

Walnut Hills Athletics

R.I.S.E. to the highest!



Parent/Student-Athlete Handbook

www.walnuthillseaglesathletics.com

Welcome to Walnut Athletics!

The Walnut Hills High School Athletic Department is a vital component of our comprehensive educational experience. While academics remain our top priority, participation in athletics significantly enhances each student's overall development.

Athletics at Walnut Hills help instill a strong work ethic, teamwork, and leadership, while also emphasizing the importance of good sportsmanship among all participants—athletes, coaches, families, and fans. Our goal is to cultivate a culture where hard work, perseverance, and commitment lead to success both on and off the field.

Walnut Hills High School is a proud member of the Eastern Cincinnati Conference (ECC) and the Ohio High School Athletic Association (OHSAA). Our programs strictly adhere to all OHSAA Bylaws and Sports Regulations as well as the policies established by Cincinnati Public Schools and the Walnut Hills Athletic Department.

At the high school level, Walnut Hills competes in the following sports:

Academic Quiz Team, Baseball, Boys & Girls Basketball, Boys & Girls Bowling, Cheer, Boys & Girls Cross Country, Dance, Field Hockey, Football, Girls Flag Football, Boys & Girls Golf, Boys & Girls Lacrosse, Boys & Girls Soccer, Boys & Girls Swim & Dive, Softball, Boys & Girls Tennis, Boys & Girls Track & Field, Boys & Girls Volleyball, Boys & Girls Water Polo and Boys & Girls Wrestling.

At the junior high level, Walnut Hills competes in the following sports:

Academic Quiz Team, Baseball, Boys & Girls Basketball, Cheer, Boys & Girls Cross Country, Dance, Field Hockey, Football, Boys & Girls Golf, Boys & Girls Lacrosse, Boys & Girls Soccer, Boys & Girls Swim & Dive, Softball, Boys & Girls Tennis, Boys & Girls Track & Field, Boys & Girls Volleyball and Boys & Girls Wrestling

Additionally, Walnut Hills offers the resources for participation in the following club (non-school sanctioned) sports:

Coed Archery, Coed Fencing, Coed Indoor Track, Boys & Girls Rugby, and Coed Olympic Weight Lifting

At Walnut Hills, rising to the highest extends far beyond academic achievement. We believe that athletics are an essential part of a holistic education, and our courts, fields, tracks, and training spaces serve as extensions of the classroom—places where students grow in ways that textbooks alone cannot teach. Through participation in athletics, our student-athletes develop lifelong values and skills that shape who they are and who they will become. In every practice, game, and team experience, we intentionally cultivate resilience, integrity, selflessness, and excellence.

The purpose of this handbook is to provide you with a document that outlines the responsibilities and expectations for those participating in all interscholastic athletic programs. We intend to keep students and parents as informed as possible to assist in making the athletic experience a positive one for our student-athletes. We hope this handbook is helpful to you.

At Walnut Hills, athletics is more than sport—it is a vital opportunity for students to learn, lead, and live with purpose. As our student-athletes compete and grow, they are preparing not only for the next game but for the next stage of life.

Remember, Eagles always R.I.S.E. to the highest!

Resilience · Integrity · Selflessness · Excellence

WHHS Policies and Procedures to Participate

Academics

Eligibility

All eligibility follows OHSA guidelines. To be eligible to participate in athletics, a student must have been enrolled full time in classes during the previous grading period.

- At the end of that grading period, students in grades 9-12* must have passed at least five (5) one-credit courses (or the equivalent) – not including PE.
- At the end of that grading period, students in grades 7-8 must have passed at least five (5) one-credit courses (or the equivalent) – including PE.

** a student engaged in a College Credit Plus (CCP) Course during a high school's semester shall be presumed to be passing that class until it is shown that the student has received a failing grade at the conclusion of the class or subsequently dropped the class, at which time the class can no longer be used to assist the student in meeting the five-credit standard.*

AAA Pathway

Grade checks are performed weekly by our AAA Advisors. If a student-athlete is “at-risk” (having two or more Ds or an F during the current quarter), the student-athlete, parent(s), and coach(es) will be notified by email. An at-risk student-athlete will be placed on probation from the sport for one week. If the student-athlete did not have the opportunity to achieve a passing grade due to the nature of the class, the probation may be extended to two weeks. If the student-athlete is still failing at the end of the probationary period, they will be ineligible for participation in practices and/or contests until they are passing.

Academic Conflicts

Athletic events are scheduled to minimize disruptions to the academic day. Early dismissals will be limited and reasonable. Student-athletes are responsible for all missed academic work and must communicate with teachers - ideally before the missed class - for instructions. All make-up work is due at the discretion of the teacher.

Assumption of Risk

All athletes and their parents must realize the risk of serious injury that may be a result of athletic participation. In any sport, particularly contact sports, there is a risk of injury. It is the responsibility of each student-athlete to report their injuries to the responsible parties (i.e., coaches, athletic trainer, etc.). Proper conditioning and technique, along with the participant's compliance with rules and coaching, are essential in preventing injuries. Sports-specific cautionary statements can be found in Appendix B, which begins on page 11.

Athletic Conflicts

The Athletic Department supports students participating in a variety of activities and recognizes that scheduling conflicts may occur. When such conflicts arise, coaches are expected to collaborate and find a solution that prioritizes the best interest of the student-athlete.

Attendance

Student-athletes must be in school for at least four (4) periods of the school day to participate in practices, contests, or tryouts. A student-athlete may not have more than five (5) unexcused absences in any quarter during her sports season.

- A student-athlete may leave school to attend a doctor or dentist appointment, a funeral, a court, etc., provided they return to school with a note from their appointment. These are all considered excused.

- Any other circumstances regarding school attendance must be discussed with the Athletic Director.
- For OHSA Tournament games held during the day, attendance by students is subject to the specific arrangements made by the school administration. **Those not attending the event are required to be in school.**

Behavior & [Code of Conduct](#)

Student-athletes are required to follow the behavior requirements established for all students in the Walnut Hills High School student handbook, by Cincinnati Public Schools School Board Policy.

Because of the leadership status afforded athletes by their peers, student-athletes require higher behavior standards. Participation in practices and games, and continued membership on a team depends largely on the student athlete's behavior. Principals, athletic directors and coaches will decide appropriate disciplinary actions for student athletes. From the time a student becomes a WHHS student athlete, they are a student athlete 365 days per year.

The WHHS Discipline Policy and consequences issued by principals may have an additional impact on a student's participation in athletics or any other co-curricular activity.

Bullying/Hazing

Walnut Hills High School's harassment policy forbids any form of offensive, unsolicited behavior that is directed at an employee's or student's race, gender, religious belief, nationality, disability, or sexual orientation. Any verbal jokes, innuendos, propositions, threats, non-verbal gestures, touching, assault, or the display of pictures or other visual material are forbidden under this policy.

Additionally, it is the policy of Walnut Hills High School that no form of hazing or initiation into any group or team is permitted. Hazing is defined as doing any act or coercing another, including the victim, to do any act of initiation into any student or other organization that causes or creates a risk of causing mental or physical harm to any person. All hazing incidents shall be reported to the principal.

Violation of this policy will not only affect one's standing as an athlete. Still, it may also subject the student to the high school's code of conduct and any consequences that may arise due to such a violation.

College Signings and Commitments

If the opportunity arises for a college signing or commitment, athletes are expected to share this information with their coach and the Athletic Administration. Arrangements can be made for an official signing to take place at Walnut Hills High School.

Communication

Parenting and coaching are challenging vocations. By establishing an understanding of each position, we can accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in Walnut Athletics, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Coaches are granted broad discretion and autonomy over general team matters, including team rules, roster selection, participation, playing time, selection of starting athletes, recognition of athletes, and recommendations for award recipients.

It may not be easy to accept that your child is not playing as much as you expect. Coaches are professionals. They make decisions based on what they believe to be the best for the team and all student-athletes involved.

Athletic Chain of Command

If there is a concern to discuss with the coach, the following protocol should be followed to reach a resolution.

1. Student/Coach
2. Parent/Coach
3. Athletic Director
4. Principal
5. District Athletic Director

Communication Students and Parents/Guardians Can Expect from their Coach

1. Philosophy of the coach
2. Expectations the coach has for the team and the individual student-athlete
3. When and where practice and contests are to be held
4. Requirements necessary to be a part of the team
5. Team rules, in addition to the Athletic Handbook
6. Notification of injury sustained by the student-athlete
7. Any disciplinary action toward the student-athlete that results in the denial of participation

To discuss a concern/issue, the following procedure is to be followed:

1. Contact the coach to make an appointment to discuss the situation. If the concern/issue has validity, the Athletic Director expects that the item first be addressed directly with the coach.
2. DO NOT attempt to confront a coach before, during, or after a contest or practice.
3. Under no circumstances, except in those instances of rule/policy infringement, will a conference with a coach have an adverse consequence on the standing of a student-athlete.

Issues NOT appropriate for parents/guardians to discuss with coaches

1. Playing time. Student-athletes are encouraged to discuss playing time with the coach.
2. Team strategy, game plans, or play-calling.
3. Comparison of one student-athlete to another.
4. Other student-athletes' academics, discipline, injury, etc. It is both impolite and illegal.

What if you hold a meeting with a coach and you are not satisfied:

- a. Contact the Athletic Director to set up a meeting to discuss the issue

Drug & Alcohol Policy

Use, possession, purchase, sale, or transmission of alcohol, tobacco, simulated tobacco such as e-cigarettes, vaporizers, and E-liquid, prescription or non-prescription drugs, steroids, or drug paraphernalia is a violation of both the student code of conduct and the athletic code of conduct. If a student is using a prescription drug, it must be documented in the school office.

Facilities

Student-athletes are responsible for the care and cleanliness of all athletic (and non-athletic) spaces. These areas are a reflection of their school and team pride.

- Student-athletes are expected to share in the set-up and clean-up responsibilities for practices and contests.
- Coaches are to ensure that the cleanliness and condition of the facilities are maintained.
- Teams are responsible for decorating before and removing decorations after special events (i.e., parent night, senior night, etc.)

FinalForms

In order to participate in the athletic program, Final Forms must be completed and signed off by parents and students. **No student may participate in any games/contests until ALL Final Forms REQUIREMENTS are complete.**

Dual Sport Participation

Walnut Hills Athletics encourages students to participate in multiple sports throughout their high school careers. However, participating in more than one OHSA-sanctioned sport during the same season presents unique challenges and requires consistent, open communication between the student-athlete and both coaches involved.

Coaches are expected to collaborate and support shared athletes. In the event of a scheduling conflict, the student-athlete—**with administrative approval**—will determine which sport to participate in. Under no circumstances should a student-athlete face consequences or retaliation for their decision.

Further explanation as well as expectations for dual sport student-athletes are available in Appendix A on page 10 of this handbook.

Participation Fees

Participation fees must be paid via FinalForms before the first regular season contest. If necessary, payments in the form of cash, check, or money order payable to Walnut Athletics should be turned into the Athletics Office(s). Please note that the participation fee does not guarantee participation in all contests. Quitting the activity or being removed for discipline or academic reasons WILL NOT constitute grounds for a refund.

DO NOT PAY THE ONLINE FEE UNTIL AFTER TEAMS HAVE BEEN NAMED.

Fee Breakdown:

JH: \$40 per student per season

HS: \$70 per student per season

Physicals

Athletic physical participation forms shall be signed by a physician, the participant, and a parent/guardian. This must be on file in the athletic office before any candidate for a team may participate in a practice or tryout. Physicals are good for one full calendar year.

Practice

Student-athletes are expected to attend every practice. If the student-athlete is sick and not in school, then the student-athlete may not participate in practice. If the student-athlete cannot make a practice, they must contact the coach to discuss the reasons for absence. There may be penalties for unexcused absences. Some additional practice expectations:

- The student-athlete must be at practice on time, appropriately dressed, and ready to go.
- The student-athlete must be present for all practices, team functions, meetings, and games.
- The student-athlete should expect to practice every day. If a practice is canceled, communication will come from the coach.
- There are times when teams will practice when school is not in session.
- If any student-athlete misses practice, the student-athlete must clear it with the coach in advance.
- Student-athletes who are injured are expected to attend practice unless excused by the coach.
- Student-athletes must remain at practice until dismissed.

School Closings

CPS administration will monitor inclement weather before scheduled days of camps, clinics, and/or practices and games. Our goal is to make sound decisions based on the safety of families, students, and staff. CPS/Walnut may reschedule or cancel any scheduled sessions at its discretion. We will make every effort to reschedule any session pending facility availability and resources.

If we need to reschedule or cancel, we will notify families through FinalForms, and coaches are expected to share via their preferred team communication tools.

If school is closed for Inclement Weather

- All junior high athletic activities are canceled.
- High School activities will be assessed by District Administration in collaboration with school leadership.
 - District Administration will work with school leadership to determine event details, no later than 12 pm on the day of the event.

Social Networking and Media Policy

Walnut Hills Athletics recognizes and supports its student-athletes' right to freedom of speech, expression, and association, including the use of online social networks. In this context, however, student-athletes must remember that playing and competing for Walnut Hills is a privilege, not a right. Student-athletes represent the school and are expected to portray themselves, their team(s), and Walnut Hills High School in a positive manner at all times. Any online postings must therefore be consistent with federal and state laws, as well as team, Athletics Department, School, and District rules, regulations, and policies..

Spectators

Participation in athletics is a privilege—not a right—that provides student-athletes with the opportunity to grow athletically, academically, emotionally, physically, and socially. All stakeholders must view athletic participation and competition as a lifelong learning experience.

Good sportsmanship is required, not only of the division's student athletes and coaches, but also of all persons who support and attend athletic-related events. Spectators, including parents, are expected to exhibit courteous behavior at all times toward all participants, coaches, officials, staff, and fellow spectators.

Sports Medicine

Walnut Hills High School is proud to offer a comprehensive Sports Medicine program supported by a dedicated team of three (3) full-time, highly qualified, and multi-skilled health care professionals through our partnership with TriHealth. These Certified Athletic Trainers (ATCs) work under the direction of our two team physicians and collaborate with other healthcare providers, coaches, athletic administrators, and families to prioritize the health and safety of our student-athletes. They also serve as trusted wellness educators within our school community.

- **Injury Protocols:**
 - **On-Campus Injuries:**
If a student-athlete is injured during a practice or home event, a Walnut Hills ATC will provide immediate care and implement appropriate treatment protocols. Parents or guardians will be promptly notified.
 - **Off-Campus Injuries:**
For away events where a Walnut Hills ATC is not present, it is the responsibility of the coaching staff to immediately inform both the Walnut Hills ATCs and the student-athlete's parent or guardian.

- **Return-to-Play Policy:**
 - o Regardless of where the injury occurs, **written medical clearance from a licensed physician or Certified Athletic Trainer** is required before the athlete may resume participation.
 - o Walnut Hills Athletics and Cincinnati Public Schools strictly follow all OHSA guidelines for injury management, including mandatory concussion protocols.
- [Emergency Action Plan](#)

Sportsmanship

Because student-athletes are admired and respected, they exert a great deal of influence over the actions and behavior of parents, the student body, and other spectators. It is essential that student-athletes:

- Treat opponents with the respect that is due them as guests and as fellow athletes.
- Shake hands with opponents and wish them good luck when appropriate.
- Exercise self-control at all times, accepting the judgment of the officials as just that, the best judgment they could make given what they know and see. Never argue or make hand gestures indicating a lack of respect for the officials' judgment.
- Accept both victory and defeat with pride and compassion. Sincerely congratulate opponents following either victory or defeat.
- Accept seriously the responsibility and privilege of representing the school and community.
- Trust your coach to make the best decision for both you and the team regarding your playing time and team role.

Student-athletes should avoid the following inappropriate behaviors:

- Use of profanity
- Ejection from contests
- Berating officials or fellow athletes.
- Inciting spectators and/or athletes to inappropriate behavior
- Leaving the bench area when not competing or becoming involved in any altercation.

It should be noted that student-athletes ejected from any interscholastic athletic contest would be held accountable to the disciplinary procedure in the bylaws of the OHSA as printed in the Association's Handbook. Further action above and beyond is outlined in the WHHS Athletics Code of Conduct.

Team Rules

Each athlete must receive a copy of the team rules no later than the conclusion of the first practice. Student-athletes are expected to operate within the parameters of these rules. Coaches have the autonomy to enforce their team rules as outlined. However, please note that individual team rules may not supersede or replace the Walnut Hills Athletics Code of Conduct.

[Tickets](#)

Walnut Hills student-athletes are encouraged to show their school spirit and support one another throughout the year. The Nuthouse Season Pass is available at a discounted rate of \$50 and includes admission to all Walnut Hills-sponsored athletic events across all sports seasons. Tickets are required for admission to all sporting events.

Tryouts

For teams making roster cuts, student-athletes are required to attend tryouts. Exceptions to this rule include new students who were not enrolled during tryouts, specific medical conditions (documentation may be required), and athletes who have not completed their school sports season that precedes the tryout period.

When tryouts are not necessary, mandatory practices will begin on the scheduled tryout dates. The OHSAA determines the start dates for each sport; that start date will indicate the beginning of tryouts or the beginning of mandatory practices.

Uniforms/Equipment

At the beginning of each season, all rostered student-athletes will be issued team-issued uniforms/equipment.

- The student-athlete is responsible for the proper care of any issued uniform and/or equipment. Each student-athlete is financially responsible for replacing or repairing any lost or damaged uniform or equipment.
 - Awards will not be presented to the student-athlete at her banquet until all uniform pieces and equipment are returned to the athletic department.
 - Transcripts, report cards, and/or class schedules may be held until all uniform pieces and equipment are returned to the athletic department.

Game Uniforms should be washed after each use. To properly care for the uniform, be sure to follow the following instructions;

1. Wash on a gentle cycle
2. Use no bleach or fabric softener
3. Do not wash with other abrasive materials such as blue jeans, towels, or materials with Velcro
4. Hang to dry

Vacation Policy

Vacations during a student-athlete's season are strongly discouraged. Vacations are not excused absences. Fall sport athletes are expected to attend all practices and contests from the beginning of mandatory tryouts/practices until the sport season concludes. Winter sport athletes are expected to attend all practices and contests during the Thanksgiving and Christmas breaks. Spring sport athletes are expected to attend all practices and contests during the spring break.

However, if unavoidable, student-athletes are expected to:

1. Contact the head coach prior to the vacation
2. Be willing to assume the potential consequences, such as sitting out contests and/or a change in status on the team as a starter, 2nd string, 3rd string, etc. The head coach shall determine the impact on playing time.

Appendix A - Dual Sport Athletes

The opportunity for all of our student-athletes to be involved in as many sports, clubs, and activities as they want is always highly encouraged by all members of the Walnut Hills Athletic Department. Specifically as it relates to sports, it is necessary for student-athletes to be as active as they want in order to maintain the competitiveness of all of our teams.

However, it is important that student-athletes and parents understand the following expectations as it relates to dual sport student-athletes (two sports in the same season). All of the expectations below follow this overriding principle: **The student-athlete will understand that failure to give 100% to either sport may impact both playing time and position on the team.** Although some sports are easier to navigate when combined with another, being a dual sport student-athlete is not going to be easy. It takes twice as much time and energy as participating in one sport.

Dual sport participation refers to two school-sponsored Walnut Hills sports.

- Depending on the individual situation, coaches may be lenient on absences for non-school sponsored teams. However, Walnut Hills sports teams should be given priority over all other non-school sponsored teams/programs. Playing time and position on the team almost always will be affected by missing team activities for non-school sponsored teams.

Dual sport participation does not refer to an in-season Walnut Hills team and out-of-season Walnut Hills team.

- In-season team activities always take precedence over out-of-season teams.

Communication with both coaches is the responsibility of the student-athlete.

- It is the student-athlete's responsibility to clarify schedule conflicts with both coaches at the beginning of the season (when practice schedules for both teams are available), and to reiterate their absences at least 24 hours in advance.
- Of course there are a variety of situations that might prevent participation in both sports on a given day.
- The key is communication with both coaches. In some circumstances, coaches may be more lenient on missing practices/workouts than other times. However, it is not their responsibility to overlook or ignore absences based purely on the fact that it's to participate with another Walnut team.

Games/contests take precedence over practices/workouts occurring at the same time.

- If times are offset enough to make attendance at both possible, then the expectation is the student-athlete will participate in both.
- Even though the practice/workout is not as important as the game/contest on that day, it is equally important in the grand scheme of that sport's season.

Example: Sport #1 has practice from 3:00-5:00. Sport #2 has a game at 7:00. Student-athlete cannot just skip practice for Sport #1 in order to "save energy" for their game in Sport #2 without proper communication, or because it's more convenient. If student-athlete skips Sport #1 practice without communication, they are subject to any discipline levied by that coach.

Dual sport student-athletes are not to receive preferential treatment over any other team members.

- Remember, when you are missing a practice/workout in order to attend another team's game, the rest of your teammates are still practicing and preparing for the next game/contest.
- Playing time, starting lineups, and all other team strategies are at the discretion of the coach. Depending on the team and the situation, it is very likely some teammates will earn playing time over you by being at practice more. Again, this is part of the trade-off for playing two sports in the same season...there are only so many hours in the day for teams to practice especially during the school year!
- All dual sport participation situations are not the same. However, by following the above expectations we can make it easier on everyone to understand what is to be expected when weighing your options!

Appendix B: Sport Specific Cautionary Statements

Baseball

Baseball requires student-athletes to possess speed, strength, technique and agility. Baseball provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve strength, skills, techniques and agility. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity:

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be kept clean and sanitary
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should wear protective equipment for every practice and contest unless otherwise indicated by the daily practice schedule
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site:

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm-ups and cool-downs as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the playing surface
- Have proper footwear at all times. Be prepared to have footwear for the fields, cages, weight room, gym, locker room, and school building at all times
- Allow for enough time to arrive before the start of practice, pre-game activities, or bus departure

Hazards Specific to Baseball:

- All protective equipment required by rule must be worn at practices and competitions
- Helmets must be worn by batters, base runners, and catchers
- On deck hitters should use the designated area with complete attention on the pitcher and batter, using their bat and only a bat ring when taking practice swings
- Batting practice, infield/outfield drills, and pitching practices must be done in designated areas at the designated times under the direction of the coaches
- Players must recognize the possibility of being hit by a thrown or batted ball which could cause varying degrees of injury
- Head injuries can occur while playing baseball. Players who develop any concussion symptoms, including but not limited to headache, dizziness, confusion, or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.
- Players should notify their coach and/or Head Athletic Trainer about injuries that hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Players in the dugout and team bench areas must be alert to foul balls or overthrows
- Players should always look before entering the batting cage to avoid entering during live pitching and hitting
- Players should be aware of their surroundings when taking practice swings and/or when other players are taking practice swings

- Catchers must always wear protective gear
- Weight room training will have separate and specific standards and progressions designed to enhance each player's strength and conditioning
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of baseball and the spring sports season, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Basketball

Basketball requires student-athletes to possess technique, strength, quickness and flexibility. Basketball provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve technique, strength, quickness and flexibility. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be kept clean and sanitary
- Student-athletes should wear proper protective pads, braces and/or other supportive equipment for all practices and matches
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Perform warm up and cool downs as directed by the coaches
- Have proper footwear at all times. Be prepared to have footwear for the court, weight room, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Basketball

- Student-athletes should use proper technique when playing basketball to minimize the chances of injury.
- Student-athletes may make contact with other players, gym floor, score table, wall and/or bleachers during practice or competition which could result in serious bodily injury
- Head injuries can occur while playing basketball. Players should use proper technique when playing and be aware of their surroundings during practices and competition

- Players who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.
- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of basketball, injuries will occur during the season.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.

Bowling

Bowling requires student-athletes to possess skill, technique and conditioning. Bowling provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through workouts to improve skill, technique and conditioning. Injuries can occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Bowlers should wear proper bowling attire and bowling shoes at practice and competitions
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms

Travel to practice/contest site

- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions on the bowling lanes and within the bowling alley
- Have proper footwear at all times.
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Bowling

- Players should follow proper etiquette on the bowling lanes at all times
- Players should only use their own equipment
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Players should notify their coach or Head Athletic Trainer about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of bowling, injuries could occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.

Cheer

Cheerleading requires student-athletes to possess strength, agility and flexibility. Cheerleading provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve strength, stability, agility and flexibility. We would caution you that cheerleading is a physically demanding sport. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the training surface
- Have proper footwear at all times. Be prepared to have footwear for the fields, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Cheerleading

- Cheerleaders should follow all safety protocols while practicing and performing
- Cheerleaders should be aware of the other cheerleaders around them while performing and stunting
- Stunts and routines should be practiced in a progression from simple to complex
- Always use proper spotting techniques when performing balancing and tumbling maneuvers
- Cheerleaders who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.
- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary

- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of cheerleading and the fall and winter sports seasons, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Cross Country

Cross Country requires student-athletes to possess speed, strength, endurance and flexibility. Cross Country provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve speed, strength, endurance and quickness. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should eat and drink properly to maximize their efforts at practices and meets
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the running surface
- Have proper footwear at all times. Be prepared to have footwear for the running surfaces, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Cross Country

- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Student-athletes should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Student-athletes should notify their coach or Head Athletic Trainer about any medical issues which could arise during team activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of cross country and the fall sports season, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Dance

Dance requires student-athletes to possess strength, agility and flexibility. Dance provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve strength, stability, agility and flexibility. We would caution you that dance is a physically demanding sport. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the training surface
- Have proper footwear at all times. Be prepared to have footwear for the fields, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Dance

- Dancers should follow all safety protocols while practicing and performing
- Dancers should be aware of the other cheerleaders around them while performing and stunting
- Stunts and routines should be practiced in a progression from simple to complex
- Always use proper spotting techniques when performing balancing and tumbling maneuvers
- Dancers who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.
- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary

- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of dance and the fall and winter sports seasons, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Field Hockey

Field Hockey requires student-athletes to possess technique, skills, strength, agility and flexibility. Field Hockey provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through weight room and conditioning workouts to improve technique, strength, skills, endurance and quickness. We would caution you that hockey is a physical sport with much contact. Injuries can and will occur during the season with varying degrees of severity including life threatening injury if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the strength and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and footwear should fit properly and allow for maximum physical activity.
- Clothing and equipment should be kept clean and sanitary
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Be alert to weather conditions while traveling to the field for practices or games
- Perform warm up as directed by the coaches
- Have proper footwear at all times. Be prepared to have footwear for the field, weight room, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Field Hockey

- All protective equipment required by rule must be worn at practices and competitions
- Head injuries can occur while playing hockey. Players should use proper technique when checking and be aware of their surroundings while playing hockey
- Players who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary

- Weight room training will have separate and specific standards and progressions designed to enhance each player's strength and conditioning throughout the season
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of hockey, injuries will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.

Football

Football requires student-athletes to possess speed, strength, agility and flexibility. Football provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through weight room and conditioning workouts to improve strength, stability, endurance and quickness. We would caution you that football is a physical sport with much contact. Injuries can and will occur during the season with varying degrees of severity including life threatening injury if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the strength and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be kept clean and sanitary
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm up as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the training surface
- Have proper footwear at all times. Be prepared to have footwear for the fields, weight room, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Football

- Head injuries can occur while playing football. Players should not hit with their head down at any time, as this could lead to serious injuries including paralysis and/or death. Leading with the head is also dangerous and should be avoided by players.
- Players who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.

- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Weight room training will have separate and specific standards and progressions designed to enhance each players strength and conditioning throughout the season
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of football and the fall sports season, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Flag Football

Flag football requires student-athletes to possess speed, strength, agility and flexibility. Flag football provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through weight room and conditioning workouts to improve strength, stability, endurance and quickness. Injuries can and will occur during the season with varying degrees of severity including life threatening injury if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the strength and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be kept clean and sanitary
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm up as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the training surface
- Have proper footwear at all times. Be prepared to have footwear for the fields, weight room, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Flag football

- Players who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.
- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Weight room training will have separate and specific standards and progressions designed to enhance each players strength and conditioning throughout the season
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of flag football and the spring sports season, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Golf

Golf requires student-athletes to possess skill, technique and conditioning. Golf provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through workouts to improve skill, technique and conditioning. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be appropriate to match the weather conditions at all times
- Golfers should wear proper golf attire: polo, shorts/slacks (no jeans), socks and golf shoes. Pullovers and jackets should be available at all times due to changes in weather
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the playing surface
- Have proper footwear at all times.
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Golf

- Players should be aware of the backswings of other golfers at all times
- Players should be aware of other golfers on the course and notify others when shots are hit in their general direction
- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of golf and the fall sports season, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Lacrosse

Lacrosse requires student-athletes to possess speed, strength, technique and agility. Lacrosse provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve strength, stability, endurance and quickness. We would caution you that lacrosse is a physical sport with contact. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be kept clean and sanitary
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the training surface
- Have proper footwear at all times. Be prepared to have footwear for the fields, weight room, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Lacrosse

- Head injuries can occur while playing lacrosse. Players should use proper technique when checking to avoid possible injuries.
- Players who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.
- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Weight room training will have separate and specific standards and progressions designed to enhance each players strength and conditioning
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of lacrosse and the spring sports season, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Soccer

Soccer requires student-athletes to possess speed, strength, agility and flexibility. Soccer provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve strength, stability, endurance and quickness. We would caution you that soccer is a physical sport with much contact. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be kept clean and sanitary
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm up and cool downs as directed by the coaches

- Be alert to surface conditions both inside the building and outside on the training surface
- Have proper footwear at all times. Be prepared to have footwear for the fields, weight room, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Soccer

- Head injuries can occur while playing soccer. Players should use proper technique when heading the ball to avoid head injuries.
- Players who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.
- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Weight room training will have separate and specific standards and progressions designed to enhance each players strength and conditioning
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of soccer and the fall sports season, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Softball

Softball requires student-athletes to possess speed, strength, technique and agility. Softball provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve strength, skills, techniques and agility. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be kept clean and sanitary
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should wear protective equipment for every practice and contest unless otherwise indicated by the daily practice schedule
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms

- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the playing surface
- Have proper footwear at all times. Be prepared to have footwear for the fields, cages, weight room, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Softball

- All protective equipment required by rule must be worn at practices and competitions
- Helmets must be worn by batters, base runners and catchers
- On Deck hitters should use the designated area with complete attention on the pitcher and batter, using their bat and only a bat ring when taking practice swings
- Batting practice, infield/outfield drills and pitching practices must be done in designated areas at the designated times under the direction of the coaches
- Players must recognize the possibility of being hit by a thrown or batted ball which could cause varying degrees of injury
- Head injuries can occur while playing softball. Players who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Players in the dugout and team bench areas must be alert to foul balls or overthrows
- Players should always look before entering the batting cage to avoid entering during live pitching and hitting
- Players should be aware of their surroundings when taking practice swings and/or when other players are taking practice swings
- Catchers must always wear protective gear
- Weight room training will have separate and specific standards and progressions designed to enhance each players strength and conditioning
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of softball and the spring sports season, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Swim/Dive

Swim/Dive requires student-athletes to possess skill, technique and conditioning. Swim/Dive provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through workouts to improve skill, technique and conditioning. Injuries can occur during the season with varying degrees of severity if the student-athlete does

not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing should fit properly and allow for maximum physical activity.
- Student-athletes should have proper training equipment, towels and swimwear to all practices
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms

Travel to practice/contest site

- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions on the pool deck and the areas within the swimming facility
- Have proper footwear at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Swim/Dive

- Swimmers should follow the pool facility rules at all times
- Swimmers should be aware of the dangers of swimming including but not limited to drowning
- Swimmers must behave appropriately on the pool deck and in the locker rooms
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Players should notify their coach or Head Athletic Trainer about any medical issues which could arise during swim activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of swim/dive, injuries could occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.

Tennis

Tennis requires student-athletes to possess skill, technique and conditioning. Tennis provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through workouts to improve skill, technique and conditioning. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season

- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the playing surface
- Have proper footwear at all times. Be prepared to have footwear for the courts, weight room, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Tennis

- Players should be aware of their surroundings on the tennis courts at all times
- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of tennis and the fall sports season, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Track & Field

Outdoor Track & Field requires student-athletes to possess speed, strength, endurance and flexibility. Track & Field provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve speed, strength, endurance and quickness. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should eat and drink properly to maximize their efforts at practices and meets
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions

- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the running surface
- Have proper footwear at all times. Be prepared to have footwear for the running surfaces, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Track & Field

- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Student-athletes should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Student-athletes should be aware of their surroundings in and around the track and throwing areas
- Student-athletes participating in pole vault should follow proper technique to minimize the chances of injury
- Student-athletes should notify their coach or Head Athletic Trainer about any medical issues which could arise during team activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of track & field and the spring sports season, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Head Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

Volleyball

Volleyball requires student-athletes to possess technique, strength, quickness and flexibility. Volleyball provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve technique, strength, quickness and flexibility. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be kept clean and sanitary
- Student-athletes should wear proper protective knee pads, braces and/or other supportive equipment for all practices and matches
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Perform warm up and cool downs as directed by the coaches
- Have proper footwear at all times. Be prepared to have footwear for the court, weight room, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Volleyball

- Student-athletes should use proper technique when playing volleyball to minimize the chances of injury.
- Student-athletes may make contact with other players, gym floor, net, poles, ref stand, wall and/or bleachers during practice or competition which could result in serious bodily injury
- Head injuries can occur while playing volleyball. Players should use proper technique when playing and be aware of their surroundings during practices and matches
- Players who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.
- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of volleyball, injuries will occur during the season.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.

Water Polo

Water Polo requires student-athletes to possess skill, technique and conditioning. Water Polo provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through workouts to improve skill, technique and conditioning. Injuries can occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing should fit properly and allow for maximum physical activity.
- Student-athletes should have proper training equipment, towels and swimwear to all practices
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms

Travel to practice/contest site

- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions on the pool deck and the areas within the swimming facility

- Have proper footwear at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Water Polo

- Players should follow the pool facility rules at all times
- Players should be aware of the dangers of swimming and activity in the pool, including but not limited to drowning
- Players must behave appropriately on the pool deck and in the locker rooms
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Players should notify their coach or Head Athletic Trainer about any medical issues which could arise during swim activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of swim/dive, injuries could occur.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.

Wrestling

Wrestling requires student-athletes to possess technique, strength, quickness and flexibility. Wrestling provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve technique, strength, quickness and flexibility. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be kept clean and sanitary
- Student-athletes should wear proper protective gear, braces and/or other supportive equipment for all practices and matches
- Student-athletes should eat and drink properly to maximize their efforts at practices and games, plus to maintain their desired weight throughout the season
- Student-athletes should work with the Head Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the AD office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Perform warm up and cool downs as directed by the coaches
- Have proper footwear at all times. Be prepared to have footwear for the mat, weight room, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Wrestling

- Student-athletes should use proper technique when wrestling to minimize the chances of injury which could be serious in nature
- Student-athletes could make contact with the mat, walls, gym floor, score table or bleachers which could result in bodily injury
- Head injuries can occur while wrestling. Players should use proper technique when playing and be aware of their surroundings during practices and competition
- Players who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Head Athletic Trainer immediately.
- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Head Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Head Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Players should notify their coach, Head Athletic Trainer or student athletic trainers about any medical issues which could arise during football activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of wrestling, injuries will occur during the season.

- All injuries should be reported to a coach and/or Head Athletic Trainer. The Head Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.