

# Thetford Academy



Athletic Handbook

2016-17

# **Theftord Academy Athletic Department**

**Director of Athletics:** Blendon Salls

**Dean of Students:** Siobhan Lopez

**Head of School:** William Bugg

## **COACHING STAFF FALL 2015**

### **SOCCER**

#### **BOYS**

**Varsity:** Mark Weigel

**Junior Varsity**

**Middle School:** Cory James and Alex Jaccaci

#### **GIRLS**

**Varsity:** Dave Williams

**Junior Varsity**

**Middle School:** Frank Bonnet

### **CROSS COUNTRY**

#### **High School**

Emily Silver

Joe Deffner

#### **Middle School**

Joel Breakstone

Charlie Buttrey



## **Contact Information**

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Website	<a href="http://www.thetfordacademy.org">www.thetfordacademy.org</a>	

## **Athletic Philosophy**

The Thetford Academy Board of Trustees has adopted the following philosophy:

- Athletics are a valued part of the diverse Thetford Academy experience, and are based on the Thetford Academy Philosophy and the Academy's five principles: excellence, commitment, caring, cooperation, and respect for diversity. These principles serve as the guidelines for all participants: administrators, coaches, student athletes, parents, and spectators.
- The athletic program strives to develop the following: self-discipline, motivation, sportsmanship, social development, responsible team membership, fitness and sport-specific motor skills in the context of competitive play.
- Students are encouraged to participate in the Academy's athletic program.
- The Academy shall seek coaching staff that know the sport, understand student athletes' developmental needs, are good communicators, promote safety, and serve as positive role models. The Academy shall endeavor to provide equipment and space to facilitate safe and appropriate play.
- In order to participate, student athletes shall maintain good academic and social standing as outlined in the Thetford Academy Student Handbook. Team members are expected to make choices that positively affect the health, safety, and well being of themselves and others.

## **Athletic Program**

**Middle School:** As student athletes make the transition from youth sports, the Middle School programs maintain a focus on participation and skill development. When numbers allow, team sports will be divided by grade level (separating 7 and 8). Teams will not be selected in a best/second best (A/B) process. When two teams exist, members of the 7th-grade team will play in every game in nearly equal amounts. Grade 8 games will involve every player, but will begin to introduce the concept that some players may play more than others. When only one team exists (combining 7 and 8), the 8th grade approach will be employed.

In individual sports, emphasis will be placed on individual and program development, as there are fewer interscholastic opportunities available. Consequently Middle School student athletes' individual development may warrant their practicing with high school student-athletes.

All Middle School student athletes will be directed to strive to win, but their success will be measured by their personal development and their desire to continue in our program. Parents can expect Middle School student athletes to have four days of commitment on average per week, between practices and games.

**High School:** For grades 9-12, most sports incorporate two levels: Junior Varsity and Varsity. Team selection will be directed by the Varsity coach in consultation with all assistant/JV coaches, and will be overseen by the Director of Athletics.

All student athletes (including those who were on the varsity team the preceding year) must attend tryouts and all practices (this includes fall sport practices that begin prior to the opening of school) to be considered for the varsity level team. Even if a student athlete does not intend to play on the varsity team, he or she are strongly encouraged to attend tryouts. Student athletes will not be accepted on to high school teams (JV or varsity) any later than a week after the first tryout. If injury, illness or another extenuating circumstance prevents the student athlete from participating within the first week of the season, the student athlete needs to express interest in participating and explain the circumstance of the situation to the coach and/or Athletic Director, in order to be able to join the team after the first week. The only exceptions will be granted to new students who arrive at Thetford Academy after the season has begun, but within the first three weeks of the season. These student athletes may try out for the varsity squad if there is space on the team. No player will be moved to the junior varsity team to "make room."

**Junior Varsity** Emphasis at the JV level will continue to be skill development, but will now begin to focus more on the competitive element of sport. JV participation is designed to prepare students to be optimally competitive for consideration at the varsity level of play. Every attempt will be made to involve all team members in every game, but playing time will be dictated by the coach and the event, and may result in students not participating in every game. Team size will be dictated by each sport; however, cuts may be necessary to maintain the balance between offering maximum participation and the desired quality of program.

**Varsity** teams will continue the emphasis on skill development, and will focus on the achievement of excellence. Team sizes will be smaller, possibly necessitating tryouts and cuts, to better facilitate the goals of the program. Playing time will not be guaranteed, and will largely be determined by coaches assessing the best student athletes to meet the needs of the event and the overall development of the program. In cases where cuts are necessary, coaches will be responsible for evaluation and final decisions. Varsity participation in some programs (skiing and cross country) is determined by Vermont Principals' Association criteria for team competition within individual sports.

## **Team Size**

The following outline indicates the suggested number of participants in each sport at the Varsity and JV levels. Coaches may elect to keep more students athletes. At the varsity level they may make a case for keeping fewer student athletes to serve program development needs. In both cases, such decisions will be made in consultation with the Director of Athletics.

For the Cross Country, Skiing, and Track teams there will be no cap on the team size at the Middle School and High School levels. Varsity status will be awarded to all junior and senior participants, as well as to freshmen and sophomores who qualify for Varsity State level competition.

	<b>Middle School*</b>	<b>JV</b>	<b>Varsity</b>
Soccer	26	22	18
Basketball	15	15	12
Baseball/Softball	22	16	14

\* Middle School numbers indicate participation levels at which two teams will be considered.

## **General Regulations**

A student athlete and his/her parent/guardian must complete and submit the Sports Participation Form and the Concussion Acknowledgement Form prior to participating in a scheduled scrimmage or game.

A student must present proof of a satisfactory sports physical examination performed by a doctor once every two (2) years. It is preferred that this be done during the 7<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> grades, but must be in place for all new students. Participants identified with chronic conditions may be required to have a physical annually as determined by the Director of Athletics. Proof of the physical must be submitted prior to participating in a scrimmage or game.

The season will begin with the first official practice and end with the last game or meet. High school student athletes must attend ten practices before playing in a regular season game. Middle school athletes must attend seven practices before playing in a regular season game.

Student athletes are expected to dress appropriately for their given sport for practices and games. Specific rules regarding practice and game wear may be established on a team specific basis by the coach. Proper equipment is also expected of student athletes. If certain equipment is required to be worn during games (example: shin guards in soccer), it is expected to be worn during practice also.

## **Thetford Academy Regulations**

The following guidelines for participation are intended to support the goals of Thetford Academy's Athletic Philosophy. Thetford Academy is a member of the Vermont Principals' Association.

A student athlete may not participate in more than one interscholastic athletic program per sport season. Participation in athletic clubs may be determined in consultation with the coach and Athletic Director.

To participate as a member of a Thetford Academy athletic team, a student must:

- Be a full-time student maintaining a minimum enrollment of five and one half (5 1/2) credits at Thetford Academy.
- Have at least a 2.0 GPA (Grade Point Average) in the preceding quarter  
and
- Have no failing grades (F) in any course in the preceding quarter

A student athlete who falls below a 2.0 GPA or receives a failing grade will be allowed to start the season with the team but will be:

- Placed on Competition Probation until completion of the Athletic Blue Sheet System
- Placed on Academic Probation for the duration of the season
- Required to get daily teacher verification of improved academic performance
- Required to attend weekly office hours
- Required to remain in study center
- Required to meet with the Director of Athletics regularly

### **Academic Probation**

A student athlete placed on Academic Probation will remain on Academic Probation for the duration of the sport season. The student athlete will be required to attend after-school office hours weekly as well as all additional academic support time offered by the teacher. A student athlete with scheduled study center will remain in study center during that block. The student athlete will meet regularly with the Director of Athletics.

## **Competition Probation**

A student athlete placed on Competition Probation will be barred from team competition and required to participate in Athlete Study Sessions for at least 10 days. Students will be allowed to attend practices after the daily session. Students will sign in to the session and work for one hour. Support will be provided at the sessions. The goal is to increase student confidence and academic performance in a supportive environment. If students fail to attend required study sessions, they will be banned from practice as well.

At the end of the Competition Probation period an eligibility status review will be conducted by the Dean of Students and/or Director of Athletics. The student athlete's eligibility to compete in games, meets or races will be determined based on a demonstrated commitment to class work and improved performance in the course(s).

Upon completion of the eligibility review the athlete may be:

- Reinstated to full status with the team
- Remain on Competition Probation
- Removed from the team

The decision of the Director of Athletics and/or Dean of Students is final. If a student athlete is reinstated he/she will remain on Academic Probation for the remainder of the season. If at any time the student athlete shows signs of decreased effort, responsibility or lack of improvement in class work, the Director of Athletics reserves the right to place the student athlete back on competition probation and the Athletic Blue Sheet system, pull the student athlete from practices or remove him or her from the team.

If a student does not meet the academic requirements to participate in two consecutive seasons in a school year, he or she will not be allowed to participate in the third season.

## **Code of Conduct for Students**

Thetford Academy accepts responsibility for student athletes' behavior while they are in our care – that is, on school grounds, or while in attendance or involved in school-sponsored activities off the Academy's grounds. The Student and Family Handbook outlines disciplinary procedures.

Any school-related multiple-day suspension will result in a minimum of a two-event suspension from participation. Student athletes may not participate in or attend any extra-curricular programs during the term of a school-related suspension (to include the first Saturday and Sunday encompassed by a multiple-day suspension). If a suspension begins with the final event of a season, the second-event suspension will be the first scheduled event of the next season of participation.

Any school-related detention or suspension will be served and satisfied before a student athlete may attend any sport practices or games. Detentions will not be excused for any sport activity. Students are responsible for communicating with the coaches. If a student athlete receives three

(3) or more detentions for behavioral reasons in a season, he or she may lose the ability to practice, participate in competitions or may be removed from the team based on the severity of the circumstances. This decision will be made in consultation with the Dean of Students and Director of Athletics.

A student athlete terminated from two programs in a school year will not be allowed to participate in the following season.

Coaches reserve the right to set team specific rules. After review and approval of these rules by the Athletic Director, these rules will be enforced and supported by the coach, Director of Athletics and the School.

### **Sportsmanship**

Thetford Academy prides itself on good sportsmanship from all student athletes. All student athletes are expected to positively represent himself or herself, his or her team, and the school while at school and at school-sponsored events. Behavior deemed detrimental to the team, the school, themselves, or the community will result in a minimum of a one-event suspension (regular schedule or tournament events), to a maximum of termination from the team. These circumstances will be reviewed and determined by the Director of Athletics and Dean of Students in consultation with the coaching staff.

### **Social Media**

The expectation of student athletes to represent themselves, their team and Thetford Academy in a positive way extends to all social media outlets. If a student athlete uses any social media outlet in a way that is deemed detrimental to himself or herself, his or her team, the school or the community, he or she may receive the minimum of a one game suspension to a maximum of termination from the team. These circumstances will be reviewed and determined by the Director of Athletics and Dean of Students in consultation with the coaching staff.

### **Addressing Issues or Concerns**

Should concerns with the coach or team arise, they should be addressed according to the following protocol:

- If a student athlete has a concern or issue, they should first approach the coach in an attempt to resolve it. If the concern or issue remains unresolved, the student athlete should then approach the Director of Athletics. If the matter continues to be unresolved, the parent may request a meeting with the coach and/or the Director of Athletics.
- Coaches or student athletes may not be confronted with issues at event sites, including practices, locker rooms, playing fields, courts, etc. Such conversations should be held in a confidential setting, and are best served when all parties can focus on the issues to be addressed.
- An individual meeting should be set up with the coach. Coaches will make every attempt to meet at the earliest possible time. Coaches should be contacted via the school. Please do not contact coaches at their homes, unless they extend such a courtesy. Meetings can also be arranged by contacting the Director of Athletics through the school office.

## **Athletic Appeals**

1. Concerns or issues involving student athletes that cannot be resolved with the coach will be addressed by the Director of Athletics, who will serve as a mediator or be available for individual meetings to address the needs of the concerned parties. If the Director of Athletics is the coach, this stage will be facilitated by the Dean of Students.
2. If the concerns or issues remain unresolved, the parent/guardian and/or student athlete may request that the Athletic Committee review the matter. Such requests must be made in writing to the Director of Athletics or Dean of Students.
3. Following a written request from the parent/guardian, the Athletic Committee will be convened. The Athletic Committee is composed of five to seven members of the faculty and/or administration, with the Dean of Students attending in an *ex officio* capacity. The Director of Athletics, in consultation with the Dean of Students, will chair the Athletic Committee. Concerned parties will be afforded a meeting with the Committee at the earliest possible time. The Committee's final deliberations will be in closed session and their findings will serve as a recommendation to the Head of School.
4. The Head of School will receive and act on recommendations from the Athletic Committee. The Head of School will not act independently of the Athletic Committee deliberations, but will seek to reach a decision in consultation with its members. The Head of School will investigate the points made by the Athletic Committee as necessary. A decision by the Head of School will represent the school's final position. The Board of Trustees will not consider appeals.

## **Attendance**

A student athlete who is absent from school or leaves school early due to illness will not be allowed to participate in that day's extracurricular programs (games and practices).

A student athlete must be in attendance for two or more blocks of the school day to participate in that day's athletic program.

Attendance at practice sessions and games is required except due to illness or injury excused by a note from home, or for school-excused events (ex: field trip, college visit). Failure to attend practice may result in a reduction of playing time as deemed appropriate by the coach. When possible, a student athlete should attend practice even if he/she can't participate.

Varsity and Junior Varsity teams are chosen during tryouts which typically take place during the first two days of the season; however, the tryout period could be longer or shorter. All student athletes (including those who were on the varsity team the preceding year) must attend practices from the beginning of the season (this includes soccer "pre-season") to be considered for a varsity team. (New students who arrive at Thetford Academy after the season has begun, but within the first three weeks of the season may be allowed to join a team.)

Student athletes accumulating five (5) absences during either the fall or spring seasons, or seven (7) during the winter season may be considered for removal from the program. A student athlete missing more than one-half of a practice session will be considered absent. Absences due to detentions and suspensions will be included in the absence total. Absences due to school-related functions will not be included in the absence total. Absences for family vacations will be counted only at the Varsity level.

## **Team Travel**

Athletic team transportation will be provided to and from all athletic contests (high school and middle school) with the following exceptions:

Events at the following local schools will have transportation to the event, only:

- Oxbow
- Rivendell
- Lyme
- Sharon
- Strafford
- Hartford
- Hanover

The return trip from the events at the above locations will be the responsibility of the parents/guardian. Return transportation may be provided following the event by the respective athletic team coach.

Student athletes are expected to travel with the team when provided by Thetford Academy. However, a parent/guardian may request that his/her student athlete ride with him/her after the event. Parent/guardians may also give permission for a student to ride with another parent/guardian by providing a signed note from to the coach. If a student athlete is not taking the bus after the competition, the parent/guardian responsible for the student athlete must sign them out with the coach prior to leaving with the student athlete.

If a student athlete needs to travel to a game in a different manner than on the bus, he or she may ride with a parent/guardian, ride with another adult approved by the parent, or drive him or herself, with permission from the parent/guardian. The student athlete must arrange this with the coach prior to the day of the game and provide a note signed by the parent for each event. This should only happen in situations when the location of the competition is closer to the students home than to the school, or other extenuating circumstances approved by the coach. A student driver liability waiver form (see attached form) must be filled out, signed and on file with Thetford Academy for a parent to allow a student to assume transportation responsibilities to and from athletics events with the exception of the above noted return trips from which

## **Cancellations**

On school days called off because of inclement weather, Thetford Academy may hold practices and games later in the day if the weather permits. Coaches will notify their team if scheduled activities are to be canceled or postponed. When school is in session and weather at the end of the day results in events being canceled, decisions are generally made between 1:00 and 1:30 p.m. A message will be sent via email or the school office may be contacted after 1:30.

## **Code of Conduct for Parents**

Thetford Academy is proud to have received the Vermont Principals' Association's Sportsmanship Award at the Barre Auditorium in past years. This recognizes our continued dedication to sportsmanship at TA events. It is expected and appreciated that all participants (administrators, coaches, student athletes, parents and spectators) be supportive and conduct themselves in an appropriate manner before, during, and after any athletic event. Failure to do so, as determined by the administrator on duty or the Director of Athletics, may result in immediate expulsion and/or exclusion from future athletic events.

Your support of a positive and sportsmanlike environment at Thetford Academy's athletic events is appreciated.

## **Concussion Facts for Athletes**

Over the past several years, there has been an emphasis placed on concussion prevention and treatment for athletes. Concussions often happen during athletics, and can have significant long term affects if not treated appropriately. It is important to become familiar with the signs and symptoms of a concussion, and the protocols in place for treatment.

### **What is a concussion?**

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven't been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

### **Concussion Signs and Symptoms**

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days.

### **Common symptoms include:**

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness
- During recovery, 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.

### **What Should I Do If I Think I Have A Concussion? Report It**

Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

### **Get Checked Out**

Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

**Take Care Of Your Brain**

A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

**How Can I Help Prevent A Concussion?**

Every sport is different, but there are steps you can take to protect yourself. Follow your coach's rules for safety and the rules of the sport. Practice good sportsmanship at all times.

## **Concussion Facts for Parents**

### **What is a Concussion?**

- A concussion is a type of traumatic brain injury.
- Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.
- 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 or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### **What are the Signs and Symptoms of a Concussion?**

#### Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- 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

#### 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 “feeling down”

### **How can you help Your Child Prevent a Concussion or Other Serious Brain Injury?**

- 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.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained. Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture. However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

### **What Should You Do If You Think Your Child Has a Concussion?**

**Seek Medical Attention Right Away**

A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

**Keep Your Child Out Of Play**

Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

**Tell Your Child's Coach about Any Previous Concussion**

Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

**Concussion information from the U. S. Department of Health and Human Services  
Centers for Disease Control and Prevention**

**For more information, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).**

## **Return to Learn Plan**

### **Step 1: HOME—Total Rest - No mental exertion**

- No Computer, Texting, Video Games or Homework
- Stay at home
- No driving

### **Step 2: HOME—Light Mental Activity**

- Up to 30 minutes mental exertion
- No prolonged concentration
- Stay at home
- No driving

Progress to the next level when able to handle up to 30 minutes mental exertion without worsening of symptoms

When parent(s) indicate student is ready to return to school, school to send letter to parent(s)

### **Step 3: SCHOOL—Part time - Maximum Accommodations**

- Shortened Days/Schedule
- Built-in Breaks
- Provide quiet place for scheduled mental rest
- No significant classroom or standardized testing
- Modify rather than postpone academics
- Provide extra time, extra help, modified assignments

Progress to the next level when able to handle 30-40 minutes of mental exertion without worsening of symptoms. At this stage include the athletic staff in planning

### **Step 4: SCHOOL—Part Time - Moderate Accommodations**

- No standardized testing
- Modified classroom testing
- Moderate decrease of extra time, help, and modification of assignments

Progress to the next level when able to handle 60 minutes of mental exertion without worsening of symptoms.

### **Step 5: SCHOOL—Full Time - Minimal Accommodations**

- No standardized Testing, Routine tests OK
- Continue decrease of extra time, help, and modification of assignments
- May require more supports in academically challenging subjects

Progress to the next the next level when able to handle up to 60 minutes mental exertion without worsening of symptoms. At this point student may be considered for Return to Play Protocol with the appropriate healthcare professional approval

### **Step 6: SCHOOL—Full Time - Full Academics - No Accommodations**

- Attends all classes
- Full homework

When symptoms continue beyond 3-4 weeks, Prolonged In-School Support is required.

## **Return to Play Plan**

### **Gradual Return to Play Following a Concussion**

- This Return to Play Plan should start only when you have been **without any symptoms** for 24 hours.
- It is important to wait for 24 hours between steps because symptoms may develop several hours after completing a step.
- Do not take any pain medications while moving through this plan (no ibuprofen, aspirin, Aleve, or Tylenol).
- This plan should be supervised by an athletic trainer, school nurse, or health care professional trained in the management of concussions.
- Intensity levels: 1=very easy; 10=very hard

#### **Step 1: Aerobic Conditioning** – Walking, swimming, or stationary cycling

Intensity level: 4

Duration: no more than 30 minutes

If symptoms return, wait until you are symptom free for 24 hours then repeat Step 1.

No symptoms for 24 hours, move to step 2

#### **Step 2: Sports Specific Drills** – skating drills in hockey, running drills in soccer or basketball

Intensity level: 5 or 6

Duration: no more than 60 minutes

No head impact activities. No scrimmages or potential for contact.

If symptoms return, wait until you are symptom free for 24 hours then repeat Step 1.

No symptoms for 24 hours, move to step 3

#### **Step 3: Non-contact Training Drills** – more complex training drills such as passing in soccer/hockey/basketball. Running specific pattern plays, etc.

Intensity level: 7

Duration: no more than 90 minutes

No head contact, or potential for body impact

Ok to begin resistance training

If symptoms return, wait until you are symptom free for 24 hours then repeat Step 2.

No symptoms for 24 hours, move to step 4

#### **Step 4: Full Contact Practice**

Only after medical clearance! You must have a note from a health care provider trained in managing concussions before returning to full practice or games.

No intensity or duration restrictions

If symptoms return, wait until you are symptom free for 24 hours then repeat Step 3.

No symptoms for 24 hours, move to step 5

#### **Step 5: Full Clearance for Return to Play**



## Sports Participation Form

**Student Athlete Name:** \_\_\_\_\_

Date of birth \_\_\_\_\_ Date of last physical exam \_\_\_\_\_

### Contact Information to be used by coaches and the Athletic Director Only

Names of Parents/Guardians \_\_\_\_\_

Phone Number(s) \_\_\_\_\_

Email Address(es) \_\_\_\_\_

### EMERGENCY PERMISSION:

In case of an emergency, I hereby give permission to the physician and/or hospital selected by the Thetford Academy Coach in charge of my child to administer all necessary treatment for my child named above.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

### List two contacts that can be called in case of emergency:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone number

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone number

**List any allergies or other major health problems:** \_\_\_\_\_

**INSURANCE INFORMATION:** Please indicate the type of insurance coverage you have for your student: \_\_\_\_\_

**TRANSPORTATION INFORMATION:** Athletic team transportation will be provided to and from all athletic contests (high school and middle school) with the exception of 7 local schools (see full list on page 11), where transportation will be provided to the event, but the student will be responsible for transportation from the event.

Students are permitted by the school leave events with their parent/guardian or another parent approved parent/guardian. In some circumstances, students will also be allowed to drive themselves to and from the event, with parent permission.

I give permission for \_\_\_\_\_  
Student Athlete

to ride to and from athletic contests in transportation arranged by Thetford Academy.

I also give permission for my student athlete to ride with: (check all that apply)

- Parent or Guardian Only
- Another parent or responsible adult
- My student athlete may drive him or herself to athletic events when necessary

\_\_\_\_\_  
Signature of Parent or Guardian Date

**ATHLETIC HANDBOOK AGREEMENT:**

I have read the Athletic Handbook and I agree to follow the rules, policies, and procedures set forth by Thetford Academy during the 2016 Fall Sports Season.

\_\_\_\_\_  
Signature of Parent or Guardian Date

\_\_\_\_\_  
Signature of Student Athlete Date

The student athlete and his/her parent/guardian must complete this form prior to the end of the first ten (10) practice sessions, or prior to participating in a scheduled contest.

**A student must present proof of a satisfactory sports physical examination by a doctor once every two (2) years. Proof of the physical must be in place by the tenth (10) practice, or prior to participating in a scheduled contest.**



**Concussion Acknowledgement and Signature Form  
for Parents and Student Athletes**

Student Athlete Name: \_\_\_\_\_

I have received, read and understand **Concussion Facts for Athletes, Concussion Facts for Parents, the Return to Learn Plan** and the **Return to Play Plan** information provided to me by Thetford Academy’s Director of Athletics. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. I agree to the following:

- I will report any concussion or concussion-like symptoms that occur during practice or games.
- I will report any concussion or concussion-like symptoms that occur as a result of injury outside of school sports.
- I have read and understand Thetford Academy’s policy regarding concussion management and return to sports.
- I understand that medical clearance after a concussive injury allows an athlete to start the **Return to Play** protocol – not to immediately return to full participation.

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Signature of Parent or Guardian

Date

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Signature of Student Athlete

Date