

Little Flower Athletics

Mission Statement: With the support of the Discalced Carmelite Friars and in the spirit of Christian professionalism, the faculty and staff of Little Flower Catholic School provides for all children a holistic educational program rooted in Catholic Christian doctrine and in the spirituality of St. Therese.

Athletic Program Goals:

Little Flower Athletic Program goals are to:

- Provide physical training in a preparation for athletic contest;
- Promote improvement in specific skills and knowledge of the sport;
- Promote good sportsmanship, self –control, good attitude and fair play;
- Provide the athletes with the tools to succeed on the field or court as well as school;
- Create a positive and enjoyable experience;

League Affiliation:

Little Flower participates in the Archdiocesan Interscholastic Athletic League (AIAL), a league comprised of area Catholic Schools. Little Flower plays under the National Federation of High School Association rules as amended by the bylaws of the AIAL. In addition to playing league games, Little Flower will often play other schools (non-AIAL) in the area and participate in various tournaments.

Eligibility

Academic:

In order to participate in the sports program and maintain eligibility, He/she may not be failing more than one subject (an I or U in electives), nor receive less than a 70% overall grade point average at the end of the progress reporting period or regular report card period. A student who is ineligible will remain ineligible until the next progress report or end of quarter report card has been distributed and the deficiency has been removed. An athlete who has become ineligible may not practice or play until the deficiency is removed.

Conduct:

Students are expected to display appropriate behavior at school. He/ she may not receive an "I" or "U", in conduct in any class. Receiving an "I" or "U" will result in the student becoming ineligible and will not be able to play or practice until the deficiency is removed at the next progress report or the end of quarter report card have been issued.

Athletic:

A student participating in a Little Flower Athletic team must meet AIAL requirements. A student cannot be in a grade higher than 8th and have not attained his /her 15th birthday on or before September of the current school year.

A student must have a current physical, proof of insurance and an AIAL Participation and Release Form, completed and turned in to the Athletic Director, prior to the 1st day of practice or tryouts.

Student Expectations and Requirements:

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a privilege to those selected individuals who possess the ability, attitude, disposition, cooperative spirit, and desire to represent the Little Flower community in a favorable way. By joining the school's athletic program, a student becomes a representative of his/her team and of Little Flower School.

Behavior

A student-athlete behavior is governed by the same rules, regulations, and procedures that apply to all students as set forth in the Little Flower Parent Handbook. If a student receives a Detention, he/she must sit out a game during the week detention is served. The student athlete must attend the game and sit on the bench with their team. The student athlete will not be allowed to participate until the one game suspension is served.

Each student athlete is expected to demonstrate good sportsmanship and to follow all school rules. All school policies and rules apply at practice and games, home or away.

Attendance

In order to participate in a game or practice, the student athlete must be in attendance in school for 5 periods. If the student is in school less than 5 periods, he/she must attend the game or practice and observe.

Participating in athletics is a privilege and being part of a team has responsibilities. A student athlete has the responsibility to attend **ALL** scheduled practices and games. If a student athlete fails to attend practice, he/she will suffer consequence.

Attendance at all practices and games is **MANDATORY**. Three unexcused absences will result in the removal of the student athlete off the team. Please plan ahead. If a student athlete needs to miss practice or game, then a note or a call to the coach is required. Excuses such as "I have a project due tomorrow" or "I have a test tomorrow" are not reasons to miss practice or a game. This is part of being responsible. If a student athlete has one unexcused practice then that student athlete will not be eligible to play half a game. 2 unexcused practices will result in the student athlete to sit out an entire

game. After a third unexcused practice, the student athlete will be removed from the team, forfeiting any awards or honors of the sport and will not be eligible to participate in the next sport. This applies only if the student was present at school. If the student athlete was absent from school, and then this does not apply. An excused absence includes sickness or injury (must have a note from health coordinator) or a family emergency. Serving a Detention is considered an unexcused absence. The coach must be notified in case on any absence from game of practice.

All student athletes must attend all scheduled game and tournament games. Missing game one game will result in the athlete sitting out the next game. Missing two games will result in the student athlete to be removed from the team. If a student is removed from a team due to missing games, then that student will forfeit any awards or honors of the sport. The student athlete is expected to finish the sport season. If a student athlete is injured, he/she is expected to attend all practices and games.

Extracurricular Sports Participation

All athletes who are members of a Little Flower Athletic team are expected attend all games and practices. Little Flower games and practices should be the higher priority. Athletes missing a Little Flower game to attend another teams game , may be removed from the team.

Uniforms and Equipment

The student athlete is responsible for all uniforms and equipment issued to him/her. After the season the coach will collect all uniforms and equipment. If the student athlete damages a uniform or equipment or fails to turn in the uniform, the student athlete will be required to pay for the replacement of the uniform or equipment. This charge can be paid to the front office. Failure to pay will result in the charge to be put on the obligations list.

Athletic Fee

An athletic fee will be collected per sport. The fee will vary. This fee is used to offset the cost of operating the athletic program. Failure to pay will result in the charge to be put on the obligations list.

Physical Education

The student athlete must dress out and participate in P.E class in order to participate in practice or in a game that day. If a student athlete does not dress out or participate, then in addition to receive a DN, that student athlete will sit out of practice or the game. This is an unexcused absence.

Physical Examination/Injuries

The AIAL requires a yearly physical administered by a Doctor in order to try out or play on as team. This physical is good for in year. In the event of a significant injury or sickness, Little Flower has the right to demand another physical examination, in addition to a release from a Medical Doctor.

If a student athlete is injured at practice or a game, the injury must be reported to the coach, no matter how insignificant it is.

Evidence of Student Insurability /Release of Liability

All schools are required by the AIAL to have proof that all student athletes have Medical insurance and a waiver signed by the student's parent or legal guardian, releasing the school from liability on file.

Sports

The sports Little Flower participates in are;

Fall – Cross Country (Boys and Girls), Soccer (Coed), Volleyball (Girls)

Winter – Basketball (Boys and Girls)

Spring – Track (Boys and Girls), Softball (Girls), Baseball (Boys)

These sports are offered only if Little Flower has enough student athletes participating, if there are enough to participate safely, and if Little Flower can secure practice and game facilities.

Playing Time

All playing time is earned in the "A" Division. How a student athlete practices, attitude, athleticism and an understanding of the game and game situations will affect his/her playing time. "B" Division coaches will make every effort to play every team member in each game but this is not a guarantee. All teams will play to win and playing time will vary among the players. Playing time is not equal. Coaches will not discuss playing time with parents.

5th Grade Athletes

5th grade athletes are allowed to try out. Sports such as Soccer, Softball and Baseball, will only have one team, which means that the 5th grade athlete will be competing against 6th, 7th and 8th grade students from the opposing team.

Practice/Travel

Attending practice and is mandatory. Three unexcused missed practice will result in removal of the team. Attending all games is required. Missing two games will result in the athlete being removed from the team

The outdoor sports will practice at Woodlawn Park. The team will walk to the practice site. A permission slip must be turned prior to the first practice, which will allow the student athlete to attend practice. When walking to the practice site, it is very important that the student athlete follow all direction and be on his/her best behavior. Failure to behave or follow the rules will result in the student athlete losing the right to walk with the team to practice. He /she must secure a ride with their parents.

Please be sure to pick up your student athlete promptly after practice. If After-school care is still open, they will be escorted and checked in to the program. If it is not open, then a coach will stay with the student **ONCE**, until they are picked up. The next incident will result in the student sitting out half a game. The next time, the student athlete will not be allowed to attend practice, resulting in the consequences that accompany missing practice.

On game days, it is the responsibility of the parents to transport their student athlete to the game site. If they cannot, then it is the parent's responsibility to secure transportation with another parent. A note must be turned in to the Athletic Director, detailing who is transporting the student athlete.

Little Flower, the AIAL and the Archdiocese assume no liability for accidents that may occur traveling to and from a sporting practice, game or activity.

Awards

Awards are given in recognition of outstanding athletic achievement. Team trophies are awarded to team members who are members of any team that wins the League Championship, League Runner-up and District championship. All-District selections are awarded certificates from the AIAL. All-Tournament awards vary by the tournaments Little Flower enters.

The Role of the Parent

1. Be present – Show up and cheer at all games.
2. Be positive – Make sure that win or lose, your child knows that you are his/her biggest fan.
3. Encourage Independence - Student athlete must be responsible for the care of their athletic gear. They must be responsible to bring to school what they will need that day for practice or game. They will not be issued any gear for a game, if they left it at home.
4. Be Prepared to help – All parents are required to help in all gym matters during games. This includes concession, lines, scorebook, and act.
5. Observe the "24 hour rule" - Do not address the coaches concerning game strategies, playing time, or any other concern pertaining the game. If this rule is not followed, then your student athlete will not participate in the next game. If it happens twice, then your student athlete will be removed from the team.
6. Game Conduct – Criticizing or yelling at game officials, coaches, players or spectators will not be tolerated. You may be removed from the game facilities and your student athlete may be removed from the team.
7. Coaching – Parents are not allowed to coach from the sidelines or bleachers. Please be respectful of the coaches.

Please remember, Participating in any extra-curricular activity (Sports included), is a privilege, not a right.

Administration may make changes to any policy outlined in this handbook as needed, and has the final decision with regards to any policy.

The Principal has the authority to remove a student and cancel a season if student athletes or parents are not adhering to the Little Flower Athletic Handbook.

Archdiocesan Interscholastic Athletics League

CONCUSSION MANAGEMENT POLICY & PROTOCOL

Introduction

The understanding of sports-related concussions has evolved dramatically in recent years. We now know that young athletes are particularly vulnerable to the effects of a concussion. Once considered little more than a “ding” on the head, it is now understood that a concussion has the potential to result in short or long-term changes in brain function, or in some cases, death.

In order to have a standard method of managing concussions for AIAL student-athletes, the following guidelines are offered as a written protocol for concussion management.

What is a concussion?

You’ve probably heard the terms “ding” and “bell-ringer.” These terms were once used to refer to minor head injuries and thought to be a normal part of sports. There is no such thing as a minor brain injury. Any suspected concussion must be taken seriously. A concussion is caused by a bump, blow, or jolt to the head or body. Any force that is transmitted to the head causes the brain to bounce around or twist within the skull, potentially resulting in a concussion. It used to be believed that a player had to lose consciousness or be “knocked-out” to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 10% of players actually lose consciousness with a concussion.

What exactly happens to the brain during a concussion is not entirely understood. It is a very complex injury affecting both the structure and function of the brain. The sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain. Once this injury occurs, the brain is vulnerable to further injury and very sensitive to any increased stress until it fully recovers.

Common sports injuries such as torn ligaments and broken bones are structural injuries that can be seen on MRIs or x-rays, or detected during an examination. A concussion, however, is primarily an injury that interferes with how the brain works. While there is damage to brain cells, the damage is at a microscopic level and cannot be seen on MRI or CT scans. Therefore, the brain looks normal on these tests, even though it has been seriously injured.

Recognition and Management

If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

Symptoms include but are not limited to—

- | | | |
|-----------------------------|--------------------------|---|
| • any loss of consciousness | <input type="checkbox"/> | ringing in the ears |
| • headache | <input type="checkbox"/> | poor concentration |
| • amnesia | <input type="checkbox"/> | change in mood and/or behavior |
| • nausea and/or vomiting | <input type="checkbox"/> | sensitivity to noise and/or light |
| | <input type="checkbox"/> | dizziness, unsteadiness, and/or vertigo |
| | <input type="checkbox"/> | change in sleep patterns |
| • confusion | <input type="checkbox"/> | Athlete does not “feel right” |
| • vision changes | | |

Responsible Individuals

In the event that an athletic trainer is not available for AIAL events, such as a practice or away competition, coaches are responsible for recognizing the signs and symptoms of a concussion in athletes and responding accordingly. When another school’s athletic trainer is available, they are the appropriate designated person to assume this role. It is important that the individual responsible for determining the presence of the symptoms of a concussion for initiating the process of informing the student-athlete and parents related to the injury event and providing documentation.

Observable Red-Flag Items That Warrant Immediate Referral to the Emergency Department via Emergency Medical Transport

- Decreasing level of consciousness
- Increasing confusion
- Increasing irritability
- Loss of or fluctuating level of consciousness
- Numbness in the arms or legs
- Pupils becoming unequal in size
- Repeated vomiting
- Seizures
- Slurred speech or inability to speak
- Inability to recognize people or places
- Worsening headache

**National Athletic Trainers' Association Position Statement: Management of Sport Concussion (March 2014)*

Prevention Strategies

1. All must insist that safety comes first.
2. Teach and practice safe playing techniques/fundamentals.
3. Educate athletes and their parents on risks of playing with a concussion.
4. Encourage athletes to follow the rules of play and to practice good sportsmanship at all times.
5. Ensure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards) and that it fits appropriately.
6. All headgear must be NOCSAE certified.
7. Make sure all headgear fits the individual and is secured properly to the individual.
8. For all sports that require headgear, a coach or appropriate designate should check headgear before use to make sure air bladders work and are appropriately filled. Padding should be checked to make sure they are in proper working condition and replaced appropriately. All headgear must be checked each season to determine wear and usability for continued use.

Archdiocesan Interscholastic Athletics League: Concussion Management Policy & Protocol

Any one or group of symptoms may appear immediately and be temporary, or delayed and long lasting. The appearance of **any one** of these symptoms should alert the responsible personnel to the possibility of concussion.

For any suspected concussion:

1. **REMOVAL:** The student-athlete will be immediately removed from game/practice by athletic trainer, coach or athletic administrator.
2. **INITIAL EVALUATION:**
 - a. The student-athlete must be evaluated by school's athletic trainer as soon as possible for the appropriate plan to be instated.
 - b. If school's athletic trainer is not available, the coach will be responsible for setting up any emergency care needed or advising student-athlete and parent to make an appointment with a physician. **When in doubt...sit them out!**
3. **INFORM:** Concussion symptoms and Return to Play Protocol will be discussed with parents/guardians before the athlete leaves the event. Specific home instructions and ER precautions may also be given.
4. **ACTION PLAN:**
 - a. If the athletic trainer removes an athlete from a game/practice and they are not allowed to return, the student-athlete and parents will be advised about the possibility of a concussion and be given information on concussions.
 - b. An athlete removed from play, unable to return during that event, will need to get a concussion evaluation by a physician in the appropriate time frame, the **physician must authorize** and provide a date **before** the athlete can **begin the RTP Protocol**. RTP Protocol will be given to the

student-athlete and parents to present to the doctor. The doctor may advise for any provisions and changes needed for the care of the athlete.

- c. **All medical paperwork must be on file with the athletic trainer or coaches in order to begin RTP Protocol.**

AIAL Schools THAT DO NOT have an athletic trainer on their staff or a concussion policy and protocol in place will use standardized forms for the return to play procedure (see attached). **A coach of an interscholastic athletics team may not authorize a student's return to play.**

Return to Play (RTP) Protocol

According to the AIAL Concussion Management Protocol, following clearance and compliance with the above information, supervised progression of activities should be initiated utilizing the standardized protocol:

- No physical activity until the athlete is **symptom free for 24 hours and cleared by a physician** to start the return to play protocol
- Activity is to progress at a rate of one step daily (one step every 24 hours).
 - Light aerobic exercise with no resistance training
 - Light aerobic exercise with light resistance training
 - Moderate aerobic exercise and medium resistance training
 - Full aerobic exercise with full resistance training
 - Non-contact sports-specific training drills
 - Full contact training drills
 - **Athlete progression continues as long as athlete remains asymptomatic. If the athlete experiences any post concussion symptoms, they should stop all activity and consult with the treating physician immediately. Resumption of the return-to-play protocol will be determined by the treating physician pending possible further evaluation.**

Academic Adjustments

It may be necessary for individuals with concussion to have both cognitive and physical rest in order to achieve maximum recovery in shortest period of time. In addition to the physical management noted above, the school athletic trainer will notify the school health coordinator, who will be responsible for notifying all classroom teachers regarding the student athlete's condition.

The Health Coordinator will advise teachers of post concussion symptoms.

- Student may need (only until asymptomatic) special accommodations regarding academic requirements (such as limited computer work, reading activities, testing, assistance to class, etc.) until concussion symptoms resolve.
- Student may only be able to attend school for half days or may need daily rest periods until symptoms subside. In special circumstances the student may require homebound status for a brief period.

Evaluation of a Concussion:

When evaluating an individual who has sustained concussion, the professional will evaluate three separate domains of brain function: Physical/Motor, Cognitive, and Behavioral/Emotional. These represent functions of widely different anatomical regions in the brain (although there are cross over/dual function in some areas). Evaluation should focus on each domain separately. Separate evaluation protocols/instruments are employed to assess each domain. Documentation of the method of assessment is always helpful to have for subsequent examiners. The school's athletic trainer or health care provider will use a sports concussion assessment tool (SCAT3) at the time of the injury:

EVALUATION DOMAINS

PHYSICAL/MOTOR

Dazed/Stunned
Balance difficulties
Weakness
Excessive Fatigue
Slowed reactions
Lack of facial expressions

COGNITIVE

Amnesia
Confused/Disoriented
Slowed Verbal Responses
Forgets easily
Difficulty concentrating
Short Attention Span

BEHAVIOR/EMOTIONAL

Irritable
Emotionally unstable/Explosive
Depressed
Sleep disturbances
Anxious
Lack of Interest

References:

1. National Federation of State High School Associations, Suggested Guidelines for the Management of Concussion in Sports; November 2014
2. National Athletic Trainers' Association Position Statement: Management of Sport Concussion; March 2014

Both Student-Athlete and Parent/Guardian must sign acknowledgement of this policy and consent to follow protocol annually. Acknowledgement and Consent may be submitted online or print the Acknowledgement Form and turn into the Athletic Director prior to participating in any sport.

*Adopted February 2017

ARCHDIOCESE OF SAN ANTONIO

Physician's and Parent's Certificate for Athletics

Student's Name _____ Date of Birth _____

School _____ Grade _____

PHYSICIAN'S REPORT

Height _____ Weight _____ Body Type _____

Eye _____ Ear _____ Nose _____ Throat _____ Hearing _____

Heart _____ Blood Pressure _____ Lungs _____

Joint Function: Shoulders _____ Elbows _____ Hips _____ Knees _____

Dental (Cavities, Bridges, False Teeth, Retainer, Appliance) (Circle defect)

Other _____

Genitourinary _____ Hernia _____

Is student taking any medications routinely? Yes ___ No ___ Explain _____

I hereby certify that on this date I have examined the above named student as indicated by items checked and recommend him/her as being physically able to participate in all the supervised activities listed with the EXCEPTION of those circled below:

- BASEBALL BASKETBALL CHEERLEADING CROSS COUNTRY FOOTBALL
SOCCER SOFTBALL TENNIS TRACK & FIELD VOLLEYBALL

Date _____ Signature of examining Physician _____

*****DO NOT DETACH *****DO NOT DETACH *****

I hereby give permission for the above named student to compete in Archdiocesan approved sports, and go with the coach or other school representative on any trips. The parent herewith grants permission for school employees to secure medical services for the above named student if necessary. The undersigned agrees to be responsible in the safe return of all athletic equipment issued by the school to the above named student.

Date _____ Signature of Parent or Guardian _____

Evidence of Student Insurability:

Health Insurance Company: _____ Policy #: _____

Other Insurance Information: _____