

Jefferson Middle School Athletic Handbook

The purpose of this handbook is to provide student athletes and their parents with general information about the athletic program, as well as rules and regulations governing the behavior of athletes on and off the playing field.

As a member of the Michigan High School Athletic Association, we abide by their regulations governing student eligibility, game scheduling and conduct, referees and the interpretation of disagreements that arise during a season.

When a Jefferson student reports for any athletic team try-out, he will receive a copy of this handbook. Only one copy will be distributed regardless of the number of teams a student chooses for participation. This is possible because the information contained herein applies equally to all athletic team. We urge the student and his or her parents to read and study this information together carefully and then sign the sheet found at the back of the handbook. The student will then return the signed sheet to his or her coach. Please retain this handbook for your future reference.

Jefferson Middle School Philosophy

The Middle School athletic program provides exposure to organized individual and/or team sports which will help promote the spirit of good health, academic excellence, sportsmanship, competitiveness and wholesome use of leisure time. It is an extension of the regular school program and is offered to all students who wish to pursue their learning experience beyond the scope of the normal day. It is hoped that through participation the student-athlete will learn to cope with the pressure of responsibility and self-discipline so vital in later adult life.

Student Regulation

1. Age Requirement: Eighth grade students may not be 15 years old before September 1st of the current school year. Seventh grade students may not be 14 years old before September 1st.
2. Athletic Forms: All athletes must have on file, with the Athletic Director, all completed forms required by the M.H.S.A.A. and the Jefferson Athletic Department. This includes the physical examination form signed by a certified physician, a notarized parental consent form, and athletic handbook forms signed by the athlete and his/her parents.
3. Scholarship Requirements: Student athletes must maintain academic and behavioral eligibility as set forth by the Jefferson Middle School and the MHSAA. The following requirements will apply:
 - A. A student must have passes four (4) of six (6) classes during the previous marking period.
 - B. A weekly eligibility list will prove that a student has done satisfactory work in the classroom. If a student is marked for two subjects for unsatisfactory effort, they will be declared ineligible for the following week. Ineligible student athletes must practice with the team, but may not take part in games of scrimmages. Students will be excluded for no more than two contests in any given week. Any student declared ineligible three (3) times on a weekly basis shall be dismissed from the team.
4. Equipment Use: Athletes will be responsible for all school equipment issued to them during a sport season. This equipment will be returned to the coach at the conclusion of the season. Lost or unreturned equipment must be paid for before an athlete may participate in another sport. No awards will be received until all equipment is returned or fines are paid.
5. Game Conduct: A coach will be expected to remove from contest any student athlete who loses self control and engages in abusive language or profanity or makes use of any obscene gestures. Repeated violations will result in dismissal from the team.
6. Game Transportation: Athletes are expected to travel to and from away contests with the team and coaches. Exceptions may be prearranged with the coach and parents.

7. Dress Code: Dress requirements will be established by each coach. While traveling as a team, you are representing our school. Conduct becoming good citizens is always a requirement.
8. School Suspension: Suspension from school for any reason shall cause the student to be counted as ineligible while serving that suspension. Students receiving an In-house Suspension or an after-school detention will be allowed to participate in a sport that day.
9. Awards: All participation athletes will receive a certificate. In addition, eighth grade athletes will receive a sport medal award, while seventh grade athletes will receive an award patch. No award shall be given to a student who quits or is dismissed from a team.
10. Attendance Requirements for Game Participation: Athletes must attend all practices to the satisfaction of the coaching staff. Excused absences from practice shall be granted when a student is excused from school, or when a written note from the parent or guardian is presented to the coach requesting excused practice. On the third such absence the absence will be considered unexcused if the coach so desires. **THREE (3) UNEXCUSED PRACTICE MAY RESULT IN DISMISSAL FROM THE TEAM.**
11. Misconduct: Any conduct judged detrimental to the concept and/or philosophy of organized athletics shall result in disciplinary action. Minor misconduct will be dealt with by the respective coaching staff in a manner that will satisfy the concept of team responsibility. Possession and/or use of any illegal substance which includes tobacco, drugs or alcohol will result in the following:
 - A. First Offense - Suspension from athletic contests for 50% of the total games for that season and proof of SAC counseling. Should 50% of total games not remain for the season, the remainder of games suspended will be carried over to the next participating level.
 - B. Second Offense - Suspension from athletic contests for one calendar year.
 - C. Waiver: Depending on the severity of the infraction, the Administration retains the right to proceed immediately to the more serious consequences.

Destruction of school property, theft and repeated violations of team rules may also fall under the previous two rules.

12. Team Membership: A student athlete shall not be a member of more than one team during any sport season. Sport season means the completion of any athletic sport before another season begins. We have three seasons, Fall, Winter, and Spring.

Jefferson Schools Athletic Responsibility Acknowledgement I

Athlete's Name _____ Year _____

Prior to participating in any practice or tryout sessions for any interscholastic sport, each athlete must:

1. Successfully pass a physical examination by a registered physician and the copy of such examination must be on file in the office of the Athletic Director. One current physical examination per year is sufficient for all sports during that school year.
2. Return to his/her coach the Jefferson Athletic Responsibility Acknowledgement Form properly signed.
3. Return to his/her coach the Parental Consent Form properly signed.

As a Jefferson School's student athlete participating voluntarily in interscholastic athletics, I understand that:

1. I will abide by the Jefferson School's code of Conduct, the school's Athletics handbook, the coach's team rules, and the laws of the State of Michigan.
2. I will conduct myself in an exemplary social manner at all times.
3. I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
4. I will not use or be in possession of tobacco, alcohol, or narcotics. If I do use any of these substances, or am in possession of such substance, or suspended from school for use of possession of these substances, I will be subject to disciplinary action as outlined in the handbook.
5. I will be dropped from the team and received no award should I be suspended from school for gross misbehavior (i.e., student code of conduct violations).
6. I will not steal or be in possession of stolen property. If I do steal or am in possession of stolen property, I will be subject to disciplinary action as outlined in the athletic handbook.
7. If I am suspended from school during the season for reasons which do not cause me to be dropped from the team, I will not be allowed to practice or play during the duration of the school suspension.

I know what is expected from an athlete who represents the Jefferson Schools, and I am prepared to so distinguish myself.

Student Signature: _____ Date _____

Parent Signature: _____ Date _____

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache	Balance Problems	Sensitive to Noise	Poor Concentration	Not “Feeling Right”
Pressure in the Head	Double Vision	Sluggishness	Memory Problems	Feeling Irritable
Nausea/Vomiting	Blurry Vision	Haziness	Confusion	Slow Reaction Time
Dizziness	Sensitive to Light	Fogginess	“Feeling Down”	Sleep Problems
		Grogginess		

WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of 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. A concussion can happen even if you haven’t been knocked out.

You can’t see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- 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 the student to return to regular activities, including sports. Don’t hide it, report it. Ignoring symptoms and trying to “tough it out” often makes it worse.
- KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don’t let the student return to play the day of injury and until a health care professional says it’s okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student’s school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

Appears dazed or stunned
Is confused about assignment or position
Forgets an instruction

Can’t recall events prior to or after a hit or fall
Is unsure of game, score, or opponent
Moves clumsily

Answers questions slowly
Loses consciousness (even briefly)
Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

One pupil larger than the other
Is drowsy or cannot be awakened
A headache that gets worse
Weakness, numbness, or decreased Coordination

Repeated vomiting or nausea
Slurred speech
Convulsions or seizures
Cannot recognize people/places

Becomes increasingly confused, restless or agitated
Has unusual behavior
Loses consciousness (even a brief loss of consciousness should be taken seriously).

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.

Parents and Students Must Sign and Return the Educational Material Acknowledgement Form

CONCUSSION AWARENESS

EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by Jefferson Athletic Department.

Participant Name Printed

Parent/Guardian Name Printed

Participant Name Signature

Parent/Guardian Name Signature

Date

Date

Return this signed form to the Athletic Department that must keep this on file for the duration of participation or age 18.

Participants and parent please review and keep the educational materials available for future reference.