

# Orion High School Student/Athlete Handbook



2020-2021

# Orion Athletics

## **Expectations For the Student:**

Orion Athletics offers you the best opportunity for maximum participation in many activities. Athletics help you develop pride in yourself, a team, a school and a community. While helping you learn the value of teamwork, athletics also helps you build a life-long love of sports.

## **Expectations From the Student:**

Orion Athletics places upon you high expectations and the realization that in all you do you are ambassadors of the school. You have a commitment to the team to be dedicated and to not make excuses.

This handout is designed to be informative. This handout may not conflict with any established ISBE, IHSA policies, Three Rivers Conference, Orion School District Policies or administrative procedures. This handout is not a contract and is subject to administrative adjustments.

## **ORION HIGH SCHOOL ACTIVITIES PARTICIPATION RULES**

### **ACADEMIC ELIGIBILITY PROCEDURES FOR EXTRACURRICULAR ACTIVITIES**

All school sponsored athletic or extracurricular activities are covered by this eligibility rule (extracurricular is defined as any non graded activity that is sponsored by the school which meets outside of normal school hours.) The process begins with the office running an eligibility report from the District's Grading Software on Monday morning. The report creates a list of those students who have D's or F's. The report is then verified by each teacher for accuracy. Once verified, the list is distributed to each coach or sponsor on Tuesday. (Teachers are reminded that they must take into account assignments that students have missed due to illness during the week prior to recording the eligibility.)

The eligibility period shall run from Wednesday morning through the following Tuesday night. Any student who is ineligible to participate in a game/contest or activity must still attend practice. If a student drops a class after the first eight-day drop period and receives an F for the semester, that student will be ineligible for the remainder of the semester.

The in season coaches and the sponsors of the other extra curricular activities shall check the eligibility rosters prepared by the office each Tuesday and enforce the policy. Students participating in activities covered under the above weekly eligibility rule will also be under the following semester rule. Failing **more than one** during the same semester shall result in a student's ineligibility for a similar subsequent period (the next semester).

A student may attend summer school or complete a correspondence course (with prior principal approval)

Student participation in school-sponsored extracurricular athletic activities is contingent upon the student meeting the academic criteria set forth in the Board policy on Extracurricular and Co-Curricular Activities.

## **SEMESTER ELIGIBILITY PROCEDURES**

1. At the end of the semester grading period it requires two or more failures to make the athlete ineligible for the next similar length of time.
2. Athletes/students who are on the semester ineligibility list may practice, but not participate in an extracurricular activity (games/meets).
3. Grading periods start over with each new semester after all student grades have been verified.

## **CORRESPONDENCE COURSES**

A student may attend summer school or complete a correspondence course (with prior principal approval) in order to make up work which will count toward eligibility. The student will have the responsibility of finding such courses and in securing enrollment. Successful completion of the work (including transcript) is necessary before students can regain eligibility and must be completed prior to the start of the school year. *Courses not completed prior to the start of the school year will not be accepted.* Note: Students should be aware that recent legislation may continue to require revision of this policy.

## **ATHLETIC TRAINING RULES**

At Orion High School, we expect students to strive to their potential and encourage them to participate in extracurricular activities. We expect students to represent their school and community with dignity, respect and good sportsmanship. This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day.

The Illinois High School Association recognizes that the use of mood-altering chemicals, such as alcohol, steroids, controlled substances and tobacco, poses a significant health problem for many adolescents which may adversely affect their behavior, learning and total development. For some adolescents the misuse of mood-altering chemicals restricts their extracurricular participation and development of related skills. Others are affected by the misuse and abuse of such substances by family, team members or other significant persons in their lives.

Participation in extracurricular activities is a privilege and not a right for our students. Students who represent Orion High School in extracurricular activities must be drug, alcohol and tobacco free. I.E. – no possession, use or admission of the use. In addition, there could be incidents of a legal nature at any time that could cause a student to be considered ineligible to participate in extracurricular activities, and is to be subject to consideration by the school administration.

The close contact between coaches and students in IHSA activities provides an unique opportunity to observe, mentor, and assist young people. Orion High School, therefore, supports education and awareness training in adolescent chemical dependency and special issues affecting IHSA activities for administrators, athletic directors, coaches, advisors, participants, and their families.

Students in extracurricular activities will discuss the Athletic Eligibility Code and rules for their specific activity or sport with their coach/advisors, parents/guardians and teammates and make a commitment to the rules of the Code by signing it at the beginning of each new activity or season.

## **THE ORION HIGH SCHOOL RULES ARE INTENDED:**

1. To provide consistency with the IHSA Constitution: “to elevate standards of sportsmanship and to encourage the growth of responsible citizenship among the students, member schools and their personnel.”
2. To emphasize the school’s concern for the health and safety of its students, as well as to alert students to the long-term physical and emotional effects that chemical use may have on their lives.
3. To promote equity and a sense of order and discipline among students.
4. To recognize and support state and local laws which restrict use of such mood-altering chemicals.
5. To establish proper standards of conduct for those students who are leaders among their peers.
6. To assist students to resist peer pressure which directs them towards the use of mood-altering chemicals.
7. To assist students requiring intervention or evaluation regarding their use of mood-altering chemicals.
8. This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day.

## **CODE OF CONDUCT**

This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day.

This Code does not contain a complete list of inappropriate behaviors. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student’s conduct.

The student shall not:

1. Violate the school rules and School District policies on student discipline including policies and procedures on student behavior;
2. Possess, buy, sell, offer to sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look alike weapon on school property. This prohibition does not prohibit legal use of weapons used by the school district in cooking and in athletics, such as archery;
3. Act in an unsportsmanlike manner;
4. Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism and reckless driving;
5. Haze or bully other students;
6. Violate the written rules for the extracurricular or athletic activity;
7. Behave in a manner that is detrimental to the good of the group or school;
8. Be insubordinate or disrespectful toward the activity’s sponsors or team’s coaching staff; or
9. Falsify any information contained on any permit or permission form required by the extracurricular or athletic activity.

*Hazing* is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. *Bullying* includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any severe or pervasive physical or

verbal act or conduct, including communications made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:

1. Placing the student or students in reasonable fear of harm to the student's or students' person or property;
2. Causing a substantially detrimental effect on the student's or students' physical or mental health;
3. Substantially interfering with the student's or students' academic performance; or
4. Substantially interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by a school.

Examples of prohibited conduct include name-calling, using derogatory slurs, stalking, sexual violence, causing psychological harm, threatening or causing physical harm, threatened or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above.

### **DRUG/ALCOHOL FREE RULES**

1. No student athlete shall use, consume, possess, purchase, sell or give away alcohol, marijuana, steroids, or any controlled substance or tobacco product, regardless of quantity, at any time.
2. It shall be a violation of these rules for a student to use or possess a legally defined drug specifically prescribed for the student's own use by his/her physician.
3. For purposes of these rules, "student athlete" shall include any individual participating in a school-sponsored sport or any member of a school spirit squad, E-sports team, color guard or drama department.

### **PENALTIES AND RECOMMENDATIONS (DRUG/ALCOHOL FREE)**

Any student violating these rules for the first time shall be suspended from extracurricular competition and otherwise lose eligibility for one third of the scheduled contests of the sports season in which the violation is reported or occurs, or in the next sport season in which the athlete competes. (All tournaments shall count as one season). The student involved in a drug or alcohol related suspension must simultaneously enter a drug/alcohol treatment program or an intensive alcohol/drug education program. The costs, if any, of participating in this program shall be paid by the student and/or his/her parents. If the student athlete participates in only one sport, his/her suspension will carry into the next school year. If the suspension is not completed at the end of the then current sport season, it will carry over into the next sports season in which the student participates. It is not necessary that a student athlete be participating in his/her sport season at the time the rule infraction is discovered in order for disciplinary action to be imposed.

Any student who fails or refuses to enroll and participate in a counseling program approved by the athletic director after his/her initial violation of these rules has been confirmed shall be suspended from all athletic activities for one calendar year.

A student athlete who has not previously participated in a given sport may not attempt to participate in that sport in order to avoid the disciplinary action imposed, and then participate in his/her regular sport. A student's continued participation at practice following a first offense is mandatory, unless it is in direct conflict with the treatment program.

Orion High School reserves the right to enforce the Athletic Training Rules Code at any time and with any level of penalty when it is deemed that a student's behavior detracts from the image and standards of the school. A penalty may be extended to include another season or the next school year.

Any student who violates these rules for the second time shall be suspended from extracurricular competition and participation for one calendar year. A third violation will result in a permanent suspension from extracurricular competition.

## **VIOLATIONS**

Violations address above in Section I shall be reported to the athletic director or building principal by any coach, faculty member, administrator, law enforcement official or parent or guardian of the student athlete. Orion High School Athletic Training Rules apply in the summer when school is not in session,

## **ATHLETIC PARTICIPATION FEES**

On July 17, 2002, the Orion School Board of Education adopted a policy for athletic participation fees. The following is a list of guidelines:

- A fee of \$50.00 per student per sport will be paid at the middle school and high school level with a maximum of \$300.00 per family.
- Parents are encouraged to pay fees during registration for athletic activities in which they know their student(s) will participate. Fees will be refunded if the student(s) later choose(s) not to participate. Payment request forms must come from the athletic director to the business office. Payment will be mailed by the business office.
- The **deadline for each activity fee is the first** day of practice/tryouts.
- In order to encourage students to try out for new activities, the fee will be refunded if the student remains a member of the activity for five or less practices. If the student participates in six or more practices, the fee will not be refunded for that activity.
  - Students "cut" from a team will be refunded their participation fee even if this is outside the above time frames.
  - Students dropped from team membership due to academic ineligibility or for violation of the athletic code or state governing code will not have the participation fee refunded.
- Spirit Squad teams are included under the athletic fee guidelines as one fee.
- Any Orion High School student who successfully completes three (or more) sports during the academic year will have their third athletic participation fee waived.
- Office Procedures: The High School and District offices will maintain a database of all high school participation fee payments.

*Coaches are instructed not to coach differently because an athletic participation fee has been established.*

## **ATTENDANCE AT PRACTICE**

Attendance at practice is mandatory. If a player is going to be absent from practice, they should notify the coach in advance. If the coach is not notified, the absence may be considered unexcused. The first

unexcused absence will result in consequences determined by the head coach. The second unexcused absence may result in dismissal from the team.

### **AWARD SYSTEM**

Each Coach is responsible for setting the standards required for his/her awards and will determine whether an athlete receives a varsity, JV, sophomore, or freshman award. Only 1 (one) Varsity letter, sophomore letter, or numeral is awarded to an athlete. Sport pins, bars, and certificates replace the varsity letter for multiple sport athletes. Certificates replace sophomore letters or numerals for multiple sport athletes. Freshman numerals are awarded once.

**An athlete, unless injured or medically excused, must complete the season in good standing to receive any awards. A student's good standing shall be determined by assessing his/her attendance from day one of practice until the conclusion of the sport's season or banquet, whichever is the latter.**

### **BUS TRIPS**

1. Except in unusual circumstance, all trips to athletic contests will be made on a school bus, activity bus or school suburban. Athletes are expected to ride to and from contests with the team on the bus. The coach may waive this rule when they receive a Bus Waiver Form for the athlete to ride home with his/her parents.
2. If advance notice is given varsity coaches have the prerogative to have varsity teams ride home on the bus as a team.
3. If an athlete misses the bus, and drives or gets a ride to the contest site, the may not participate.
4. In special circumstances (family emergency), an athlete may get a ride to a contest from a relative with the permission of the Athletic Director or Principal.

Bus Waiver forms are on file in the main office and athletic office or online at [www.orionschools.us](http://www.orionschools.us)

### **COLLEGE BOUND ATHLETES**

NCAA Clearinghouse - Anyone considering participation in a Division I or II NCAA athletic event should register with the NCAA Clearinghouse before or during their SENIOR year. It is best to do so during the first semester. The NCAA Clearinghouse will not accept transcripts prior to the athlete's senior year. The School Counselor will assist any coach and athlete with this process.

### **CURFEW**

All athletes are expected to observe a regular curfew throughout the week. Special curfew hours may be established for the night preceding a contest (by each individual coach).

### **DETENTIONS**

Players absent from practice for serving a detention will be subject to disciplinary action from the coach.

### **ORION HIGH SCHOOL DRUG TESTING POLICY**

All students who wish to participate in non-graded extracurricular activities at Orion High School must consent to random drug testing. A consent form must be signed by both the student and his/her parent or guardian prior to participation in extracurricular activities. Failure to submit to random drug testing

renders a student ineligible to participate in extracurricular activities at OHS. The consent form is valid during the student's enrollment at Orion High School. The consent form, as well as a copy of the full policy and procedures, is available in the office. A positive drug test renders a student ineligible for participation in extracurricular activities as per the athletic training rules policy.

### **Statement of Purpose**

The Board of Education believes that the use of tobacco products, alcohol, or illegal drugs by students who participate in extracurricular activities presents a particular hazard to the health, safety, and welfare of the student participant and to those who participate in interscholastic activities, but believes the opportunity to try-out for and participate in school-sponsored extracurricular activities is not a right but a privilege offered to eligible students on an equal opportunity basis. Furthermore, it must be understood that students who participate in extracurricular activities serve as ambassadors of the school district whether away from school or at school. Therefore, students who wish to have the privilege of participating in extracurricular activities must conduct themselves in accordance with Board policy. To be eligible to try-out for and participate in any school-sponsored activity, students must agree to submit to testing for the use of alcohol and/or illegal drugs, if selected, in accordance with this policy.

**More information concerning the school district's policy is available in the high school office.**

### **EQUIPMENT**

1. Equipment and uniforms are the responsibility of the students.
2. After completing one sport, a student must fully turn in equipment and uniforms before trying out for another sport.
3. Equipment and uniforms are expensive. Students should keep them in a locked locker.
4. Students who fail to return uniforms will be billed for replacement cost of the uniform and will have their diplomas held until such fees are paid or the uniform is returned.

### **EMERGENCY WEATHER CONDITIONS - PRACTICE**

All activities, including home athletic events, official team practices, and club activities **may be** canceled on days when school is not in session due to a weather-related emergency. Athletic tournaments will be considered on a case-by-case basis but every attempt will be made to reschedule for another date.

Voluntary open gyms may be held on days in which school is not in session due to snow/weather related conditions with the permission of the Administration. Reasonable care must be used on snow days.

**Open gym will not be mandatory** and students/athletes cannot be penalized for not attending.

For away events, the athletic director and/or principal will confer with officials at the opposing school as to the status of that night's contest. If the administrators determine that the safety of students and staff is threatened by travel to another school, they shall not permit travel to that school and every attempt will be made to reschedule the event.

### **STUDENT ATHLETE CONCUSSIONS AND HEAD INJURIES**

Student athletes must comply with Illinois' Youth Sports Concussion Safety Act and all protocols, policies and bylaws of the Illinois High School Association before being allowed to participate in any

athletic activity, including practice or competition. A student who was removed from practice or competition because of a suspected concussion shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the School District's return-to-play and return-to-learn protocols. A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game will be removed from participation or competition at that time. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

Student athletes must comply with Illinois' Youth Sports Concussion Safety Act and all protocols, policies and bylaws of the Illinois High School Association before being allowed to participate in any athletic activity, including practice or competition.

A student who was removed from practice or competition because of a suspected concussion shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the School District's return-to-play and return-to-learn protocols.

### **LOCKERROOM**

All students should keep their locker and the locker room clean at all times. A similar practice is applicable to any lockers and locker rooms used at away games. Pride in Orion High School, the team, and individual appearance at both home and away games, is the first step towards winning.

### **PLAYERS CODE OF CONDUCT: (Coaches will develop a code of conduct for each season.)**

We (the Orion High School Athletic Community) expect our teams to hold athletes to a "lofty" code of conduct concerning behavior on and off of the playing field, language, respect for adults and peers, proper attire at events and on game days, and respect for the symbols of our country. We expect our players to wear uniforms as they are designed.

### **PLAYERS WHO QUIT**

Any athlete who quits a sport is not leaving the sport in good standing. This player may not try out for another team, use the weight room, or attend open gyms until the season is over for the team in which he/she quits. Once a player has made a squad, he/she can quit before practicing for five school days without penalty.

### **PROFANITY**

Profanity, improper language, and/or improper non-verbal language is not permitted. Coaches are to address profane behavior. If the athletic director decides to become involved they will meet together with the coach and player. If profane behavior persists, suspensions will be imposed identical to the process of attendance violations (the first suspension will result in suspension from the next game or meet. The next incident will result in automatic suspension from the squad.)

## **SCHOOL ATTENDANCE**

In order to participate or attend school activities, a student must be present from the beginning of his/her **second hour class** and remain in school through eighth hour. If a person is not well enough to be in school, then he or she is not well enough to participate in school activities. Special permission may be granted if a cause, other than sickness, warrants it and the athletic director is notified by the parents early on the day of the absence. All students will be eligible to participate if school is not held because of snow or any other emergency. Students are eligible to participate if they have excused absences not related to illness and have permission from either the Athletic Director or Principal.

## **SUNDAY/HOLIDAY PRACTICES**

Practices and meetings will not be held on Sundays, Thanksgiving Day, Christmas Day, or Easter Sunday. Exceptions to the policy must be granted by the Superintendent.

## **STUDENT ATHLETE CONCUSSIONS AND HEAD INJURIES**

A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game will be removed from participation or competition at that time. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

## **20. Orion CUSD 223 Requirements to Tryout or Begin Practice**

### ***Before Beginning Practice or Try-outs***

Each athlete must have the following information on file in the athletic office:

- 1. Physical Examination** (valid 365 days from signed date). Freshman physicals are valid forms for athletic physicals. Otherwise, all physicals must be recorded on IHSA-provided physical forms.
- 2. Insurance Waiver**
- 3. Parental Permission**
- 4. Emergency Medical Form** – *to be kept on file with the coach.*
- 5. IHSA Drug Testing Consent Form** (Unless signed on the IHSA Physical Form)
- 6. Payment of Athletic Participation Fees**

**All forms are available online at [il.8to18.com/orion/](http://il.8to18.com/orion/)**

- All waivers/permissions will be completed through the athletic website.
- Physical Exam forms should be turned into the OHS office.



# Pre-participation Examination



## PHYSICAL EXAMINATION FORM

Name \_\_\_\_\_  
Last First Middle

EXAMINATION		NORMAL	ABNORMAL FINDINGS
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female	
BP	Pulse	Vision R 20/	L 20/ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
<b>MEDICAL</b>			
Appearance			
<ul style="list-style-type: none"> <li>Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span &gt; height, hyperlaxity, myopia, MVP, aortic insufficiency)</li> </ul>			
Eyes/ears/nose/throat			
<ul style="list-style-type: none"> <li>Pupils equal</li> <li>Hearing</li> </ul>			
Lymph nodes			
Heart <sup>a</sup>			
<ul style="list-style-type: none"> <li>Murmurs (auscultation standing, supine, +/- Valsalva)</li> <li>Location of point of maximal impulse (PMI)</li> </ul>			
Pulses			
<ul style="list-style-type: none"> <li>Simultaneous femoral and radial pulses</li> </ul>			
Lungs			
Abdomen			
Genitourinary (males only) <sup>b</sup>			
Skin			
<ul style="list-style-type: none"> <li>HSV, lesions suggestive of MRSA, tinea corporis</li> </ul>			
Neurologic <sup>c</sup>			
<b>MUSCULOSKELETAL</b>			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/Ankle			
Foot/toes			
Functional			
<ul style="list-style-type: none"> <li>Duck-walk, single leg hop</li> </ul>			

<sup>a</sup>Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.  
<sup>b</sup>Consider GU exam if in private setting. Having third party present is recommended.  
<sup>c</sup>Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

On the basis of the examination on this day, I approve this child's participation in interscholastic sports for 395 days from this date.

Yes \_\_\_\_\_ No \_\_\_\_\_ Limited \_\_\_\_\_ Examination Date \_\_\_\_\_

Additional Comments:

Physician's Signature \_\_\_\_\_ Physician's Name \_\_\_\_\_

Physician's Assistant Signature\* \_\_\_\_\_ PA's Name \_\_\_\_\_

Advanced Nurse Practitioner's Signature\* \_\_\_\_\_ ANP's Name \_\_\_\_\_

\*effective January 2003, the IHS Board of Directors approved a recommendation, consistent with the Illinois School Code, that allows Physician's Assistants or Advanced Nurse Practitioners to sign off on physicals.

## IHSA Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

<ul style="list-style-type: none"><li>● Headaches</li><li>● “Pressure in head”</li><li>● Nausea or vomiting</li><li>● Neck pain</li><li>● Balance problems or dizziness</li><li>● Blurred, double, or fuzzy vision</li><li>● Sensitivity to light or noise</li><li>● Feeling sluggish or slowed down</li><li>● Feeling foggy or groggy</li><li>● Drowsiness</li><li>● Change in sleep patterns</li></ul>	<ul style="list-style-type: none"><li>● Amnesia</li><li>● “Don’t feel right”</li><li>● Fatigue or low energy</li><li>● Sadness</li><li>● Nervousness or anxiety</li><li>● Irritability</li><li>● More emotional</li><li>● Confusion</li><li>● Concentration or memory problems (forgetting game plays)</li><li>● Repeating the same question/comment</li></ul>
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**Signs observed by teammates, parents and coaches include:**

<ul style="list-style-type: none"><li>● Appears dazed</li><li>● Vacant facial expression</li><li>● Confused about assignment</li><li>● Forgets plays</li><li>● Is unsure of game, score, or opponent</li><li>● Moves clumsily or displays incoordination</li><li>● Answers questions slowly</li><li>● Slurred speech</li><li>● Shows behavior or personality changes</li><li>● Can’t recall events prior to hit</li><li>● Can’t recall events after hit</li><li>● Seizures or convulsions</li><li>● Any change in typical behavior or personality</li><li>● Loses consciousness</li></ul>
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**What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

**If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date



# ORION HIGH SCHOOL ATHLETICS

## Parent-Coach Communication

### Parent-Coach Relationship

Parenting and coaching are important and complementary vocations. By working together we are able to provide beneficial support to all children. Orion coaches are responsible for communicating their expectations to both student/athletes and parents concerning their program. Through clear, respectful communications we model the character that athletics is meant to teach our young people.

### Communication You Should Expect from Your Athlete's Coach

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e., fees, special equipment, off-season conditioning
5. Procedure in the event that your child is injured
6. Discipline that results in the denial of your child's participation.

### Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach
2. Advanced notification of any schedule conflicts.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at Orion High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

### Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Coaches are professionals who make tough decisions based on what they believe to be best all athletes involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those below, must be left to the discretion of the coach.

## **Issues NOT Appropriate to Discuss with Coaches**

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

Situations arise that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's perspective. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

### **If you have a concern to discuss with a coach, follow the procedures below in order**

1. Discuss the issue thoroughly with your child first.
2. Have your child discuss the concern with the coach.
3. Call to set an appointment with the coach at the number provided to you at the parents' meeting.
4. If the coach cannot be reached, call the Athletic Director at (309) 526-3361. He will set up the meeting for you.
5. Please do not attempt to confront a coach before or after a contest. These can be emotional times for both the parent and the coach and often involve statements which either party could come to regret. Meetings of this nature do not promote resolution. *Parents who use this type of communication in an angry/emotional manner, based on the determination of the Athletic Director and Principal, will be suspended from attending a minimum of the next home competition involving that coach.*

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

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting, the appropriate next step can be determined.

Students involved in co-curricular activities have tremendous opportunities for growth and maturity. Orion High School provides these opportunities because many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope that the information in this handout enhances your experience with the Orion athletics program.

**We ask that parents sign this document stating that they have read and understand the guidelines for parent-coach communication at Orion High School.**

X \_\_\_\_\_

Date: \_\_\_\_\_