

Ludlow High School Athlete Information Sheet

Student Name: _____

Sport: _____

Grade: _____ *Birthdate:* _____

Email address: _____

Have you participated in another sport this year? Yes No

If yes, what sport: _____

Have you transferred from another High School after entering 9th grade?

Yes or No If yes, what school: _____

In order to participate in Athletics, a student must have completed paperwork on file with Athletic Director prior to tryouts or practice.

I have read and understand the High School Athletic Program Policy concerning tobacco, alcohol, and drug use by athletes and I am aware of the sanctions imposed if a violation of that policy occurs. In addition, I have read and understand the Extracurricular Participation Policy and am aware of the sanctions imposed if a violation occurs.

Parent/Guardian: _____ **Date:** _____

Athlete: _____ **Date:** _____

****PLEASE RETURN THIS PAGE SIGNED, WITH A PHYSICAL, AND COPY OF INSURANCE CARD. ALL THREE MUST BE ON FILE BEFORE PARTICIPATION IN FIRST GAME!***

EXTRACURRICULAR PARTICIPATION POLICY

CRITERIA FOR PROGRAMS

Ludlow Independent Schools support extracurricular programs based on the following criteria:

1. Contribution to students becoming individuals of good character with self-discipline who are exemplary representatives of the school.
2. Contribution to students becoming “responsible members of a team.”
3. Student interest.
4. Ability to attract students currently not involved in extracurricular or service projects.
5. Ability to enhance or maintain equity in the overall program.
6. Ability to arrange suitable adult supervision.

STUDENT ELIGIBILITY

Students must be enrolled in Ludlow Independent Schools in order to be eligible to participate in sports and/or extracurricular activities.

Grading and Eligibility:

1. All student-athletes must be academically eligible in order to participate in an athletic activity.
2. Eligibility will be determined using a student’s final year average grade in *Infinite Campus*. To be considered eligible, a student-athlete cannot be failing more than one class when the weekly grade check is generated. If a student is failing two classes, he/she will be ruled ineligible to stay in compliance with KHSAA. Each Friday, reports will be generated to determine eligibility; e.g., if a student is determined to be ineligible on Friday, August 7, then that student would be ineligible to participate the following week beginning Saturday, August 8 through Friday, August 14.

a. Middle School student’s rotation classes will be averaged together to get a final year average. Should they be failing the yearly average of the rotation class, it will count as 1 failure in regards to eligibility.

3. Students may regain eligibility on the next Saturday (August 15) only if they have raised their grade to ONE failure by the Friday of the week of their ineligibility.
4. If a student athlete is ineligible for two grade checks (grade checks do not have to be consecutive) in a season, on the third grade check, if the student is deemed ineligible the athlete will be dismissed from the team as they should be focusing more on academics.
5. During the time athletes are deemed ineligible, they are not permitted to attend practices, ride buses to away games and/or sit on the team bench during home and/or away games.

* Coaches discretion may be used to determine consequences for student athlete becoming ineligible. And coaches may make a more strict policy concerning grades if deemed necessary.

SCHOOL ATTENDANCE

*A student athlete must be at school at least a half day in order to participate in extracurricular activities. If a student is absent on a Friday, that student cannot participate in a school sponsored event on Saturday.

TEAM TRYOUTS .

Team tryouts are integral to participation. As such, student-athletes wishing to play a sport - but not meeting eligibility requirements defined above - shall not be permitted to tryout. No “secondary tryouts” shall be granted, as academics are the main focus for the school and its student-athletes.

BEHAVIOR .

1. As athletes, students are expected to be role models and exemplary in their actions at school and in the community. Because they represent the school and community, they must do so in a way that is consistently positive. Misbehavior in school, the community and/or at athletic or other school-sponsored events shall have a disciplinary consequence. Consequences may range from sitting out a portion of time during a game, temporary dismissal from the team, or permanent dismissal from the team. All disciplinary decisions shall be made by the coaches, athletic director and/or school administration.
2. Student-athletes who have detentions, suspensions, or unsportsmanlike behaviors in class and/or at athletic events shall be deemed ineligible for one game for each offense. If disciplinary offenses continue, and show a pattern unbecoming of a member representing Ludlow Independent Schools, the student-athlete will be dismissed from the team.

COMMUNICATION .

Parenting and coaching are extremely difficult vocations. By establishing an understanding of each other's positions, both parties are better able to accept the actions of the other and provide greater benefit to student-athletes. When a student becomes involved in our program, parents have a right to understand what expectations will be placed on the student-athlete. This begins with clear communication from the coach.

From the Athletic Department, parents should expect the following communications:

1. Game schedules.
2. Directions to athletic events.
3. Game changes due to weather .

From team coaches, parents should expect the following communications:

1. Expectations the coach has for the student-athlete, as well as for other players on the team.
2. Locations and times of all practices and contests, including travel information
3. Disciplinary actions that will be taken for violation of team rules clearly communicated to the student-athlete .

Communication coaches should expect from the players:

1. When possible, 48 hours notification of any personal scheduling conflict.
2. Any physical illness or injury that would prevent the student-athlete from practicing or playing.
3. Any school and class conflicts that would cause the student-athlete to miss practice or games.

Appropriate concerns for parents to discuss with the coach:

1. Ways to help the student-athlete improve performance.
2. Concerns about the student-athlete's behavior and/or academic progress
3. The mental and/or physical treatment of the student-athlete.

**It may be difficult for parents to accept their child is not playing as much as hoped for. Coaches are professionals; they make decisions based on what they believe to be in the best interest of the team and all student-athletes.*

Concerns not appropriate to discuss with coaches:

1. Playing time
2. Team strategy.
3. Play calling.
4. Other student-athletes.

**There may be situations that require a conference between the coach and parent. Communication is encouraged, as it is important that both parties have a clear understanding of the other's positions. When these conferences are necessary, the procedures listed below should be followed to help promote a resolution of the issue or concern.*

If a parent has concerns to discuss with a coach, the procedure below should be followed:

1. First, the student-athlete should speak with the coach.
2. If the issue has not been resolved, parents should make an appointment to meet with the coach.
3. Parents should not attempt to confront a coach before and/or after a contest and/or practice. *These can be emotional times for both the parent and the coach. A good rule of thumb is to wait 24 hours and then set up an appointment to meet with the coach.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call to set up an appointment with the Directors of Athletics to discuss the situation. The Directors of Athletics will not discuss a coach's decision on playing time, coaching strategy, play calling or another student-athlete.

Roles/responsibilities of parents:

1. Ensure student-athletes arrive at practice/games on time and with appropriate gear for the sport(s).
2. Reinforce to the student-athlete the need for respecting coaching decisions during practice and games
3. Always demonstrate good sportsmanship (both parents and students) during home and away games.

ATHLETIC PROGRAM **DRUG USE PREVENTION POLICY**

The General Assembly of the Commonwealth of Kentucky has deemed that usage by a minor (those under age of 21) of alcohol, tobacco, and non-prescription narcotics is illegal. However, we recognize that students make poor decisions and not permitting them to learn from their mistakes would go against the very mission this school is dedicated to doing. Keeping the school mission in mind, the following sanctions will be imposed on any athlete violating the athletic program tobacco, alcohol, or drug policy:

1st OFFENSE: Loss of 10% of season with assessment before reinstatement. Student is permitted to practice.

2nd OFFENSE: Loss of 50% of season with assessment before reinstatement. Student is permitted to practice and will be referred to school guidance office for counseling.

3rd OFFENSE: Student will be dismissed from team for remainder of season and will not be permitted to participate in any other sport during that school year.

Students may also face disciplinary action from Ludlow Independent Schools Board of Education and Ludlow High School Administration which may include dismissal from team, if warranted.

I have read and understand the High School Athletic Program Policy concerning tobacco, alcohol, and drug use by athletes and I am aware of the sanctions imposed if a violation of that policy occurs. In addition, I have read and understand the Extracurricular Participation Policy and am aware of the sanctions imposed if a violation occurs.

Parent/Guardian: _____ **Date:** _____

Athlete: _____ **Date:** _____

***ONLY RETURN THE FIRST PAGE WITH A COMPLETED PHYSICAL
AND A COPY OF INSURANCE CARD**

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FACT SHEET FOR PARENTS

WHAT IS A CONCUSSION? A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians *If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

- Appears dazed or stunned
- Forgets an instruction
- Moves clumsily
- Loses consciousness (even briefly)
- Can’t recall events prior to hit or fall
- Is confused about assignment or position
- Is unsure of game, score, or opponent
- Answers questions slowly
- Shows behavior or personality changes
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Balance problems or dizziness
- Sensitivity to light • Sensitivity to noise
- Concentration or memory problems
- Does not “feel right”
- Nausea or vomiting
- Double or blurry vision
- Feeling sluggish, hazy, foggy, or groggy
- Confusion

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION? Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

2. Keep your child out of play. Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Tell your child’s coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach

FACT SHEET FOR ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION? Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be: > The right equipment for the game, position, or activity > Worn correctly and fit well > Used every time you play

For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/ConcussionInYouthSports

For more detailed information on concussion and traumatic brain injury, visit: www.cdc.gov/injury