

**East Noble**

**Middle School**

**KNIGHTS**

**2015-2016**

**Athletic Handbook**

**EAST NOBLE MIDDLE SCHOOL**  
**ATHLETIC DEPARTMENT**

**Fall Sports**

8<sup>th</sup> Grade cheerleading  
7<sup>th</sup> Grade cheerleading  
6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade Boys' Cross Country  
6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade Girls' Cross country  
8<sup>th</sup> Grade Football  
7<sup>th</sup> Grade Football  
8<sup>th</sup> Grade Volleyball (2 teams, A and B squad)  
7<sup>th</sup> Grade Volleyball (2 teams, A and B squad)

**Winter Sports**

8<sup>th</sup> Grade Cheerleading  
7<sup>th</sup> Grade Cheerleading  
8<sup>th</sup> Grade Boys' Basketball (2 teams, A and B squad)  
7<sup>th</sup> Grade Boys' Basketball (2 teams, A and B squad)  
8<sup>th</sup> Grade Girls' Basketball  
7<sup>th</sup> Grade Girls' Basketball

Winter cheerleaders were selected last spring.

**Mid Season Sports**

6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Swim  
6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Wrestling

**Spring Sports**

7<sup>th</sup> and 8<sup>th</sup> Boys' & Girls' Golf  
6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Boys' & Girls' Soccer  
6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade Boys' Track  
6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade Girls' Track

Some teams may have an optional conditioning program prior to the official start date.



## **REQUIREMENTS FOR EAST NOBLE MIDDLE SCHOOL ATHLETIC PARTICIPATION**

1. A completed IHSAA Physical Examination form must be on file in the athletics office before the first day of practice/tryouts. This form is available in the athletic office.
  - a. A Physical for the next school year can be turned in after April 1<sup>st</sup> for the following school year. Student are required to have a physical to participate in summer open gyms.
2. The consent/parent/guardian & student certification/emergency medical information form must be on file in the athletics office before the first day of practice/tryouts. It needs to be completed just one time for the entire school year. It requires BOTH parent/guardian and student signatures. They can be found at the end of this document.
3. All Parents/guardians and Athletes must read and acknowledge, during registration the concussion handout document. It needs to be completed one time during the school year. This document is not attached to this handbook, but will be part of the student registration process.
  - a. For those registered online for ENSC will have already completed this option.
4. Parents/guardians and athletes need to read this handbook prior to the first day of practice/tryouts. There is a considerable amount of very important information regarding such items as academic eligibility, injuries, conduct, training rules, and important dates.



# WELCOME TO KNIGHT ATHLETICS!

## A message from the Athletic Director. . . .

Dear Student and Parent/Guardian(s),

The East Noble Middle School Athletic Department would like to extend an invitation to all students to participate in the many interscholastic athletic programs offered. We believe that the mental, physical, and emotional growth of a student can be greatly enhanced by participating in a well-organized sports program.

This athletic handbook is designed to inform each of you of valuable information relating to participation in interscholastic sports at East Noble M.S. Please feel free to contact me if you have any questions.

PLEASE READ ALL of this handbook before signing and returning the parent/guardian & student consent and emergency medical sheets found at the end of this document. Your signature or acknowledgement indicates that each of you has read, understands, and will abide with the policies as stated.

We are counting on the support of parents/guardians and students involved in our athletic program as we assume the responsibility for the education of your child. We need the support of all parents/guardians in reinforcing that academic responsibilities come first and that each student-athlete must learn to manage his/her time, energy, and talents in such a way as to excel in the classroom as well as athletics.

The East Noble M.S. Athletic Department is here to serve the students and parents/guardians of the East Noble School Corporation community. Please let us know when we can be of assistance to you.

Sincerely,

Bill Cain  
Assistance Principal/Athletic Director  
East Noble Middle School



**This Policy Presented To The Superintendent Of Schools And Validly**

**Adopted By The Board Of School Trustees**

**EXTRA CURRICULAR /CO-CURRICULAR GUIDELINES**

**EAST NOBLE MIDDLE SCHOOL**

**STUDENT'S RESPONSIBILITY**

When a student becomes involved in extracurricular/co-curricular activities, he/she becomes a representative of East Noble Middle School. Students, therefore, are responsible for conducting themselves in a manner that is acceptable to the school, community and themselves.

Extracurricular /co-curricular activities are a privilege, not a right. The student is expected to be a good citizen and set a good example for others, both at school and away from school.

Improper behavior may result in suspension from the activity. Examples of such behavior include, but are not limited to: theft, vandalism, possession and/or sale of drugs, alcohol, and tobacco at any time or place. Being suspended from school and/or possession of unassigned extra- curricular equipment could also result in suspension.

**ACADEMIC ELIGIBILITY - NO FAILING GRADES**

All extracurricular /co-curricular participants are students first and, therefore, must maintain academic eligibility throughout the grading period. If a student receives any failing grade on either a report card or progress report, he/she will be considered ineligible. **No failing grades on progress reports and report cards**, which are issued every 6 weeks, will allow a student to regain his/her eligibility. Students in grade 7 determined to be ineligible after the last grading period will be ineligible for participation in fall activities of the next school year until progress reports are issued. The eligibility rule applies to any judged event or competitive activity.



## **AGE ELIGIBILITY FOR ATHLETES**

Age eligibility is established by the Indiana High School Athletic Association.

6<sup>th</sup> grade – Student who is, or shall be 14 years of age prior to or on the scheduled date of the last contest in a sport should be ineligible for that sport.

7<sup>th</sup> grade - Student who is, or shall be 15 prior to or on the scheduled date of the last contest in a sport should be ineligible for that sport.

8th grade - Student who is or shall be 16 prior to or on the scheduled date of the last contest in a sport should be ineligible for that sport.

## **ATTENDANCE**

Class attendance and attendance at practice is expected. It is the responsibility of the student to personally inform the sponsor/coach of any upcoming absences or tardies from practice and/or contests.

The student may not participate in a contest or practice on a day when he/she has not been in attendance at school for at least half the day. If the student is absent five or more days due to illness or injury, he/she must present to the office written verification from a physician stating the student may participate again.

## **DEFAMATION OF CHARACTER**

Acting in a manner that brings embarrassment or shame to yourself and/or your school, or that negatively impacts the reputation of yourself or your school. Examples of such conduct include any illegal activity; any non-illegal activity that is lewd, vulgar, obscene, indecent, or that portrays sexual conduct done in a manner whereby the community learns of such activity; or any activity that degrades, demeans, or disparages any coach, activity sponsor, school official or student. Disciplinary results may be but not limited to; dismissal from team, clubs, and/or athletic season.

## **EQUIPMENT**

All students are financially responsible for any equipment issued to him/her. Cost will be determined at the replacement value of the equipment. At the conclusion of the activity, all equipment will be turned in by the student to the sponsor/coach within the deadline established by the sponsor/coach.

## **SPORTSMANSHIP**

There will be a conference between the athletic director, head coach, sponsor, athlete or student involved on the next school day for any student being ejected from or disqualified from a game or contest for any unsportsmanlike conduct. Each case will be handled on its own merits with no precedence for discipline being set by any case.



## **DEFINITION OF TERMS**

### **PROBATION:**

Defined: This is a period of time when the student's conduct is carefully supervised due to a violation of an East Noble Middle School extracurricular /co-curricular code rule. If any student is found to be in violation of an extracurricular/co-curricular rule while on probation, he/she will suffer the greater of the penalties.

### **SUSPENSION:**

Defined: This is a period of time when the student is excluded from participation for a percentage of the season.

## **QUITTING A TEAM**

1. Once a student begins practice in an extracurricular/co-curricular activity and his/her squad membership is terminated by the student or the supervisor for a reason other than being "cut" due to lack of ability, they are ineligible to practice or participate in any other extracurricular/co-curricular activity during that season unless given approval by the athletic director and mutual consent of the involved sponsors/coaches.
2. Any student who "quits", is academically ineligible, or suspended from an extracurricular/co-curricular activity may not try out for the extra-curricular /co-curricular activity of the next season until the team he/she "quit" or was removed from finishes their respective season.
  - a. Only mutual consent of the two sponsors involved and the athletic director may waive this rule.
  - b. This also means the student may not be involved in "preseason" conditioning for another extracurricular/co-curricular activity.
3. Any student who is suspended and "quits" an extracurricular /co-curricular activity will see that suspension applied to the next extracurricular /co-curricular activity he/she satisfactorily completes.



**SUSPENSION OF STUDENTS IN**  
**EXTRA-CURRICULAR/CO-CURRICULAR ACTIVITIES**

**Offense -**

**Use, possession, or sale of drugs, alcohol, or tobacco at any time or place. This also includes any substance represented to be a drug.**

Offense number – All

Penalty – May result in expulsion from extracurricular/co-curricular activities for the rest of the school year and/or following school year. Disciplinary options may be affected by the time frame of the committed offense.

**Offense –**

**Thefts, vandalism at school or in the community.**

Offense number – 1<sup>st</sup>

Penalty – May result in suspension from extracurricular/co-curricular activities for 50% of the regular scheduled contests for that season or a possible combination of 50% of the first season they satisfactorily participate in and complete.

Offense number – 2<sup>nd</sup>

Penalty – May result in expulsion from extracurricular/co-curricular activities for the rest of the year, but may also influence the following school year based on the time frame of the committed offense.

**Offense –**

**Being assigned to in-school suspension/removal from class or out-of-school suspension.**

Offense number – 1st

Penalty – May not participate in extracurricular/co-curricular activities while being in either suspension. The penalty is under the professional authority/judgement of school administration if the suspension is for only a portion of a day.

**Repeat Offenses –**

Penalty – May result in expulsion from extracurricular/co-curricular activities for the rest of the school year.





**SUSPENSION OF STUDENTS IN**  
**EXTRA-CURRICULAR/CO-CURRICULAR ACTIVITIES**

**Offense** –

**Specific problems with the individual sponsor/coach (example: insubordination, disrespect, profanity, individual sponsor's/coach's rule violation), etc.**

Offense number – All

Penalty – May be suspended from the extracurricular/co-curricular activity for the balance of the season/activity. Decision will be made by the individual sponsor/coach and the administration.

**Offense** –

**Possession of equipment not assigned to you or in possession of equipment after the collection date.**

Offense number – All

Penalty –

May be suspended from the extracurricular/co-curricular activities until the equipment is returned or reimbursed. Could result in extracurricular/co-curricular probation for the rest of the year.



## **SUSPENSION OF STUDENTS IN EXTRA CURRICULAR / CO-CURRICULAR ACTIVITIES**

### **Offense –**

**Not displaying good citizenship at school and in the community.**

Offense number – All

Penalty – Any student assigned in-school suspension, removal from classroom, or out-of-school suspension, may be ineligible for participation in the next contest.

### **Offense –**

**Good citizenship is an important aspect of the developmental process at ENMS. Our students are expected to be good citizens at school and in our community. Students who become involved with the authorities, whether this is a part of an ongoing investigation, arrest, or probation, will face disciplinary measures.**

Offense number – All

Penalty –

May be suspended for a portion of the extracurricular/co-curricular activity or all of the extracurricular/co-curricular activity depending on the investigation and the seriousness of the offense.



### **East Noble Middle School Athletic Philosophy**

Interscholastic sports offer the student athlete an opportunity to compete at their best in the sports of their choice. East Noble M.S. believes in a comprehensive athletic program for all interested students. East Noble M.S. strives to offer its students the opportunity to participate in a variety of individual and team activities while providing quality coaching and facilities to obtain this objective. There are many benefits from playing organized sports, including the opportunity for participants to learn good sportsmanship and progressive skills. Athletes learn how to work together, how to enjoy winning, and how to deal with defeat while improving physical fitness and skill level. As a parent and spectator, you can contribute to the athlete's development and ensure the effectiveness of our athletic programs. Parenting and coaching are both extremely difficult responsibilities. Understanding the roles of each and following the proper channels of communication will enable parents and coaches to effectively work together to provide a meaningful experience for our student athletes.

#### **Communication a parent/guardian might expect from a coach:**

1. Philosophy of the coach.
2. Location and times of practices and contests.
3. Expectations the coach has of them and the players.
4. Team requirements.
5. Team rules.

#### **Communication coaches might expect from a parent/guardian:**

1. Notification well in advance of any schedule conflicts.
2. Health issues concerning the athlete.

#### **Appropriate concerns to discuss with a coach:**

1. Ways to help your son/daughter improve.
2. Concerns about your son's/daughter's behavior.
3. Academic support.
4. Any "distraction" that may be affecting your son's/daughters' academic and athletic performance, such as an ill grandparent.

#### **Issues not appropriate to discuss with a coach:**

1. Playing time.
2. Team Strategy.
3. Other student athletes.
4. Player's position on the team.



## **Sportsmanship for Students**

Students should realize they represent East Noble M.S. and have an obligation to be a true sportsman. Good sportsmanship is approving and applauding good team play, promoting the physical, mental, and emotional well-being of all players, being modest in victory and gracious in defeat, and respecting the judgment and integrity of game officials.

### **Student Penalties for Unsportsmanlike Conduct**

1. Ejection or disqualification from a game:
  - a) Conference with athletic director, coach, and athlete the next day. Each case will be handled on its own merits with no precedence for discipline being set by any case.
2. Insubordination, disrespect, profanity, coach's rule violation:
  - a) May be suspended from the sport for the balance of the season.
  - b) Decision will be made by the coach and athletic director.

### **Sport Parent Code of Conduct**

I agree to the following:

- I will not force my child to participate in athletics.
- I will remember that children participate to have fun and that the game is for the youth, not the adults.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice, or other sporting event.
- I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent/guardian such as booing and taunting, using profane language, or using an obscene gesture.
- I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, color, creed, sex, or ability.
- I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or their performance.
- I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
- I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sporting events.



## Adult Penalties for Unsportsmanlike Conduct

1. First violation:
  - a) The spectator's conduct will be addressed by the administration, and if resolved, the spectator will be allowed to remain at the event. School personnel reserves the right to have individual(s) leave on a case by case basis.
2. Second violation:
  - a) The spectator will be asked by the administration to leave the event immediately. School personnel reserves the right to ban an individual for a specific time period of events deemed reasonable by the Principal and Athletic Director.
3. Third violation:
  - a) The spectator will be asked by the administration to leave the event immediately. They will also be told that night and the next day in writing that they are banned from further events for the rest of that school year.

## RULES ON ROLES

### COACHES' ROLES

- 1. Set a good example for players and fans to follow.
- 2. Be positive, fair, and consistent with the players.
- 3. Establish and organize practices for the team.
- 4. Be a good communicator with players and parents/guardians.
- 5. Protect the safety of all athletes.
- 6. Make sure everyone has practice and game schedules.
- 7. Keep track of the academic progress of athletes.
- 8. Make sure all players know expectations, procedures, and rules for the programs.

### PLAYERS' ROLES

- 1. Be positive and have a good attitude.
- 2. Support your teammates.
- 3. Work hard.
- 4. Know and follow school and team rules.
- 5. Meet classroom expectations.
- 6. Challenge yourself as an athlete and a person.
- 7. Notify the coach of any scheduling conflicts in advance.
- 8. Talk to the coach about any special concerns.



## **PARENTS/GUARDIANS' ROLES**

- 1. Be a fan of everyone on the team.
- 2. Respect the decisions of officials.
- 3. Respect other fans, coaches, and players.
- 4. Keep any negative thoughts about a coach, the program, or teammates to yourself.
- 5. Don't talk to coaches on game day about a complaint.
- 6. Understand that the coaches' responsibility is to make certain that the students are safe and become better people and athletes, not to win every game.
- 7. Be supportive of your child.
- 8. Be positive. The best way to help your athlete is to be positive and to provide encouragement, both at home and in the stands.



## **What to do about MRSA in school athletic programs**

### **What is MRSA? –**

It is a type of staph infection that often causes skin infections. It is resistant to many antibiotics, including penicillin.

### **What does it look like? –**

A spider bite, turf burn, abscess, boil, impetigo, or infected skin.

### **How do you get MRSA? –**

Touching someone's MRSA-infected skin, touching surfaces that have MRSA on them, like doorknobs and light switches, sharing personal hygiene items, not having the resources to keep clean, and overusing antibiotics or missing doses.

### **How is MRSA treated?**

By a healthcare provider who may drain the infection and/or give an antibiotic and/or help reduce the amount of bacteria on the skin.

### **How to help stop the spread of MRSA?**

Wash your hands often with warm, soapy water.  
Use 60% alcohol-based hand sanitizer when soap & water are not available.  
Shower immediately after practice & matches.  
Do not share personal hygiene items or clothing.  
Wear practice clothes/uniforms only once  
Cover all wounds with a clean, dry bandage taped on all four sides.  
Avoid contact with other people's skin infections.  
Report skin infections to your coach.  
Clean and disinfect athletic gear and practice surfaces.  
Do not let athletes practice with potentially contagious wounds, even if covered.



## **ABSENCE DUE TO ILLNESS OR INJURY –**

An athlete who misses 5 consecutive days of school or athletic participation due to illness or injury must obtain written permission from a physician and present this to the athletic director or coach before he/she may again become eligible for participation. Additional practices are required before regaining eligibility after an extended absence due to illness or injury.

## **CONFLICTS IN EXTRACURRICULAR ACTIVITIES**

East Noble M. S. recognizes that every student should have the opportunity for a broad range of experiences in the area of extracurricular activities. Students should be cautious however about participating in too many activities. Conversely, students are also cautioned to refrain from “specializing” in one activity thus denying themselves a well-rounded scholastic experience. Every effort has been made by the administration to reduce the number of conflicts between athletics and other extracurricular pursuits. If a conflict does arise, the student is encouraged to communicate with all coaches/sponsors involved.

A commitment to the middle school team indicates that all non-school conflicts be resolved in favor of the school team. This would not, however, include such things as significant religious holidays, family weddings, or funerals.

## **EQUIPMENT ISSUE AND RETURN**

All equipment issued to an athlete is expected to be returned in the same condition as when issued (excepting normal wear and tear) or the athlete is expected to compensate the athletic department for the lost or damaged equipment.

## **INSURANCE**

East Noble M.S. administrators and coaches are safety conscious and are trained to instruct athletes in the safe and proper techniques of their individual sports. Due to the nature of athletic activity, however, injuries may occur. While the school provides the opportunity for such participation, the parents/guardians retain the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter. By acknowledging this handbook, the parent/guardian accepts the responsibility for providing insurance and medical care for their family member.

## **PARTICIPATION ON TEAMS OUTSIDE OF SCHOOL ATHLETICS**

Participation on an East Noble M.S. athletic team will take precedence over a non-school team if conflicts arise during the same sport season. Participation with a non-school team that results in a conflict with any practice, game, or scheduled meeting of the East Noble M.S. team may result in suspension or removal from the school team.





## **PHYSICAL EXAMINATIONS**

Students desiring to participate in interscholastic athletics must undergo a physical examination performed by a licensed medical doctor (M.D.) prior to the first practice or tryout session of any sport. The doctor's signature must be dated April 1 or later of the current school year to be valid. The student must complete the medical history and sign it to be eligible for participation.

## **PRACTICE SESSIONS**

Team practice sessions are open to team members and school staff only. Others desiring to attend practice must have permission of the head coach.

## **LATE BUS SCHEDULE**

Late busses will be provided for students living in the Avilla/LaOtto and Rome City area. Busses will leave from the middle school at 5:00 and another one will leave at 5:55.

## **SCHEDULE CHANGES**

Since schedules are obtained months and even years before the first contest, changes are sometimes necessary. Changes and cancellations due to weather or other circumstances may be relayed to parents through the school's phone message system, on Twitter at @ENMS\_Athletics, or by looking on the athletic webpage for East Noble Middle School.

## **TICKET INFORMATION**

Single admission tickets will be \$3.00 for all individuals. Admission for immediate families will be \$8.00. Senior citizens (age 62 and older) will be admitted free except to NHMLC tournaments.

All-Season Passes are available for the 2015-2016 school year. The pass is nontransferable and must be presented by the person whose name is on the pass before entering any event. All-Season Passes can be purchased in the middle school office. See below for pricing for the 2015-2016 school year:

<b>Type of Pass</b>	<b>Price</b>
Student	\$30
Adult	\$40
Family	\$75



## **SPORT SPECIFIC CAUTIONARY STATEMENTS**

The participation in interscholastic athletics carries a level of risk. Every effort is made to insure the safety and well being of our student-athletes. Even with these efforts, all our sports carry inherent risks. The following cautionary statements are provided to point out specific consideration in each of our sports.

Please take time to read the cautionary statement(s) specific to your sport(s) you will participate in this year. It is our hope in providing this information to you prior to your participation, you will be better equipped to identify potential hazards and have the means to deal with certain emergency situations.

### **BASKETBALL CAUTIONARY STATEMENT**

Basketball is a highly competitive, fast-action game that places demands on the individual player. For this reason, coaches will implement conditioning regimens that are based on scientific principles, and designed to enhance player endurance, quickness and playing skills. While contact and rough play are prohibited by rule, a certain amount of inadvertent physical contact is predictable. To enhance stability and strength, certain weight room workouts may also be prescribed along with a regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

Preparation for activity:

1. Wear all pads, braces and supportive undergarments to all practices and competitions.
2. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
3. Clothing should prevent heat dissipation, or restrict movement.
4. Players should ingest the equivalent of 4 - 6 glasses of water each day.
5. Feet should be covered with a thin cotton sock followed by a heavier wool sock. If blisters are a chronic problem or begin to appear, coaches or trainers should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Players requiring preventive taping, padding, or bracing should arrive early enough to receive treatment and be able to participate in specialty work.
8. Remove all jewelry, metal hair clips and hats.
9. No horseplay, roughhousing, hazing or initiations.
10. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
11. High top basketball shoes are suggested and they should be properly laced up.
12. The use of braces is recommended.
13. Mouth guards are highly recommended.

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower area.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, roughhouse or horseplay in locker/shower areas.
8. Identify incidents of foot or skin infection to coach(es) immediately.
9. No hazing or initiations.

Travel to contest & practice site:

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways, or playing floors.
3. Be alert to the following:
  - a. Ball carts.
  - b. Basketballs in flight, rolling, rebounding or bouncing.
  - c. Wind sprints or fast break drills.
  - d. Proximity of bleachers and walls to playing surface.
4. Stretch thoroughly and jog easy laps to warm up.
5. Do not accept rides home from strangers.
6. Be alert for possible hazards when conditioning in the hall.
7. Be aware of and avoid contact with bleachers, curtains, and any other miscellaneous peripheral equipment.
8. No horseplay, roughhousing, hazing or initiations.

Hazards specific to basketball:

1. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/light headed. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice plan and players should make use of each one.



3. Foot Problems - Refer to coach(es) or athletic trainer
  - a. Blisters.
  - b. Calluses.
  - c. Ingrown toe nails.
  - d. Fungus infections or plantar warts,
4. Other Skin-Problems - Refer to coach(es).
  - a. Boils.
  - b. Rashes.
  - c. Floor bums, cuts.
5. Ankle and other orthopedic problems.
  - a. Sprains - new - ice, compression, elevation, rest.
  - b. Sprains - old - taping, easy workouts, rehabilitative exercise.
6. Weight training regimens will have separate standards and progressions designed to enhance safety and physical conditioning.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health. Notify coach about use and location of inhalants.
8. Check your weight. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and swollen throat/neck glands.
9. DO NOT hang on the rims or nets,
10. DO NOT engage in rough, thoughtless play.
11. DO NOT run under a player who is in the air to shoot or receive a pass.
12. DO NOT swing elbows excessively when clearing a rebound.
13. Taller players may need to be alert to their proximity to the lower surface of the backboard.
14. DO NOT take an intentional foul that might cause an injury to an opponent
15. When taking a charge or screening an opponent, assume a weight-balanced, protected position.
16. If a backboard shatters, notify the coach and keep people away from the broken glass. **BROKEN BACKBOARDS ARE THE FINANCIAL RESPONSIBILITY OF THOSE WHO BREAK THEM!**
17. Notify the coach or trainer of any injury, no matter how slight it may seem.
18. DO NOT share water bottles, towels, or anything else that might transmit body fluids or pathogens.

#### Emergencies:

Because of the nature of basketball, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management -and may also necessitate involvement of squad members as follows:

1. Be alert to any injury that the coach may not see. He/she will manage the person in trouble. Assist by:
  - a. Stop all practices, scrimmages. DO NOT move the victim!
  - b. After calling the coach to manage the situation, help with the injured person.
  - c. Telephone for additional assistance (phone numbers and information are posted on the telephone); obtain first aid supplies or equipment.
  - d. Keep onlookers away.
  - e. Sit or kneel in close proximity.
  - f. Direct rescue squad members to the site.
2. Fire or Fire Alarm:
  - a. Evacuate and remain 150 feet from the building.
  - b. Be prepared to implement emergency procedures.
3. Bomb Threat:
  - a. Evacuate building and remain-200 yards from building.
4. Tornado:
  - a. Go to basketball team room, sit on floor next to and facing lockers.

#### CHEERLEADING CAUTIONARY STATEMENT

The following recommendations have been designed specifically for cheerleading. Because of the physical demands required, squad members and parents/guardians are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the activity.

#### Preparing for practice:

1. Choose an outfit that fits comfortably and allows free movement.
2. Do all stretching exercises before practice. Take time to stretch leg, neck, ankle, and back muscles before each practice and performance.
3. Shoes must be worn during practice.
4. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.

#### Workout expectations:

1. Think safety first.
2. Always be aware of the proximity of others when executing large motor movements.
3. Stunts and routines should be practiced in a progression from simple to complex.
4. Advanced stunts or routines are prohibited unless previously cleared by the advisor.



5. When executing partner stunts and pyramids, remember the federation rule against being more than two bodies high.
6. Always use proper spotting techniques when learning tumbling and balancing maneuvers.

#### Emergencies

Because of the physical nature of cheerleading, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. DO NOT move the victim!
2. Be alert. Look around. Get the attention of other people as they may need to help.
3. The advisor will manage the person in trouble. You may be asked to assist in one of several ways:
  - a. helping with the injured person
  - b. telephoning for additional assistance
  - c. obtaining first aid supplies or equipment
  - d. directing the rescue squad to the accident site
  - e. keeping onlookers back
4. Fires or fire drills may require immediate evacuation from the building
  - a. sometimes there may be time to grab a coat and exit
  - b. if the situation requires quicker action, participants will evacuate through any exit
  - c. move and remain 50 feet away from the building
  - d. be prepared to use the procedures described in #2 above.

#### **CROSS-COUNTRY CAUTIONARY STATEMENT**

##### Preparation for practice or contests:

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Proper warm-up and warm-down is very important before and after competition and practices.
3. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.
5. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
6. Participants should ingest the equivalent of 4-6 glasses of water each day.
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or-concern should be discussed with the coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.

##### In the locker room:

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker door when away from your assigned locker.
4. Keep soap and shampoo in the shower room.
5. No roughhouse or horseplay.

##### Movement to the practice/contest site:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial surfaces.
2. Stretch thoroughly and start your workout with easy jogging.

##### Hazards specific to cross country:

1. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
2. Runners engaged in road work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player headphones.

Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.

3. Never cut across neighborhood lawns or through private property.
4. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
5. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
6. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

#### Emergencies

Because of the physical demands of cross country, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed through basic first aid techniques. However, some injuries may need more intense management, and may also require squad members to:

1. Stop all activities, practice, or competition. DO NOT move the victim!
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance



- c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers back
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm
- a. Evacuate or remain outside the building
  - b. Move and remain 50 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.

### **FOOTBALL CAUTIONARY STATEMENT**

Football is a contact sport and injuries will occur. The coaches working in our program are well qualified, professional people. Fundamentals related to playing football will continually and repeatedly be emphasized on and off the field. The information contained within this list of rules and procedures is to inform the young people in our football program of the proper techniques to practice for maximum safety in the contact phase of the game.

#### Pre-season preparation:

Because football is a contact sport, athletes must condition to prepare themselves for the season. This includes both strength training as well as aerobic training. It is also important that athletes continue to strength train during their season to help prevent injuries.

#### Tackling, blocking and running the ball:

By rule, the helmet is not to be used as a "ram." Initial contact is not to be made with the helmet. It is NOT possible to play the game safely or correctly without making contact with the helmet when properly blocking and tackling an opponent. Therefore, technique is most important to prevention of injuries.

Tackling and blocking techniques are basically the same. Contact is to be made above the waist, but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head up, assume a striking position or near to the opponent as possible with the main contact being made with the shoulder.

Blocking and tackling by not putting the helmet as close to the body as possible could result in shoulder injury such as a separation or a pinched nerve in the neck area. The dangers of not following the proper techniques can be from minor to disabling to even death. The reason for following the safety rules in making contact with the upper body and helmet is that improper body alignment can put the spinal column in a vulnerable position for injury.

If the head is bent downward, the cervical (neck) vertebrae are vulnerable and contact on the TOP OF THE HELMET could result in a dislocation, nerve damage, paralysis or death. If the back is not straight, the thoracic (mid-back) and lumbar vertebrae are also vulnerable to serious injury if contact is again made to the TOP OF THE HELMET.

#### Basic hitting (contact), position and fundamental techniques:

If the knees are not bent, the chance of knee injury is greatly increased. Fundamentally, a player should be in the proper hitting position at all times during live ball play and this point will be repeated continually during practice. The danger is anything from strained muscles, to ankle injuries, to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal. A runner with the ball, however, may be tackled around the legs.

The length of cleats has been restricted to no more than 1/2 inch to further help in preventing knee injuries.

In tackling, the rules prohibit initial contact with the helmet or grabbing the face mask or edge of the helmet. These restrictions were implemented because of serious injuries resulting from grasping the face mask. Initial helmet contact could result in a bruise, dislocation, broken bone, head injury, internal injury such as kidneys, spleen, bladder, etc. Grabbing the face mask or helmet edge could result in a neck injury which could range from a muscle strain to a dislocation, nerve injury, or spinal column damage causing paralysis or death.

Illegal and dangerous play by participating athletes will not be tolerated and all players are repeatedly reminded of the dangers of these acts.

#### Fitting and use of equipment:

Shoulder pads, helmets, hip pads, pants including thigh pads and knee pads should be properly fitted and worn. Wear all protective pads, braces and supportive undergarments to all practices and competitions. Shoulder pads which are too small will leave the shoulder joint vulnerable to bruises or separations and could also be too tight in the neck area resulting in a possible pinched nerve. Shoulder pads which are too large will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations.

Helmets must fit snugly at the contact points: Front, back, and top of head. The helmet must be "NOCSAE" branded; the chin straps must be fastened, and the cheek pads must be of the proper thickness. On contact, a helmet that is too tight could result in a headache. Too loose a fit could result in headaches, a concussion, a face injury such as a broken nose or cheek bone, and a blow to the back of the neck could cause a neck injury, possibly quite serious such as paralysis or even death.

#### Preparation for practice or contests:

1. Wear all protective and supportive equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.



6. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. No horseplay, rough-housing, hazing or initiations.
7. Do not wear football shoes in the building or locker room at any time.

Movement to the practice/contest site or travel to contest/practice site:

1. Be alert to:
  - a. Goal posts.
  - b. Blocking sleds.
  - c. Kicking/Kick return drills.
  - d. Passer/Receiver drills.
  - e. Agility sprinting, or other fast action drills.
  - f. No horseplay, rough-housing, hazing or initiations.

Cautions specific to football:

1. The Head and Helmet
  - a. Tackle or block or break tackles with the shoulder pad. NEVER USE THE HELMET TO STRIKE THE OPPONENT.
  - b. Keep the chin and eyes up when blocking, tackling, or running with the ball.
  - c. Lowering the head/helmet jeopardizes the neck and spinal cord.
2. Blocking and Defensive Contact
  - a. The forearm striking surface should be accelerated as a unit with the shoulder and extension of the trunk. DO NOT "wind up)" to accelerate the forearm separately.
  - b. Block from the front or the side and above the waist.
  - c. When pursuing an opposing ball carrier, do not "pile on" when the opponent is down.
  - d. Never grab an opponent's facemask.
3. General
  - a. GET UP! When on the ground you are vulnerable to being stepped on or receiving a leg, shoulder or knee injury.
  - b. When falling - TUCK - Leave no extremity extended either to absorb the fan, or while on the ground.
  - c. Participate fully in neck strengthening exercises.
4. Water
  - a. Frequent drink breaks will be scheduled during practices, and players should hydrate themselves frequently before and during practice and games.
5. Weight Room
  - a. Maintenance strength training procedures will be utilized. Observe all weight room policies for progressions, spotting, and general safety.

Emergencies:

Because of the nature of football, some injuries will occur. All injuries must be called to a coach's or trainer's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drill. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity. Assist by:
  - a. Helping with the injured person.
  - b. Calling for additional assistance.
  - c. Bringing aid equipment or supplies to the site.
  - d. Keeping onlookers away.
  - e. Directing rescue squad to the accident site.
4. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building.
  - b. Move and remain 150 feet away from the building.



## TRACK AND FIELD CAUTIONARY STATEMENT

The following recommendations have been designed specifically for track and field teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of track and field.

Preparation for practice or contests:

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Participants should ingest the equivalent of 4-6 glasses of water each day.
3. Proper warm-up and warm down is very important before and after competition and practices.
4. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
5. Athletes who are ill, dizzy, or light headed should contact their coach and should not practice.
6. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with a coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.

In the locker room:

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker doors when away from your assigned locker.
4. Keep soap and shampoo in the shower room.
5. No roughhouse or horseplay.
6. If spiked shoes are worn, they are to be put on and off outside the building.

Movement to the practice/contest site:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
2. In approaching the track, be alert to location of:
  - a. Sprint/hurdle straight-aways
  - b. Relay/exchange areas
  - c. Jump/Vault runways and landing pits
  - d. Shot and discus throwing and landing areas
3. When jogging for warm-up/warm down, or during practice, run in the outer lanes.
4. Stretch thoroughly and start your workout with easy running.

Hazards specific to track and field:

1. Jumpers, throwers, and hurdlers must check equipment to see that it is safe and in proper condition before using. Athletes must notify the event coach in case of any equipment failure.
2. Shot/discus thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot and discus.
3. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdlers.
4. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
5. When passing other runners during practice, always call "track."
6. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
7. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player headphones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
8. Never cut across neighborhood lawns or through private property.
9. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
10. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
11. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

Emergencies:

Because of the physical demands of track and field, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all activities, practice, or competition. DO NOT move the victim!
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Telephoning for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site



5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 50 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

### VOLLEYBALL CAUTIONARY STATEMENTS

The following recommendations have been designed specifically for the volleyball teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

#### Preparing for activity:

1. Wear protective knee pads, braces and supportive equipment garments to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
3. Clothing should not prevent heat dissipation or restrict movement,
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Feet should be covered with a thick cotton sock. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear shatterproof glasses or contact lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Players requiring preventive taping, padding, or bracing should arrive early to receive necessary treatment.
8. Remove all jewelry and metal hair fasteners.
9. No horseplay, rough-housing, hazing or initiations
10. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

#### In the locker room:

1. Locker room floors are often slippery.
2. Open locker doors can have sharp edges. Close and lock your locker when away from it.
3. Secure all personal items in your assigned locker.
4. Use soap and shampoo only in the shower area.
5. Be alert to raised thresholds at shower rooms.
6. No horseplay, rough-housing, hazing or initiations.

#### Entry to contest/contest site or travel to contest/contest site:

1. Be alert to ramps/steps leading to practice/contest area.
2. Be alert to variations in surfaces (i.e. locker rooms, ramps, stairways or playing floors).
3. Be alert to the following:
  - a. Ball carts
  - b. Volleyball in flight, rolling, rebounding, or bouncing
  - c. Spiking or serving drills
  - d. Nets, support poles, cables, chairs, bleachers, and official's stand
4. No horseplay, roughhousing, hazing or initiations.

#### Preparing to play:

Do all stretching exercises as directed by the coaches. Jog easy laps to warm up. When stretching or playing, keep body in proper alignment to prevent undue stress on joints, ligaments, and muscles.

#### Hazards specific to volleyball:

1. Be alert to dehydration symptoms; i.e., dry mouth, inability to cool down, dizzy/light-headed. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice and players should make use of each one.
3. Foot problems--refer to coach(es) or athletic trainer:
  - a. Blisters.
  - b. Calluses.
  - c. Ingrown toenails.
4. Other skin problems--refer to coach(es) or athletic trainer:
  - a. Boils.
  - b. Rashes.
  - c. Floor burns, cuts.
5. Ankles and other orthopedic problems:
  - a. Sprains--new--ice, compression, elevate, rest.
  - b. Sprain--old--taping, easy workouts, rehabilitative exercise.
6. Weight and strength training will have separate standards and progressions designed to enhance safety.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance or health.





8. Check your weight and record it. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and sore throat swollen neck glands.
9. Do not hang on rims or nets.
10. Gather loose volleyballs and place them in storage racks. Do not follow a loose ball into an adjacent court until play is stopped in that court.
11. Never roll a ball under the net during play; the ball can roll under the feet.
12. Never throw the ball over the net; ball can hit an unsuspecting player.
13. Try to land on both feet while descending from a jump. This helps prevent falling, twisting, or unbalance.
14. While executing a defensive roll, sprawl, or dive, player must begin as low as possible to the floor with the arms fully extended away from the body. Execution with bent elbows and little or no bending of the knees may cause fractures or other injuries.
15. As in many team sports the possibility of running into teammates or opponents is apparent; Jump vertically when spiking or blocking.
16. Volleyball utilizes the hands in various techniques; i.e., setting, blocking, serving, attacking, and digging. Players should use proper technique in order to avoid breaks, fractures, and sprains.
17. Muscle soreness and possible strains occur more frequently at beginning of the season due to increased use of muscles and increased time spent exercising. Stretch before/after practice.
18. Making contact with the nets, support poles, cables, referee's stand, floor, wall, bleachers, and other players during practice or competition could possibly result in serious bodily injury.

#### Emergencies:

Because of the physical nature of volleyball, some injuries will occur. All injuries must be called to a coach's or trainer's attention. Most can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Be alert, look around. Get the attention of other people as they may need to help. DO NOT move the victim!
2. The coach will manage the person in trouble. You may be asked to assist in one of several ways. Assist by:
  - a. Helping with the injured person.
  - b. Telephoning for additional assistance.
  - c. Obtaining first aid supplies or equipment.
  - d. Directing the rescue squad to the accident site.
  - e. Keeping onlookers back.
3. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building.
  - b. Move and remain 150 feet away from the building.
  - c. Be prepared to use the procedures described in # 2 above.

### WRESTLING CAUTIONARY STATEMENT

Wrestling is a highly competitive, fast-action activity in which physical strength, endurance, and contact plays a major role. Because of the speed and intense physical demands by which the sport is conducted, squad members and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of the sport.

#### Preparation for practice or contest:

1. Wear all protective equipment including ear protectors to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all equipment is properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Wrestlers should ingest the equivalent of 4-6 glasses of water each day.
5. Wrestlers with visual impairment(s) MUST REMOVE GLASSES.
6. Wrestlers needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Wrestlers with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
9. Weight control or reduction must be conducted very carefully, with attention to balanced meals, and in compliance with the State Athletic Association guidelines.
10. All cuts, abrasions, boils, rashes, and skin irritations should be seen by a coach, athletic trainer, or physician.

#### In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. No roughhouse or horseplay.
7. Identify incidents of foot or other skin infections to coach(es) immediately.

#### Approach to the practice or contest site:

1. Be alert to stairs and ramps or changes in the texture of various surfaces, mats, or flooring.
2. Be alert to other large equipment items in the general area (e.g.: gymnastics apparatus).
3. Be alert to the location of bubblers, fire extinguishers, and other building equipment, and the proximity of walls to mats.
4. Be alert to ongoing drills or wrestle-offs.
5. If ill or light headed, notify coach. Do not practice.



**Hazards specific to wrestling:**

1. Do not drive an opponent into the mat with unnecessary force on takedown.
2. When you lift a fellow competitor off the mat, you are responsible for his safe return. Be careful.
3. Do not bend a joint more than its normal range of motion.
4. The following are prohibited holds or tactics:
  - a. Double arm bar, full nelson
  - b. Some freestyle takedowns, e.g., straight-back suplay or salto
  - c. Trips where the opponent is forcibly thrown
5. Weight control or weight reduction programs should not be undertaken- without the approval of the coach.

**Emergencies:**

Because of the nature of wrestling, some injuries will occur and the potential for skin problems/infections/diseases is increased. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills. **DO NOT** move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Telephoning for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 50 feet away from the building.
  - c. Be prepared to implement the emergency procedures outlined in #4.



### **DIRECTIONS TO SCHOOLS ON OUR SCHEDULE**

**Angola** – Take S.R. 6 east from Kendallville to I-69. Take I-69 north until you turn off at Angola (S.R. 20) exit. Turn right and go east through downtown Angola – continue for about one mile. (30 miles)

**Bellmont** - Take I-69 South to Fort Wayne. Take 469 East to exit 11 onto US 27. Take a slight left onto 2<sup>nd</sup> street. Turn left onto West Monroe/US 224. Take US 224 to East North Adams, turn right and school is on the right.

**Carroll** – Take S.R. 3 south to Carroll Road. Turn right on Carroll Road and go 2-3 miles. Turn right onto Hathaway Road and go 1-2 miles. School is on the left. (22 miles)

**Central Noble** – Take S.R. 3 south from Kendallville to S.R. 8. Turn right and proceed to Albion. School is on the east side of town, on the right side of the highway. (13 miles)

**Churubusco** – Take Highway 3 South to IN 205. Turn right on to IN 205. Follow IN 205 to school. (20 miles)

**DeKalb** – S.R. 6 East to light in Waterloo. Turn right and DeKalb is 4 miles on right side of the road. (15 miles)

**Eastside** – Take S.R. 6 east to Butler. Go through the light to the first block past Butler Quik Mart. Turn left and the school is 2-3 blocks on the left. (30 miles)-For soccer, volleyball, and all basketball (turn right at light in Butler-go over railroad tracks-Butler Elementary is on the left.

**Fremont** – Take S.R. 6 east to I-69 to Pokagon exit. Go through stop and yield and turn left on 27. Follow that road until you get to Highway 120. Go 3-4 miles and school is on the right. (40 miles)

**Garrett** – Take S.R. 3 south to S.R. 8. Turn left and keep going until you come to a 4-way stop (S.R. 327). Turn right and go into Garrett until you reach Houston Street and turn left. School is 3-4 blocks on the right. (15 miles)

**Hamilton** – Take S.R. 6 east to stoplight in Waterloo. Turn left and go north. Stay on 427 north (it jogs to right north of Waterloo). School is located on 427 about 8-10 miles. (20 miles)

**Harding** - Take SR 3 South to I-69 South. Take 469 East to Exit 15. Continue to E. Tillman Rd to Wayne Trace.

**Indian Springs** – Take S.R. 3 to 205. Turn right and follow 205 into Columbia City. Turn left at the stop light at Main Street (also S.R. 9). Follow S.R. 9 south for 1 mile. Indian Springs is on the right side of the road.

**Lakeland** – Take S.R. 3 north from Kendallville to S.R. 20. Turn left and go to the Marathon Station on the east side of LaGrange. Turn right and follow that road to Lakeland HS. Lakeland MS is behind the HS.

**LEO** - Take S.R. 3 South to Co. Rd 68 (just south of LaOtto), Go East. Turn South on Co Rd. 35 and continue to Amstutz Rd. Destination on the left.

**Maple Creek** – Go south on S. R. 3-turn left on 205. Turn right on 327 (flashing light north of Garrett)-Follow towards Ft. Wayne until light at Union Chapel Road. Turn right and school is on right.

**New Haven** – Take SR 3 South to I-69 South. Take 469 East to Exit 19B (930W). Take 930 West school is on left.

**Norwell** - Take SR 3 South to I-69 South. Take Exit 86 (US-224) towards Markle/Decatur. Turn left onto 224, school is about 8 miles on your right.

**Prairie Heights** – Take S.R. 3 north to S.R. 20. Turn right and follow 20 to the high school. Turn right and go to the second set of buildings. (25 miles)

**St. Vincent's** - Take SR 3 south from Kendallville to West Dupont Road. Turn left onto Dupont Road to Coldwater Road. Turn right onto Coldwater Road and then a left onto Wallen Road. School is on your right.

**Saint Charles** – Take S.R. 3 south and turn left onto Washington Center. Follow to Reed Road. Turn right on Reed. School is located on the corner of Reed and Trier (1 block north of Snider High School).

**Summit** – Take I-69 south to US 24. Turn right on US 24 and go about 2 miles to Homestead Road. Turn right and go 1-2 miles. Summit is located on the right side.

**Wawasee**– Go west on St. Rd. 6 until you come to St. Rd. 13. Turn left and follow it to school.

**West Noble** – Take S.R. 6 west to Ligonier. Turn left at the light and go 2-3 miles. School is on the left side.

**Westview** – Take S.R. 6 west from Kendallville to 600 west. Turn right on 600 west. Follow 600 west through Topeka and Emma. Westview is just north of Emma.

**Woodside** - Take I-69 south to SR 14. Turn right and go to West Hamilton Rd. Turn left - Woodside is on the right.





**EAST NOBLE MIDDLE SCHOOL**  
**EMERGENCY MEDICAL INFORMATION – 2015-2016**

The following information is very important in order to assure your student athlete of prompt medical care in case of injury. Please fill in all information as completely as possible. Please inform us of any changes during the year.

<b>Student: Last Name, First Name, Middle Name</b>	<b>Date of Birth</b>	<b>Grade in 2015-2016</b>
<b>Address (street, city, state, zip)</b>	<b>Home Phone #</b>	<b>Male/Female</b>
<b>Father's Name</b>	<b>Cell Phone #</b>	
<b>Father's Employment (Company, address, city, state, zip)</b>		<b>Phone Number</b>
<b>Mother's Name</b>	<b>Cell Phone #</b>	
<b>Mother's Employment (Company, address, city, state, zip)</b>		<b>Phone Number</b>

Marital Status of Parents:     Married     Divorced     Separated     Widowed

If divorced or separated, who is the custodial parent to contact first:     Mother     Father     Joint

**IN CASE OF EMERGENCY, IF PARENTS/GUARDIANS ARE NOT AVAILABLE, PLEASE CONTACT:**

<b>Name</b>	<b>Phone #</b>	<b>Relationship</b>
<b>Name</b>	<b>Phone #</b>	<b>Relationship</b>
<b>Family Physician</b>	<b>Office Phone #</b>	<b>Emergency Phone #</b>

I/We authorize responsible school personnel or any individual working on behalf of East Noble Schools (ie athletic trainer) to oversee or provide medical care to participant in the event of injury.

School representative may administer the following ANALGESIC:

Yes    NO

\_\_\_    \_\_\_    Acetaminophen (Tylenol or generic)

\_\_\_    \_\_\_    Ibuprofen (Advil, Nuprin, Motrin, or generic)

\_\_\_    \_\_\_    Does your child use an inhaler?

\_\_\_    \_\_\_    Is your child allergic to any medicines? If so, please state: \_\_\_\_\_

**DATE:** \_\_\_\_\_                      **PARENT/GUARDIAN SIGNATURE:** \_\_\_\_\_



**STUDENT/PARENT CONSENT & RELEASE CERTIFICATE**

**(Please return this form along with the physical form to the Athletic Office)**

- A. I/We hereby give consent for the named student to participate in the following sports.  
BOYS SPORTS – Basketball, Cross-country, Football, Golf, Soccer, Track, Wrestling  
GIRLS SPORTS – Basketball, Cheerleading, Cross-country, Golf, Soccer, Track, Volleyball
  
- B. I understand that participation may necessitate an early dismissal from classes.
  
- C. I/We know of and acknowledge that the named student knows of the risks involved in athletic participation, understands that serious injury, and even death, is possible in such participation and chooses to accept any and all responsibility for his/her safety and welfare while participating in athletics. With full understanding of the risks involved, I/we release and hold harmless my school, the schools involved, and the IHSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against the IHSAA or ENSC because of any accident or mishap involving the athletic participation of the student.
  
- D. I/We authorize responsible school personnel or any person working on behalf of ENSC; ie; athletic trainer; to oversee or provide emergency medical care to participant in the event of serious injury. Please note ENMS may not have an athletic trainer on site during the event.
  
- E. I/We authorize the athletic department to publicize the achievement of the participant, including the participant’s name and likeness, in the media and on the athletic/school website. (Note: The athletic director must be contacted directly and in writing to rescind this authorization)
  
- F. I/We authorize East Noble M.S. to investigate and obtain information from police agencies, the probation department, or any other source regarding the events leading up to any arrest or filing of charges for an act which would be in violation of any rules and regulations as stated in the extra-curricular/co-curricular guidelines for East Noble M.S.
  
- G. I understand that an athlete must follow the school’s student handbook policy and understand discipline may result from not following the handbook; including DEFAMATION OF CHARACTER: Acting in a manner that brings embarrassment or shame to yourself and/or your school, or that negatively impacts the reputation of yourself or your school. Examples of such conduct include any illegal activity; any non-illegal activity that is lewd, vulgar, obscene, indecent, or that portrays sexual conduct done in a manner whereby the community learns of such activity; or any activity that degrades, demeans, or disparages any coach, activity sponsor, school official or student.
  
- H. I/We have read the information published in the extra-curricular/co-curricular guidelines and understand and agree to comply with the regulations as stated.

**INSURANCE**—All students participating in interscholastic athletic contests at East Noble M.S. need to check the following blank if their parent/guardian has sufficient insurance or that the parent/guardian shall assume all financial responsibility of the student should an injury occur. The above mentioned student has adequate family insurance coverage or will assume all medical expenses incurred on behalf of their student as a result of his/her injury.

**STUDENT ACKNOWLEDGE & RELEASE (to be signed by student & parent/guardian)** I have read the rules and regulations of East Noble M.S. and know of no reason I am not eligible to represent my school in athletic competition. If accepted as a representative, I agree to abide by said rules and regulations of my school and the IHSAA and abide by their decisions. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury and even death are possible in such participation, and choose to accept such risk. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved.

DATE: \_\_\_\_\_ PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_ STUDENT SIGNATURE: \_\_\_\_\_





**NOTES:**

