



ARMS

Athletic Handbook

Updated: Thursday, November 12, 15



American Renaissance Middle School Athletics Handbook

Academic Philosophy

American Renaissance Middle School sees athletic activities as an important part of the lives and education of many young people. In combination with school, it enhances problem solving, communication, decision-making, and teamwork skills, as well as builds self-confidence, self-esteem, and a sense of community. American Renaissance Middle School also feels that our students are students first and athletes second. Strict disciplinary and academic standards must be met in order to maintain eligibility for participation.

Eligibility

- 1.1. At the midpoint or end of a grading period, no student may have a grade below a 70% in any class. If a student has a grade below a 70%, he is immediately ineligible until the grade is back to a 70% or above and on academic probation for the rest of the season.
- 1.2. If a student misses seven or more days in a quarter, he is ineligible for the next quarter. In extreme cases, parents can petition administration for a medical waiver.
- 1.3. 7th and 8th grader's academic eligibility for fall sports will be based on grades at the end of the previous year.

Physicals

If your child has not had a physical, they must have one turned in before participating in any **practice or game**. In order to ensure the safety of your child, our board and insurance company ask that all athletes have a current physical form on file with the school. If you are unsure of whether or not we have a form on file, please contact the school. ARS uses the form that is recommended by the NCHSAA. A copy is included at the end of this handbook and can be found on the school website under the middle school tab in the digital filing cabinet labeled "School Physical Form".

Behavior policy

American Renaissance Middle School athletes are held to higher standard and required to be in good standing in regard to the PBIS system at school. We stress respect and sportsmanship on and off the field. Continued behavioral problems on the field, in the classroom, or in the buses traveling to and from competitions will have consequence. Consequences will be at the discretion of the coaches, Athletic Director, or school administration and will range from suspension to removal from extra-curricular activities.

Athletic Discipline

Out of School Suspension (OSS)

Students suspended from school:

- Will not be allowed to attend practices or games during the suspension
- Will miss 1 game per day suspended
- Players may not attend games they miss due to suspension

In School Suspension (ISS)

Students assigned In School Suspension will:

- Miss first half of next game

PBIS Levels

Student athletes on Level 2 will:

- Miss 1st half of next game
- Be allowed to participate in practice

*Note: there will not be a level II consequence on a positive level move

Student athletes on Level 1 will:

- Miss 1 game
- Not dress or attend game
- Be allowed to attend practice
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Fees

Each team member in any sport is responsible for paying a \$75.00 participation fee **before** the first competition. This small fee is to help offset the thousands of dollars spent for uniforms, officials, equipment, transportation, practice, and game facilities used throughout the season. This fee only covers a fraction of what is spent each year to keep these sports going, but it makes it possible to have a wide range of teams available to your ARMS student. Your prompt payment of these fees will do your part to make sure that American Renaissance Middle School can continue to turn out well-rounded students. No fee will be refunded after the start of the season, even if a student is removed from eligibility for academic or disciplinary reasons.

Participation Policy

One of the most challenging responsibilities of educators is that of helping students with the transition from childhood to the adult world. Nowhere is that transition more visible than middle school. From the single-file lines in the hall and self contained classrooms to the changing of classes and use of lockers, middle school introduces students to a more grown-up world.

This is reflected in sports as well. On the field, the sports become more competitive. The competition to make a team is stiffer; the practices are more demanding, and the opponents, more physical. For all of these reasons, no child is guaranteed a spot on a team, nor are they assured playing time in games if they make the team. Our coaches will attempt to play all of their players, but this decision is at the discretion of the coaches alone.

Therefore, we ask that no complaints be addressed to the coach before, during, or after games, and never in front of the students. Any Parent/Guardian violating this policy will be asked to leave the sporting venue. All complaints should be presented, in writing, to the Athletic Director or Principal. If it is deemed necessary, a meeting will be set up at the convenience of the coach and Parent/Guardian.

Dues/Gate Fees

Conference guidelines state that gate fees will be charged for team events unless facilities dictate otherwise. Gate fees will be \$3 for adults and \$1 for students. Booster fees and tournaments may be a possible exception.

Uniforms

Uniforms must be returned to school within two weeks of the last contest. If the uniform has not been returned in that period, a bill for the cost of a replacement uniform will be sent home with the student athlete.

Uniforms should be washed in cold water after every contest.

Participation Agreement

I have read, understand and acknowledge receipt of the eligibility rules of American Renaissance School.
I understand that participation in interscholastic athletics is a privilege not a right.

Student Code of Responsibility

As a student athlete, I understand and accept the following responsibilities:
I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
I will be fully responsible for my own actions and the consequences of my actions.
I will respect the property of others.
I will show respect to those who are responsible for enforcing the rules the game, my school, and the laws of my community, state and country.
I will show support by being a good teammate and showing good sportsmanship.
I will show integrity by adhering to rules and conference guidelines.
I understand that a student whose character or conduct violates the school's Athletic Code could be deemed ineligible for a period of time as determined by the principal or school system Administration

Parent/Legal Guardian Responsibility

As the parent or legal guardian of a student athlete, I understand and accept the following responsibilities:
I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
I will be fully responsible for my own actions and the consequences of my actions.
I will respect the property of others.
I will respect and obey the rules of my school and laws of my community, state and country.
I will show respect to those who are responsible for enforcing the rules the game, my school, and the laws of my community, state and country.
I understand that a student whose character or conduct violates the school's Athletic Code or School Code of Responsibility could be deemed ineligible for a period of time as determined by the principal or school system Administration.

I understand that in the case of injury or illness requiring treatment by medical personnel and transportation to a health care facility, that a reasonable attempt will be made to contact the parent/legal custodian but that, if necessary, the student-athlete will be treated and transported via ambulance to the nearest hospital.

I consent to medical treatment for the student following an injury or illness suffered during practice and/or a contest.

I understand all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. Further, I understand that if my student is removed from a practice or competition due to a suspected concussion, he or she will be unable to return to participation that day. After that day, written authorization from a physician (M.D. or D.O.) or an athletic trainer working under the supervision of a physician will be required in order for the student to return to participation.

I have received, read and signed the Gfeller-Waller Concussion Information Sheet.

By signing this document, we acknowledge that we have read the above information and that we consent to the herein named student's participation.

Must Be Signed Before Participation

Student's Signature	Birth date	Grade in School	Date
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Signature of Parent or Legal Guardian			Date
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CONCUSSION

INFORMATION FOR *STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS*

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.

Student-Athlete & Parent/Legal Custodian Concussion Statement

**If there is anything on this sheet that you do not understand, please ask an adult to explain or read it to you.*

Student-Athlete Name: _____

This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal Custodian Name(s): _____

- We have read the *Student-Athlete & Parent/Legal Custodian Concussion Information Sheet*.
If true, please check box.

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Custodian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be “seen.” Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or medical professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation.	
	I realize that ER/Urgent Care physicians will not provide clearance if seen right away after the injury.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

Signature of Student-Athlete

Date

Signature of Parent/Legal Custodian

Date