

**St. John's Athletics Association**  
**Player/Coach/Parent Handbook**  
**2018**

*4 Family Life Lane  
Front Royal, VA 22630*

## A Message from the Board of Directors

Dear Parents and Student-Athletes,

Saint John’s Athletics Association (SJA) is a membership-based youth athletics organization intended to support opportunities for members of Saint John the Baptist Catholic Church. While formed to serve the St. John’s community, SJA is a wholly *independent* organization, governed by a board of directors that is elected by its members in accordance with its bylaws.

The specific purposes and objectives of SJA, as stated in its bylaws shall include, without limitation, the following: (a) Assisting parents in the spiritual formation, social engagement, and physical fitness of their children; (b) Promoting a culture of faithfulness, fraternal support, and competitive excellence among the youth residing within the geographic boundaries of St. John the Baptist Catholic Church, Front Royal, Virginia (the “Parish”); (c) Facilitating the work of parents in the education of children in a culture immersed in fidelity to the teachings of the Roman Catholic Church (the “Church”); (d) Promoting recourse to prayer in all things; and (e) Furthering any other educational, religious and charitable purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code.

This handbook identifies the philosophy, goals, policies, and procedures of SJA. It is intended to clarify the expectations of the organization so that parents, student-athletes, and coaches can work together both to provide the best possible experience for everyone involved.

### 2018/2020 Board of Directors

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## **Athletics Philosophy**

Coaches, student-athletes, and parents should strive at all levels to develop and display the attitudes of good sportsmanship, teamwork, commitment, dependability, work ethic, self-discipline, and loyalty. The highest standard of sportsmanship is expected of all coaches, student-athletes, and parents since their actions are representative of the community. Saint John's Athletics Association (SJA) is an organization formed and supported by a Catholic faith community, and as such will at all times and in all actions seek to reflect, in its athletics programs, the virtues inherent to the faith of its members.

The SJA program is intended to foster and encourage leadership, teamwork, character development, sportsmanship, friendship, and excellence in both sports and life. SJA offers a competitive sports outlet for the children of its members.

Organized competitive sports can contribute to the growth of young people in many ways. In an athletics association based in a Christian faith community, in addition to the obvious physical aspect of athletics, emotional and spiritual growth should also be central areas where pre-teens and teenagers have opportunities to experience growth towards mature adulthood while participating in a sports program. St. John's has a long tradition of matching up with other church and small school programs in the region that field competitive teams. SJA employs a system that gradually transitions from emphasis on development in elementary and middle school years (pre-teen) to fielding competitive teams in later high school years. The self-esteem of youth in competitive sports should spring from their engagement and advancement in sportsmanship, teamwork, commitment, dependability, work ethic, self-discipline, and team loyalty, all of which result in positive bonding with teammates and coaches, and a primary identification with the team over the individual in both successes and failures experienced by the team. As in life, equal outcomes among individuals cannot be regulated, but that should not inhibit all players from growing and enjoying the many aspects of participating in a competitive team environment.

## Basic Expectations of Participation (BEP)

Student-athlete participation on a SJA team is accompanied by certain expectations and a commitment to contribute to the team as listed in the following **Basic Expectations of Participation (BEP)**:

BEP-1	<b>Attendance</b> - athletes are expected to attend all practices and games other than for usual and customary circumstances that prevent it ( <i>e.g.</i> , illness/injury, family emergency, vacation etc.). Attendance is <i>not required</i> on Holy days of obligation and there shall be no penalty associated with missing a practice or game on a Sunday or a holy day of obligation, <i>if</i> one were to be scheduled.
BEP-2	<b>Attention</b> - athletes are expected to pay attention and maintain a respectful attitude toward their coaches at all times, follow directions and coaching instructions, and refrain from any disruptiveness or distraction that would inhibit them or their teammates from doing so.
BEP-3	<b>Effort</b> - athletes are expected to put forth their best efforts both physically and mentally during team practices and games. There are both physical skills to learn and practice as well as mental challenges associated with learning aspects of the sport, such as strategy and tactics.
BEP-4	<b>Helpfulness</b> - athletes are expected to be helpful to others; this includes being supportive and helpful to other athletes learning physical and mental aspects of the sport, and helping and cooperating with coaches when asked, without hesitation or argument.
BEP-5	<b>Timeliness</b> - athletes are expected to be at practices and games in time to <i>start</i> the practice or game <i>at the scheduled time</i> . This means arriving 5-10 minutes beforehand for practices and at least 30 minutes before games, or as otherwise instructed by a coach, so that changing shoes, warming up, etc. can take place <i>prior</i> to the scheduled start time.

It is incumbent on student-athletes to strive to meet the expectations above; to the extent that they do not or cannot, coaches have an obligation to communicate with the athlete, and if necessary parents of the athlete, in a timely manner (*e.g.*, after practices, or a game) about what the specific issues are and how they can be remedied. A coach's assessment of the degree to which an athlete is meeting these basic expectations may be used for determining the athlete's opportunity for and level of participation in games. In extreme cases, in concert with the Athletic Director, they may be used for determining the athletes continued participation in the program.

## Goals and Game Play Expectations by Team Level

**Middle School** - Middle School (MS) players who meet the BEP, strive to develop individual and team skills, and demonstrate sportsmanship can expect to get some playing time in every game. SJA does *not* prescribe specific playing time requirements. Coaches are given discretion over playing time; however, the MS level is considered developmental, and if a coach refrains from playing a MS player in a game, it should be related to BEP issues and known to the athlete *before* a game.

**Junior Varsity** - At the Junior Varsity (JV) level, the focus is on developing players for Varsity level competition. Although the primary goals continue to be the development of individual skill and implementation of team tactics, there will be a *stronger emphasis* placed on playing higher-skilled players more at this level. In addition to the basic requirements at the MS level, JV players are expected to be able to execute team strategy in game situations, use proper technique, and put forth their best effort at all times. Since experience is a large part of the development process, it is the goal of the program for every JV player to get some playing time in each game, though the extent of one's playing time is left to the discretion of the coach. Coaches are expected to use their skills and judgement to discern situations in which they can work all players into the rotation, in *most* games, such that all members of the team have playing opportunity. BEP issues are grounds for curtailing or eliminating playing time, and will be made known to the athlete *beforehand* if they are a factor.

**Varsity** - At the Varsity level, the goal is to field competitive teams. In addition to the requirements of the MS and JV levels, the expectations and commitment of varsity players are greater. Varsity players must possess or strive to develop a high level of skill, demonstrate knowledge of the game and team strategy, display commitment to the team, and put forth their best work ethic at all times. Varsity coaches have the discretion to decide on playing time for individuals in any game; there is no guarantee that every player will receive playing time in any particular game at the varsity level. *However*, the goal of the program includes opportunity for participation at the varsity level; during the course of the season varsity coaches are expected to use their skills and judgement to discern situations in which they can work all players into the rotation, such that on balance all members of the team have game playing opportunity through the course of the season. BEP issues are grounds for curtailing or eliminating playing time, and will be made known to the athlete *beforehand* if they are a factor.

**NOTE:** Due to the varying numbers of participants from year to year, and the situations with the team sizes of SJA's opponents that affect game scheduling opportunities, there may not always be distinct Junior Varsity and Varsity teams, but a combined "High School" team.

### ***Fairness and playing time***

The issue of fairness in playing time is a perennial concern of many youth and parents. From the descriptions above that relate the transition from developmental to competitive as age level increases, in addition to the five Basic Expectations of Participation (BEP), it is evident that many factors are present in a coach's decisions about playing time, and that the emphasis on contribution increases with age. Whereas parents tend to view fairness in simple terms of the minutes their child plays, coaches tend to have a wider set of criteria that encompasses all the players, BEP factors, and fairness to the team itself.

### ***Self esteem and playing time***

SJA selects coaches from within our community that are committed to their Catholic faith and the formation of young adults foremost, and who are also willing to teach sports skills and strategies. SJA trusts these volunteer coaches to conduct the mission of SJA in serving youth. SJA coaches are all desirous that our youth have high self-esteem. Having stated that, it is also SJA's position that sources of self-esteem are many, and the most important sources should be internally derived from faith and family, relationships, service, sacrifice, and effort. Coaches can and should play a large role in building the self-esteem of their players by emphasizing the value of such qualities in their coaching. No child's self-esteem (in the view of either child or parent) should be significantly altered by an externality such as how many minutes of a game one plays any more than to the brand of shoes they have or the kind of car their parents drive. Furthermore, attempts to build self-esteem by the grant of unmerited awards (at least for children over 8-9 yrs) is counter-productive to preparing young adults for the realities of adult life.

Parents are encouraged to consider all the perspectives a coach takes into consideration with regard to playing time, to reassure their player about true and appropriate sources of self-esteem, and to be considerate of these things if they believe it is necessary to address issues of fairness or self esteem with a coach or athletic director.

### ***Coaches at all levels are expected to uphold the BEP***

It will not be permissible for a coach to allow a situation to develop in which one or more players are generally known by the team *not* to be meeting BEP, yet given preference in playing time due to high athletic skill alone. Examples include frequent missed practices, poor/disrespectful attitude toward coaches or players, and sloughing off during practices.

## Team Makeup by Grade Level

As a ***general guideline***, the normal situation for what team a student-athlete will play on will be determined as follows.

The following Grade Level : Age relationship will be used as a reference point. When this does not fit a particular situation, *age* will be the deciding factor.

Grade 7: 12-13 yr

Grade 8: 13-14 yr

Grade 9: 14-15 yr

Grade 10: 15-16 yr

Grade 11: 16-17 yr

Grade 12: 17-19 yr

**Middle School:** teams normally consist of players in grades 7-8.

Exceptions:

- 1) Shortage: Grade 6 players may be permitted to join the MS team if there is a shortage of players or they have a mature skillset.
- 2) Siblings: A grade 6 sibling of a MS player *may* (at the discretion of the coach) be permitted to practice with the team and suit up for games as a *backup* roster player.

**Junior Varsity:** teams normally consist of players in grades 9-10

Exceptions:

- 1) Grade 11 players may play on a JV team if their skill level is not at the varsity level. Providing that the JV roster is not overcrowded, this will normally be allowed.
- 2) Shortage: Grade 11 Varsity players may suit up for a JV game if there is a shortage of players, in a *backup roster capacity*, not to displace JV players from their normal positions.

**Varsity:** teams normally consist of players in grades 11-12.

Exceptions:

- 1) Grade 10 players may request to play on a Varsity team if they believe their skill level has progressed beyond the JV level. These requests will be considered by a conference of the Athletic Director, Varsity coach, and JV coach. Other factors such as maturity and physical development will also be considered.
- 2) Shortage: Grade 10 players may suit up for a varsity game if there is a shortage of players, in a *backup roster capacity*, not to displace varsity players from their normal positions.

For purposes of these guidelines, a ***shortage*** will be defined as: “less than the the number of positions for the relevant sport *plus three*”.

The guideline above is provided to cover the great majority of ***normal*** circumstances. There will be exceptions other than those named, and variations based on different sports, differences between boys and girls, the number teams fielded, the number of participants signed up, etc. All

situations that fall outside of these general guidelines will be resolved in conference with coaches and the Athletic Director, and if necessary, parents and members of the BOD.

**NOTE:** As a matter of principle, SJA will take a “*build strong from below*” approach to team formation. Under this approach, SJA will be reticent to move younger athletes up to a higher level simply because they are the best among their own peer age group *within SJA*, or because there is a perceived shortage of players and/or talent at the next level up. Talented athletes who remain with their peer group have valuable opportunities to learn and grow in leadership and/or mentoring roles, as well as for experiencing more competitive success among their peers before advancing to the next level. Coaches are expected to work with the student-athletes on their rosters at the normal age/grade level, and refrain from actively encouraging younger players to “play up” for purposes of filling perceived talent gaps.

### **Multiple Team Participation**

As a ***general rule***, athletes may not participate on more than one team in the same sport in the same season. Each athlete participant is expected to make a commitment to their team. Each coach is expected to make a commitment to their players.

The exceptions to this rule will relate to shortage situations.

***Backup roster capacity:*** If there are not enough players at one level to field a team, players from another level may be allowed to suit up in a backup capacity to support the team that is short. When this occurs, the coach will utilize the backup players in a supplemental manner as necessary to support the primary team members, not to displace the primary players on that team from their normal playing roles.

### **Academic Eligibility**

SJA student-athletes are required to be in good academic standing in order to participate on athletic teams. Students may be required to provide evidence of good standing (a letter from a teacher or parent of a homeschool student will usually suffice).

### **Age Requirements**

SJA will follow the Virginia Independent Schools Athletic Association (VISAA) age requirements. The student-athlete shall not have reached the age of 19 on or before August 1 of the school year in which he or she wishes to compete. No student-athlete may participate for more than 4 years at the JV and Varsity level if they have completed the graduation requirements of high school.

**All player rosters are finalized by and subject to the approval of the Athletic Director. Where exceptions to the general guideline are sought, the Athletic Director will make a final determination after hearing from the various interested parties.**

## **Youth Protection Policy**

All SJA teams will have one head coach and one or more assistant coaches. Coaches and assistant coaches must be at least 18 years old and possess a driver's license. Coaches and assistant coaches must be Virtus certified.

### **Two-Deep Leadership Presence**

*SJA requires two-deep adult leadership presence at all times during SJA-sanctioned activities* (practices, games, or social outings). Normally this would be the head coach and one or more assistant coach. If this becomes a stumbling block, it will be necessary to recruit parents to volunteer to register with SJA as assistants (with the same required Virtus training as assistant coaches) and agree to stay with the team for practices and games, regardless of their familiarity with the sport or participation in coaching.

### **Off Season Activity**

Opportunities may occasionally be available for SJA student-athletes to use SJA-contracted facilities for informal practicing and scrimmaging during off-season periods. ***Parents are not to consider these off-season gatherings to be SJA-sanctioned activities*** under SJA coaching supervision. Various pre-conditions will apply to these situations, such as a parental waiver of liability, potential fees for use of facilities, presence of approved adult supervision, or others as deemed appropriate by the Athletic Director. All such gatherings and uses of SJA-contracted facilities require explicit permission from and scheduling with the Athletic Director or their designee.

### **Emergency Contact Information**

The Head Coach of every team will be responsible for possessing emergency contact information of every player. In the absence of the head coach an assistant coach must have possession of this information. It is recommended that this information be kept in the team equipment bag with the first aid kit.

### **First Aid**

SJA will provide all head coaches with a first aid kit for the duration of their season. The first aid kit must be present at all practices and games. It is recommended that the first aid kit be kept in the team equipment bag.

## **Expectations for Parents**

The success of SJA programs depends greatly on parental support. As the primary educators of their children, parents are critical to the success of each team. SJA asks parents to contribute to the sports program in the following ways:

- To support the SJA mission and to adhere to the guidelines, policies, and procedures herein.
- To pick up their child(ren) in a timely manner from practices and games.
- To ensure that players are dressed appropriately with the proper equipment for the sport and the weather.
- To display and encourage exemplary sportsmanship towards opposing teams and officials.
- To communicate concerns at the appropriate time and place, and in the appropriate manner, and to adhere to the guidelines for communication as outlined in this handbook.
- To support SJA teams and coaches.
- To strictly adhere to the Sportsmanship Code of Conduct contained in this handbook.

## **Communication between Coaches, Parents, and Student-Athletes**

Since the success of the teams depend on strong relationships, SJA has established expectations with regard to communication between coaches, parents, and student-athletes.

Student-athletes must learn to have conversations directly with their coaches, especially about difficult topics such as behavior issues and relationships in the team environment, and playing time. At times parents may need to intervene or speak to a coach about particular concerns.

***However, the student is expected to initiate a conversation with his or her coach as a first course of action, and work in good faith with the coach to attempt to resolve any concerns before parental involvement is initiated.***

Coaches are expected to communicate clearly and regularly with their players. Especially when there is a shortfall in a player's Basic Expectations of Participation (BEP), it is incumbent on a coach to inform their player and instruct them about how to remedy such.

If there is a concern that persists beyond the player-coach attempt at communication and remedy, and requires a conversation between parent and coach, SJA welcomes parents to raise the issue with their child's coach and, when necessary, arrange an appointment to meet and discuss the concerns. Conversely, at times coaches may need to speak with a parent and inform them of an ongoing situation that is not resolving itself. *Parents are expected to be prudent in their approach to a coach regarding the timing and location of any discussion.*

If any issue cannot be resolved, firstly by communication between student-athlete and coach, or secondly between parent and coach, a parent or a coach may contact the Athletic Director. The Athletic Director will make all efforts to hear all sides of the concern and make an appropriate final decision resolving the matter in a fashion consistent with this handbook, SJA's mission, and SJA's Bylaws, if applicable.

The distribution of playing time and/or team strategy in games is one area that can be particularly difficult for players and/or parents to understand or accept. Communication about these and all other concerns are to be conducted according to the above guidelines.

***Note that parents approaching coaches after a game to lodge a complaint is not consistent with these guidelines.***

### **In summary:**

Whatever the issue, taking the following approach with communication will help resolve matters quickly as well as encourage SJA student-athletes to grow in independence and personal responsibility:

1. Student-athlete speak to the coach (or coach speaks to student, depending on who is raising the issue).
2. Parent arranges an appointment to speak with the student's coach (or coach arranges an appointment to speak with the parent, depending on who is raising the issue).
3. As a last resort, either parent or coach may arrange an appointment with the Athletic Director.

## SPORTSMANSHIP CODE OF CONDUCT

**Philosophy.** High standards of behavior, scholarship, and citizenship are important to a sound athletic program. Students volunteering to participate in athletics should assume these responsibilities and will lead by example in demonstrating fairness, respect, and self-control. Athletes, coaches, officials and fans shall at all times conduct themselves in a reasonable and sportsmanlike manner. Each person will be responsible for his or her words and actions at all times and shall adhere to the Code of Conduct at all times.

**Sportsmanship Expectations.** Each **athlete, coach, and parent** agrees as follows:

- I will treat every coach, parent, spectator, player, official, or any other attendee with respect.
- I will not engage in unsportsmanlike conduct.
- I will not engage in any behavior which would endanger the health, safety, or well-being of any coach, parent, spectator, player, official or any other attendee.
- I will not use profanity.
- I will not engage in verbal or physical threats or abuse toward at any coach, parent, spectator, player, official or any other attendee.
- I will not initiate a fight or scuffle with any coach, parent, spectator, player, official or any other attendee.
- I will not make any degrading remarks about any official, coach, athlete or school.
- I understand that conduct that leads to my removal from an event may be considered a serious violation of the Code of Conduct and may result in discipline by the Athletic Director and/or Board of Directors.
- I hereby agree that if I fail to adhere to the Code of Conduct while attending, coaching, officiating, or participating in an event, I will be subject to disciplinary action by the Athletic Director and/or Board of Directors.
- I will not argue with officials or otherwise indicate dislike or disdain for a decision (*limited exceptions* for respectful interaction may apply to *head coaches and team captains* with respect to interaction with officials).
- I will not detain or attempt to confront an official to request a ruling or explanation of actions taken by an official (*limited exceptions* for respectful interaction may apply to *head coaches and team captains* with respect to interaction with officials).
- I will not use drugs, alcohol or tobacco while at any athletic event. I will not attend, coach, officiate or participate in an athletic event while under the influence of drugs or alcohol.

**Penalties for Violations.** Any one or more of the following penalties may be imposed by the Athletic Director and/or Board of Directors upon any athlete, coach, or parent/spectator upon a violation of the Code of Conduct.

- Warning – A warning is an official notice that the conduct in question is a matter of record and any such act must not happen again.
- Probation – A team, athlete, coach, or parent/spectator shall not participate in (or attend) any event for a specified time period.
- Suspension – A team, athlete, coach, or parent/spectator shall not participate in (or attend) any event for an indefinite period of time.
- Expulsion - Permanent removal of individual or coach from the team or banned parent/spectator from SJA venues.

There is no implied entitlement on the part of violators of the Code of Conduct to receive escalating penalties; penalties will be imposed based on judgment of the severity of any given situation.

Penalties for violations of the Code of Conduct by parents may be applied to both the parent and the child at the discretion of the Athletic Director and/or Board of Directors.

## **Concussion and Heat Acclimatization Information for Parent/Guardian**

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

A concussion is a brain injury. A concussion can be caused by a blow to the head or body, which causes the brain to move rapidly inside the skull. Concussions affect the metabolic processes of the brain. This means that the chemicals are not reacting with each other the way they should. All concussions are a serious medical concern, even “getting your bell rung.” MRI’s and CT’s are good for ruling out more time sensitive injuries such as bleeding in/around the brain or a skull fracture, however they do not diagnose a concussion. Signs and symptoms of a concussion can show immediately or may not show up for days or weeks later. If an athlete reports any symptoms of a concussion or you recognize any signs, seek medical attention as soon as possible.

Concussions can be a life threatening injury and should be treated with care. Some signs and symptoms will resolve immediately, others will linger for days or weeks. It is important that the athlete does not return to activity before he/she is completely healed from the concussion. If an athlete obtains a second blow to the head before he/she is healed from the initial brain injury then the possibility of long term effects is greater and there is a chance of incurring Second Impact Syndrome (SIS). SIS occurs when the athlete sustains a second concussion before the initial injury has healed. This causes rapid brain swelling, long term effects on brain function and can be fatal.

**Short Term Effects** - After an athlete sustains one concussion, they are more likely to sustain a second one, compared to others that have not been concussed. Repeat concussions, even when mild, can increase the risk of post-concussive symptoms, such as headaches, memory loss, difficulty concentrating, behavior or personality changes, extreme fatigue, etc. These symptoms may last only a short time or could remain a problem to the student-athlete for months or longer.

**Long Term Effects** - Very little is known about the long term effects of concussion however more research is focusing on this area in the past several years. Some studies of NFL football players link a history of concussions to degeneration of brain cells, dementia and/or Alzheimer’s, as well as depression. Effects of sports concussion in early adulthood have been shown to persist beyond 30 years and can cause cognitive and motor function alteration.

### Observed Signs

- Appears dazed or confused
- Does not understand simple instructions
- Does not have short term recall
- Appears clumsy or disoriented
- Appears irritable or fatigued
- Slow to answer questions
- Appears more emotional
- Vomiting
- Does not recall events before or after injury
- Has balance problems

### Reported Symptoms

Headache or feeling of pressure  
Vision problem  
Nauseous  
Feeling dizzy or in a fog  
Complains of light or noise  
sensitivity  
Complains of ringing in the ears  
Complains of problems  
concentrating  
Complains of problems  
remembering

### Parent/Guardian's Role

It is important to learn the signs and symptoms because you may be the first to notice changes in your son/daughter. You should also encourage your child to learn the common signs and symptoms and explain the importance of reporting any possible concussion to their coach. Please note that an athlete who has suffered a concussion may only experience one or two of the signs or symptoms listed above. **If you suspect your child has a concussion, you should notify the coach and withdraw them from practices and games until such concerns are resolved.** If your child has a worsening headache, dilated or newly unequal pupils, loss of consciousness, vomiting, slurred speech or any seizure activity you should seek emergency medical care. To help lessen the symptoms and shorten recovery time you should limit your child's exposure to loud noises, bright lights, computers, video games, televisions and phones.

### Return to Normal Daily Activity

Rest is the key to proper healing following a concussion. Decreasing the stress on the brain early after a concussion may lessen symptoms and shorten recovery time. Most student-athletes will have difficulty with concentration, memory, and processing, which all negatively affect their school performance. A decline in performance may cause even greater mental strain on the student-athlete. This increased strain can cause symptoms to worsen and negatively affect healing of the brain. Return to school should be done as a progression of gradually increasing periods of time. Avoidance of areas or times of extreme noise or overstimulation should be encouraged, including noisy hallways or cafeterias as well as group socializing.

### Return to Play

**If your child has been removed from activity due to a suspected concussion he/she must have a written medical release from his/her licensed health care provider.** The written medical release shall certify that the provider is aware of the current medical guidance on concussion evaluation and management. Once the student-athlete no longer exhibits any signs or symptoms consistent with a concussion the student-athlete may begin a progressive return to sports participation program. At minimum the student-athlete will not return to full participation for 7 days. If, during the progressive return to full activity, the coach does not observe any lingering effects potentially related to the concussion, the student athlete may resume full participation. If symptoms return, it is important to delay full participation.

### **Websites of Interest**

[http://www.cdc.gov/concussion/headsup/high\\_school.html](http://www.cdc.gov/concussion/headsup/high_school.html)

Video: Outside The Lines on ESPN <http://espn.go.com/video/clip?id=3094263>

Video: Brandon's Story [http://www.cdc.gov/TraumaticBrainInjury/CTK\\_Video\\_WM\\_BB.html](http://www.cdc.gov/TraumaticBrainInjury/CTK_Video_WM_BB.html)

A Parent's Guide to Concussion in Sports, <http://www.nfhs.org/>

<http://www.nata.org/consumer/headsup.htm>

<http://www.nata.org/statements/position/concussion.pdf>

[http://www.cdc.gov/concussion/headsup/high\\_school.html](http://www.cdc.gov/concussion/headsup/high_school.html)

<http://espn.go.com/video/clip?id=3094263> Video: Outside The Lines on ESPN

## **Heat and Hydration**

Heat illness and injury can range from a simple muscle cramp to life threatening heat stroke. Catastrophic heat injuries are preventable. The most important components in preventing heat injury are the prevention of dehydration and limiting activity when temperature and humidity make it near impossible for the body to cool through evaporation of sweat.

Any of the links below can be accessed on your smartphone by scanning the accompanying QR code.

National Weather Service weather information for Front Royal	<a href="https://forecast.weather.gov/MapClick.php?textField1=38.92&amp;textField2=-78.19">https://forecast.weather.gov/MapClick.php?textField1=38.92&amp;textField2=-78.19</a>	
Heat Index Chart	<a href="http://www.nws.noaa.gov/om/heat/index.shtml">http://www.nws.noaa.gov/om/heat/index.shtml</a>	
Heat Acclimatization Tips	<a href="http://ksi.uconn.edu/prevention/heat-acclimatization/">http://ksi.uconn.edu/prevention/heat-acclimatization/</a>	
Importance of Hydration	<a href="https://familydoctor.org/athletes-the-importance-of-good-hydration/">https://familydoctor.org/athletes-the-importance-of-good-hydration/</a>	

# ACKNOWLEDGEMENT FORM

(This form is required prior to the start of each season)

I have read and agree to abide by the Rules and Regulations in the St. John's Athletics Association Player-Coach-Parent Handbook and Code of Conduct.

## Player and Parent:

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Sport Season

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Student Athlete (print) Signature Date

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Parent or Guardian (print) Signature Date

## Coaches and Assistant Coaches:

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Sport Season

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Name (print) Signature Date

**Failure to execute this acknowledgement will result in ineligibility to participate in SJA sports programs.**