



CHESTERTON ACADEMY
OF OUR LADY OF GUADALUPE

ATHLETICS HANDBOOK

Academic Year 2023-2024

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INTRODUCTION

The Chesterton Academy of Our Lady of Guadalupe (CAOLOG) Athletics Handbook is a reference guide for student-athletes, parents, and coaches concerning the policies and procedures that govern interscholastic athletics at CAOLOG.

The head coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance of his/her program to the rules, regulations, and policies governing athletics at CAOLOG. The Athletic Director will administer these rules and regulations as they relate to inter-team and inter-coach relationships.

Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary program. Students are not obligated to participate, and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the school athletic program. This privilege may be revoked if the student-athlete fails or refuses to comply with the rules.

Thank you for your participation in our athletic program. May God bless you as you use your God-given abilities and desire to serve Him in this integral part of school life.

I. MISSION AND PHILOSOPHY

"Sport, properly directed, develops character, makes a man courageous, a generous loser, and a gracious victor; it refines the senses, gives intellectual penetration, and steals the will to endurance. It is not merely a physical development then. Sport, rightly understood, is an occupation of the whole man, and while perfecting the body as an instrument of the mind, it also makes the mind itself a more refined instrument for the search and communication of truth and helps man to achieve that end to which all others must be subservient, the service and praise of his Creator."

– Pope Pius XII

The Chesterton experience involves much more than just a classroom. Taking inspiration from Pope Pius XII, we believe our athletics program is one of many important avenues to help our students grow. In this arena the virtues of temperance, humility, courage, and patience are fostered, truth, beauty, and goodness are encountered, and joy is witnessed.

The athletics program honors and participates in the overall mission of the school. *Cultura Vitae* governs our actions. We use athletics to prepare our students to triumph over the materialism and despair that pervade our culture and to accept the Lord's offer to have life and have it abundantly. Our Saints fight not only for wins on the field, but for the faith, ideals, and beliefs on which the school is founded.

Our coaches are here to interact with athletes in a manner that builds, rather than tears them down. We praise effort and perseverance, emphasizing character and growth over a single-minded focus on results. We find grace both in victory and in defeat. In this way, our young men and women grow physically, intellectually, and spiritually through participation in athletics.

II. KEY CONTACTS

Co-Athletic Directors

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INTERIM HEADMASTER

Jeffrey Parlow

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EXECUTIVE DIRECTOR

Tiffany Brocker

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SCHOOL OFFICE

Julie Zaporski

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III. EXPECTATIONS, PRACTICES, AND POLICIES

A. Team Prayers

Athletic events, including team meetings, practices, and contests, should begin and conclude with prayer. Each team's coaching staff, together with the players, should choose a set of team prayers. Teams are also encouraged to select a patron saint(s).

B. Eligibility

To remain eligible for play, a student must be fully enrolled in a program, be in good academic standing, maintain a minimum GPA of 2.0, and not be subject to other non-academic discipline (for example: see Family Handbook, Art III, Sec E). This standard applies to *all* student-players participating in CAOLOG athletics.

C. Attendance at Practices and Games

Each member of a CAOLOG athletic team must assume the responsibilities associated with such a position. The student-athlete has an ethical obligation to the team and to the school. This obligation includes regular attendance at practices, contests, and other team events for the duration of the season. Commitment to CAOLOG teams should come before any club or outside athletic team.

Absences should be few and far between. Student-athletes are required to communicate ANY absence to the head coach before the practice or contest, as early as possible unless there is an unexpected emergency. When athletic events occur on school vacation days or weekends, athletes are expected to be in attendance. Summer and off-season opportunities may be offered – these are encouraged, but cannot be required by coaches. *Note:* the fall sports season starts in August – this is in-season activity, not summer, therefore attendance is expected.

Each head coach has the authority to set policies for his/her team related to absences and tardiness. Any player who misses a practice or contest may have to make up practice activities. Other consequences could include reduced playing time, not starting, or sitting out a contest. These can be incurred for both excused and unexcused absences. This is not meant as a punishment for an excusable absence, but a reward and incentive to those team members who were present, and an acknowledgment that any absence is detrimental to the team. Multiple unexcused absences could result in dismissal from the team.

D. Attendance at School

A student-athlete must attend school on the day of an athletic practice or contest in order to participate in that practice or contest. For Saturday contests, a student-athlete must attend school on the preceding Friday.

1. Students who are absent from part of the school day for a non-illness-related, excused absence (e.g. a dental appointment) will be allowed to participate in the practice or contest that day.
2. Student-athletes must attend at least five (5) class periods of the day unless it is due to an excused absence. Lunch does not count toward the minimum attendance.
3. Any unexcused absence from school will render a student-athlete unable to participate in a practice or contest that day. This includes in-school suspension.
4. Exceptions may be granted at the sole discretion of the Headmaster.

E. Participation Fees

Participation fees are essential to help offset the costs of interscholastic athletics – uniforms, equipment, facilities rentals, game officials, association fees, tournament entry fees, etc. Fees vary depending on the relative cost of the program. Fees are non-refundable and must be paid in full prior to the first contest of the season for an athlete to be eligible to compete.

Participation fees for the 2023-24 school year:

Current Students:

\$175 Volleyball

\$175 Boys & Girls Basketball

Non-CAOLOG Student

\$275 Volleyball

\$275 Boys & Girls Basketball

F. Schedules

Scheduling of all athletic events and practices is determined by the Athletic Director in consultation with the program head coach. The coach will issue a schedule to student-athletes and parents as soon as possible in each season. Practices will never be on a Sunday. The dates will be given out as far ahead as *possible*, and all athletes are expected to be in attendance.

Early Dismissal – There may be times when teams will leave before school ends for the day due to scheduling of and/or travel time to events. In such cases, student-athletes are to remain in class, in school uniform, until they are released by the front office or Athletic Director. Students will have time after they are released from class to prepare to travel.

G. Transportation

All student-athletes must have a signed *Transportation* form on file in order to be eligible to participate in athletics. In general, it is the responsibility of the athlete and family to arrange transportation to and from all athletic events. Students may ride with a non-parent adult, ride with a student driver, or drive themselves, with the written or verbal consent of their parents. Student drivers are expected to follow all local laws related to curfew, passenger restrictions, and the like. Coaches are responsible for remaining at all events, including practices, until all student-athletes have departed or been picked up.

In the case when transportation is arranged by Chesterton Academy, all team members are expected to ride with the team to and from athletic events. This includes but is not limited to, players, coaches, and team managers.

H. School Equipment & Uniforms

Equipment and uniforms are some of the largest Athletic Department expenditures, so it is important we try to maximize the life of these items. School equipment is to be used only for school-sponsored events and activities unless given express permission by the Athletic Director. Any equipment issued to student-athletes is the responsibility of the athlete until the time it is returned. Uniforms become the responsibility of the athlete as soon as they are issued, until the time they are returned. Athletic uniforms are supplied for the sole purpose of athletic participation. Uniforms are to be worn only for competition, not practices or other functions, and they are not permitted as part of the school uniform at any time. (Specific exceptions may be made at the sole discretion of the Dean of Students, e.g. “spirit gear” or other team or school-branded items that are permitted to be worn in school on game days.)

Coaches shall keep an inventory list of all items issued to his/her team. All equipment and uniforms must be returned to the coach within one week of the last game of the season. The coach will submit the end-of-season inventory list to the Athletic Director in a timely manner following the season. Any damage done, other than normal wear and tear, is the responsibility of the athlete and will be billed accordingly. Any athlete who does not return uniforms and/or equipment will be charged for the full replacement cost of the item, including lost items. An athlete will not be eligible to participate in another sport until all overdue uniforms and/or equipment have been turned in and/or fees have been paid.

I. Team Selection

As we seek to field competitive sports teams, many factors go into the selection of a team. Student-athletes that represent our school will possess the ability, character, attitude, passion for the game, commitment, time availability, energy, and academic standing to compete at this level.

Many teams also have opportunities to get involved as managers, scorekeepers, etc. Any Chesterton student is welcome to approach the head coach or the Athletic Director to inquire about getting involved in that way.

J. Playing Time

Our coaches and administration believe it is important to both broaden the experience of athletes as well as strive toward excellence and a competitive athletic program. Playing time decisions are left up to individual coaches, and there is no guaranteed minimum per contest or per season. Coaches determine playing time based on a number of factors such as work ethic, attitude, character athletic skill, performance in practice, and in-game needs. Student-athletes who have questions regarding playing time decisions should respectfully request to speak with their coaches at an appropriate time to discuss what they can do to earn more playing time.

K. Injuries

Injuries are, unfortunately, a part of playing sports, and all injuries should be treated with caution and handled with care. At times an injury may prevent an athlete from participating in practices and/or contests. Athletes should communicate promptly and honestly with their coaches and seek care from a medical professional when appropriate. Parents will be contacted in the event of severe or significant injuries and consulted on any decisions regarding treatment. All student-athletes must have a completed *Preparticipation Physical Evaluation* as well as a *Medical Emergency Authorization* form on file prior to being eligible for participation in any practice or contest.

L. Conflict Resolution

The Athletic Department does its best to run and organize our teams and events in a manner that allows all involved to receive the greatest possible enjoyment and benefit. However, we realize that, as in any organization, there will be times when problems, conflicts, and concerns arise. All disputes at Chesterton Academy, including those related to athletic matters, should be handled in a Biblical manner, meaning the offended party in any situation is encouraged to go directly to the one with whom he/she has a problem. For example, a student-athlete should talk to the coach prior to parental involvement and prior to going directly to the Athletic Director. Parents can assist in this process by discussing any student concerns at home and encouraging their children to advocate for themselves respectfully and through the proper channels.

If the situation is not resolved, the offended is encouraged to seek a solution by speaking to the next person in authority. An athlete should approach the coach first, and if unresolved, the athlete, parent, and coach should meet next, then, if necessary, the Athletic Director. If the athlete and/or parent still believe the matter is unresolved, they may take the matter to the Headmaster by presenting their concerns in writing.

It is absolutely necessary that this conflict resolution model be followed specifically. If not, the upper-level authority will direct the offended party to solve the problem at the appropriate level.

M. Parent Expectations

Parents of student-athletes have a responsibility to both their child and to the team. Our coaches are primarily volunteers. Parental support and participation are essential for the success of our athletic programs. Along with the necessary financial costs, parental involvement includes, for example, transportation, ticket or concession sales at home contests, scorekeeping, and team devotions/prayer.

It is important that parents provide positive reinforcement and understand their role as part of the team. Parents, as well as players, should be supportive of and encourage coaches and teammates at all times. Parents are not coaches, and learning to trust coaches is a key part of the athletics experience for both athletes and parents. It is also imperative that parents represent CAOLOG well while attending athletic events and glorify God at all times in both speech and conduct.

Additionally, as athletics are a school-sponsored activity, the Parent Code of Conduct contained within the Parent-Student Handbook applies to all athletics-related activity, including but not limited to practices, contests, end-of-season banquets, and all team-related communication.

All parents of student-athletes are required to attend a pre-season meeting with the Athletic Director and coaching staff of the sport. The meeting will be held before the first contest. Parents will be informed of team policies, sport-specific rules, as well as any relevant school and league/association rules.

N. Team Parent

Each team is to have a designated Team Parent who will assist with the logistics of the program.

Pre-season duties could include compiling contact information for all players and coaches and checking with the coaching staff for specific ways to assist. During the season, the Team Parent will remind parents of upcoming responsibilities (practice parent, gate, concessions, score table, etc), coordinate transportation for practices and/or contests, and check in weekly with the head coach for any information to be communicated to parents. At the end of the season, the Team Parent will work with the Athletic Director(s) and other Team Parents from that season to plan the school sports banquet.

Our coaches are primarily volunteers for their time and efforts. We cannot overstate the importance of the Team Parent to each team to help the season run smoothly.

Please let us know if you are interested in this role.

IV. STUDENT ATHLETES

A. Conduct and Discipline

Student-athletes of CAOLOG are to show respect for the game they are playing, for those making it possible for them to play, for their fellow players, for the facilities in which they play, and for themselves as children of God. This Code of Conduct, modeled upon the example of Christ and consonant with the Parent-Student Handbook, should guide all members of CAOLOG, whether on or off campus.

Misconduct in the context of athletic participation may result in school disciplinary action such as demerits, detention, or suspension at the discretion of the Headmaster in consultation with the Athletic Director and Head Coach. Coaches may also establish and enforce team-specific consequences such as a reduction in playing time or suspension from competition.

B. No Quit Policy

We believe that character is never formed by quitting. Responsibility, integrity, loyalty,

and honoring commitments are all attributes that we wish to instill in our CAOLOG athletes. We also believe that students and parents need to realize participation on an athletic team requires effort and sacrifice of time and resources. When a student is selected for a position on a team and begins the season, he/she is making a commitment to that team.

If after the season begins a student-athlete decides that he wishes to quit the team, he must realize that he hurts the team by not honoring the commitment that was made when the season began. All student-athletes must take seriously the decision to play for a team and do everything in their power to honor that decision.

A student-athlete may drop off a team at any time before the first contest without penalty. After the first contest, any intention to quit a team must be submitted in writing by the student-athlete explaining the reason(s) for quitting and addressed to both the head coach and Athletic Director. Any student-athlete who quits a team after the first contest forfeits athletic eligibility for that season and potentially for the next season as well. The family will still be obligated to pay the non-refundable participation fee.

A nondebilitating personal injury is not a reason to quit a team. There should be a strong sense of belonging to the team even when an injury would restrict an individual's athletic participation. An injured player, if is able to attend classes for the school day, ought to be at all practices and contests as if he/she were healthy unless otherwise approved by the team coach.

Exceptions to this No Quit Policy and the penalties stated above may be granted at the discretion of the Athletic Director(s) in consultation with the Headmaster, as appropriate, for extenuating circumstances such as family hardship, severe injury, or serious academic problems.

C. Dress Code

The school dress code as described in the Parent-Student handbook applies to all athletic activities. Student-athletes should be mindful that they represent their team, their school, and most importantly Jesus Christ in the way that they act and the way that they dress. The coach of each sport can determine what athletes are to wear on road trips or contest

V. COACHES

The coach is the “living curriculum” for the student-athlete and has the responsibility to model Christ-like behaviors and attitudes at all times. Coaches must be knowledgeable in their sport, capable of detailed and thoughtful preparation, able to motivate athletes, able to adjust on the fly, and able to work effectively under the authority of the Athletic Director and school administration. Our coaches take seriously the opportunity they have to mold young people for Christ.

A. Head Coach Responsibilities

The Head Coach assumes primary responsibility for all team activities, performance, and team culture. He/she sets the tone for players as well as the coaching staff. He/she should seek to build and maintain positive relationships with student-athletes and their families, coaching staff, and CAOLOG staff and administration.

General –

- Act as a role model consistent with the teachings of the Catholic Church.
- Establish and maintain a joyfully Catholic atmosphere and experience consistent with the mission of Chesterton Academy.
- Honor *Cultura Vitae* in team decisions.
- Understand and comply with school rules and regulations. The Athletic Director will be readily available to assist with any questions or concerns that arise.

In Season –

- Execute plans for a joyful, successful season. Build relationships with players. Strive for excellence. Celebrate achievements, large and small.
- Meet regularly with assistant coach(es) for program evaluation and feedback.
- Complete an incident/accident report form, and report any major injuries or disciplinary incidents (ejections, disrespectful conduct) within 24 hours to both the Athletic Director and Headmaster.
- Hold players to team expectations and rules. Ensure assistants know the rules and hold players to the same standard.
- Take care of facilities and equipment in coordination with the Athletic Director.
- Coordinate with the Athletic Director and Headmaster to verify players' continued eligibility.

Post-Season –

- Select, in consultation with the coaching staff, end-of-season award winners and submit them to the Athletic Director.

- Coordinate end-of-season celebrations with the Athletic Director and Team Parent.
- Recollect all uniforms and equipment issued to players. Return items to the Athletic Director along with the end-of-season inventory list.
- Solicit feedback from coaching staff, players, and families. Engage in reflective practice, identifying successes and areas for growth.
- Plan for next season, e.g. equipment/uniform needs, scheduling, coaching staff. This should be done in coordination with the Athletic Director.

B. Supervision of Students

Supervision of student-athletes is the responsibility of the coaching staff for the duration of any athletic event. Coaches should be diligent in supervising student-athletes at all times, with particular attention during away events, transportation, and locker rooms. Remember that your team's actions represent the entire CAOLOG community in a public setting. It is the coach's responsibility to correct them if they are not acting appropriately.

Additionally, coaches should be first to arrive and last to leave. They should never leave an athlete waiting for a ride; coaches will remain at all events, including practices until all players have departed or been picked up.

APPENDIX – STUDENT-ATHLETE FORMS

- Handbook Agreement
- Preparticipation Physical Evaluation
- Medical Emergency Authorization
- Sudden Cardiac Arrest & Concussion Awareness
- Transportation

HANDBOOK AGREEMENT

After reading the Chesterton Academy of Our Lady of Guadalupe Athletics Handbook, please sign below and return this form to the school office as part of the preparticipation forms packet.

AGREEMENT

As a student-athlete and family participating in athletics at the Chesterton Academy of Our Lady of Guadalupe, we agree to conform to the policies and procedures set forth in this handbook. We understand that we may face the consequences outlined herein should we fail to comply.

Note: The policies and procedures outlined in this handbook may be modified or amended at any time. Student-athletes and families will be notified of any changes.

I have received and read the Chesterton Academy of Our Lady of Guadalupe Athletics Handbook and agree to comply with the policies and procedures contained within.

Parent Name (Print): _____

Parent Signature: _____ **Date:** _____

Student Name (Print): _____

Student Signature: _____ **Date:** _____

MEDICAL EMERGENCY AUTHORIZATION

Student-Athlete Name: _____

I understand that my child cannot participate in inter-school athletics unless he/she is covered by a healthcare insurance policy. The insurance company I have provided covers my student-athlete, and I will continue to keep the policy in force throughout the sports season. I understand that my child must have a physical evaluation on file in the school office in order to practice or compete. By signing this document, I understand that my student-athlete may be injured while participating in school-sponsored athletics. I hereby grant permission to members of the faculty/athletic department at Chesterton Academy of Our Lady of Guadalupe to administer any preventative, first-aid, or emergency treatments that they deem necessary for the health and well-being of my child. I give my permission for my child to receive emergency treatment for an injury by any physician designated by a school official. I accept full responsibility for the cost of treatment for any injury that he/she may suffer while taking part in the program.

I further consent to the faculty/athletic department evaluating and providing follow-up care for my student-athlete.

Primary Emergency Contact (can be a parent)

Name: _____ Phone: _____

Relationship to Student-Athlete: _____

Secondary Emergency Contact

Name: _____ Phone: _____

Relationship to Student-Athlete: _____

Physician Name: _____ Phone: _____

Insurance Provider: _____ Policy # _____

Parent Signature: _____ **Date:** _____

Signed Original: Filed with Athletic Director / School Office | Copy:
Coach

SUDDEN CARDIAC ARREST & CONCUSSION AWARENESS

Student-Athlete Name: _____

It is vital that we do as much as possible to create and maintain an enjoyable and safe environment for all our athletes. Player and parent education is a crucial part of this effort. As a parent or student-athlete, you play a vital role in protecting participants and helping them get the best from the sport.

To that end, please read the attached Sudden Cardiac Arrest and Concussion information sheet, and retain them for your reference. If you have any questions regarding the information provided, please contact the Athletic Director.

I have received, read, and understand the information presented in the Sudden Cardiac Arrest and Concussion Management information sheets.

Parent Signature: _____ **Date:** _____

Student Signature: _____ **Date:** _____



Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

1. RECOGNIZE

Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED

3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

4. AED

- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!
Every Second Counts!**

UW Medicine
Center For Sports Cardiology
www.uwsportscardiology.org

WIAA
Est. 1905
**WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION**

**NICK OF TIME
FOUNDATION**
SCA Awareness
Youth Heart Screening
CPR/AED in Schools
www.nickoftimefoundation.org

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.



WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:

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

SIGNS OBSERVED BY COACHING STAFF:

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



CHESTERTON ACADEMY
OF OUR LADY OF GUADALUPE

**“IT’S BETTER TO MISS ONE GAME
THAN THE WHOLE SEASON”**

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:


- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

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

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

JOIN THE CONVERSATION  www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

TRANSPORTATION

Student-Athlete Name: _____

I understand that practices and competitions for athletics may be conducted at locations away from Chesterton’s school campus. I understand that in certain circumstances, CAOLOG may arrange transportation to and/or from such activities. In requesting that my student be permitted to participate in these activities, I agree that my student may ride in school-arranged transportation when necessary.

In requesting that my student be permitted to participate in this elective activity, I agree that in those circumstances where CAOLOG does not provide - or I choose not to utilize - transportation to and/or from activities, I assume full responsibility for personally transporting or arranging transportation of my student.

I acknowledge that if I elect not to personally drive my student, any decision I make to instead allow my student to drive him or herself, to ride in a vehicle driven by the parent or guardian of another student participant, to ride in a vehicle driven by another student participant, or to ride with a coach, is solely an exercise of my discretion as a parent or guardian. I acknowledge that the assessment and decision of whether it is safe to allow my student to drive to or from a particular practice or competition or to ride with another parent or guardian, student, or coach is a family assessment and decision to be made by me or between me and my student.

By requesting permission for my student to participate in these activities, I agree that no person driving my student to or from a practice or competition shall be considered an agent or servant of the Chesterton Academy, in any respect or for any purpose, while driving my student to or from such a practice or competition. Further, by requesting permission for my student to participate in these elective activities, I agree that should any claim be made against the Chesterton Academy based on the driving conduct of any such person, including my student, while they are providing transportation, I will defend, indemnify, and hold the Chesterton Academy of Our Lady of Guadalupe harmless as to such claim.

Parent Signature: _____ **Date:** _____

Signed Original: Filed with Athletic Director / School Office | Copy: Coach

HANDBOOK AGREEMENT

After reading the Chesterton Academy of Our Lady of Guadalupe Athletics Handbook, please sign below and return this form to the Athletic Director.

AGREEMENT

As a coach – head, assistant, or volunteer – participating in athletics at the Chesterton Academy of Our Lady of Guadalupe, I agree to conform to the policies and procedures set forth in this handbook. I understand that I may face the consequences outlined herein should I fail to comply.

Note: The policies and procedures outlined in this handbook may be modified or amended at any time. Coaches will be notified of any changes.

I have received and read the Chesterton Academy of Our Lady of Guadalupe Athletics Handbook and agree to comply with the policies and procedures contained within.

Coach Name (Print): _____ **Sport:** _____

Coach Signature: _____ **Date:** _____