



St. Mary's Catholic School

603 W. Jackson St.

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www.stmarysschool.net



Extra-Curricular Handbook

Created September 2021

*Revised June 2023 - changes to Coach's Duties/Athletic Board Descriptions/Addition of Athlete/Parent Conduct Rules and Guidelines/New IESA Physical Form
Changes and Revisions in BOLD*

Circumstances may arise in which St. Mary's School determines that changes are required in these guidelines and procedures. For this reason, St. Mary's School reserves the right, at any time, to modify, terminate, rescind or supplement any or all of the guidelines or procedures contained herein, and to take actions which may be contrary to the guidelines, benefits, or procedures set forth in this Handbook.

New policies and procedures may be added from time to time.

Parents/guardians will be notified accordingly.

School/Parish Staff

Fr. Greg Nelson (Pastor)(309)827-8526
Sharon Hamaker, Business Manager(309)827-8526
Deacon Jose Montenegro(309)827-8526
Jamie Hartrich, Principal(309)828-5954
Lori Bellino, School Office Manager(309)828-5954

Education Commission

The Commission meets on the second Thursday the following months: August, November, February, May & June at 6:30 p.m. in the school Library. Meetings are open to parish members and school families. To have an item placed on the agenda for discussion, please contact Mrs. Hartrich at 828-5954 at least 10 days prior to the meeting. Education Commission members are elected by the parish and serve as advisors to the pastor and principal. The current members are:

Tim Ervin Mark Kossler Chuck Jiardina BJ Chapman Charles Ely
Norma Ortiz Sharon Dixon Christine White Teri Hill

Home & School Association

The Home & School Association meets monthly throughout the school year. If you would like to address the board, please send an email to home-school@stmarysschool.net. Parents are invited to attend our monthly meetings. Meetings are held at 6:00 pm on the second Monday of every month. Location varies.

Carolyn Alvarez - President Brigid Lengermann - VP Lindsey Holzhauser - Secretary
Danielle Krutke - Volunteer Coordinator Amie Crawford - Liaison

Athletics Association Board

The Athletics Association Board will meet on a regular basis throughout the year. If you would like to address the Athletics Association Board, please contact the Athletics Director. The Athletics Association will hold general member meetings at various times throughout the year. All Athletics Association Members are welcome to attend. Meetings will be announced through the Wednesday Word and the parish bulletin.

Kelly Gentsch, Co- Athletic Director Kim Prochnow, Co-Athletic Director
Samantha Wolden, Chairperson Jennifer Brucker, Support Coordinator
Beth Castro, Volunteer Coordinator Jamie Hartrich, Principal

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St. Mary's School's Mission

Brought together by faith, St. Mary's School is a Franciscan family welcoming and inspiring all to love, live, learn and serve as Christ taught us.

Our school mission should drive all that our students do. It is a large component in our athletics programs. Team masses, service projects, academics first, and good sportsmanship in all aspects of our practices and competitions are the core of who we are as a school community.

Extra-Curricular Philosophy

We have offered sports to God as a human activity aimed at the full development of the human person...

Pope John Paul II Jubilee for the World of Sport

Peoria Diocesan Catholic Schools are dedicated to the development and growth of the whole person.

Jesus' teachings remain at the heart of virtues that ultimately contribute to making the athletic program a Catholic Christian experience. The program exists to develop and enhance the relationship between faith development and daily living.

First and foremost, parents and legal guardians are the first teachers and models of faith development.

Myriad opportunities for spiritual, intellectual, physical, social and emotional development exist within the religious and academic environment.

Athletics, as an extracurricular school activity at the elementary level, is a privilege, one that is earned and fostered by a student's Christian character and academic efforts. Athletics will be recognized as a supportive component to the total educational process, offering balance rather than prominence within its educational scope and practices.

Objectives

A balanced extra-curricular program, a privilege in which elementary students may choose to participate, exemplifies and witnesses to the meaning of living in a Catholic Christian community by:

- Allowing participation of students regardless of their athletic abilities
- Developing character qualities within the realm of Catholic Christian traditions
- Providing opportunities for development of fundamental skills and self-confidence
- Developing habits of health, hygiene and safety
- Providing opportunities for student-athletes, parent(s)/legal guardian(s), coaches, moderators and spectators to celebrate their school communities as Christ present among us

At the minimum, outcomes flowing from the Philosophy and Objectives will include:

- Character formation
- A healthy sense of competition Development of basic skills
- Team work
- Sportsmanship
- School pride
- Self discipline
- Enjoyment

Levels of Sports

1) The Primary Level (5th/6th grade teams) focuses on instruction and participation with an emphasis on the enjoyment of playing, participation, learning the basics of the sport, and fulfilling the need for young people to belong, to learn, and to participate. This level should be inclusive, instructional, positive, emphasize the skills of the sport without a strong emphasis on competition.

2) The Transitional Level (7th/8th grade teams) is designed to assist the participants in transitioning toward high school participation, is more competitive, concentrates on basic skills, but also moves forward to skill refinement, team development, and advanced skill learning. A thorough explanation of the nuances of the game and its finer points is provided through focused instruction and practice, game playing, and game-like situations.

Lines of Authority

Recognizing that the Pastor is ultimately responsible for all parish activities, the Principal will provide the leadership and responsibility for all athletic programs.

These responsibilities will then extend to the Athletic Director, coaches and moderators, students-athletes and their parent(s) or guardian(s).

Safe Environment Training Program (SET)

Every person is uniquely created and gifted by God. Catholic social teachings remind us that human life is sacred and...that every person is precious, that people are more important than things and that the measure of every institution is whether it threatens or enhances the life and dignity of the human person.

Safe environment training for adult employees and volunteers who have contact with minors is a key element of the U.S. Bishops' Charter for the Protection of Children and Young People. The Diocese of Peoria has recently unveiled a new training program for adults.

The new program, available at <https://peoria.cmgconnect.org>, is designed to help adults know what to look for in children that might indicate that they are victims of abuse and what behavior to look for in adults that might indicate abusive behavior with children. The program also covers diocesan safe environment policies, standards of conduct, and how to report suspected abuse or neglect. Completion of the training program is required for all personnel (employees and volunteers) of the parishes, schools, and agencies of the Diocese of Peoria who have contact with minors.

Co-Curricular Activities

The following are school-sponsored:

Baseball (5th-8th grade boys)
Basketball (5th-8th grade boys/girls)
Cheerleading (5th -8th grade girls)
Cross Country (5th-8th grade boys/girls)
Softball (5th - 8th grade girls)
Track (5th - 8th grade boys/girls)
Volleyball (5th - 8th grade girls)
Golf (5th-8th grade boys/girls)
Drama (5th-8th grade boys/ girls)

Music: Solo & Ensemble (5th-8th boys/girls)

The following are parish-sponsored:

Cub Scouts (1st - 5th grade boys)
Girl Scouts (Kindergarten - 8th grade girls)

Participation and Code of Conduct

Students who demonstrate Christian conduct and achieve academically according to their abilities may participate in athletic activities.

Only full time students enrolled in Diocese of Peoria Catholic elementary schools may participate in their respective athletic programs.

Prior to the beginning of each season, participants will be required to have the following on file. A copy of each is available on the school website through 8to18.

- Parental/Guardian Consent Form and Liability Waiver
- Acknowledgement and Adherence Form regarding the Diocese of Peoria Athletic Handbook for Catholic Elementary Schools, St. Mary's Parent/Student Handbook, and the St. Mary's Extra Curricular Handbook, signed by the student-athlete and his or her parent(s) or legal guardian(s)
- Medical Information and Emergency Form
- IESA Annual Proof of Sports Physical Examination, signed by a licensed physician
- St. Mary's School Volunteer Requirement
- COVID-19 Liability Waiver
- St. Mary's Uniform Care/Return Agreement

Student-athletes, coaches, and school volunteers are expected to model appropriate Christian behavior at all times. All representatives of St. Mary's School must be positive role models at all times: on and off court, on and off campus. As representatives of our school community to the community at large, they are rightfully held to a higher standard.

Sanctions for inappropriate and unacceptable behaviors may include, but not be limited to, verbal and written warnings, documentation, communication with parent(s) or guardian(s), limited suspension, permanent suspension and expulsion.

Behavioral policies and administrative regulations at the diocesan and local school levels shall have precedence over IESA behavioral guidelines and sanctions.

The Principal and Pastor will determine the final sanctions for unacceptable behaviors, other diocesan policies notwithstanding.

Academic Responsibilities

Students are expected to meet specific academic requirements to maintain eligibility for extracurricular activities. The requirements are as follows:

- Students participating in IESA co/extra-curricular activities or sports must meet standards set by Illinois Elementary School Association (IESA).
- Eligibility will be assessed weekly during the season of the sport or activity and is cumulative per grading period. Grades will be checked at the end of each week with all subjects included.
- Students receiving detention for any reason other than being tardy for school may be ruled ineligible for participation.
- If the student is failing any subject, he/she will be ineligible the following Monday through Saturday and must raise his/her grade to meet eligibility requirements in order to be reinstated for the following week.
- Students who become ineligible three times may no longer be a part of the team or participate in the activity.
- The student must be in attendance a half day of class the day of a game or meet in order to participate. The Principal must approve exceptions (An example of an exception would be if a student must attend a funeral).
- Only the Principal, in consultation with the Pastor, can make exception to eligibility rules with the IESA regulations, as well as reinstatements.
- A list of ineligible students for the forthcoming week is reported to the Athletic Director and activity supervisors on Friday of each week. The Athletic Director notifies the coaches.

Adult Supervision

Adequate adult supervision must be provided to student-athletes every time they arrive, practice, participate in any manner, and wait for their rides. It is expected that a minimum of two adults will be present; one of the supervisors will be the coach. However, it is recommended that parents, legal guardians and other adults oversee the student-athletes at all times when they are in the school, on the school premises or at games and contests away from the school.

By the same token, parents and legal guardians must show their respect by bringing their children to events and picking them up at the recommended window of time designated by the school and coaches.

First Aid

It is the responsibility of the Athletic Director/Principal to provide First Aid supplies to the coaches and moderators.

All coaches should have a copy of student-athlete emergency information & student-athletes' addresses and phone numbers.

OSHA guidelines must be followed in the event of bodily spills. Disposable gloves and biohazard bags for containment of blood and bodily fluids are mandatory.

Everyone who is at reasonable risk of exposure shall view a Bloodborne Pathogens video on the Catholic Mutual Website. This universal precautions training will provide basic information regarding exposure to Bloodborne Pathogens including Hepatitis B, Hepatitis C, and human immunodeficiency virus (HIV) through bodily blood and fluid spills.

Reporting Injuries

Whether at home or away, serious or not serious, all injuries must be reported to the Principal, the Athletic Director, and the parent(s)/legal guardian(s) as soon as possible during or after an athletic event and a School Accident Report must be filed in the school office within two days of the accident.

Schools that participate in the blanket accident insurance program offered by the diocese must submit a claim form to the company that documents the cause and nature of the injury. The person completing the form should certify that the student-athlete sustained the injury while practicing or playing in a school-sponsored sports program.

Medications and Supplements

Under no circumstances may medications and/or supplements (including ibuprofen & acetaminophen) be supplied, recommended, permitted, or dispensed to student-athletes (cf. Diocesan Policy C-310).

Tryouts

Because of its very nature, trying out for membership or participation on a team should be discouraged. At the elementary level it precludes student-athletes' participation at a period in their lives when opportunities to develop interests and learn fundamental skills should be paramount to excluding them because their abilities are not as obvious as others in their age and grade ranges.

Team Rosters

An official team roster for each sport sponsored by the school must be on file in the school office and with the Athletic Director and the individual coaches or moderators. Registration & Rosters will be managed by the AD/Coaches through 8to18. Rosters will also be made available to the IESA and other schools conducting approved and scheduled tournaments.

Shared/published team rosters should contain information only about the student-athletes' names, position, number, and year in school.

Games, Tournaments and Practices

The Principal, Athletic Director, and Coaches will determine the number of games and tournaments at each grade level before the beginning of each school year. Maximum contests are listed below.

All diocesan schools with existing athletic programs will adhere to the following maximum number of games and tournaments each season.

Basketball:

- Grade 5 – twenty (20) games including tournaments
- Grade 6 - twenty (20) games including tournaments
- Grade 7 - twenty-four (24) games including tournaments, exclusive of the end-of-the season Catholic school championship tournament series or the IESA state tournament series
- Grade 8 – twenty-four (24) games including tournaments, exclusive of the end-of-the-season Catholic school championship tournament series or the IESA state tournament series

Track and Field:

- Twelve (12) meets
- Note: some student-athletes may qualify for regional and state meets beyond the scheduled meets

Cross Country:

- Twelve (12) meets
- Note: some student-athletes may qualify for regional and state meets beyond the scheduled meets

Volleyball:

- Grade 5 – Twenty (20) games including tournaments
- Grade 6 – Twenty (20) games including tournaments
- Grade 7 – Twenty-four (24) games including tournaments, exclusive of the IESA tournament series
- Grade 8 – Twenty-four (24) games including tournaments, exclusive of the IESA tournament series

Tournaments

The Diocese of Peoria does not sponsor diocesan tournaments. For this reason no tournaments may be referred to as “Diocesan” or “Diocesan-wide” tournaments.

No school may sponsor league or non-league tournaments requiring overnight stays.

Practices, Games and Tournaments Exclusions

No games or practices, including tournaments or Open Gyms, may be scheduled or played on Sundays.

In addition, no practices, games, tournaments and Open Gyms, may be scheduled or played on Holy Days of Obligation, Holy Thursday and Good Friday.

Practices, games and tournaments will be limited to five days per week, per team. Practices should not exceed one and a half (1.5) hours per day.

Parish events and school events such as seasonal programs, fairs and concerts should take precedence over practice, games and tournaments. Careful scheduling of all such events including athletic scheduling should be precisely planned into each year’s school calendar and placed on the parish master calendar.

Practice schedules will be part of the complete description and the rules and regulations of each sports offering. These will be written and communicated to all participants before the beginning of each season. The Principal will approve all decisions regarding this written notification.

Scrimmages and Drills

All scrimmages and drills with any outsiders will be considered as scheduled games.

Open Gym

Open Gyms may occasionally be held as gymnasium use permits and the Principal approves. As stated previously, Open Gyms may not take place on Sundays and the additional dates as ascribed. Coaching, competitive play, and offering of critical comments shall not take place during Open Gyms.

The minimum standard for supervision of Open Gyms will be a person who is 21 or older who has completed Safe Environment Training (SET), has had a background and fingerprinting check and has been screened for drug usage, if paid. (cf. Appendices – Diocesan Administrative Regulation C-312) An adult trained in CPR and the use of an automated external defibrillator (AED) must be present at all times.

Intramural Programs in Lower Elementary Grades

If the school has an intramural program, the Principal will approve volunteers who oversee intramural programs. They should be at least 21 years of age and have completed Safe Environment Training (SET) as well as background and fingerprinting checks. If paid, they will also be screened for drug usage.

Weather-Related School Days, Saturdays and Holidays

On school days, Saturdays, and school holidays when severe weather conditions may preclude practices, games, and/or tournaments, the Principal and the Athletic Director will determine whether or not practices, games and/or tournaments will take place or be canceled. This will be communicated to coaches to share with their teams/parents.

Coaches should plan a reliable relay system for communicating cancellations or changes to parent(s) or guardian(s) and student-athletes should be planned, written, and distributed to coaches and moderators prior to each sport's season.

Technical Fouls

Technical fouls committed by student-athletes will result, at a minimum, in exclusion for the remainder of the game if the technical foul resulted from unsportsmanlike conduct.

If a student-athlete commits two technical fouls related to unsportsmanlike conduct in a season, he or she will not be allowed to participate in the sport for the remainder of the season.

Coaches who receive technical fouls may continue to coach unless an assistant is available to coach the remainder of the game. Contingent upon the reason for the technical foul, the Principal will have sanctions in place and act upon them as soon as possible after the game.

Frequency of Participation

Ordinarily, every player should play in every game.

Coaches and moderators at the 7th/8th grade levels may use discretion in allowing participation based on student-athletes' attitudes, behavior, attendance, effort at practices, and cooperation with coaches, moderators, and teammates.

Awards

Awards including trophies & letters are traditionally part of athletic programs. Factors to consider in selecting awards should be size, cost, appropriateness, and proportionality.

Only athletic awards officially approved by the school may be presented to students regardless of the funding source of the awards.

Playing Up

In the event that a grade level does not have sufficient members to form a team, the Athletic Director and the Principal may allow student-athletes to play up; however, those playing up will be from the next lower grade level only. Any exceptions to this requirement shall be granted by the Office of Catholic Schools on a case-by-case basis. The total number of team members will not exceed a reasonable number if there was a need to have lower grade student-athletes play up. The Principal will determine what the "reasonable" number is.

Travel and Transportation

The Principal will determine the maximum distances for traveling to away games. Games that may require overnight stays may not be made for any sporting event at the elementary school level.

Spectators

Spectators have distinct roles as participants at athletic events. While they may be considered guests, they are bound by the same rules of conduct as student-athletes and their coaches and moderators. Schools should delineate their own set of rules for spectator/fan behavior.

The Principal, Athletic Director, coaches, and officials have the right and the responsibility to eject spectators whose behaviors are unacceptable.

Disputes Between or Among Schools

In the event of a dispute between schools with opposing teams, the schools' Principals and Athletic Directors shall initially meet to address the concern. The Principals will resolve the matter internally.

IESA guidelines should be utilized if the schools involved in the dispute hold IESA membership.

If not, the schools may seek a resolution through the Diocesan Office of Schools from the Superintendent or his representative.

Complaint Procedures

In the event of a complaint for non-compliance to IESA rules, diocesan policies, or local school policies and administrative regulations, a written form should be completed by the complainant and submitted to the Athletic Director and the Principal.

The Principal will make all final decisions regarding complaint resolution.

Uniforms and Equipment

St. Mary's School allows student athletes to modify their athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of their religion, cultural values or modesty preferences. Modifications such as undershirts, leggings, etc. are at the athlete's/parent/guardian's expense.

St. Mary's Athletic Association purchases new uniforms for teams on a rotating basis. In order to keep our uniforms in good condition, all uniforms should be turned inside out (except reversible jerseys) and laundered in cold water on a gentle cycle. Hang or lay flat to dry. Avoid ironing or exposing the decals to dryer heat.

Uniforms will be distributed by athletics staff. Due to numbers and fit issues, uniforms will be assigned according to fit/size across the team rather than seniority/grade level.

Normal wear and tear is expected. In the event the uniform is returned in less than acceptable condition, the parent(s) or legal guardian(s) will be assessed the cost for its replacement.

Some costs for the completion of the entire uniform will become the responsibility of the parent(s) or legal guardian(s). For example, such items may be shoes, socks, warm up tops and outfits, as well as ball caps. Equipment should be inventoried after practices as well as after home and away games.

If deemed necessary to ensure the prompt return of all uniform pieces at the end of each season, a deposit of \$25 per player per sport may be required before a uniform is issued. This deposit will be returned at the end of the season when all uniform pieces are returned. **Athletes should bring a change of clothes to the final game so that uniforms may be collected at that time.** The Athletics Association will launder all uniforms before they are stored at the end of each season.

Fundraising/Support From Businesses

The Principal shall approve businesses who wish to support logos or signs placed in gymnasiums, products promoted through concessions and business names sponsoring ticket stubs and/or programs.

The Principal will make final decisions regarding the type and number of fundraising projects.

1 have competed well; 1 have finished the race; 1 have kept the faith.

Concussion Oversight Team (COT) and Return to Play (RTP) /
Return to Learn (RTL) Protocol

Concussion Training

For All Athletic Activities, any adult coach or assistant coach at St. Mary's Catholic School (in any capacity) will need to complete and pass the IESA mandated concussion training. **The training must be renewed every two years per the IESA.**

Coaching Training

For All Athletic Activities, any adult coach or assistant coach at St. Mary's Catholic School (in any capacity) will need to complete and pass the IESA Coaching Essentials Test and IESA By-Law Coaching Certification Examination. Proof of completion will be forwarded to the Athletic Director.

The COT will consist of a physician, principal and the athletic director.

Return to Play Protocol

The athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.

A student removed from competition or practice due to a possible concussion may not play or practice again until all of the following have been met:

- The student has been evaluated by the student's physician and it has been determined that the student can safely return to play;
- The student's parent acknowledges that the student has completed the RTP and RTL protocols. The student's parents must provide the physician's report.

RTP is designed to gradually acclimatize the athlete back to rigorous physical activity and contact activities:

1. Light aerobic exercise to increase heart rate and blood pressure in brain
 2. Moderate to heavy aerobic exercise
 3. Sport specific training drills in full uniform with non contact activities
 4. Full contact participation in practice
 5. If no symptoms return in step 4 and health care provider agrees athlete will be cleared to resume play with no restrictions
- Each step should take 24 hours
 - If concussion symptoms reoccur during any of the steps, physical activity should be discontinued until once again symptom free for 24 hours, and then return to previous attempted level of exercise, and continue to graduate along the protocol.

Return to Learn (RTL) Protocol After Concussion/mild Traumatic Brain Injury

NOTE: More than 80% of concussions successfully resolve within 4-6 weeks. Factors which increase the risk for prolonged recovery include: history of previous concussion, migraines, learning disabilities, ADHD, ADD, depression, anxiety, and psychological trauma.

STAGE	PROGRESSION OF STAGES	DESCRIPTION OF STAGES	SCHOOL BASED INTERVENTION/INDIVIDUALIZED RTL PLAN
1	HOME – Rest (24-48 hours) When you can	-Limit cognitive/physical exertion -Limit computer, texting, video games, etc -No homework -Stay at home, no school	-Encourage student to rest brain and body as prescribed by medical professional. -Medical documentation of concussion may be required for school. -No school expectations regarding attendance and academic output.
2	HOME - Light Mental Activity	-Cognitive activity as tolerated; aim for 30 minute periods -Take frequent breaks -Stay at home -Limited peer contact	-No school attendance continued; commence academic work as tolerated. -Teacher/Counselor to monitor/keep in touch with the student while at home. -RTL planning meeting to occur with student, parent(s)/guardian(s), and school staff prior to student's progression to Stage 3. NOTE: Timeframe for returning to school will vary, according to the student's symptoms. The student does not need to be 100% symptom free to commence a part-time return to school.
Student to progress to next stage when able to manage up to 60 minutes cognitive exertion (in 30 minute intervals) without exacerbating symptoms.			
3	SCHOOL – Part-Time • Maximum Learning Accommodations • Shortened Day/Schedule • Built-in Breaks	-Provide quiet place for scheduled cognitive rest -No classroom or standardized testing -No homework -Provide extra time and adapt assignments -Access to learning support as required	-RTL plan implemented. -Ongoing monitoring and adjustment of RTL plan as needed. -Monitor student's emotional adjustment. -Emphasis on in-school learning, as rest is necessary once home -Eliminate non-essential work so student can focus on key material -Consider exemption activities due to excessive noise. NOTE: If a student is not progressing beyond Stage 3 within a 4-6 week period, the student's family should be advised to seek further medical advice.
Student to progress to the next stage when able to manage 120 minutes cognitive exertion (in 30-45 minute intervals) without exacerbating symptoms.			
4	SCHOOL – Part-Time • Moderate Learning Accommodations • Time spent at school increased	-No standardized testing -Limited classroom testing with adaptations -Moderate decrease of extra time and adaptation of assignments -Continued access to learning support, -Homework up to 30 minutes daily	-Ongoing monitoring and adjustment of RTL plan as needed. -Monitor student's emotional adjustment. -Arrange access to a separate, quiet space for testing to limit distractions.
Student to progress to the next stage when able to manage 240 minutes cognitive exertion (in 45-60 minute intervals) without exacerbating symptoms.			
5	SCHOOL – Full-Time • Minimal Learning Accommodations • Full-time attendance at school	-No standardized testing -Classroom testing with adaptations: 1 test per day -Continued decrease of extra time and adaptation of assignments -Students may require ongoing learning support in academically challenging subjects -Gradually increase amount of homework (up to 60 minutes daily)	-Ongoing monitoring and adjustment of RTL plan as needed. -Construct a plan to finish completing essential missed academic work, and keep stress levels low. -Accommodations are removed when student can function fully without them. -Monitor student's emotional adjustment. -Student may begin attending assemblies, and classes previously restricted due to noise (eg. Band/Choir)
Student to progress to the next stage when able to attend school full-time and without learning accommodations.			
6	SCHOOL – Full-Time • No Learning Accommodations • Full-time attendance at school	-Attends all classes -Full homework -Full extracurricular involvement -Resumes all previously restricted testing activities	Medical clearance is required for a student's participation in PE. A gradual Return to Play (RTP) progression should be completed as indicated by the student's health care provider and written medical clearance by a medical professional or health care provider must be provided to the school.
<p>REMEMBER: Tolerance and progression is individual – all concussions are different. Students may start at any stage as symptoms dictate and may remain at that step as long as needed or return to previous stage if symptoms worsen. Exacerbation of symptoms may prolong concussion recovery. Time intervals used for progression through stages should be used as a guide only.</p>			

The Office of Catholic Schools shall require diocesan elementary and secondary schools to adhere to the following:

- Maintain personnel files for each coach of an interscholastic activity offered by the school.
- Require coaches to complete the diocesan Safe Environment Program, CANTS background check, fingerprinting (employee) or Selection.com criminal history check (volunteer), bloodborne pathogens training, CPR training (head coaches, preferred), drug screening (for paid employees), and annually signing the diocesan Witness Statement.
- Begin each interscholastic activity with prayer.
- Schedule no practices, games, or other activities or events including tournaments or open gyms on Sundays, Ash Wednesday, Holy Days of Obligation (January 1, August 15, November 1, December 8, December 25), or the Sacred Triduum (Holy Thursday, Good Friday, Easter Saturday). Any exception requires the prior approval of the Superintendent of Schools and shall be limited to participation in state championship tournament series events.
- Schedule a practice no longer than 2.0 hours in length.
- Head coaches and athletic directors are required to attend mandatory workshops as scheduled by the Office of Catholic Schools. Assistant coaches are encouraged to attend.

Athletic Director

The Athletic Director will be selected and approved by the Principal and will be directly responsible to the Principal.

All diocesan elementary schools will **appoint an athletic director or co-athletic directors** for the school who will serve as a liaison between the diocesan school and the Office of Catholic Schools in matters of communication for the school's interscholastic activity.

In addition, athletic directors and coaches should complete the following courses:

- Catholic Coaching Essentials:
<https://coacheducation.humankinetics.com/collections/252>
- Directing Youth Sports:
<https://coacheducation.humankinetics.com/collections/252>

Athletic directors and coaches shall comply with all requirements of the Youth Sports Concussion Safety Act—Senate Bill 7, as outlined at the following sites:

- IESA: <https://www.iesa.org/activities/concussion.asp>

The Athletic Director will meet the following requisites before being employed:

- Completion of Safe Environment Training (SET)
- Background check and fingerprinting (cf. Diocesan Policy C-403)
- Screening for drug usage, if paid (cf. Diocesan Administrative Regulation C-312)
- Bloodborne Pathogens (annually)
- CPR and AED training
- Meeting for the purposes of discussing athletic philosophy, duties and responsibilities with the Principal
- Understanding and agreeing to abide by the policies and regulations set in the Diocese of Peoria Athletic Handbook and the local Parent/Student Handbook

The Athletic Director will oversee all aspects of the athletic program, working in close collaboration with the Principal in matters beyond routine responsibilities. Examples of collaboration include fundraising decisions, purchase of uniforms, purchase of equipment, athletic activities that require transportation to out of town locations, and significant concerns warranting administrative guidance.

The Athletic Director will maintain a permanent record of coaches' certifications. A copy of the record should be filed with the school.

Athletic Director's Duties:

- Responsible to the Principal
- Responsible for the overall organization of the athletic program within the parameters of the Diocese of Peoria Athletic Handbook and St. Mary's School
- Works within the annual athletic budget for the following year; uniforms, registration fees, anticipated gate and concession income, and other anticipated expenses are inclusive in the budget
- Coordinates with the Principal the athletic program schedule in relation to the school calendar and extra-curricular activities beyond athletics
- Develops a master schedule of all athletic events, including practices, games, tournaments, and use of facilities. Seeks approval of the schedule from the Principal who communicates it to the parish, parents and guardians, faculty, staff, coaches, and student-athletes
- Collaborates with the Principal regarding qualifications, selection and duties of coaches and moderators; makes recommendations of coaches and moderators to the Principal for his or her approval
- Communicates with coaches on a weekly basis to ascertain their needs, discuss problems, and give suggestions
- Prepares First Aid kits and Emergency Information packets for coaches and moderators
- Hires all officials and personnel required for home games; works with Athletics Board to organize all other aspects for home games including, but not limited to, scorekeepers, gate and concession workers, supervisors and hall monitors, timers, clean up, turning out lights and securing all doors
- Orders concession food products
- Attends and reports information at Athletic Board meetings.
- Collaborates with the Principal about all aspects for an annual athletic banquet if one is held at the local level; discusses the number and types of awards
- Is present at all home games or home-sponsored meets or has selected someone who has been approved by the Principal to take his or her place; enforces the policies and regulations for spectator behavior

Coaches, Assistant Coaches and Moderators

Coaches and moderators at the elementary school level in diocesan Catholic schools are generally volunteers. They are approved by both the Athletic Director and Principal and are ultimately responsible to the Principal.

Coaches of the interscholastic activities at diocesan schools, unless they are a teaching member of the faculty at the schools, **are required to complete the IESA/IHSA on-line coaches' training education course.** This requirement includes coaches that are voluntary or paid. The diocesan school will incur the cost of this on-line training.

In addition, athletic directors and coaches should complete the following courses:

- Catholic Coaching Essentials:
<https://coacheducation.humankinetics.com/collections/252>
- Directing Youth Sports:
<https://coacheducation.humankinetics.com/collections/252>

Before coaches and moderators begin the position in any of the sports offerings, they must have completed:

- Safe Environment Training (SET)
- Background check including fingerprinting. (cf. Diocesan Policy C-403)
- Screening for drug usage, if paid. (cf. Diocesan Administrative Regulation C-312)
- Bloodborne Pathogens training (annually)
- CPR and AED training
- Acknowledgement and Adherence to the Diocese of Peoria Athletic Handbook). (School-generated form)
- The coach/moderator's agreement should include a job description (cf. Appendices – Coach/Moderator Job Description)
- Participation in an annual workshop for coaches and moderators

Each coach or moderator must be at least 21 years of age. In the event that someone wishes to coach or moderate who is 18 - 20, he or she may be chosen by the Athletic Director to assist a coach under the guidance and supervision of the coach or moderator. Assistant coaches will be responsible to meet all of the above-bulleted requirements.

Careful selection of those expressing an interest to coach or moderate shall be required of the Athletic Director and the Principal. Candidates must have given evidence of their commitment to living Gospel values prior to their selection.

All coaches shall be trained toward the goal of certification. Training should include, but not be limited to:

- Basic preparation in the Catholic Christian philosophy of coaching
- Risk management and the prevention and treatment of injuries
- Specific sports preparation including rules, practices, organization, skill development and coaching behavior

Individuals that will be coaching teams that will be participating in IESA affiliated sports (i.e. Cross Country, Girls Basketball, Boys Basketball, Track & Field, and Golf) are required to complete the online "Coaching Essentials" course. This class can be accessed through the IESA website. The certificate that is provided upon completion of the on-line course shall be given to the Athletic Director.

A listing of responsibilities shall be attached to and signed by the coach or moderator. Those responsibilities from a listing in the Appendices should guide each local school in determining what the expected and acceptable practices are. (cf. Appendices -Coach/Moderator Job Description)

Coaches and moderators will:

- Provide each student-athlete with opportunities participate
- Promote good sportsmanship, that is, fairness, respect for opponents and graciousness in winning or losing
- Represent themselves as positive role models to their players, opponents, game officials and the school community
- Pray with the student-athletes prior to the beginning and at the conclusion of practices and games
- Refrain from using alcohol and tobacco in the presence of student-athletes at school-sponsored athletic events
- Refrain from using abusive and foul language and gestures as well as making inappropriate remarks
- Refrain from berating the efforts of student-athletes

- Make disciplinary recommendations to the Principal regarding student-athlete misbehaviors that go beyond the local school's written expectations
- Keep an inventory of all uniforms and equipment; maintain a listing of assigned uniforms, and determine an expeditious return of them at the end of each season
- Be aware of IESA rules and regulations
- Perform any other responsibilities that are required by the principal/AD

Coach/Moderator Duties:

- Understands thoroughly the rules and regulations of the sport that is coached
- Is familiar with and agrees to abide by the Diocese of Peoria Athletic Handbook and this Extra-Curricular Activity Handbook; supports the mission and philosophy of the school.
- Meets with parents and guardians previous to the beginning of the athletic seasons
- Constructively works with early adolescents, never berating or criticizing them; conscientiously employs strategies that allow all student-athletes to experience success, not just those who have more ability to play
- Displays Christian behavior on and off the field or court and academic achievement
- Works cooperatively with the Athletic Director in the areas of organization and development of the athletic program
- Complies with IESA rules and regulations (if the school holds IESA membership for that particular activity)
- Is equipped at all practices and games with First Aid supplies, record books and emergency information
- Shares responsibility with supervisors in overseeing locker rooms and in controlling fan behavior; secures all locker rooms and doors before leaving
- Recognizes that coaching is teaching; substitutes excessive competition with opportunities for student-athletes to develop self confidence
- Secures all equipment needed for games and meets
- In collaboration with the Athletic Director, plans for all aspects of away games and meets
- **Plan end of season celebrations and make certificates/awards**
- **Collect all uniforms at the end of the last scheduled game**

The Principal at the local level will establish a written process for sanctioning misconduct that violates the expected behavior of coaches. Behavioral expectations as well as the sanctioning process should be delineated in the job description or in a written Code of Conduct.

Athletics Board Duties and Roles

Principal:

- Oversees the Athletics Board
- Keeps the budget and all financials for Athletics

Athletic Director(s):

- Oversee all sporting activities at St Mary's School regarding scheduling, and coaching
- Oversee sportsmanship of players, coaches, and parents
- Make sure the Athletics Handbook is up to date
<https://docs.google.com/document/d/1GRHMGouOrqHFcCm9HAogH8vOP4IRNfeO-qulhHlnCBo/edit?usp=sharing>

Chairperson:

- Schedule and run board meetings 3 times a year (typically early September, early January, and end of May)
- Manage St Mary's Athletics Facebook page
- Organize all coaches gifts, and communicate ideas and donation suggestions to parents
- Organize & coordinate 8th grade recognition events with the 7th grade parents/AD/principal

Volunteer Coordinator:

- Oversee all basketball and volleyball home game admissions, concessions, clock, book, streaming, and any other volunteer opportunity available
- Obtain a "Team Parent" for each sport offered at St Mary's to assist with filling volunteer opportunity positions
- See "St Mary's Home Game Volunteer Handbook" for specific roles and duties of Athletics Volunteer Coordinator and volunteers
https://docs.google.com/document/d/1E0_DZywerMTlhR3c5jcs4NyE3LJq02IyeDk3yyI1Kc/edit?usp=sharing
- Utilize the assistance of the Athletics Communication Coordinator to assist with concessions coordination and any other specific help that might be needed

Athletics Support Coordinator:

- Assist Athletics Volunteer Coordinator with concessions inventory and relay if anything is needed prior to game day
- Assist Athletics Volunteer Coordinator with any other assistance as needed
- **Organize fundraising events for athletics (soap sales, pop sales at school events, etc)**
- **Work in conjunction with St Mary's School Fundraising Coordinator on bigger fundraising opportunities**
- **Communicate with coaches on specific needs for their sport, and organize a fundraiser for what is needed**

St. Mary's Athlete and Parent Code of Conduct

As a St. Mary's Crusader, it is our goal to set the example and be a leader in the athletic community regarding our athletes and their parents' behavior. This means both the athlete and parents of the athlete need to lead by example. These rules and guidelines are set to protect the safety and integrity of the athletes, their parents, the coaches, our officials, and the school. St. Mary's will continue to look for ways to encourage our spectators to act, communicate, and behave in the proper sportsmanlike and ethical manner.

- 1) If you do not have anything nice to say, ***do not say it.*** This is in regards to interacting with your athlete, other athletes, coaches, and officials.
- 2) All parents and athletes will strive to demonstrate exemplary sportsmanship in words and actions at all times.
- 3) Parents and spectators are to be supportive of the entire team at all times!
- 4) Parents, athletes, & spectators are not to engage in any behavior in cheering that would reflect negatively on St. Mary's, our teams, or our athletes.
- 5) Parents, athletes, and spectators should NEVER talk negatively or engage in negative conversations about their teammates or opposing players. We are involved in youth sports, not the Olympics! All of our young athletes are trying their best. Negative things that are said and/or heard have the potential to spin out of control, and in some cases, can be taken out of context. This can directly affect the well-being and future of our young athletes.
- 6) Parents should NEVER coach from the stands at practice or games. The athletes need to be focused on what the coaches have to say and need to concentrate on accomplishing the goals set out. Most competitions are games of mistakes - the last thing the players need is to have parents in the stands pointing out each error and telling them what to do! What you as a parent may be telling a player may be different from what coaches are saying.
- 7) Parents and spectators are NEVER allowed to approach an official or scorekeeper before, during, or after a competition. Failure to abide by this rule will result in immediate removal from the competition and possible suspension from future competitions. All are expected to represent St. Mary's with class and grace. Crusaders Live, Love, Learn and Serve as Christ taught us!
- 8) Parents - remember what our goals are and what our mission is. We are trying to train young athletes to be the best they can be. This will look different for each athlete! We are also trying to educate them to be young adults. YOU have the ability to help and make youth sports a great experience or a miserable experience - all through the behaviors you choose to exhibit!

- 9) We are all involved in YOUTH ATHLETICS...they are not professional athletes, and our staff/coaches are all volunteers! Always remember - parents, you are an adult! As adults, we should always think of how what you say to your athlete, other athletes, and other parents - whether in public or in private - may affect the individual athlete regarding attitude towards teammates and coaches, morale, mindset, and the athlete's well-being.
- 10) If your athlete has any concern, they should first talk to their coach BEFORE involving their parents. They may need to set up a time before or after practice to properly address the concern. Many concerns/ questions can be addressed, answered, and solved between the athlete and coach without any parent or administrator involvement. This also encourages the athlete to be mature and responsible and to take an active role in their development as a player and young adult.

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:

- 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

Concussion Information Sheet

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. The Return-to-Play Policy of the IESA and IHSA 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 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/>

Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions.

Student Name (Print): _____ Grade: _____

Student Signature: _____ Date: _____

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____ Date: _____

Relationship to Student: _____

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

STUDENT MEDICAL INFORMATION & EMERGENCY FORM

This form is to be reviewed twice a year and updated if necessary.

Student/Minor:

Name (first, middle, last): _____

Address: _____

Student/Minor's Regular Physician:

Name (first, middle, last): _____ Phone (including area code): _____

Medical Conditions:

Please list any medical conditions of the student/minor (asthma, diabetes, epilepsy, etc.): _____

List any allergies or allergic reactions to medications of the student/minor: _____

List any medications the student/minor is presently taking: _____

Other pertinent medical information: _____

Date of student/minor's most recent tetanus shot: _____

Medical Insurance Information:

Company: _____

Plan Number: _____ Employee Identification #: _____

Emergency contacts:

Parent or Guardian

Name (first, middle, last): _____ Phone (including area code): _____

Other Contact

Name (first, middle, last): _____ Phone (including area code): _____

Relationship (friend, neighbor, coworker, etc.): _____

Authorization for Emergency Medical Treatment

This information will be kept in the possession of the parish. A copy will be distributed to the person in charge of each trip or athletic activity in which the student/minor participates. Should the need arise this information will be given to the proper medical authorities.

I, _____ [parent/guardian], understand that in the case of illness or injury to my child, _____ [child's name], the parish will try to notify me or the person I have listed above as an emergency contact. In case of medical emergency concerning my child, at a time when I or my listed emergency contact cannot be notified, I grant full power to the parish to 1) arrange for the transportation of my child, whether by ambulance or otherwise, to a proper facility where emergency medical treatment would normally be administered, including but not limited to, an emergency room of a hospital, a doctor's office, or a medical clinic; and 2) sign releases as may be required in order to obtain any medical or surgical treatment as is required in the judgment of medical authorities at the facility.

Signature of Parent/Guardian

Date

This Authorization for Emergency Medical Treatment is valid for a period of one year, from August _____, 20____ through August _____, 20____.



■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

Medically eligible for all sports without restriction
 Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

Medically eligible for certain sports

Not medically eligible pending further evaluation

Not medically eligible for any sports

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

Medications: _____

Other information: _____

Emergency contacts: _____



PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

PHYSICIAN REMINDERS

- 1. Consider additional questions on more-sensitive issues.
- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?
- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt, use a helmet, and use condoms?
2. Consider reviewing questions on cardiovascular symptoms (Q4-Q13 of History Form).

Table with columns for Examination, Medical, Musculoskeletal, and Normal/Abnormal Findings. Rows include Height, Weight, BP, Vision, Appearance, Eyes, ears, nose, and throat, Lymph nodes, Heart, Lungs, Abdomen, Skin, Neurological, Neck, Back, Shoulder and arm, Elbow and forearm, Wrist, hand, and fingers, Hip and thigh, Knee, Leg and ankle, Foot and toes, and Functional.

Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA



■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth (F, M, or intersex): _____ How do you identify your gender? (F, M, or other): _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). _____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7. Has a doctor ever told you that you have any heart problems?		
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)	Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		

BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or does someone in your family have sickle cell trait or disease?		
24. Have you ever had or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (CONTINUED)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____