


# CROSS COUNTRY 2019



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ASSISTANT COACH: Haley Berg – [berg.haley@westada.org](mailto:berg.haley@westada.org)

**Be sure not to miss any information by signing up REMIND.com.  
Use code 6f3df7**

**BEGINS: Monday, August 19<sup>th</sup> at 3:30. Meet by the outside basketball poles outside of the Wes Lowe and Bill Berg gyms**

Athletes must have a signed participation form **BEFORE** they are able to practice. Forms are located in the main office of the school or can be printed from the Meridian Middle School website at [westada.org/MMS](http://westada.org/MMS). Return forms by email ([farnham.sonya@westada.org](mailto:farnham.sonya@westada.org)) or turned in to the Athletic Director before school gets out for the summer. If the forms have not been returned before the first day of practice, your athlete may turn them in to the coach.

## **PARTICIPATION:**

- **6<sup>th</sup>, 7th and 8th grade students**
- Athletes are required to purchase an activity card for \$22.26. They only need to purchase one for the entire year. Funds from activity cards are used to pay for official and equipment up keep.
- Athletes must also pay the \$90 participation fee before the first game in order to be allowed to participate. This fee is forwarded to the district office in order to pay for transportation (buses to and from games) and coaches' stipends.
- Pay online at our school webstore at [www.westada.org/mms](http://www.westada.org/mms) or with the bookkeeper in the main office.
- If a student-athlete has participated and paid for two sports during the same school year, they are eligible to join a third or fourth sport without paying any additional fee
- **A signed participation form for each sport is required in order to practice.**

## **CLOTHING/EQUIPMENT:**

- Appropriate clothes for practice must be worn by every athlete. The MMS dress code policy will be used as guidelines to determine school-appropriate clothing
  - Guidelines include but not limited to:
    - Athletic shorts (no shorter than mid-thigh)
    - NO tank tops, spaghetti straps, tube tops, off-the-shoulder shirts-shoulders must be covered
- Athletes are responsible for all equipment checked out to them during the season. They will be required to return all items at the end of the season
- Athletes who do not turn-in their uniform will be charged the cost of replacing the lost items. Report cards and yearbooks will not be distributed until the fine has been cleared with the bookkeeper

# West Ada School District Student Participation Form

## Requirements for Students in Extra-Curricular Activities

1. Purchase of activity card and pay the required participation fee.
2. Parent must read, sign and return the state concussion and student participation guidelines.
3. Passing grades in all classes (60% or above).
4. Must be in attendance the entire school day.
5. Transportation home within 15 minutes of the completion of games and practice.
6. A fine will be assessed for any missing equipment.

### Notice of Risk for Student Athletes

We give our permission for \_\_\_\_\_,  
(Student's name)

to participate in \_\_\_\_\_ at \_\_\_\_\_  
(Activity) (School)

We realize that such activity involves the potential for injury which is inherent in all sports. We acknowledge that even with the best coaching, use of the most advanced protective equipment, and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis or even death. We give our consent for coaches or school personnel to use their judgment in securing medical aid and ambulance service. We, the undersigned, understand the dangers of practicing, playing and participating in sports. We specifically acknowledge we have carefully read and understand this Notice of Risk for Student Athletes.

### Emergency Information

Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Grade \_\_\_\_\_

Student's Current School \_\_\_\_\_

Parent's (Guardian) Name \_\_\_\_\_

Address \_\_\_\_\_

Cell or Home Phone \_\_\_\_\_ Parent's daytime phone number \_\_\_\_\_

Parent's Email \_\_\_\_\_

If parents cannot be contacted notify \_\_\_\_\_ Phone \_\_\_\_\_

Family Doctor \_\_\_\_\_ Dr. Phone \_\_\_\_\_ Known Allergies \_\_\_\_\_

Insurance Carrier \_\_\_\_\_ **If student is not insured, parent assumes all medical responsibilities.**

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

Athlete's Name: \_\_\_\_\_ Sport: \_\_\_\_\_

**Code of Conduct**

All competitions must be conducted with a high standard of courtesy, fair play, and sportsmanship. All of those involved share responsibility.

**SPECTATORS:** The spectators, both students and adults, need to demonstrate courtesy and good sportsmanship by cheering in a positive and appropriate manner for their team and never against the opponents. This is evidenced by the absence of booing and vulgarities. Spectators must also show proper acceptance of officials' judgment and the coach's decisions.

**Anyone not observing the Code of Conduct will be asked to leave and must contact the Athletic Director and Principal before returning to any other school events.**

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

**Code of Conduct**

All competitions must be conducted with a high standard of courtesy, fair play, and sportsmanship. All of those involved share responsibility.

**ATHLETES:** Athletes must demonstrate qualities of courtesy and good sportsmanship by proper acceptance of officials' judgment and by showing proper respect for opposing athletes as well as for teammates.

**SPECTATORS:** The spectators, both students and adults, need to demonstrate courtesy and good sportsmanship by cheering in a positive and appropriate manner for their team and never against the opponents. This is evidenced by the absence of booing and vulgarities. Spectators must also show proper acceptance of officials' judgment and the coach's decisions.

**Anyone not observing the Code of Conduct will be asked to leave and must contact the Athletic Director and Principal before returning to any other school events.**

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

# Student Participation - Medical History

Student first and last name \_\_\_\_\_

Current Sport \_\_\_\_\_ Grade level \_\_\_\_\_ Gender \_\_\_\_\_

Has your child ever had a **concussion**? Yes No

Has your student been cleared by a physician for participation from that concussion? Yes No

If they have experienced a **concussion**, explain the incident(s) and when each occurred.

Date: \_\_\_\_\_ incident: \_\_\_\_\_ treatment: \_\_\_\_\_

Date: \_\_\_\_\_ incident: \_\_\_\_\_ treatment: \_\_\_\_\_

Date: \_\_\_\_\_ incident: \_\_\_\_\_ treatment: \_\_\_\_\_

Has your child had any **recent surgeries** that your coach should be aware of? Yes No

Please explain:

Does your child suffer from any **chronic illness** or disease that a coach should be aware of (diabetes, epilepsy, severe allergies, etc.)? If so, the parent and the coach should notify the nurse of participation in athletics.

Does your child have **asthma**? Yes No

Does your child have an inhaler with them at practices and competitions? Yes No

Is your child currently taking any **medications**? Yes No

Please List:

Is there any past medical history you would like their coach to be aware of? Yes No

Please List:

Any other information you feel may be important for the coach to know?



# West Ada

SCHOOL DISTRICT

## CONCUSSION INFORMATION ACKNOWLEDGEMENT FORM

**Athlete:** \_\_\_\_\_  
Last Name, First Name

**Sport:** \_\_\_\_\_

I, \_\_\_\_\_ (*Parent/Guardian*), by signing below, hereby acknowledge that the West Ada School District has provided me with the necessary and appropriate information on concussions as mandated under subsection 33-1625, Idaho Code. The information included appropriate guidelines that identified the signs and symptoms of concussion and head injury, and described the nature and risk of concussion and head injury with standards of the Centers for Disease Control and Prevention.

I acknowledge that in addition to receiving the information in the above paragraph, that I understand the nature of concussion, the signs and symptoms of concussion, and the risks of allowing a student athlete to continue to play after sustaining a concussion.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date (mm/dd/yyyy)

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

\_\_\_\_\_  
Date (mm/dd/yyyy)

# CONCUSSION FACT SHEET 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 CONCUSSION?

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

### 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 is “feeling down”

### SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes



## DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

## WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

### 1. 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.

### 2. 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 second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

### 3. 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.

## 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 a tall 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.


## HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.



JOIN THE CONVERSATION  [www.facebook.com/CDCHeadsUp](http://www.facebook.com/CDCHeadsUp)

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)

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