

WHS ATHLETIC DEPARTMENT

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This packet contains the following information:

- Eligibility (Transfer, Scholastic, Attendance, Waiver, Physicals)
- Athletic Donation
- Code of Conduct
- Transportation
- Ejection Policy
- Steroid Policy
- Hydration
- Sportsmanship
- Concussion Information Sheet

Students and parents/guardians are required to read and sign all forms in order to participate in athletics at Windsor High School.

Do not use pencil to fill out forms.

ELIGIBILITY

Transfers:

Transferring from one school to another school may affect your athletic eligibility under North Coast Section and/or State CIF rules. It is your responsibility to see your school principal for a copy of the rules.

In addition, you must inform the Athletic Director if you attended another high school within the last 12 months and/or are attending an educational program located off the WHS campus.

Scholastic Eligibility

According to the North Coast Section (NCS), an athlete must meet the following scholastic qualifications in order to be eligible to participate in athletics:

- Have a minimum 2.0 GPA during the previous grading period before the sport begins and each consecutive one after that (NCS 2090.1);
- Have completed 20 semester periods of work during the previous grading period (except the last semester of the eighth grade) (NCS 2090.2);
- Be currently enrolled in and passing at least 20 semester periods of work (four 95-minute blocks at WHS) (NCS 2091); and
- Be maintaining at least minimum progress toward graduation requirements.

Attendance

In order to be eligible to practice or participate in an athletic activity on any school day, participants must be in school for 2/3's of the school day. Exceptions to this rule will be allowed in unusual cases if cleared through the principal or designee. Advanced notice is needed, if possible.

Waiver

If a student-athlete does not have or maintain, at a minimum, a 2.0 GPA, he/she will not be allowed to compete. If an athlete falls below the required 2.0 GPA minimum, he/she may, **ONE TIME** in their four (4) years at Windsor High School, request an Athletic Eligibility Waiver. These forms are available from the Athletic Director and must be completed and approved **before** the athlete can compete. Once approved, the Athlete Director will contact the coach before the next contest.

Physical

As a condition of membership, schools will require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics... The physical examination must be completed before a student may try out, practice or participate in interscholastic athletic competition... (NSCIF 308)

ATHLETIC DONATION

A school's athletic program is a valuable activity that contributes to a student's overall educational experience. There are costs attributed to athletics that cannot be totally sustained through the school funds. These costs may include, but are not limited to:

<ul style="list-style-type: none"> ● Game Officials fees ● Awards ● CIF, NCS, and NBL dues ● Equipment 	<ul style="list-style-type: none"> ● District Reimbursements ● Student Transportation ● Town of Windsor
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At Windsor High School, the annual cost to sustain our athletic program is substantial. Please be assured that the donation **is not** a condition of participation in the athletic program.

Refund requests must be submitted within the first 10 days of the start of practice. Please arrange for pick up, or inform the athletic director to shred the check. After 10 days, checks or cash donations are deposited to the athletic department.

CODE OF CONDUCT

Code of Conduct

Athletes are expected to contribute to school pride and spirit by representing themselves, the team and Windsor High School in a positive manner at all times by following these guidelines:

- Show respect for administration, faculty, coaches, and other students/athletes (including opponents and visitors) at all times;
- Show respect for the integrity and judgment of game officials at all times;
- Show respect for all private, public and personal property at all times;
- Live up to the sportsmanship standards established by school administration and the coaching staff;
- Refrain from making any kind of derogatory remarks to opponents or visitors before, during, and after the game, especially comments that are ethnic, racial, or sexual in nature;
- Win with humility; lose with grace. Do both with dignity.

Participation on an interscholastic team is a privilege that can be revoked at any time for improper conduct by an athlete whether at a school or in the community. Athletic participation is considered a school-related activity; as such, all school rules, regulations and consequences, including this Code of Conduct, are expected and enforced.

TRANSPORTATION

Students must use the school's transportation to and from all activities, when provided. Exceptions to this rule must be cleared IN WRITING with the appropriate district forms available from the main office, the Athletic Director and/or coaches. While using school transportation, athletes are expected to respect the supervision and authority of both coaches and driver(s) of the vehicle. If parents/guardians are to drive, they drive their own child. If another student is to ride along (carpool), the driving parent/guardian must follow district policy, including, but not limited to: fingerprinting, permission forms, etc. Please see front office for necessary paperwork for carpooling.

EJECTION POLICY NOTIFICATION

The following rules and minimum penalties are applicable to players and coach as adopted by the NSC Board of Managers on April 21, 1995 in accordance with national federation rules. This policy will include non-league invitational tournaments, post-season, league, section or state playoff, etc.

1. Ejection of a player from a contest for unsportsmanlike dangerous conduct. **Penalty:** the player shall be ineligible for the next contest (non-league, league, invitational/tournament/event post-season (league, section or state) playoff, etc.).
2. Illegal participation in the next contest by a player ejected in a previous contest. **Penalty:** the contest shall be forfeited and the ineligible player shall ineligible for the next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season. **Penalty:** the player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench (or dugout, etc.) to participate in an altercation. **Penalty:** the player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitation tournament, post-season (league, section or state) playoff, etc.).

STEROID POLICY

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524).

When signing below, both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. We also understand that the Windsor Unified School District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Hydration:

The NFHS SMAC strongly recommends that:

1. Water and appropriate sports drinks should be used for re-hydration as outlined in “NFHS Position Statement and Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness.”
2. Energy drinks should not be used for hydration prior to, during, or after physical activity.
3. Information about the absence of benefit and the presence of potential risk associated with energy drinks should be widely shared among all individuals who interact with young athletes.
4. Athletes taking over the counter or prescription medications should not consume energy drinks without the approval of their primary care provider.

Consult with appropriate health-care professionals if you have any question. Further position statements from NFHS:

<http://www.nfhs.org/content.aspx?id=5786>

What Spectators Can Do to Promote Good Sportsmanship:

Remember that student athletes play organized sports for their own fun. They are not pro athletes.

Be on your best behavior. Don't use profane language or harass players, coaches or officials.

Applaud good plays by your own team and the visiting team.

Show respect for your team's opponents. Without them there would be no games.

Never criticize a student athlete for making a mistake during a competition.

Condemn the use of violence in all forms.

Respect officials' decisions.

Encourage players to always play according to the rules.

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:

- Headaches
- Amnesia

- “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 slow down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- “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

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 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 its 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/>

Print & Fill Out the four pages-Participation Forms- and return to the Athletic Director. Failure to fully complete will result in delays for processing.

Packets will no longer be moved from one sport to the next. **One** athletic packet with donation attached per sport. Copies of original forms-accepted.

Approximate time frame for submitting forms:

Fall Sports--August

Winter Sports--October

Spring Sports--January