EXTRA-CURRICULAR AND   
CO-CURRICULAR   
PARTICIPATION FORMS

BRONC ATHLETICS

2018-2019

WILLOW CREEK SCHOOL

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



REMEMBER TO BE A BRONC…

BE SAFE

RESPONSIBLE

ON TIME

NOBLE

COMMITTED

**Willow Creek School District Extra-Curricular/Co-Curricular**

**Participation Form**

**Please read carefully before signing:**

The Willow Creek School District provides a range of extra-curricular and co-curricular activities for both boys and girls. Participation in such activities is voluntary. The Willow Creek School District recognizes that participation in extra-curricular and co-curricular activities can bring the student many rewards.

These activities require that the student make a commitment to the activity, submit to the instruction of the coach/advisor, and develop self-discipline to be able to successfully participate. Participation in these activities often requires considerable physical exertion, physical conditioning, and adherence to training rules and regiments.

The rewards for participation are obvious. Learning to function in a team effort teaches a student important life lessons. Participation in individual sports teaches self-reliance and commitment. All such activities develop in the student an appreciation for his or her physical abilities and develop enthusiasm and school spirit. Competition is fun and everyone must learn how to deal with both victory and defeat.

Extra-curricular and co-curricular activities tend to keep the student involved in a constructive endeavor. The Willow Creek School District’s experience has been that its students and members of extra-curricular and co-curricular activities tend to be good citizens and good students. The Willow Creek School District believes that you should encourage your child to participate in these activities and support and encourage him or her during the ups and downs of the particular endeavor.

The Willow Creek School District will provide properly trained coaches, safe equipment and facilities, and make reasonable efforts to see that the extra-curricular or co-curricular program is safe for your child. Nevertheless, due to the fact that athletic activity can involve injury to a participating student, we [Willow Creek School District] must warn you of such dangers.

Willow Creek School District The purpose of this warning is to aid you in making an informed decision as to whether your student should participate in the athletic activity. In addition, the warning’s purpose is to make you aware that as a student and parent or guardian, it is your responsibility to learn about the sport involved. Moreover, it is your responsibility to inquire of coaches, physicians, and other knowledgeable persons about the activity, concerns that you might have regarding athletic safety, and Willow Creek School District’s athletic program.

Willow Creek School District Athletic injuries can impair a student’s general, physical, and mental health. In addition, an injury can impair a student’s ability to earn a living and engage in social and recreational activities and general enjoyment of life. Such injuries can include risk of serious physical injury and a possibility of emotional injury. Injury can arise from training room procedures, the administration of first aid, or failing to follow game, training, safety, or other team rules. The use of transportation provided or arranged by the Willow Creek School District to and from games also involves the risk of injury or death.

**Below in alphabetical order is a list of those sports offered to students. Parents and the student should both read the information about the sport(s) in which the student plans to participate. Willow Creek Schools currently co-ops with Harrison School District for boys basketball, girls basketball, girls volleyball, cheerleading and band. Willow Creek Schools currently is in a co-op with Three Forks School District for football.**

BAND

Band is a co-curricular activity, which involves playing musical instruments and having the ability to read music. Common injuries sustained from participating in Band are due to lack of situational awareness. Students can trip, bump, or fall into, over, or on to chairs, music stands, chairs, stands, etc. Concussion, laceration, or contusion can occur due to a trip, bump, or fall.

CROSS COUNTRY

Cross Country is an extra-curricular activity, which involves running. Common injuries sustained as a result of participating in Cross Country are to the ankle(s), thigh, and the hamstring muscle in the back part of the leg. The most common time for injury to occur is during practice or warm-up.

TRACK AND FIELD

Track and Field is an extra-curricular activity, which involves sprinting, running, jumping, and activities such as pole vault, high jump, and discus throw. Common injuries sustained as a result of participation in Track and Field are to the ankle(s), thigh, and the hamstring muscle in the back part of the leg. Shin splints, muscles and tendon injuries can occur as a result of falls competing in the pole vault and/or high jump events. Shoulder and arm injuries can occur from not using proper throwing technique. Injury can occur as a result of being struck by a discus, shot put, or javelin. The most common time for injury to occur is during warm-ups or practice.

“Discipline is about more than just punishment. Discipline is the internal structure that supports your organization. Used properly, it can help maintain your order without having to actually do the unpleasant work punishing people. It is the basis of leadership. Discipline is the internal mechanism that self-motivates you. It gets you to work on time and it tells you when you need to work late. It is essential to success, whether individually or in a group.”

~ Pat Summitt (legendary college coach)

**MINIMUM ELIGIBILITY AND PARTICIPATION STANDARDS:**

Eligibility standards imply the philosophy that regular academic study is the first priority of the individual student-athlete. Eligibility standards will be rigidly enforced for all activities.

1. Academic Eligibility:
2. Willow Creek School will follow the MHSA [Montana High School Association] guidelines. In addition, a student must have a 2.0 G.P.A. [Grade Point Average] cumulative to nine weeks (a higher G.P.A. can be determined by the coach). A student failing in any subject will be ineligible regardless of G.P.A. Grades will be reviewed on a weekly basis, each Monday. In the event the student is participating in a class on Digital Academy, the grade will be reviewed every Wednesday. [for that individual class and on Monday for other classes taken at Willow Creek School]. Students may not participate in activities if they are declared ineligible due to their academic eligibility. However, if a student has an “F” (≤59%) in any class he or she may not practice. When a student is not eligible for three (3) consecutive weeks, or a combination for four (4) weeks during the same season, the student-athlete will be ineligible to participate in that activity for the remainder of the season.
3. Training Rules:
4. Use or possession of alcohol, tobacco, or illegal drugs is illegal and forbidden. The penalties for violations are as follows:
5. First Offense for the use or possession of any of the above shall result in a suspension from **ALL** extra-curricular activities for forty-five (45) calendar days
6. Second Offense will result in suspension for one (1) calendar year. The student must also successfully complete an approved substance abuse or tobacco cessation program at his or her own expense.
7. Third Offense will result in permanent suspension for the remainder of the student’s high school career.
8. Being in the proximity (conscious decision to remain in a situation where peers are using drugs/alcohol/tobacco) will result in a suspension from all activities for a period of ten (10) school days.
9. Students who receive a citation for possession will be suspended immediately pending a hearing before the School Board (Board of Trustees), as only the Trustees can invoke the above suspension. All student-athletes will receive Due Process and be allowed to state their case before the School Board. The final decision in the above issues lies with the School Board.
10. Appearance:
11. Neat clean clothing, such as shirts with collars, slacks, skirts, or dresses will be worn at all home and away games. All clothes worn must meet student dress code regulations (\*refer to Willow Creek High School Handbook). Individual coaches have the right to set specific dress regulations.
12. Attendance:
13. Students who are not in class for eight (8) periods are not allowed to compete or practice that day unless the administration (principal/superintendent) grants approval. Students must be in school for seven (7) periods on Friday to participate on Saturday, unless approval is granted by the administration.
14. Students must attend practices. This is the only warning you [the student-athlete] will get. After this date, March 15, 2019, a skipped practice will result in withdrawing from the next track and field meet. The ability to participate in a meet is a privilege. Moreover, the ability to participate in a meet is a privilege for student-athletes that do not skip practices and put in the hard work. Likewise, a student must participate in the previous 8 of 10 practices to be eligible for participation in each meet. Consequently, illness or an extraordinary circumstance will not count as a skip upon notification of the coach or administration.
15. Hours:
16. Night before activities—10:00 p.m. or one-half hour after last activity. Penalty—suspension from the next day’s scheduled activities. The student will attend (but not participate in) scheduled home activities during the suspension period. Individual coaches will set hours and penalties for other nights.
17. Class Time:

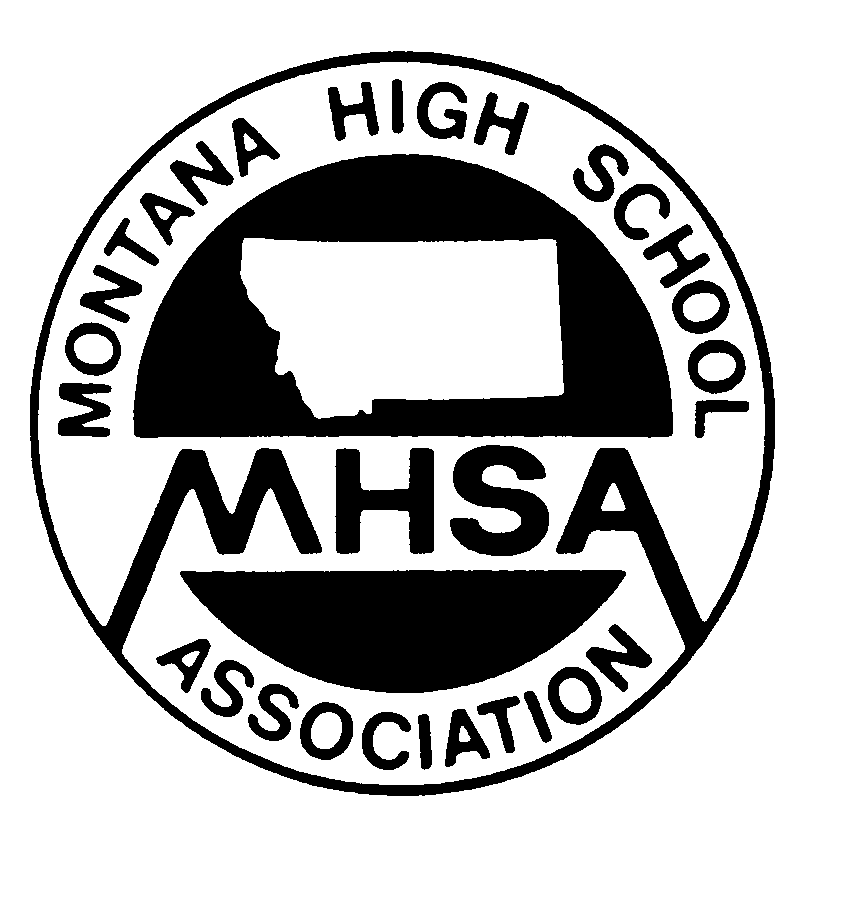
1. Students will not be excused from classes to practice or to work on extra-curricular or co-curricular activities without prior approval from the administration.

**Bus/Van Transportation**

Under the direction of our insurance carrier and the School Board, students involved in activities representing Willow Creek Schools must travel with school-approved transportation (i.e. busses or school van).

We understand that there will be times when it is necessary for custodial parent(s) or legal guardian(s) to request permission for their student/student-athlete to return to Willow Creek with them after a game or event is over. Nevertheless, if this is necessary, then the parent must sign them out to themselves and have it “ok’d” by the responsible school official. Student shall be released to parent(s)/guardian(s) only, unless prior arrangements have been made at least twenty-four (24) hours in advance and approved by the administrator. Students/student-athletes of age eighteen (18) shall be required to have a parent/guardian sign them out as well.

Student/student-athlete transportation to bus/van departure and bus/van return points are the parent’s/guardian’s responsibility. Students/student-athletes should arrive fifteen (15) minutes before departure time and be picked up within fifteen (15) minutes of return. Coaches are required to wait until **ALL** students/student-athletes are picked up. Please be respectful of their personal time and adhere to the fifteen (15) minute return pickup.



A Fact Sheet for **ATHLETES**

**WHAT IS A CONCUSSION?**

A concussion is a brain injury that:

* Is caused by a bump or blow to the head
* Can change the way your brain normally works
* Can occur during practices or games in any sport
* Can happen even if you haven’t been knocked out
* Can be serious even if you’ve just been “dinged”

**WHAT ARE THE SYMPTOMS OF A CONCUSSION?**

* Headache or “pressure” in head
* Nausea or vomiting
* Balance problems or dizziness
* Double or blurry vision
* Bothered by light
* Bothered by noise
* Feeling sluggish, hazy, foggy, or groggy
* Difficulty paying attention
* Memory problems
* Confusion
* Does not “feel right”

**WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?**

* **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
* **Get a medical checkup.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
* **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

**HOW CAN I PREVENT A CONCUSSION?**

Every sport is different, but there are steps you can take to protect yourself.

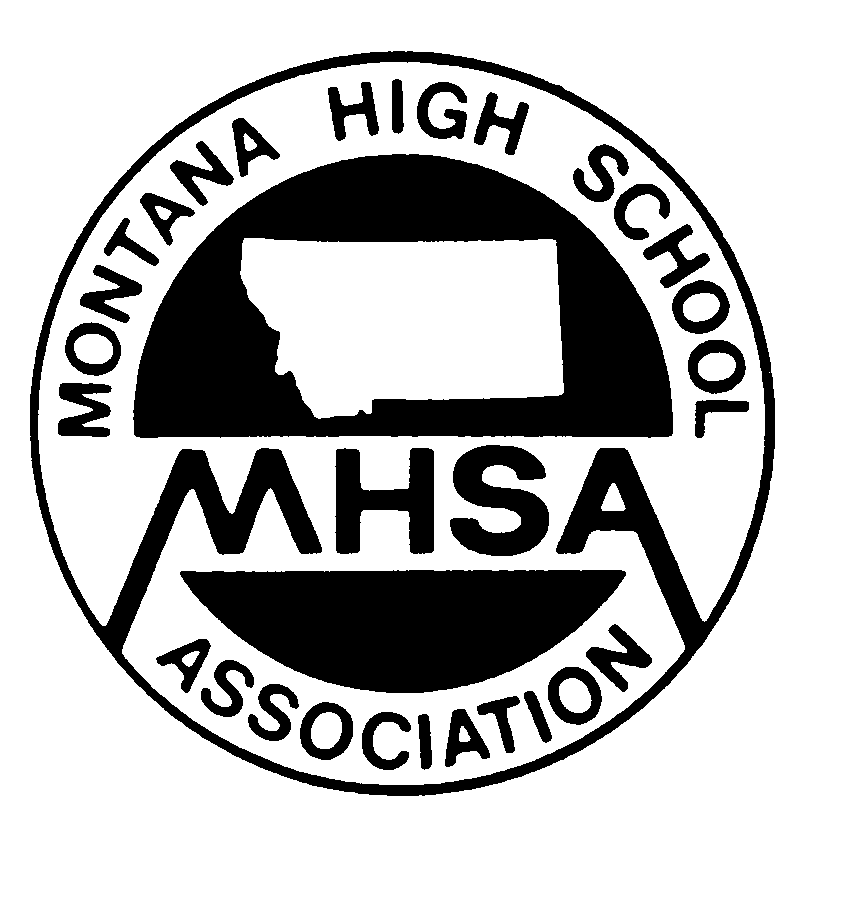
* Follow your coach’s rules for safety and the rules of the sport.
* Practice good sportsmanship at all times.
* Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:

**>** The right equipment for the game, position, or activity

**>** Worn correctly and fit well

**>** Used every time you play

Remember, when in doubt, sit them out!



A Fact Sheet for **PARENTS**

**WHAT IS A CONCUSSION?**

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

**WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

**Signs Observed by Parents or Guardians**

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

* Appears dazed or stunned
* Is confused about assignment or position
* Forgets an instruction
* Is unsure of game, score, or opponent
* Moves clumsily • Answers questions slowly
* Loses consciousness (even briefly)
* Shows behavior or personality changes
* Can’t recall events prior to hit or fall
* Can’t recall events after hit or fall

**Symptoms Reported by Athlete**

* Headache or “pressure” in head
* Nausea or vomiting
* Balance problems or dizziness
* Double or blurry vision
* Sensitivity to light
* Sensitivity to noise
* Feeling sluggish, hazy, foggy, or groggy
* Concentration or memory problems
* Confusion
* Does not “feel right”

**HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?**

Every sport is different, but there are steps your children can take to protect themselves from concussion.

* Ensure that they follow their coach’s rules for safety and the rules of the sport.
* Encourage them to practice good sportsmanship at all times.
* Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
* Learn the signs and symptoms of a concussion.

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

**1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

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

**3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Remember, when in doubt, sit them out!

Be Prepared

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

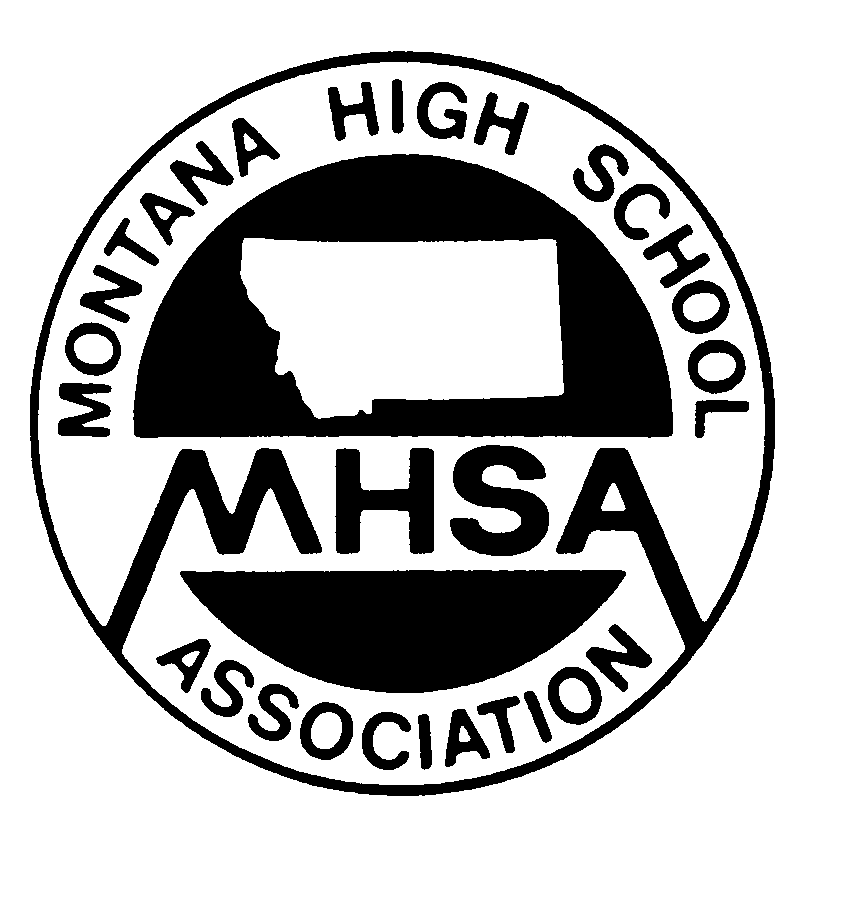
SIGNS AND SYMPTOMS OF A CONCUSSION

|  |  |  |
| --- | --- | --- |
| **SIGNS OBSERVED BY PARENTS OR GUARDIANS** | **SYMPTOMS REPORTED BY YOUR CHILD OR TEEN** | |
| •Appears dazed or stunned  •Is confused about events  •Answers questions slowly  •Repeats questions  •Can’t recall events prior to the hit, bump, or fall  •Can’t recall events after the hit, bump, or fall  •Loses consciousness (even briefly)  •Shows behavior or personality changes  •Forgets class schedule or assignments | **Thinking/Remembering:**  •Difficulty thinking clearly  •Difficulty concentrating or remembering  •Feeling more slowed down  •Feeling sluggish, hazy, foggy, or groggy  **Physical:**  •Headache or “pressure” in head  •Nausea or vomiting  •Balance problems or dizziness  •Fatigue or feeling tired  •Blurry or double vision  •Sensitivity to light or noise  •Numbness or tingling  •Does not “feel right” | **Emotional:**  •Irritable  •Sad  •More emotional than usual  •Nervous  **Sleep\*:**  •Drowsy  •Sleeps less than usual  •Sleeps more than usual  •Has trouble falling asleep  *\*Only ask about sleep symptoms if the injury occurred on a prior day.* |

LINKS TO OTHER RESOURCES

* CDC –Concussion in Sports
  + <http://www.cdc.gov/concussion/sports/index.html>
* National Federation of State High School Association/ Concussion in Sports
  + [www.nfhslearn.com](http://www.nfhslearn.com)
* Montana High School Association – Sports Medicine Page
  + <http://www.mhsa.org/SportsMedicine/SportsMed.htm>

**Student-Athlete & Parent/Legal Guardian Concussion Statement**



Because of the passage of the Dylan Steigers’ Protection of Youth Athletes Act, schools are required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. Montana law requires that each year, before beginning practice for an organized activity, a student-athlete and the student-athlete’s parent(s)/legal guardian(s) must be given an information sheet, and both parties must sign and return a form acknowledging receipt of the information to an official designated by the school or school district prior to the student-athletes participation during the designated school year. The law further states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at the time of injury and may not return to play until the student-athlete has received a written clearance from a licensed health care provider.

Student-Athlete Name:

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

Parent/Legal Guardian Name(s):

□ We have read the *Student-Athlete & Parent/Legal Guardian Concussion Information Sheet.*

*If true, please check box*

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

|  |  |  |
| --- | --- | --- |
| Student-Athlete  Initials |  | Parent/Legal  Guardian  Initials |
|  | A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available. |  |
|  | A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance. |  |
|  | A concussion cannot be “seen.” Some symptoms might be present right away. Other symptoms can show up hours or days after an injury. |  |
|  | I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses*.* | *N/A* |
|  | If I think a teammate has a concussion, I should tell my coach(es), parents, or licensed health care professional about the concussion. | *N/A* |
|  | I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms. | *N/A* |
|  | I will/my child will need written permission from a licensed health care professional to return to play or practice after a concussion. |  |
|  | After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away. |  |
|  | Sometimes, repeat concussions can cause serious and long-lasting problems. |  |
|  | I have read the concussion symptoms on the Concussion fact sheet. |  |

Signature of Student-Athlete Date

Signature of Parent/Legal Guardian Date

**Extra-Curricular Participation and Training Agreement**

2018/2019

Understanding that a major purpose of extra-curricular activities is the development of the mind and body to its fullest potential and realizing that the lack of proper rest and the use of illegal drugs, alcohol, and tobacco restricts and prohibits said development, we the undersigned hereby agree to the terms of this contract as noted below:

**The training policy is in effect from the first date of activities (3/15/2019) until the last day of school or activities, whichever is later (5/31/2019).  Any student subject to violations during this time period will be held accountable for the consequences.**

Training Hours

* Weekdays (Sunday-Thursday):  At home or in the company of parent or guardian by **10:00 PM.**
* Weekends (Friday-Saturday):  At home or in the company of parent or guardian by **12:00** **AM. (Midnight).**
* Upon returning from a road trip extending beyond normal training hours, students have **30 minutes** to reach their home.
* Athletes must have attended 8 of the previous 10 practices in order to attend a competition.

Penalties for Violation of Training Hours

·       Should a student choose to disregard the hours as set above, he/she will be suspended from all activities for: **7 days for the first offense** and the **remainder of the season for the second offense.**

Use or Possession of Illegal Drugs, Paraphernalia, Alcohol, and Tobacco

·       The use or possession of any illegal drug or paraphernalia at any time, including the use of another’s prescription, is a violation of district policy.

·       The use or possession of any alcohol product any time is in violation of district policy.

·       The use or possession of any tobacco product at any time is in violation of district policy.

Penalties for Violation of Drug, Alcohol, and Tobacco Policy

·       For the **first offense**:  Suspension from all extracurricular activities for the remainder of the sport season.

·       For the **second offense**:  Suspension from all extracurricular activities for the remainder of the current school year.

·       For the **third offense**:  Suspension from all extracurricular activities for the remainder of one’s high school career.

·       Should a student choose to remain in the proximity of others using illegal drugs, alcohol, or tobacco, he/she will be suspended from all activities for **10 school/practice days**.

Academic Eligibility

Willow Creek School will follow the MHSA  and student handbook guidelines. In addition, a student must have a 2.0 GPA cumulative each week.  A student failing in any subjects or having an incomplete will be ineligible regardless of GPA. Grades will be reviewed on a weekly basis.  Students may not participate in competitions if they are declared ineligible due to their academic eligibility. Students who are academically ineligible may continue to practice.

Due Process

Any student accused of violating any policy is entitled to due process, which includesthe right to a hearing before the Board of Trustees.  The hearing before the Board shall include but not be limited to, the accused and his/her parent/guardian, a legal representative of the family (optional), the advisor, the AD, the Superintendent/Principal, and the Board of Trustees.  Each side will be given the opportunity to present their position in the incident. The decision of the Board resulting from this hearing process is final.

Signatures

We understand the contents of this document and will all do our part to see that all of the provisions of this document are closely followed.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature        Date         Parent/Guardian Signature             Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Advisor Signature           Date

Parent and Student-athlete:  Please read and understand the

preceding policy and code.

Your signatures will indicate that you:

1. Have completed the MHSA physical examination form.
2. Approve of the student’s participation in extracurricular activities
3. Have read the athletic participation form and warnings about the risks of injury or death. In consideration of the Willow Creek School District’s permitting my child or ward to participate in its athletic programs and to engage in all activities relating to the event, we recognize and assume the risks outlined within which are inherent in the sport.
4. Give your consent to allow your child to travel to school sponsored events on district provided transportation.
5. Read and understand the Minimum Eligibility and Participation Standards.
6. Read and understand the Transportation Policy.
7. Read and completed the Concussion Statement.

Parent/Guardian Signature Date

Student-athlete Signature Date

Witness—School Official

Witnessed on the \_\_\_\_\_\_\_\_\_\_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 20\_\_\_\_\_.

School Representative Signature Date

Student approved for participation.

Athletic Director Signature Date