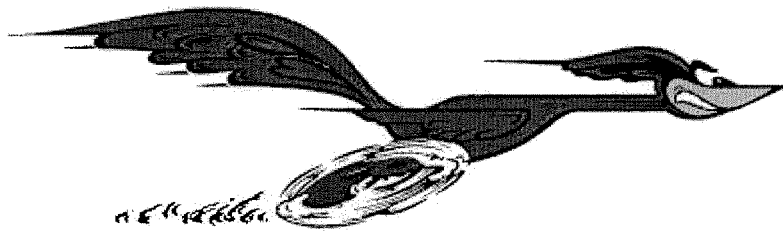


Nelson Elementary Athletics



Beep Beep! Can't Catch Us!

CODE OF PARTICIPATION

"Being The Best We Can Be"

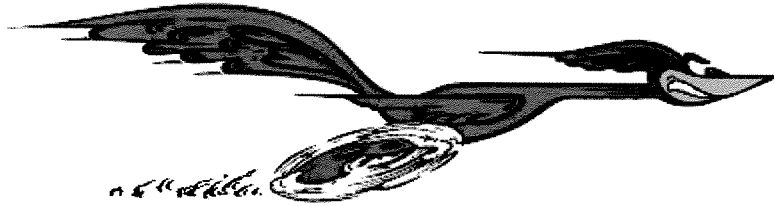
The Nelson Co-Curricular program is an integral part of our total school program. It is an opportunity to allow all students to acquire the skills, knowledge, and attitudes that lead to maximum development within their individual capabilities. It also affords the child an opportunity to develop social skills needed in order to be a well-adjusted individual. When students elect to participate in co-curricular programs (i.e., choir, sports, etc.), they must recognize that they have assumed certain responsibilities and obligations to the coach advisor, to the other members of the activity, and certainly themselves.

- Nelson School will maintain a "no cut" policy for participation in all athletics. Upon entering any sport or other co-curricular activity, students agree to participate in accordance with the Code of Participation. The code is enforced commencing with the second week of practice.
- Students are required to attend practice/rehearsal as established for the activity. Absences or tardies may be excused as with classroom attendance. The participant has the obligation to clear these with the teacher or coach.
- Students joining a sport or other co-curricular activity will be given one week grace period to determine whether they wish to continue with the activity throughout the entire season. The student and/or athlete will not arbitrarily or unilaterally "quit" a sport, activity, band, chorus, etc. After the grace period, the student may drop the activity only after consultation between the student, parent, coach or advisor and principal.
- Students are expected to respect and properly care for all property and/or equipment issued in conjunction with the activity. Team uniforms are the property of the school. Students who negligently lose or cause undue damage to a uniform will be charged for their replacement.
- Students will maintain a satisfactory level of scholarship ("C" average, 2.0 GPA) and demonstrate satisfactory behavior and citizenship.
- Students will maintain a minimum of one (1) Accelerated Reader point per week in order to be eligible for practice and game participation as long as the student has attended at least two study table sessions during the week. A/R points must be met by 3:15 on the Thursday before a game.

Code of Ethics

1. The student will be respectful of his/her teammates, opponents, and all supervising adults.
2. The student will contribute as well as encourage others to contribute in their efforts towards team success.
3. The student should inspire competitiveness in teammates without personal antagonism towards the opposing team.
4. The student will be a gracious and humble winner.
5. The student will elect to place team betterment over individual accomplishment.

NELSON ELEMENTARY ATHLETIC PARTICIPATION EXPECTATIONS



Coaches' expectations of athletes:

1. Be at each practice on time and ready to work.
2. Do what your coaches ask of you.
3. Give 100% of your personal best for the entire practice time.

The following specific guidelines are in place to ensure fair, consistent, and appropriate participation for all athletes:

Action	Number	Consequence
During any reporting period, student is below a 2.0 GPA	Below 2.0	Until the following reporting period, student is ineligible. Students that fall below 2.0 during a quarter may be removed indefinitely upon teacher request.
Excused Absence from practice	1	No Action Taken
	2	Player does not start on game day
	3	Player does not play on game day
Unexcused Absence from practice	1	Player does not attend game
	2	Player does not attend game
	3	Player is excused from team
AR minimum points per week	2	Player allowed to practice & play
	1	Player may practice & play with Study Table attendance @ lunch
Conduct Referral	1	One week suspension from team
	2	Player is excused from team
Suspension	1	Player does not play and will service a non-privilege period. Athletic Committee Meeting will determine further action

Nelson Elementary School
Parent/Guardian Code of Ethical Conduct and Expectations

The purpose of the Parent Code of Conduct is to develop parental support and positive role models in all athletic activities. In the tradition of *Building Unity, Character*, and the purpose of all athletic activities at Nelson Elementary School is to promote the physical, mental, moral, social, and emotional well-being of each student. Parents/guardians are an integral part of this process.

Expectations

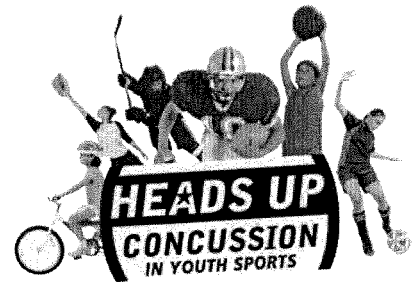
As a Nelson parent/guardian, I agree to:

- Read and understand the guidelines of the Code of Participation (found in the parent/student brochure,) the Athletic Programs, and After-school Interscholastic teams
- Be a positive role model for my student, the school and community
- Display a positive attitude and behavior
- Provide a pressure-free environment for my athlete
- Stress the importance of the complete athlete, both physical and mental preparation
- Assist in the commitment my athlete has towards his/her sport by making sure they are at all practices and games for their entirety
- Show respect for all participants, officials/judges and advisors/coaches
- Assist in providing for student safety and welfare at all times
- Encourage my student to attend school regularly and excel academically
- Inform the coaches immediately of any participant with a medical condition, such as asthma, so they can be given special instructions and guidance
- Sign a child out if they are not going to ride the bus back to Nelson from away games. If you need another person to pick up your child, forms are to be filled out in advance and are available in the front office. **Failure to sign a child out at an away game will result in the child being benched the following game.**

It is Nelson's policy that grievances should not be addressed during or immediately following any game or practice. If a situation arises where a parent/guardian wishes to meet with a coach, or address a specific issue or complaint, the following steps should be followed:

1. Request a meeting at school with the coach.
2. If your problem is not resolved, schedule an appointment with the Athletic Director, Principal or GIS.
3. If your problem has not been resolved after a meeting with the Athletic Director, Principal or GIS, refer to the appeal process outlined in the Clovis Unified School District Policy.

Please retain this form.



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly 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 listed below after a bump, blow, or jolt to

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.

the head or body, s/he should be kept 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.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not "feeling right" or "feeling down"

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 not only does not diminish, but 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*)

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.*

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

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.

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

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.

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, or 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.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

How can YOU protect YOURSELF from dehydration?

- Make sure you are properly hydrated. Make sure you drink at regular intervals; don't wait until you are thirsty.
- Don't drink liquids that contain caffeine or large amounts of sugar; these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps. Don't eat a heavy meal and then participate in an activity.
- Drink fluids before, during and after an activity.
- Due to the loss of sodium through perspiration eat a balanced diet. Popular foods rich in sodium include tomato juice, canned baked beans, dill pickles, pretzels, canned soup and cheese pizza.
- Pace yourself in extreme heat.
- Be aware of the warning signs of dehydration: headache, dizziness, nausea, cramps, vomiting, confusion, red hot skin, high temperature, rapid, weak pulse, seizure, rapid, shallow breathing, loss of consciousness, dry cough, fatigue, urine color (deep yellow). The most serious sign is **hot/dry skin**.
- Be aware of the Stages of Dehydration:
 - **Heat exhaustion** – decreased blood volume due to dehydration. Symptoms: dizziness, headache, nausea, profound sweating, body temperature at or slightly below normal.
 - **Heat cramps** – painful spasms of the skeletal muscle caused by dehydration.
 - **Heat stroke** – most serious, even fatal. The body's cooling system has completely shut off and blood volume is so low that the person stops sweating and goes into shock.

Fluid Examples for Athletes:

1 hour before activity –

Athletes under 90 lbs should drink 3-6 oz.

Athletes over 90 lbs should drink 6-12 oz.

During activity, every 20 minutes –

Athletes under 90 lbs should drink 3-5 oz. every 20 minutes

Athletes over 90 lbs should drink 6-9 oz. every 20 minutes

After activity to replace fluids lost through sweat –

Athletes under 90 lbs should drink up to 8 oz.

Athletes over 90 lbs should drink up to 12 oz.

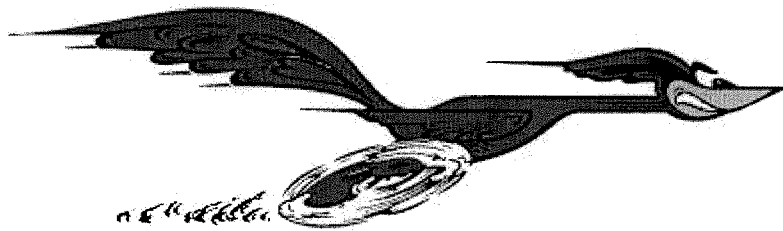
Nelson Elementary Uniform/Equipment Agreement



Uniforms and athletic equipment assigned to an athlete are the sole responsibility of the athlete. It is expected that:

- Uniforms and equipment will be worn for school sports events only.
- Uniforms will be cared for and cleaned regularly.
- Within 5 days of the end of the season, all uniforms and equipment will be returned in good condition. All uniforms will be laundered before returning to the coach. Uniforms will be returned in a bag clearly labeled with the athlete's name, teacher's name, sport, and uniform number.
- The athlete is responsible for the replacement cost of any lost or damaged uniforms and equipment.

Thank you for maintaining our athletic uniforms in good condition and helping control the costs of providing fun and competitive athletic programs!



Go Roadrunners!