



# ANNUNCIATION BVM CATHOLIC SCHOOL

## *Athletic Department*

### ATHLETIC CONTRACT

As a member of an athletic team at Annunciation BVM Catholic Elementary School, I agree to the following:

1. I will respect and support each and every one of my teammates and coaches.
2. I will follow all the coach's instructions.
3. I will practice good sportsmanship on and off the field or court.
4. I will practice and play to the best of my ability at ALL times.
5. I will do my best in school, complete my homework and maintain scholastic eligibility in accordance with school policy.
6. I will be proud of my team and myself without being boastful and have a positive attitude whether we win or lose.
7. I will attend all practices and games on time fully equipped and ready to play.

As a parent of an athlete I agree to the following:

1. I will encourage my child to follow these rules.
2. I understand that I will be required to volunteer as a concession worker for volleyball and basketball games hosted by Annunciation School. **I also understand that my school account will be charged a fee of \$50** if I fail to show up or find a replacement for my scheduled times assigned by the athletic committee.
3. I understand that I need to respect the coaches, players and refs during and after the game. I understand that I should not be yelling instructions or making disparaging remarks to any of the players, coaches or refs. I understand that sports at this level are instructional and are meant to teach our children the fundamentals of the game, sportsmanship and what it means to be a "Christian Athlete".

### Grievance Policy

It has long been our policy to support all of our student-athletes within an environment of Christian values and good sportsmanship. Our main focus is, and must remain to teach our student-athletes the skills they need to participate in a competitive way. It is about winning, losing and playing the game to the best of our abilities.

With this in mind, as supporters of Annunciation, we all must adhere to the Christian values and good sportsmanship we teach our children. We must support and respect the coaches who volunteer their time and the officials we invite to officiate.

We respectfully require that no parent or supporter approach a coach or official before, during or after a game (or practice) to discuss any form of grievance, complaint or concern. We encourage you to wait at least 24 hours (or until the next practice) to discuss any issue with the coach. If you feel it is a direct violation of our athletic policy, report the incident directly to the Principal, Athletic Director, or any member of the athletic committee. The Principal and Athletic Director will take the matter under consideration and report back as deemed appropriate. In addition, appropriate action will be taken against any parent who violates this policy. This could include revoking their child's eligibility for sports at Annunciation.

We are all here to set the proper example for our student-athletes and help them mature as competitive athletes. One of the most vital attributes we teach them is one of teamwork. So let us all support them in having a great year.



# ANNUNCIATION BVM CATHOLIC SCHOOL

## *Athletic Department*

### **Concession Volunteer Policy**

Our athletic program is funded by our Athletic Committee, which in turn manages our concessions and gate at all our home games and sponsors the annual Men's Smoker Fundraiser. All students, grades 5th – 8th that are academically eligible can participate on the team of their choice. We do have a no cut policy; therefore everyone can make a team. We charge a sliding scale registration fee per student based on the number of sports he/she will be participating. An integral part of this process is that all parents with participating students must donate some time & talent to work an event. It works this way:

All parents with students participating in a sport are expected to volunteer for an event. At the beginning of the season, an invitation to sign up will be sent by email (SignUpGenius). Parents will have the ability to choose dates to volunteer up until a published "close" date. In the event that parents do not pick their own time by the close date, the Athletic Committee will assign parents to volunteer slots. If a parent is unable to attend an assigned time, they are expected to find a substitute. Some parents may be assigned more than one date depending on how many athletes they have participating. Every effort will be made to communicate assignments through email, newsletters and phone calls.

We anticipate complete support from our parents. We understand at times things can come up that can cause conflicts but it is the parent's responsibility to find a substitute. **Parents who fail to show up or find a replacement for scheduled times will be assessed a fine of \$50.** In any other organized sport, all fees must be paid otherwise the child may not participate. Once again, our athletic committee is completely self-funded. We depend on the support of all parents.

### **Sports Physicals**

Sports physicals must be turned into the school office by the first day of practice of the sport the athlete is participating in. They can be mailed, faxed or dropped off at the school. The athlete will not be allowed to participate in practices with the team until a sports physical is on file at the school office. It is strongly recommended that you schedule your child(ren)'s physical during the summer so that the physical is valid for the entire school year.

### **Registration Fee**

No student may participate (practice or play) in more than one school sport per season with the exception of 8th grade Girls' Basketball and Cheerleading. Registration fee is due at the time of sign up. All fees are non-refundable. If you sign up for one sport and decide to sign up for additional sports at a later time, you will be required to pay the additional money at that time. If your student decides to add a 2nd or 3rd sport at a later time, you must contact the Athletic Director at [athleticdirector@annunciationbvm.org](mailto:athleticdirector@annunciationbvm.org) Registration fees are waived for parents who volunteer as a head coach or assistant coach.

***Athletic Fee will be charged to your FACTS account. You will be emailed once the fee is posted to your account.***

*\$40 – participation in one sport      \$60 – participation in two or more sports*



## **Concussion Management & Head Injury Policy**

*5th – 8th Grade 5175*

### **THE MANAGEMENT OF CONCUSSION AND HEAD INJURY IN YOUTH SPORTS**

The State of Illinois enacted a law effective July 1, 2011, requiring IHSA member schools to adopt a policy regarding student-athlete concussions and head injuries that is in compliance with the protocols, policies, and by-laws of the IHSA. The School and its coaches shall continue to adhere to the IHSA Protocol for Implementation of NFHS Sports Playing Rule for Concussions and the IHSA Return to Play Policy, as they are now and may hereafter be amended. This Diocesan Policy applies to elementary schools and high schools.

#### **Definition**

A concussion is caused by a blow or motion to the head or body that causes the brain to move rapidly inside the skull. The risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed.

Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or with obstacles. Concussions occur with or without loss of consciousness, but the vast majority of concussions occur without loss of consciousness.

#### **Removal from Practice and Game if Suspected Injury**

When a student exhibits signs, symptoms, or behaviors consistent with a concussion or other head injury, such as a loss of consciousness, headache, dizziness, confusion, or balance problems, or when a coach otherwise suspects a student has suffered a concussion or other head injury, the student shall be removed at that time from participation in a practice or game or other competition.

#### **No Return to the Practice or Game without Physician Clearance**

A student who has been removed from an interscholastic contest for a possible concussion or head injury shall not be permitted to 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 shall not be permitted to return to play or practice until the student has provided the 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.



# ANNUNCIATION BVM CATHOLIC SCHOOL

Revised August 2021

## *Athletic Department*

### *Application of this Policy*

This policy and the attached appendices are to be made a part of the any agreement, contract, code, or other written instrument the School requires a student and his or her parents or guardian to sign before participating in practice or interscholastic competition.

### *Procedure:*

The School shall educate its coaches in recognizing the signs and symptoms of and properly managing head injuries. The School shall distribute to every coach a copy of the attached, three-page “A Fact Sheet for Coaches,” which can be found at [http://www.cdc.gov/concussion/pdf/coaches\\_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf); and the CDC Guide for Coaches which can be found at [http://www.cdc.gov/concussion/pdf/Coach\\_Guide-a.pdf](http://www.cdc.gov/concussion/pdf/Coach_Guide-a.pdf).

The School shall distribute to every parent whose student is in a youth sport the Fact Sheet for Athletes, found at [http://www.cdc.gov/concussion/pdf/Athletes\\_Fact\\_Sheet-a.pdf](http://www.cdc.gov/concussion/pdf/Athletes_Fact_Sheet-a.pdf) (English) and [http://www.cdc.gov/concussion/pdf/Athletes\\_Fact\\_Sheet\\_Spanish-a.pdf](http://www.cdc.gov/concussion/pdf/Athletes_Fact_Sheet_Spanish-a.pdf) (Spanish); and the Fact Sheet for Parents, found at [http://www.cdc.gov/concussion/pdf/Parents\\_Fact\\_Sheet-a.pdf](http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet-a.pdf) (English) and [http://www.cdc.gov/concussion/pdf/Parents\\_Fact\\_Sheet\\_Spanish-a.pdf](http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet_Spanish-a.pdf) (Spanish); and the attached 2-page Concussion Information and Release Form which must be signed and returned to the School by the parents or guardian and the student.

Every locker room in the School shall display the two attached posters, which can be found at [http://www.cdc.gov/concussion/pdf/Signs\\_Symptoms\\_Poster-a.pdf](http://www.cdc.gov/concussion/pdf/Signs_Symptoms_Poster-a.pdf) and [http://www.cdc.gov/concussion/pdf/Main\\_Message\\_Poster-a.pdf](http://www.cdc.gov/concussion/pdf/Main_Message_Poster-a.pdf)

Effective: 1 October 2011



**Concussion Information and Release Form**

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> |
|--|---|

**Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness



# ANNUNCIATION BVM CATHOLIC SCHOOL

## *Athletic Department*

### **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/concussion/HeadsUp/youth.html>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

Effective 10/1/2011

5th – 8th Grade



# ANNUNCIATION BVM CATHOLIC SCHOOL

## Athletic Department

### **2023-2024 ATHLETIC PARTICIPATION SIGNATURE PAGE**

Please complete this page after reading through the attached material and turn in to the school office along with a current sports physical and the registration fee.

Student Printed Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Printed Name: \_\_\_\_\_

Fall Sport: \_\_\_\_\_ Winter Sport: \_\_\_\_\_ Spring Sport: \_\_\_\_\_

#### **Athletic Contract**

I have read, understand and consent to the athletic contract, policies and procedures described within this registration.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

#### **Concussion Information and Release Form**

I have read and understand the information described on the Concussion Information and Release Form.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

#### **Consent to Emergency Medical Treatment**

In the event the above named player required emergency medical treatment and neither parent nor guardian is present to consent, I do hereby consent to such emergency medical treatment as may be required.

Acknowledgement of Consent:

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### **Release, Insurance Waiver and Uniform Use Agreement**

I. The undersigned releases Annunciation School, its employees, agents, volunteers and teammates from any accidental injuries suffered during athletic practices, games or sports related activities in exchange for the privilege of participating in the Annunciation Athletic Program.

II. The undersigned understands that Annunciation School does not provide free insurance coverage for its students or athletes. Our family has adequate insurance to cover our son/daughter and because of this, we hereby notify Annunciation School that we do not wish to purchase school sponsored insurance.

III. The undersigned understands that the uniforms issued to the student are expected to be returned in the same condition as received. They are to be worn for scheduled Annunciation School competitions only. They are not for personal use.

The undersigned agrees to return, in good condition, any uniform issued to the student and agrees to pay the cost of the uniform's replacement if not returned in the condition in which it was issued; reasonable wear and tear are expected.

The undersigned will not mistreat athletic equipment or facilities and will pay for the reasonable cost of repair, replacement or cleaning/cleanup as a result of such mistreatment.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_