

# Lamoille Union Middle School

## Athletic Guidelines and Procedures for Interscholastic Sports



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### It is policy of the LUMS Board to provide an interscholastic athletic program for boys and girls which meets the following criteria:

1. The program should provide a wide basis of participation in both team and individual sports in interscholastic competition.
2. The program should provide athletic facilities and opportunities for participation on an equal basis for boys and girls.
3. The program should employ qualified personnel in coaching and supervision positions.
4. The program should stress the educational as well as the recreational benefits derived from participation in interscholastic sports.
5. The program should conform fully to the rules and regulations of the Vermont Principals' Association.
6. The program should strive to be competitive while at the same time allowing every individual a maximum opportunity to participate in an activity while recognizing that sports, like life, is a competitive situation in which some will excel, some will succeed, some will fail, and all will benefit merely by being participants.

### The Board will make determination related to individual activities to be included in the athletic program of the district based on the following considerations:

1. The level of student interest in an activity.
2. The level of community interest in an activity.
3. Balance of opportunities for boys and girls to participate in the total athletic program.
4. The potential of the activity to remain competitive with other participating schools.
5. The availability of qualified personnel to coach and supervise an activity.

### The following criteria for eligibility for participants in interscholastic sports are established:

- Meet the requirements of the academic eligibility policy.
- Students must be in good daily disciplinary standing.

**PARTICIPATION:** Participation will be stressed. The coach will determine who will play and when to allow the program to be as competitive as possible. Students must be in regular attendance the entire school day of an event. Exceptions to this are limited to excuses approved by the athletic director or principal, and should be cleared before the next contest.

## **ATTENDANCE:**

### **A. PRACTICES, GAMES AND MEETS**

If a student is present in school the day of a practice or contest, he or she is expected to be in attendance, unless excused by the coach, athletic director or administrator. Excused absences will be given for the following reasons: Satisfactory parental permission phoned or written in advance, illness, or school sponsored activity.

Again, athletic participation is "a privilege". As athletes, you accept responsibility for your actions during and after school hours. As you travel around the state, you are our LUMS student representative. Therefore, behaviors that result in office referrals, detentions, suspensions, and/or unexcused absences must be dealt with directly. In order to participate in games, the student must be present for the entire day or have a medical/professional note on file and approved by either the athletic director or administrator.

### **B. SPECIAL CASES**

In special cases approved by the athletic director or principal, a student may join a team after the first interscholastic contest. However, the student must have all paperwork handed in first. The student, in addition, must complete seven practice sessions in the new sport. This does not pertain to transfer students. They will be given one week to decide on a sport without penalty.

Students prohibited from athletic competition for medical reasons or because of academic ineligibility may, with the approval for the athletic director, join a team without penalty the day after they become eligible. Such students must have at least seven practice sessions to begin competition.

Students are urged to seriously consider their choices of sports before the season. Once the roster is complete, a student is considered a member of that team and is expected to complete the season with that team.

Students found ineligible can be put on a plan to improve their grades and be reinstated at report card or progress report time. Ineligible students may practice and attend home games with their teams, but will be unable to play until eligible.

**TRANSPORTATION:** The school shall coordinate transportation of all students participating in any away events. Late busses will run daily at 5:30 pm. Transportation to and from practices on weekdays after 5:30 pm and weekends, is the responsibility of the student athlete. Students traveling to an away event will dress and behave in an appropriate manner and ride the bus home from away events unless they provide a written note of permission from a parent/guardian allowing them to ride home with another adult. Students may not stay after school without being in a supervised activity. Wandering around the school or waiting outside is not allowed.

**PRACTICES:** Students must complete seven practices before competing in a Vermont Principals Association sponsored contest. Practice sessions shall not be more than one and one half hours in length. All practices must be in compliance with Vermont Headmasters Policy 2340.55 [out of season practice].

**EQUIPMENT AND UNIFORMS:** Uniforms issued through the school must be maintained in proper condition. The student, following appropriate time and notification, will pay for lost or unreturned uniforms.

**SUBSTANCE ABUSE AND CONSEQUENCES:** The use or possession of drugs, alcohol or tobacco products on or off school premises will result in immediate suspension of the student athlete for the remainder of the season. The student will appear before the Athletic Director, Administration and Student Assistance Program Counselor prior to reinstatement the following season, who must give permission for the student to participate in the following season. Students suspended must meet the school policy regarding drug/alcohol before reinstatement.

## **RULES OF ELIGIBILITY**

### **1. Academic Eligibility**

**ELIGIBILITY** - Lamoille Union Middle School recognizes and promotes the priority of academics within our athletic and student activities programs. While extracurricular activities are an important part of education, academic success remains the primary focus. Coaches and advisors support this position, and will make every effort to accommodate students' needs as they balance academics with extracurricular activities. It is essential that students and parents understand the following **academic eligibility standards**.

- Students receiving 1's (Beginning/Attempting Standards) or 1E (Insufficient Evidence) in two classes during or from a preceding marking period will be placed on academic probation. While on probation, a student will be permitted to practice and/or meet with his/her team or group, but may not dress in uniform, travel with the team/group or participate in any games or meets.
- For all fall sports, eligibility for 8<sup>th</sup> graders will be determined by their final grades (trimester/quarter) from the previous school year. Students on academic probation for a fall sport will be permitted to practice and/or meet with his/her team or group, but may not dress in uniform, travel with the team/group or participate in any games or meets. Grades will be checked at the first progress report time to determine eligibility for the remainder of the season.
- All students placed on academic probation will have their grades reviewed by the Team and Athletic/Activities Director; at progress report and report card time. If academic requirements are met, they will be reinstated to full participation. If grades remain below the requirements, they will be deemed ineligible, and may not practice, participate or compete for the remainder of the season.
- Students who receive 1's and/or 1E's in three or more classes during or from the preceding marking period are ineligible to participate or compete in athletics/interscholastic sports. .

### **2. Conduct Eligibility**

Again, **athletic participation "is a privilege"**. As athletes, you accept responsibility for your actions during and after school hours. As you travel around the state, you are our LUMS student representatives. Therefore, behaviors that result in office referrals, detentions, suspensions and/or unexcused absences must be dealt with directly. The following discipline criteria will be used for all middle level student athletes:

- 1<sup>st</sup> Incident resulting in a Detention, Classes Only, or an unexcused absence: student will miss the following game or an entire race or meet.
- 2<sup>nd</sup> Incident resulting in a Detention, Classes Only, 1<sup>st</sup> In-School Suspension or unexcused absence: student will miss the 2 subsequent games, races or meet.
  - 3<sup>rd</sup> Incidents resulting in Detention, Classes Only, 2<sup>nd</sup> In-School Suspension, an Out of School Suspension or 3<sup>rd</sup> unexcused absence: student will be suspended from the team.

### **3. Participation Information**

Prior to engaging in practice and/or game activities, a student must submit the following information:

- Proof of a completed physical within the last 2 years.
- Proof of insurance.
- Signed copy of the Athletic Code Agreement.
- Attended seven practices before they compete in a game or competition

**LAMOILLE UNION MIDDLE SCHOOL ATHLETIC CODE AGREEMENT**

- I have read and fully understand the rules and regulations stated in the Lamoille Union Middle School Athletic Code. My participation in athletics is a privilege and not a right. I acknowledge that, as a participant representing Lamoille Union Middle School, I serve as a role model for all students. Having recognized this, I pledge to honor this code during my enrollment at school.

**Signature of Student:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

- I have read and fully understand these rules and regulations and will enforce and uphold them. I understand that failure to do so will result in my son/daughter's ineligibility to participate.

**Signature of Parent/Guardian:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Lamoille Union Middle School Athletic Medical Card - 2017/2018**

Name: \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Wk. Phone: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Wk. Phone: \_\_\_\_\_

Insurance Co. \_\_\_\_\_

Allergies/Medical Needs: \_\_\_\_\_

\_\_\_\_\_

Our child has permission to be treated in the case of a medical  
Emergency, including treatment by an Athletic Trainer, if available.

Parent/Guardian Signature: \_\_\_\_\_

**Sports Candidate Questionnaire**

**My son/daughter:**

- Had injuries requiring medical attention? YES NO
- Had an illness lasting more than one week? YES NO
- Is under a physician's care now? YES NO
- Takes medication now? YES NO
- If you answered yes to any of the above, please explain: \_\_\_\_\_

- Wears glasses? YES NO
- Wears contact lenses? YES NO
- Has had surgical procedure[s]? YES NO
- Do you know of any reason why this individual shouldn't participate in all sports? YES NO
- If yes, please explain: \_\_\_\_\_

- Has seen a dentist in the last six months? YES NO
- Has allergic reactions to bee stings? YES NO
- Date of completed poliomyelitis immunization by inoculations [Salk] or oral vaccine [Sabine]? Date: \_\_\_/\_\_\_/\_\_\_
- Date of tetanus toxoid and booster inoculation within the past four years? Date: \_\_\_/\_\_\_/\_\_\_
- Date of last physical examination [Do not write "on file"]? Date: \_\_\_/\_\_\_/\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 (Athlete's Name) (Grade) (Date of Birth)

\_\_\_\_\_  
 (Parent/Guardian Printed Names) (Home Phone) (Cell Phone)

\_\_\_\_\_  
 (Home Address)

\*My signature below verifies that we have read and understood the LUMS policies, procedures and guidelines in regards to interscholastic sports. I am aware that my daughter/son has expressed interest in participating in sports at LUMS. I am aware that the school must have my permission, and by signing below I am verifying my permission for my daughter/son to participate.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 (Parent/Guardian Signature) (Date) \_\_\_\_\_ (Student Signature) \_\_\_\_\_ (Date)

\*A physical, as well as medical insurance is necessary before the student may be allowed to participate in any practice or game.

Please give the name of the insurance company and policy number with which your child is insured for injuries which may occur during sports participation.

\_\_\_\_\_  
 (Insurance Company) (Policy Number)

**To be filled out by examining physician:**

This certifies that \_\_\_\_\_ has been given a physical and is physically fit to participate in all sports at LUMS.

\_\_\_\_\_  
 (Doctor's signature) \_\_\_\_\_ (Date)

# Concussion Law/Act 58

Included in recently approved statewide legislation is the Concussion Law/Act 58. This law requires all schools to complete several actions to meet its requirements, including providing all families of student athletes with written information regarding concussions and concussion treatment. Please read the following handouts and have your son/daughter do the same. Once you have completed reading the information, please sign (parent/guardian and athlete) the form and return to the Athletic Office as soon as possible.

In addition to the hard copy information, distribution of additional information will be available by accessing the VPA Sports Medicine page through a link on the athletic department's portion of the Lamoille Union High School website.

We have read the attached concussion information provided by the athletic department at Lamoille Union High School.

Parent/Guardian **printed** name: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student athlete **printed** name: \_\_\_\_\_

Student athlete signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Concussion in High School Sports A Fact Sheet for Parents

### What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. 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?

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports *one or more symptoms* of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention.

#### Signs observed by parents/guardians

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

#### Symptoms reported by athlete

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

### How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teen can take to protect themselves from concussions or injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained and be worn consistently and correctly.
- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

### What should you do if you think your teen has a concussion?

- Keep your teen out of play. If your teen has a concussion, her/his brain needs time to heal. Don't let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it's ok to return to play. A repeat concussion that occurs before the brain recovers from the first – usually within a short period of time (hours, days or weeks) – can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage and even death.
- Seek medical attention right away. A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
- Teach your teen that it's not smart to play with a concussion. Rest is important after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that s/he's “fine.”
- Tell all of your teen's coaches and the student's school nurse about any concussion. Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, school nurse and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.