment after a loss by pointing out that he or she played hard and put forth a tremendous effort.
5. Avoid the P.G.A., the Post-Game Analysis. When the game is over and your child climbs back into your car, avoid at all costs the detailed, excruciating post-game analysis of everything he/she did right and wrong. Just let your child chill out, savor the fun of having played, and relax. The absolute worst time for "friendly criticism" is immediately after the game.
6. Smile. A lot. Kids' sports are about having fun and because kids take their behavior cues from you. Try at least to look like you're enjoying yourself.
7. If you aren't a good sport at game, the kids won't be either. This should be self-evident. If you set a pattern of being a sideline loudmouth who likes to yell and scream at the ref, coach or opposing team, don't be surprised when your kids start copying your behavior. You will have only yourself to blame.
8. Take time to learn the rules of the game. A lot of kids these days are playing sports you may not be familiar with. So if you don't know the rules of the game, why don't you and your child learn them together? Beside, it's a good idea to read the rulebook. It just might help win a dispute.
9. If you must make noise at the games, shout only praise and encouragement. If you're a screamer and yeller, make certain that when you open your mouth, you're only pouring forth encouragement for your child's team. There's never any place for derogatory, snide or sarcastic comments at kid's games.
10. Above all, be there for your children. Support them, praise them and let them know you can always be counted on for unconditional love, regardless of the final score.

~Sports Psychologist, Rick Wolf

Pursuing Victory with Honor

The Operating Beliefs and Principles of the California Interscholastic Federation

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”
2. It’s the duty of School Boards, superintendents, school administrators, parent and school sports leadership including coaches, athletic administrators, program directors and game officials-to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these “ six pillars of character.”
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches the positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participation in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to students-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressures to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal; abuse of opponents and official, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of 1) The character-building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid; 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experience should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school’s name or reputation. There should be no undue interference or influence of commercial interest. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizenship.

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
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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
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What can happen if my child keeps on playing with a concussion or returns to 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 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. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

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/>