



**PRAIRIE  
HAWKS**

# THE PRAIRIE SCHOOL

# FAMILY ATHLETIC HANDBOOK

UPDATED FALL 2016

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## **ATHLETICS**

### **Athletic Mission Statement for Upper School**

The Prairie School athletic program prepares students to participate with confidence and enthusiasm. The aim is to improve both as individuals and as teams. Athletes must meet their academic responsibilities and their behavior should reflect positively on themselves and the school. Sportsmanship is demanded. Individuals learn to win and lose with dignity and pride. Athletes learn cooperation, commitment, and their role on a team while developing individual skills.

Athletics at The Prairie School is intended to be an enriching and healthful experience by which physical, mental and social growth is stimulated through interscholastic and intramural competition. Prairie maintains a full-participation policy. This means every student has the opportunity to be on a team. However, this policy may not guarantee the right to suit up, play, or letter. The school promotes athletic excellence and encourages an athlete to achieve his or her best and to be a positive, contributing member of a team.

To compete on a team is a privilege. Players not only represent themselves, but also their parents, school, and community. This responsibility should not be taken lightly. The Prairie School, WIAA, and the Metro Classic Conference rules and regulations govern play and the way players live their lives. Just as coaches must comply with rule and regulations, athletes also must meet guidelines to compete. Parents, too, have a responsibility in this, guiding their children in what is right and wrong and requiring that the guidelines outlined below be followed.

The athletic program will:

- Provide a sound educational experience in a safe environment.
- Provide practices that offer the opportunity for the athlete to develop.
- Instill within the athletes team responsibility and an understanding of their roles on the team.
- Reflect the mission of the school.

## **ATHLETIC CODE**

### **Academic Code**

- The Prairie School expects a student-athlete to honor one's academic commitment first superseding any practice or game. A student-athlete needs to discipline him or herself to manage homework and tests. Coaches, however, expect student-athletes to budget their time and make every effort to be at practice and a game on time.
- Athletes must report to Detention or After School Study Hall even if it involves missing a game or practice. The coach may assign an additional penalty for missing practice.
- WIAA requires student athletes to be enrolled as full time students. At The Prairie School, a full time student is enrolled in at least five (5) academic courses. It is important that athletes meet successfully their academic responsibilities. If a student athlete has a failing grade from the most recent end of term reporting period, he or he

will not be allowed to participate in team competition. In addition, athletes must also maintain acceptable academic effort as determined by the faculty and administration to participate. A student who becomes academically ineligible will remain so at least until the midterm or until the end of the semester, whichever comes first, and will be reinstated when he or she meets the requirements as outlined above. A student may practice only if the parents, the Dean of Students and the Upper School Head agree.

### **Attendance Code**

- As stated in US Information (Daily Life – Eligibility), a student athlete must be in school for the entire day of a game or practice in order to compete or practice.
- An Athlete is expected to be at a Friday practice for a Saturday game.
- An athlete is also expected to be in school the day after an event. Should there be a reason for an athlete to miss school, the Dean of Students and/or the Athletic Director must grant permission in order to participate in athletic activities. The Dean of Students and Athletic Director will deal with excessive violations.
- The Prairie School expects a student athlete to be in school for the entire day of a game or practice in order to compete or practice.
- An athlete is also expected to be in school the day after an event. Should there be reason for an athlete to miss school, the Dean of Students, the Athletic Director and/or the coach, must grant permission in order to participate in athletic activities.
- Each athlete has a responsibility to be in school and in class on time and to behave while there.
- A Prairie School student-athlete is required to respect the integrity of the athletic program. Athletes must understand that their commitment to the school team has a significant impact on other members of his or her team.
- The Prairie School coach expects a student-athlete to attend all practices and games. An unexcused absence from a practice or a game will lead to a penalty. Student athletes are expected to commit to their school team during their season over any club or outside team.
- The Prairie School expects athletes to meet their athletic commitment to the school team as their first extracurricular priority. If they choose to participate in another activity or play for a club team during the same season, a player should communicate clearly their coach before the school's season starts his or her outside interest and intention.
- If a coach determines that a player's commitment interferes with the performance of the team, a disciplinary action may result which could include dismissal from the team. Students that miss practices or competitions may not be granted extra-curricular credits.

### **Awards**

#### **9<sup>th</sup> grader- JV or freshman sport participant**

1 sport - Numerals

2<sup>nd</sup> sport - Hawk patch

3<sup>rd</sup> sport - Certificate

### **10th grader – JV sport participation**

1<sup>st</sup> sport – JV letter

2<sup>nd</sup> sport – JV pin

3<sup>rd</sup> sport – JV pin

### **1<sup>st</sup> year varsity- letter & pin**

2<sup>nd</sup> year – Chevron patch for every year after in that sport.

### **4 year participant – Never received letter will be lettered.**

### **Must be in program for four full years.**

*Athlete of Year:* Male and Female exhibits an outstanding year of excellence for that year. May be a single sport or multi sport athlete.

*Career Athlete:* Male or Female athlete that has demonstrates the best career in athletics for four years. This athlete needs to be at least a two-sport athlete.

*Coaches Award:* A senior athlete that is recognized for his or her special contributions to the athletic program for leadership or sacrifice that made a difference on their teams but may not have lead to any recognition outside of the program.

## **BEHAVIOR & CODE VIOLATIONS**

### *Banned Substances*

- A student athlete may not posses, provide, nor use illegal or controlled substance, tobacco, alcohol, drugs, or drug paraphernalia. **(APPENDIX B)**
- The WIAA is against the use of anabolic-androgenic steroids and other performance enhancing substances (PES). Member schools shall devote time each year to a positive program, which highlights prevention and education of the risks, benefits and adverse effects of PES. Coaches, teachers, sports medicine staff and school administrators who ignore or encourage the use of PES, provide and/or sell PES to athletes (including indirect distribution through a third party) shall be subject to their own school's provisions regarding discipline.
- All students and parents must comply with the sportsmanship rules of the MC and WIAA.
- The Prairie School expects a student-athlete to adhere to the behavioral codes of the school and to comply with the Athletic Code. Any school penalty that a student-athlete incurs takes precedence over any other athletic obligation.
- Should any evidence of a violation involving drugs, alcohol, tobacco or controlled substances come to the attention of the school faculty, staff, or administration, such information will be taken to the Council for review. If it is determined that a violation did occur, an appropriate penalty will be assigned. If this is the first offense, the student athlete may be suspended from participating in up to three (3) athletic events. The athlete may participate in practices but may not dress for, nor participate in competitions. The athlete may also be expected to report to his/her coach daily and attend each competition during their suspension.
- Penalties that occur in the off-season or summer may be carried over into the athlete's next sport season. Athletes are subject to any other penalties recommended by the **Council**. Multiple offenses may jeopardize a student athlete's eligibility to participate in athletics at The Prairie School. **(APPENDIX B)**

### *Behavior*

The Prairie School Athletic Department operates within the guidelines described in this handbook and those that are established by the school's administration and Board of Directors, and those standards set down by the Metro Classic Conference (MC) and WIAA. See **All School Information – Behavior Standards** - Student athletes are held accountable for these rules and an Athletic Code of Conduct on a year-round basis.

- A Prairie student athlete should, at all times, be courteous to members of opposing teams and demonstrate respect for self, team, officials, school and community. Any athlete who does not demonstrate this type of positive behavior may be suspended or dismissed from the squad.
  - A student suspended from school is also suspended from athletic practices and competitions (see All School Information – Discipline).
  - A student is required to follow the Athletic Code of Conduct on a year-round (12 month) basis.
    - In-season violations of the school code will result in immediate suspension of the student from interscholastic competition for no less than one day of competition (but not less than one complete game or meet) for acts involving
      - (a) possession and/or use of alcohol,
      - (b) possession and/or use of tobacco, including chewing tobacco and/or
      - (c) Use, possession, buying or selling of controlled substances, street drugs and performance enhancing substances (PES).
- Note 1: When the suspension results in a fraction of a game, the number shall be rounded up to the next whole number of games (i.e. 2.1 or 2.8 games equals 3 games).
- Note 2: This is a minimum penalty and may not be reduced by any other provision of the school code.
- Note 3: Any portion of the suspension not completed during the current season will carry over to the next sport or season.

**Page #1, Point 1 Initial on the PARENT/ATHLETE INFORMED CONSENT  
SIGNATURE FORM**

### **Changing Sports**

An athlete may not quit one sport and begin another during the same season except by agreement of both coaches involved, the athlete's parents and final approval of the Athletic Director

## **CONCUSSION**

**(U.S. Department of Health and Human Services Centers for Disease Control & Prevention)**

### **What is a concussion?**

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and needs to be addressed correctly.

### **What are the signs and symptoms of a concussion?**

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if he/she just "doesn't feel right". Most concussions occur without loss of consciousness.

If your child or teen reports one or more of the symptoms listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion

### **Signs observed by Parents or Guardians:**

- 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

### **Symptom reported by your child or teen:**

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 troubling falling asleep

\*Only ask about sleep symptoms if the injury occurred on a prior day.

Children and teens with a concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion states they are symptom-free and it’s OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games, or
- Other physical activities.

**What should I do if my child or teen has a concussion?**

- Seek medical attention right away. A health care professional experienced in evaluating concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).
- Help them take time to get better. If your child or teen has a concussion, his or her brain needs time to heal. Your child or teen may need to limit activities while they are recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities - such as concentration and learning- should be carefully managed and monitored by a health care professional.

**Wisconsin Law regarding concussion in youth sports.**

Wisconsin Act 172 was implemented to address concussion and head injuries in youth sports. It provides requirements on proper management of concussions when they occur, as well as the requirement to educate athletes, parents, and coaches about the signs, symptoms, and dangers of concussion as they relate to youth sports. This information sheet has been provided for the purpose of educating you and your athlete(s) on concussion signs, symptoms, and proper management of concussion when they do occur.

## **CONCUSSION: STATEMENT OF ACKNOWLEDGEMENT**

In order to comply with all aspects of Wisconsin Act 172, Statement of Acknowledgement must be signed and returned to the Prairie School.

**Page #1, Pt. 2 Initial PARENT/ATHLETE INFORMED CONSENT SIGNATURE FORM**  
**Page #2 Sign SPORTS MEDICINE & CONCUSSION ACKNOWLEDGEMENT FORM**

### **Equipment and Uniforms**

Student athletes are responsible for all equipment and uniforms issued to them. Uniforms and equipment must be returned within five (5) days after the athlete's last competition. If a student athlete fails to return his or her uniform, the family will be charged a replacement fee.

### **Extra-curricular Credit**

Extra-curricular credit will be granted at the completion of each season. This commitment includes attendance at the sports banquet. Students are expected to attend all practices and competitions. If a student fails to comply, they may not receive extra-curricular credit.

### **Foreign Students**

Athletic Eligibility will be granted to Foreign Exchange Students only if they come through an approved WIAA program. [\(SEE APPENDIX C\)](#)

### **Governing Bodies**

The Prairie School is an active member of the Wisconsin Interscholastic Athletic Association (WIAA) and the Metro Classic Conference (MC). These organizations serve as the governing bodies whose rules and regulations determine the operating decorum for competition. All WIAA Varsity sports seasons culminate in a state tournament. A conference champion is determined in each sport by the conference records or a tournament. Junior Varsity seasons shall end immediately following the completion of the last regularly scheduled game or contest.

Prairie's athletic program is also conducted in accordance with all existing school policies and regulations because the school believes that a dynamic program of student athletics should function as an integral part of the total curriculum.

### **Interscholastic Sports**

There are two teams for most US sports; Junior Varsity (JV) and Varsity. A Freshmen team will be established when sufficient participation warrants the addition. The Freshmen and JV level provides young athletes their first experiences with inter-scholastic competition. Emphasis is on skill development, learning the game and team commitment. Starting positions and playing time are determined by the Freshman or JV coach and are based on ability, attitude and attendance. The Metro Classic Conference does not allow seniors to play on JV teams in boys' and girl' basketball, girls' volleyball and boys and girls soccer.

The Varsity programs represent the highest level at which Prairie athletes compete and are for those athletes who wish to excel. The goal of the Varsity programs is to perform at maximum potential and to win. Being on a Varsity team does not guarantee an athlete the right to dress, play or letter in the respective sport. Starting positions and playing time are decided solely by the head coach and are based on ability, attitude, role and the positive contributions an athlete makes to the team. Students are expected to commit to off-season fitness and training to improve.

During the fall, winter and spring seasons, the following sports are offered:

**Fall**

- Cross Country (boys' and girls')
- Girls' Golf
- Boys' Soccer
- Girls' Tennis
- Girls' Volleyball

**Winter**

- Basketball (boys' and girls')

**Spring**

- Boys' Baseball (co-op with Racine Lutheran)
- Boys' Golf
- Girls' Soccer
- Boys' Tennis
- Track (boys' and girls')

**Parent Mandatory Season Meeting**

All athletes who participate in a fall, winter or spring sport are required to attend with their parents the parent/athlete information evening prior to the start of their sport season. Parents are notified in advance of these evenings. Failure to attend or to contact the athletic office may result in ineligibility of the athlete.

**Physical Exams**

WIAA requires that all athletes have a physical examination every two years. The athlete's physician and his or her parents must fill out a special WIAA-designated physical card. On alternate years, WIAA requires that only a parent permission form be filled out. These cards must be on file in the Athletic Director's office before the athlete's first (1<sup>st</sup>) formal practice in early August. Violation of the rules may result in game forfeiture and ineligibility of that athlete.

**RISK OF INJURY**

By its nature, participation in interscholastic athletics includes risk of injury that may range in severity from minor to disabling, to death. It is impossible to eliminate all risks in supervised school athletic programs. Participants can and have the responsibility to, help reduce the chance of injury. Players must obey all safety and training rules, report all physical problems to their coaches, follow a proper conditioning program and inspect their equipment daily.

Students who participate in interscholastic athletics MUST have health, injury or accident insurance.

By initialing the Parent/Athlete Informed Consent Signature Form, I indicate that I have knowledge, understanding and agreement to the standards set forth in order for my son/daughter to be afforded the privilege of representing The Prairie School as a student athlete. I am also aware that any violation on the part of my child, to any of these standards, shall result in the consequences contained within this school policy.

**Page #1, Point 3 Initial on the PARENT/ATHLETE INFORMED CONSENT SIGNATURE FORM**

## **SPORTS COMPACT FOR PARENTS & STUDENT ATHLETES**

*Honoring the Core Principles and Core Practices of the Metro Classic (as written below) and The Wisconsin Interscholastic Athletic Association*

We recognize that healthy sports experiences require support and input from parents as well as cooperation by student athletes. This Compact is based on the Core Principles and Core Practices of The Metro Conference and the WIAA. We have agreed to honor the Core Principles and these Core Practices in support of our student-athletes and a positive learning process.

- Parents give positive encouragement and support to their children regardless of the degree of success, the level of skill or time on the field.
- Student athletes positively encourage one another regardless of success, skill, or playing time.
- Parents stress the importance of respect for coaches through discussions with their children, and highlight the critical nature of contributing to the team and its success.
- Student athletes respect their coaches and contribute positively to team success.
- Parents and student athletes attend school meetings at the outset of sports seasons to meet coaches and school officials and learn first-hand about the expectations for participation in interscholastic athletics.
- Parents and student athletes serve as role models, see the 'big picture' and support all programs and athletics.
- Parents and student athletes agree to abide by the rules guiding the conduct of sports, modeling the principles for each other.
- Parents ensure a balance in student-athletes' lives, encouraging participation in multiple sports and activities with academics placed first and foremost.
- Parents and student athletes leave coaching to coaches and do not criticize the coaches, the strategies, or the team performance. All avoid putting pressure on their children and/or coaches about playing time and performance.
- Parents are required to wait 24 hours to speak to a Coach after a game or practice. A parent then may call to set up an appointment to meet with the Coach. A student athlete must be present at this meeting.

- A parent may not use social media to criticize a coach or student-athlete.
- A parent athlete meeting with a coach may ask for help to improve but playing time and strategies are the sole decision of the Head Coach.
- Parents and student athletes model sportsmanship for other students and fans by cheering appropriately at all events.
- Parents that yell at officials, coaches, or players are in violation of the Sportsmanship compact and will be asked to refrain and/or to leave the competition.

We know that school sports experiences can contribute greatly to the values and ethics of each player, and that positive sports experiences teach important life skills, encourage teamwork, help shape character and citizenship and encourage an active lifestyle.

**Page #1, Point 4 Initial on the PARENT/ATHLETE INFORMED CONSENT SIGNATURE FORM**

## **SPORTS MEDICINE**

### **Injuries**

The Prairie School's Athletic Department makes every effort to insure the safety and health of the child. However, no matter how careful athletes and coaches are, athletic injuries do occur. The process by which the Athletic Director, Athletic Trainer and Coaches handle an emergency or injury is as follows:

- Immediate action is taken to prevent further injuries (removal from play, ice, elevation and immobilization).
- Parents are notified in person or by phone.
- If appropriate, the family is referred to a physician for additional treatment report is submitted to The Prairie School's Health Office.
- The coach, athlete and athletic trainer will work with the physician to develop a rehabilitation program for the athlete. This process will be reported to an athlete's parents.
- The athlete returns to action with approval of parents, coach and physician or athletic trainer. An athlete under a physician's care must have a return to play permission form from his/her physician in order to return to action. An athlete working with the athletic trainer may return to play under the trainer's direction in coordination with the team coach.

Participation in athletics may result in serious injury and sometimes even death. To assist the Athletic Department in caring for our student athletes, communication within our staff is very important. For example, allowing the Athletic Trainer to share necessary information with our athletic staff regarding the status of an injured student athlete helps to insure proper care of injuries, and prevents further injury from occurring.

In order for athletic trainers or other health care professionals to release any patient information, a signed authorization/consent is required. This authorization/consent will allow

the Athletic Trainer to disclose necessary medical information with the athletic department staff on a “need to know” basis. This will ensure the proper care and safety of our athletes while participating in school sports, as well as establish a communication channel for our staff, which will enable them to stay informed of an athlete’s playing status and medical condition. Please know that medical information shared between medical providers, coaches and school officials is confidential information and will not be shared to those outside the Athletic Department.

Please take a moment to read and initial the **Parent/Athlete Informed Consent Form at Page 1 and 2**. By completing the authorization/consent form, you are authorizing the Athletic Trainer of The Prairie School to discuss information regarding your son/daughter’s injury or illness with other staff members of the Athletic Department that may affect your son’s or daughter’s ability to participate in a particular event or sport. Please return the lower portion completed form to the Athletic Director’s office prior to the first day of practice.

<b>Page #1, Pt. 5</b>	<b>Initial</b>	<b>PARENT/ATHLETE INFORMED CONSENT SIGNATURE FORM</b>
<b>Page #2</b>	<b>Sign</b>	<b>SPORTS MEDICINE &amp; CONCUSSION ACKNOWLEDGEMENT FORM</b>

## **TRANSPORTATION**

The school provides transportation to all athletic events outside of the city limits. Students must travel by school-contracted vehicles to and from all away events. Although athletes are encouraged to return to Racine with their team, students may return from contests with their parents/guardians if the Transportation Policy is initialed on the Parent/Athlete Informed Consent Signature Form.

If parents/guardians provide transportation to these events, they must be aware of the following:

- When a parent/guardian provides transportation to their son/daughter to or from a scheduled event, the parent/guardian shall assume all resulting liability, and The Prairie School, its Board of Trustees, Officers and Agents shall assume no liability;
- When I transport my son/daughter to or from a schedule event;
- When I have given my son/daughter permission to transport themselves due to the location of the event and our home.
- A parent may not transport another student athlete that is not their child to or from an event.

<b>Page #1, Point 6</b>	<b>Initial on the</b>	<b>PARENT/ATHLETE INFORMED CONSENT SIGNATURE FORM</b>
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## **Vacation Practices**

Due to the length of US sport seasons, it is necessary that practices and often games) be scheduled during school vacations. Therefore, families are encouraged to keep this in mind when scheduling college visits and family vacations, recognizing that an athlete’s commitment to the team is a serious one.

## **Website**

Coaches, parents & athletes and friends may visit the site to find the most up-to-date information, current schedules, game times, directions to off-campus competitions, cancellations spirit wear, fitness center forms, sport participation forms, picture orders and more. *Athletic forms and the Family Athletic Handbook are located in the Parent Information section, under US Forms and Documents.* Please visit [www.prairieschool.com](http://www.prairieschool.com) and click on Athletics.

Metro Classic Conference web site [www.metroclassic.com](http://www.metroclassic.com)

## **WIAA High School Athletic Eligibility Information Bulletin (APPENDIX A)**

The Wisconsin Interscholastic Athletic Association (WIAA) is a voluntary, unincorporated and non-profit organization. It's rules and regulations govern the memberships athletic programs in the State of Wisconsin. The governing body of the WIAA is the Board of Control, which consists of 10 administrators from the senior high membership and one representative of the Wisconsin Association of School Boards. The Board of Control is elected by the membership and represents the geographical districts of the state as well as genders and ethnic minority representation. Operation of the WIAA is the responsibility of the Executive Director and the executive staff at the WIAA headquarters in Stevens Point, Wisconsin. The WIAA maintains a public website at [www.wiaawi.org](http://www.wiaawi.org).

The Prairie School athletes and their parents must read, understand, and agree with Appendix A, B and C.

An athlete and a parent must then initial #7 on the Parent/Athlete Informed Consent Signature Form to be eligible for participation.

**Page #1, Point 7 Initial on the PARENT/ATHLETE INFORMED CONSENT SIGNATURE FORM**



## 2016-17 WIAA HIGH SCHOOL RULES AT A GLANCE

The WIAA Rules at a Glance offers a brief synopsis of WIAA Bylaws and Rules of Eligibility, to address in general some of the most common questions of the membership.

WIAA Bylaws, which outline the provisions of membership in the Association and the Rules of Eligibility, appear in the WIAA Handbook. The reader should refer to that publication, or confer with your school athletic director, for more complete information. Your AD should always be your first contact for questions or concerns about school sports.

WIAA rules and regulations are established by membership vote. The Annual Meeting is held in the spring of the year, at which time amendments are presented. The interpretation and enforcement of the rules and regulations are the responsibility of the WIAA executive office and Board of Control.

It is the responsibility of member schools to abide by the rules of the Association, to educate students, coaches, parents and others regarding the provisions of membership and Rules of Eligibility and to report to the WIAA all violations of Association provisions.

### I. COACHES AND COACHING CONTACT

Coaches may not have coaching contact with any athletes they will be coaching the following school season during restricted times (except their own children). There is no distinction between varsity and J.V. coaches, i.e., J.V. coaches cannot coach varsity athletes during restricted times, and vice-versa, nor any distinction between paid and nonpaid (volunteer) coaches. An exception is that varsity and J.V. coaches can have coaching contact with students who have just completed 8th grade or any preceding grade up until these 8th graders actually start their 9th grade year.

Coaching restrictions apply to all sports during the school year, except during the respective sport season. All sport coaches have five days of unrestricted coaching contact opportunity in the summer, between the end of school and July 31; the days do not need to be consecutive. The 5 contact days must be the same for all levels within a sport program. Football must follow WIAA Fall Football Acclimatization rules and contact ends July 23, 2016. In 2017, July 22 will be the last day for football coaches contact. In addition, coaching restrictions do not apply in the summer beyond the 5 unrestricted days in all sports except football, the summer being defined as when school is not in normal session, **provided such nonschool programs are not limited to students on the basis of school or team affiliation**. Other than during the actual school season and as specifically approved in the summer, coaches may not have coaching contact with their athletes other than as listed above; including practicing or competing with athletes, driving athletes to nonschool competition, driving athletes to camps, clinics, etc., or having basically anything to do with the athletes' nonschool participation. Further, coaches may not:

1. Mandate athletes participate in nonschool competition, or determine who may or may not participate in nonschool activity.
2. Require involvement in out-of-season activities as part of the requirements for making a school team, earning a school letter award, etc.
3. Provide incentives such as T-shirts, etc., for participation in the off-season.

A school coach must always be present when an athlete is participating in interscholastic competition. It is not acceptable for parents, or others, to take the place of the coach at school-sponsored competition, unless they meet WIAA coaching requirements and have the approval of the school administration. (RE – Art. I, Sect. 7 and Art. VI, Sect. 2)

### II. SCHOOLS AND SCHOOL TEAMS

#### A. COMPETITION AND PRACTICE

Schools may conduct sport competition and practice only during the defined respective sport season as specified in Season Regulations and during Board of Control approved unrestricted contact days in the summer (up to 5 days in all WIAA sports), between the end of school and July 31. Season Regulations spell out, among other things, when practice starts, how many contests may be played, how many contests individuals may participate in, how many practice days are required before the first competition, and when the season ends. This means schools and school organizations, such as the letter winners club, the senior class, etc., cannot be involved in running any competition or practice in WIAA recognized sports outside the defined school season for that sport and those 5 days in the summer identified as unrestricted contact days.

WIAA rules also specify a school may not assemble athletes, or prospective athletes, in physical education classes, or some other manner, for purposes of teaching fundamentals, techniques, plays, etc., except during the designated school season of that particular sport and summertime, unrestricted days. Further, schools may not organize conditioning programs limited to students with athletic team status, or to prospective athletes, except during the designated school season of that sport. Nor may a school conduct intramural programs, which involve athletes with past status on a school team, at any level, except during the established school season of a sport. (BL – Art. II)

**Interstate Competition:** WIAA Bylaws prohibit member schools from competing against school teams that are post secondary schools and/or academies and schools that are not members of their respective state associations. They also limit the number of events member schools may schedule in nonbordering states to one competition, event and/or scrimmage per team each school season. Schools may schedule any number of events in bordering states within season game maximum limitations. Bylaws also provide that competition which involves out-of-state teams may require additional WIAA and/or National Federation sanctioning. Additional requirements exist relative to school teams participating in competition sponsored by non-school providers, e.g. Professional sport teams, American Legion, YMCA, (BL – Art. II)

#### B. UNIFORMS AND EQUIPMENT

Schools may not issue wearing apparel and protective equipment prior to the first allowable day of practice, unless specifically allowed in Season Regulations for that sport.

One exception is that with approval of its governing body schools may issue school uniform or other wearing apparel and protective equipment for use by athletes in training or competition, in the summertime. During the school year, with approval of its governing body, a school may issue its baseball and softball equipment at its own discretion. It is acceptable to issue implements at anytime if the school wishes, such as vaulting poles, shot puts, hurdles, baseball bats, basketballs, volleyballs, etc. (BL – Art. II and RE – Art. VI, Sect. 2)

#### C. CLINICS AND SCHOOL FACILITIES

Schools may not be involved in conducting clinics outside the season, with the following exceptions. So long as participation is voluntary and available to all interested students:

1. There shall be no restrictions upon schools, school teams and school coaches (grades 9-12) relative to assembling in the summertime, for

up to 5 days, which do not need to be consecutive. Unrestricted contact days must conclude no later than July 31 for all sports except football. Unrestricted contact for football must conclude by July 25, 2015.

2. A school may conduct a clinic for students in grades 8 and below, where high school varsity and junior varsity coaches may use some or all of their high school athletes as clinicians. This may be done for a maximum of six days during the summer (when school is not in session) and must conclude no later than July 31. Clinics not utilizing athletes as clinicians may be conducted throughout the summer up to the start of school.
3. School facilities may be used for nonschool programs, according to board of education policy, which can result in clinics being conducted, outside the season, by nonschool groups. The nonschool group must request the facilities from the board of education or governing board, through normal procedures and are encouraged to provide their own insurance protection. (BL – Art. II and RE – Art. VI, Sect. 2)

#### **D. OPEN GYMS**

Coaches and schools cannot be involved in out-of-season practice for athletes. However open gyms do not violate WIAA rules if they are conducted according to the following guidelines:

1. The open gym is made known and available to all students in the designated population of that school that are interested in attending. Open gyms may be gender specific. It is also acceptable to include people from the community. Schools may conduct "open gyms" in any activity. It is not acceptable to include athletes from another school, public or nonpublic.
2. There is no instruction during the open gym by a coach or anyone else.
3. Coaches may supervise open gyms, but they may not instruct, organize drills, etc. Coaches can also recreate with students in school sponsored, open gym settings that are purely recreational in nature, i.e., there is no instruction, sport skill demonstration, organized drills or resemblance of a practice being conducted.
4. There is no organized competition, such as established teams participating in round-robin competition, etc.

"Open Gym" is not a code word for out-of-season practice. The philosophy of the open gym is students from that school may attend, for wholesome recreation, or for purposes of improving their skills, but it's something they do on their own. It would be a violation of WIAA rules to mandate attendance at open gyms, or to provide incentives for athletes to attend open gyms, or to limit participation based on athletic status, or to allow athletes from other schools to come and work out or compete against the host school's athletes. (BL – Art. II and RE – Art. VI, Sect. 2)

#### **E. SCRIMMAGES**

WIAA rules limit the number of interscholastic (another high school, tech school, college, etc.) scrimmages/practices teams may have. Teams may practice/scrimmage with or against nonschool groups (alumni, city team, etc.) at their discretion.

Note (1): An alumni contest counts toward season maximums. (BL – Art. II and SR)

Note (2): If either school counts a scrimmage as a game, it must be counted as a game for both programs, schools and/or teams.

#### **F. WHO MAY PARTICIPATE INTERSCHOLASTICALLY**

A school may use on its interscholastic teams only its full-time students enrolled in grades affiliated with WIAA membership.

Full-time students enrolled in member charter schools are eligible only at the school of residence.

Note (1): No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

Note (2): When State law allows eligibility, those students meeting the stated requirements of the law are eligible at the stated member schools on the same basis and to the same extent of WIAA rules.

The administration of the school is responsible for the eligibility of all its athletes. School administration must verify the eligibility of each participating student prior to their first competition each school year. A student must meet school and WIAA definition of a full-time student (as identified by school policy), be carried on a school's attendance rolls and be meeting the minimum academic requirement in credits accepted by the school in order to be eligible to participate in any interscholastic competition.

1. Students that are academically ineligible, ineligible due to code of conduct violations, or those required to miss the next competitive event due to being ejected from their last competitive event, may participate in scrimmages against other schools according to local school policy. Students ineligible for other reasons may not participate in scrimmages against other schools.

2. For varsity eligibility, public school students are basically eligible to participate in the district in which their parents reside in their primary residence. A transfer of guardianship, or reaching 18 years of age, does not set aside this rule. Parents may not establish a secondary residence, in a second district, and gain athletic eligibility. Nonpublic school students, with the exception of boarding schools, must reside full-time with parents in their primary residence.

Note: For the purpose of this rule, attendance at one day of class and/or attendance at one athletic practice shall determine "beginning of school year."

3. Students entering 9th or 10th grade at the beginning of the school year as open enrollment students are eligible starting with the fall season, from a residence standpoint. If this student transfers back to the school of residence or to a nonpublic school, after attending one day of school or one athletic practice, he/she is ineligible for varsity competition for one calendar year. Additional transfer restrictions may apply to students following entry into their third consecutive semester.

4. Students entering 9th or 10th grade at the beginning of the school year as Board of Education approved full-time student(s), paying their own tuition and residing full-time with parents in their primary residence shall be afforded eligibility. Additional transfer restrictions may apply to students following entry into their third consecutive semester.

5. Students not meeting residence requirements and who are within the first four consecutive semesters following entry into Grade 9 will be eligible for nonvarsity competition only, unless a waiver is provided.

6. All transfer students should initially be treated as ineligible athletes until the athletic director at the receiving school has had the opportunity to completely check all aspects of athletic eligibility.

A student who transfers with a status of ineligibility for disciplinary reasons or academics, retains such status at his/her new school for the same period as decreed by the former school.

Students transferring more than once in any school year are not eligible for any level of competition unless a WIAA waiver is provided. (RE – Art. II Sect. 3-A-3)

7. 9th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved may be provided non-varsity opportunities for the remainder of the school year, unless the transfer is made necessary by a total change in residence by parent(s). Restrictions are removed upon entering 10th grade. First-time 9th grade students will be permitted one transfer upon appropriate petition to the WIAA Board of Control if the student has attended no more than three days of practice and/or no more than three days of school.

10th or 11th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved may be provided non-varsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school).

Transfer students entering 11th grade or transferring after the beginning of 11th grade are restricted to nonvarsity for one calendar year.

In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade. Students transferring at the beginning or during 11th grade will be restricted to nonvarsity for one calendar year. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice.

8. A student who transfers from any school into a member school after the sixth consecutive semester following entry into Grade 9 shall be ineligible for competition at any level for one calendar year, but may practice, unless the transfer is made necessary by a total change in residence by parent(s), or a waiver is provided.
9. Foreign exchange students may be granted one year of varsity eligibility if they come to a school through a CSJET approved exchange program with full listing status. These students are not eligible until the appropriate form has been submitted to the WIAA and eligibility has been granted.

Foreign exchange students who transfer from one school to another should be regarded as ineligible for varsity competition, the same as any other transfer student. (RE – Art. I and Art. II)

#### **G. CONSECUTIVE DAYS OF COMPETITION/PRACTICE**

A team must take one day off, from all physical activity, after six consecutive days of practice/competition. Teams may schedule nonphysical activity, such as film review, scouting reports, rehab, etc., during this off day. (SR)

#### **H. PROTESTS**

A protest is possible relative to a game official's misapplication of a rule. Such protests are not allowed in WIAA tournament competition. During the regular season, a protest will not result in replaying or repeating any game, meet, match, event, or race, or any portion of any game, meet, match, event, or race. The purpose of the protest is to correct an official if an official was in error. It is not possible to recreate the game situation that existed. (BL – Art. VI)

With the exception of the tournament series, a school may appeal a ruling of forfeiture based on an ineligible student's contribution to victory, in a team sport, with the understanding the school must satisfy to a clear and convincing standard the student in question did not contribute in any way to the victory. (RE – Art. I)

#### **I. CODE OF CONDUCT**

WIAA rules require that all schools have a code of conduct, which they enforce on a year-round basis. WIAA rules do not indicate specific penalties, other than stating in-season violations involving possession and/or use of alcohol, possession and/or use of tobacco products and/or the possession, use, buying or selling of controlled substances must result in at least a one-game (not scrimmage) suspension. Any suspension, which results in a student missing any portion of WIAA tournament competition, results in that athlete being ineligible for the remainder of the WIAA tournament series in that sport.

A student that transfers from one school to another, with a suspension due to athletic code violation(s) from the previous school, must serve that mandated suspension at the new school.

The school must provide an opportunity for the student to be heard prior to any penalty being enforced.

If a student appeals a suspension, according to the school's appeal procedure, **the student is ineligible during the appeal process.**

A student ejected from a contest is suspended for the rest of that competition and the next scheduled competition. If it happens the next competition is a multischool meet, which counts as one meet on the schedule, the student misses the entire competition. (RE – Art. VII)

A student-athlete, disqualified from a contest for flagrant or unsportsmanlike conduct, is also suspended from the next competitive event.

Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.

#### **J. PHYSICAL EXAMINATION**

It is necessary the school have a current physical examination on file for every athlete **before the athlete is allowed to start practice.** This physical examination must bear the signature or signature stamp of a physician, or the stamp of the clinic the physician is associated with or the signature of a Physician's Assistant (PA) or Advanced Practice Nurse Prescriber (APNP). A physical examination taken April 1 and thereafter is valid for the following two school years; a physical examination taken before April 1 is valid only for remainder of that school year and following school year. (RE – Art. VII)

### **III. STUDENTS**

#### **A. AGE REQUIREMENT**

A student shall be ineligible for interscholastic competition if he/she reaches his/her 19th birthday before August 1 of any given school year. (RE – Art. III)



## **B. CONSECUTIVE SEMESTER RULE**

A student has eight consecutive semesters of potential athletic eligibility, starting with the first semester of his/her 9th grade year. A fifth year senior is not eligible to participate, unless a waiver is granted by the WIAA. (RE – Art. V)

## **C. AMATEUR STATUS**

A student may not accept, receive and/or direct to another, any cash or merchandise awards for achievement in athletics. This means athletes may not accept items such as shoes, jackets, gift certificates, etc., for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, etc. They may receive an award which is symbolic in nature, such as trophies, medals, banners, ribbons, pictures, event T-shirts, event hats, game balls, unattached emblems, letters, season highlight DVD or video or other items of no intrinsic value. Rules further prevent athletes from receiving compensation or benefit, directly or indirectly, for the use of name, picture and/or personal appearance as an athlete because of ability, potential and/or performance as an athlete. This includes receiving free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for any and all interested students. A student may not be identified as an athlete, provide endorsement as an athlete, or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan or service. Also, an athlete violates this rule if he/she plays in any contest (school or nonschool) under a name other than his/her own. (RE – Art. IV)

## **D. NONSCHOOL PARTICIPATION**

Rules indicate athletes may not participate in more than two nonschool competitions during the school season, in the same respective sport with school approval. WIAA rules do not prevent athletes from practicing with nonschool teams or from receiving private skills instruction during the school season. However, they may not participate in any nonschool competitions or races, including scrimmages, against other teams. This restriction applies to normal nonschool games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, etc.), fun runs (including "banditing"), etc. During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3 point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply. Additionally, a student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of practice in order to continue nonschool training or competition. (RE – Art. VI)

## **E. ALL-STAR CONTESTS**

Athletes with remaining high school eligibility may not participate in all-star contests. During the school year, a school, including its administrators, athletic director and coaches shall not become involved directly or indirectly with any kind of all-star or similar contest that involves students with remaining eligibility. An all-star team is one where participants are chosen on the basis of individual accomplishment or reputation. An underclassman becomes ineligible in a sport for a maximum of one year from the date of last offense for participation in an all-star game or similar activity. A senior who violates this rule forfeits all remaining high school eligibility in the same specific sport as the all-star event. Violation of this rule results in loss of eligibility for the remainder of the season. (BL – Art. IV, Sect. 1 & RE – Art. VI, Sect. 3)

## **F. EXPENSES – TRAINING AND COMPETING**

1. The WIAA recognizes a distinction between training and competing. Students must pay their own expenses, including transportation, to any nonschool (out-of-season) camps, clinics, or specialized training. Schools may pay expenses and provide transportation to similar in-season activities in that sport and during unrestricted contact days in the summer.
2. A student may be reimbursed actual and necessary costs associated with competing. This may include transportation, food, lodging and entry fees.
3. A school may not become involved financially, through transportation or any other way in a student's nonschool participation outside the sport season and the five Board of Control approved unrestricted contact days in the summer. (BL – Art. II, RE – Art. IV and Art. VI) Note: Funds kept in school activity accounts are considered school funds.

## **G. OUT-OF-SEASON**

Athletes may participate in nonschool competition, outside the school season; however, certain restrictions apply. Amateur status rules are still in effect and must be observed. Schools cannot be involved, and coaches are restricted as indicated in Number 1, page 1. Team makeup may not be restricted based on school or team status. (BL – Art. II, RE – Art. IV and VI)

## **H. FALSIFICATION OF INFORMATION**

If a student or a student's parents or guardian falsify any information submitted to a school, and a student participates resulting in an order of forfeiture, the student becomes ineligible in all sports for one calendar year from the date of the last game or meet in which the student participated. (RE – Art. I, Sect. 5)

## **IV. PENALTIES FOR VIOLATIONS**

It should be noted most rules do not have a specific penalty associated with them. The WIAA has the authority, however, to impose penalties relative to rules violations such as, suspension of membership for not more than one year; probation for not more than one year; denial of participation in Association tournament program; denial of any area of Association services and benefits; monetary fine equal to Association expense incurred in any investigation and actual reimbursement of costs resulting from the violation; forfeiture (team sports) of contests won by school or (individual sports) of points/places won by individuals; loss of conference affiliation; loss of eligibility for athletes involved. (WIAA Constitution, Art. VI, RE – Art. 1)

Reference Key BL – Bylaws RE – Rules of Eligibility SR – Season Regulations 4/16 (revised)



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## Wisconsin Interscholastic Athletic Association Performance Enhancing And Banned Substances

The WIAA is against the use of anabolic androgenic steroids and other performance enhancing substances (PES). Member schools shall devote time each year to positive programs, which highlight prevention And education of the risks, benefits and adverse effects of PES. Coaches, teachers, sports medicine staff and school administrators who ignore or encourage the use of PES, provide and/or sell PES to athletes (including indirect distribution through a third party) shall be subject to their own school’s provisions regarding discipline.

A student-athlete is required to follow the school’s code of conduct on a year-round (12 month) basis. In-season violations of the school code will result in immediate suspension of the student from interscholastic competition for no less than one day of competition (but not less than one complete game or meet) for acts (a) involving use of alcohol, (b) use, including chewing, of tobacco and/or (c) use, possession, buying, or selling of controlled substances, street drugs and banned performance enhancing substances (PES).

**BANNED** – Do not Use. Drugs that are illegal or could be harmful if taken in excess amount. Possession and/or use violates WIAA Code. This list includes but is not limited to:

- Steroids
- Androstenediol
- Nor-Androstenediol
- Dihydrotestosterone (DHT)
- Dehydroepiandrosterone (DHEA) (converts to androgens)
- Pro-Hormones - e.g. Tribulus Terrestris, aka-Puncture Vine, Caltrop Fruit (increase body production of testosterone)
- Pheromone (anabolic properties)
- Masking Agents (Diuretics)
- Peptide Hormones (EPO)
- HGH
- Phenylephrine
- Ephedra, Ephedrine - e.g. Ma Huang, Synephrine, Seneca, Citrus Aurantium, Desert Herb, Mormon Tea, Sidi Cordifolia, Phenopropronalamine (PPA)

*\*Medications prescribed by an MD, used by the individual they have been prescribed to and used as prescribed should NOT be viewed as violating the controlled substance/supplement provisions of the school’s code.*

### Additional examples of banned substances

#### **Stimulants:**

Amiphenazole	Doxapram	Phendimetrazine
Amphetamine	Ethamivan	Phenmetrazine
Bemigrade	Ethylamphetamine	Phentermine
Benzphetamine	Fencamfamine	Picrotoxine
Bromantan	Meclofanoxate	Pipradol
Chlorphentermine	Methylenedioxy-	Prolintane
Cocaine	methamphetamine	Strychnine and related compounds
Cropropamide	(MDMA/ecstasy)	
Crothetamide	Methylphenidate	
Diethylpropion	Nikethamide	
Dimethyl- amphetamine	Pemoline	
	Pentetrazol	

#### **Anabolic Agents:**

Boldenone	Gestrinone	Oxandrolone
Clostebol	Mesterolone	Oxymesterone
Clenbuterol	Methandienone	Oxymetholone
Dehydrochlor-	Methenolone	Stanozolol
methyltestosterone		Testosterone
Dromostanolone	Methyltestosterone	Tetrahydroges- trinone (THG)
Epitrenbolone	Nandrolone	
Fluoxymesterone	Norethandrolone	Trenbolone

#### **Diuretics:**

Acetazolamide	Ethacrynic acid	Metalazone
Bendroflu- methiazide	Flumethiazide	Plythiazide
	Quinethazone	Spirolactone
Benzthiazide	Furosemide	Triamterene
Bumetanide	Hydrochlorothiazide	Trichlormethiazide and related compounds
Chlorothiazide	Hydroflumethiazide	
Clorthialidone	Methyclothiazide	

**Street Drugs:** Heroin, Marijuana, THC (tetrahydrocannabinol)

**Peptide Hormones and Analogues**

Corticotrophin (ACTH)  
 Growth Hormone (HGH, Somatotrophin)  
 Human Chorionic Gonadotrophin (hCG)  
 Insulin-like growth hormone (IGF-1)  
 Leutenizin hormone (LH)

**All the respective releasing factors of the above-mentioned substances are also banned:** Erythropoietin (EPO), darbypoetin, Sermorelin

**DISCOURAGED** – Schools may not provide or allow in connection to school’s program. Possession and/or use may violate school district policy or code. (Products may have unwanted side effects, be ineffective, not tested for long term safety, not recommended for youth, unethical to use.) This list includes but is not limited to:

- Creatine
- Caffeine-enhanced products – too much caffeine can cause jitteriness, nervousness, headaches, difficulty concentrating or sleeping, increased heart rate or blood pressure. Small amounts of caffeine can produce these effects in some people.
- Energy Drinks e.g. Red Bull, Amp, Advance by Powerade, Coke Blak
- Herbal Caffeine: Guarana, cacao, Kola, mate, cola nut, green tea extract, methylxanthine (chemical caffeine)
- Vivarin
- AAKG
- Co Enzyme Q
- HMB
- Protein Powders: Most diets supply adequate protein. However, in cases where athletes can’t eat enough food or when protein needs are higher than normal limited supplementation may be needed. In these cases a physician or sport dietitian consultation may be helpful. If extra protein is needed read labels carefully. Protein powders may contain discouraged or banned ingredients.
- Amino Acids – BCAA’s, Glutamine, Arginine
- L-Carnitine (amino acid derivative)
- Chromium Piconlinate (peptide hormone, potentiate effect of insulin)
- CLA (conjugated linoleic acid “enhance muscle development”)

**STREET TERMS**

(Office of National Drug Control Policy)

**Drugs:**

- Abolic (veterinary steroid)
- Androl (oral steroid)
- Anatrofin (injectable steroid)
- Deca
- “Arnolds”, “Gym Candy”, “Pumpers”, “Roids”, “Stackers”, “Trainers”, Weight Trainers” (steroids)
- “Georgia Home Boy” (Gamma hydroxybutyrate/GHB)
- “Stacking”: taking steroids without a prescription, use of multiple PES

**Androstenendione (or related compound):**

e.g. 3-Andro Xtreme, Andro-Gen, Andro-Stack, Androstat, Animal Stak, Nor-Andro Ripped Fuel Stack, Nor-Stak, Nor-Tek

**Creatine:** e.g. Animal Max, ATP Advantage, Cell-Tech, Creaject, Crea-Tek, Creatigen, CreaVate, Mass Action, Phosphagen, SyntheVol, Torch

**Ephedra** (Ma Huang) See [www.HealthyCompetition.org](http://www.HealthyCompetition.org) Sports Supplement Health Warning

**PERMISSIBLE SUPPLEMENTS**

Supplements that replace the calories, fluid, and electrolytes the body naturally loses during exercise – may not contain banned or

discouraged ingredients.

- Sport Drinks
- Electrolyte Drinks
- Sport Bars
- Meal Replacement Drinks
- Meal Replacement Bars
- Fitness Water
- Sport Gels
- Vitamins/Minerals

**Read product labels carefully.** Some “permissible” products may contain banned or discouraged ingredients. Due to lack of regulations product labels might not list all ingredients.

## **WARNING SIGNS AND SYMPTOMS OF STEROID USE**

### Possible Signs of Steroid Use:

- “Puffy”, swollen look to the face
- Acne; especially on shoulders, back or chest
- Excessive time spent working out
- Frequent nosebleeds
- Frequent muscle cramps
- Increased aggression and violence
- Increased irritability
- Periods of depression
- Quick strength and weight gains
- Wide mood swings
- Possible Adverse Effects in Both Males and Females
- Acne, especially on chest, shoulders and back
- Addiction
- Blood clots
- Breast enlargement and pain (males)
- Deepening of the voice (females)
- Deformed sperm/possible birth defects (males)
- Frequent Nosebleeds
- Growth of permanent facial and chest hair (females)
- Hardening of the arteries, higher cholesterol levels
- Increased risk of heart attack, increased blood pressure
- Increased violence and aggression/“roid rages”
- Increased risk of injury and slower healing time
- Insomnia, restlessness, depression
- Liver damage; including cancer
- Loss of hair and partial baldness
- Lowered sperm count/temporary sterility (males)
- Menstrual irregularities (females)
- Muscle tendon damage
- Pain when urinating (males)
- Reduction of breast size (females)
- Shrinking of the testicles/sterility (males)
- Stunted growth
- Suicidal thoughts
- Swelling of feet and lower legs
- Unpleasant breath odor
- 

### **EVALUATING ERGOGENIC AID CLAIMS**

1. What is the source of the information?

- Peer-reviewed journal
  - Magazine, newspaper or book
  - Company selling a product
2. Who wrote the article?
    - A professor or someone with a degree (Is the degree in a field related to sports medicine, nutrition or biochemistry?)
    - Someone with credentials
    - Not sure, article doesn't state
  3. Critical analysis
    - Does the product sound too good to be true?
    - If a research study is cited, is it done on a healthy population or a diseased population, well-trained subjects or sedentary subjects, animals or humans, men or women?
    - Does the dosage seem large or unsafe?
    - Does the article make conclusive statements such as:  
This supplement will make you lose weight?
    - Does the product promise quick improvements in health or physical performance?
    - Does the product contain some secret ingredient or formula?
    - Are currently popular personalities or star athletes used in its advertisements?
  4. Is the product effective?  
If it is still unclear whether the supplement is effective, seek other sources of information such as more articles on the topic or opinions of professionals in the field of nutrition and exercise.
  5. Is the product safe at the recommended dosages?
  6. Does the product cause long-term health problems?
  7. Are possible side-effects identified?
  8. Is taking the supplement ethical?  
This is often a hard question to answer. The thrill of competition is to strive to be the very best, but does being the very best mean enhancing your performance through external substances. The ancient Greek ideal and that of the International Olympic Committee is that an athlete should succeed through their own unaided effort. Every individual must assess his/her ethical standards. But here are a few questions to ask yourself:
    - What is the policy of your team or the governing body for your sport?
    - Is the substance banned from use during competition?
    - Is taking a supplement cheating or giving you an unfair advantage?

*Provided by the WIAA and WIAA Medical Advisory Committee*

*Additional information may be obtained from the WIAA Medical Policies and Procedures Manual and the WIAA PES Power Point presentation.*

*Sources: NCAA Banned Drug List*

*Jane Foos, RD, CD, Red Cedar Clinic*

*Kevin Walter, MD, Dean Clinic*

*Iowa High School Athletic Association*

## Foreign Exchange Student

WIAA rules allow for one year of eligibility for foreign students participating in exchange programs. Eligibility is not automatic, however, and schools must fill out a request for foreign student eligibility. These students are required to meet existing WIAA rules in areas other than residence. All foreign students must have a physical conducted in the United States prior to participating in practice or competition at a member school.

The WIAA approves eligibility for more than 800 foreign students each year. The majority of these students are in programs that are approved by the [Council on Standards for International Educational Travel \(CSIET\)](#); however, a small number of students come in non-[CSIET](#) approved programs. The WIAA is a member of [CSIET](#) and relies heavily on [CSIET](#)'s evaluation of foreign exchange programs. The [CSIET](#) evaluation process, leading to a program being [CSIET](#) approved, helps to assure that foreign students are coming into member schools within acceptable guidelines. In order for foreign students to be granted varsity eligibility, they must come through a [CSIET](#) approved program with full listing status, which is updated yearly.

There are a limited number of foreign students that come into our schools without benefit of any exchange program. These students are treated the same as a domestic transfer without an accompanying move by parents. This means that these situations can be reviewed on a case-by-case basis; however, if there is no parental move in progress or no extenuating circumstances, the transfer rule will be applied.

Schools who host exchange students should note that students arriving through an exchange program that is not [CSIET](#) approved will be denied varsity eligibility. Questions regarding foreign student eligibility should be directed to the WIAA, 715-344-8580.



## 2016-17 Upper School Athletics Participation Form

Parent/Guardian & Student Athlete Informed Consent,  
 Concussion Acknowledgement & Sports Medicine Authorization  
*Note: All forms must be on file before an athlete may practice or compete.*

Athlete's Name (one form per student per year, please print):  
 \_\_\_\_\_  
 Grade (circle one): 9 10 11 12  
 Gender (circle one): Male Female

Complete and return to:  
 The Prairie School  
 ATTN: Athletic Department  
 FAX: 262-752-2601  
 Due Friday, August 5, 2016

**Parent(s)/Guardian(s) and Athlete, please initial items 1 - 7 below:**

PARENT OR GUARDIAN INITIALS	STUDENT ATHLETE INITIALS	ITEM #	STANDARDS SET FORTH IN THE FAMILY ATHLETIC HANDBOOK:
		1	Academic, Attendance & Behavior Codes (Pages 3-6)
		2	Concussion Statement of Acknowledgement (Pages 7-9)
		3	Risk of Injury (Pages 10-11)
		4	Parent/Athlete Sport Compact (Pages 11-12)
		5	Sports Medicine Authorization (Pages 12-13)
		6	Transportation Policy (Page 13)
		7	WIAA High School Athletic Eligibility Information Bulletin (Page 14)

*By signing and initialing this, I indicate that I have knowledge, understanding and agreement to these standards as set forth in The Family Athletic Handbook in order my son/daughter or legal ward to be afforded the privilege of representing The Prairie School as a student athlete. I am also aware that any violation on the part of my child, legal ward or myself, to any of these standards, shall result in the consequences contained within the school policy.*

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Cell #: \_\_\_\_\_ Parent Work #: \_\_\_\_\_

Parent Email: \_\_\_\_\_ Alt. Email: \_\_\_\_\_

**Continued on page 2.**

Continued from page 1.

## 2016-17 Upper School Athletics Participation Form

Parent/Guardian & Athlete Informed Consent, Concussion Acknowledgement & Sports Medicine Authorization

Note: All forms must be on file before an athlete may practice or compete.

Athlete's Name (one form per student per year, please print): _____	
Grade (circle one):	9 10 11 12
Gender (circle one):	Male Female

Complete and return to:  
 The Prairie School  
 ATTN: Athletic Department  
 FAX: 262-752-2601  
 Due Friday, August 5, 2016

### **CONCUSSION STATEMENT OF ACKNOWLEDGEMENT** (PAGE 7-9)

**Parent Statement:** I (please print) \_\_\_\_\_ have read the Concussion Fact Sheet for Parents and Athletes Information and further acknowledge, agree, and understand the signs and symptoms of concussion and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child or legal ward must be removed from practice/play if a concussion is suspected.

I acknowledge, agree, and understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I acknowledge, agree, and understand that my child or legal ward cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I acknowledge, agree, and understand the possible consequences of my child or legal ward returning to practice/play too soon.

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

**Athlete Statement:** I (please print) \_\_\_\_\_ have read the Concussion Fact Sheet for Parents and Athletes Information and acknowledge, agree, and understand the signs and symptoms of concussion and how it may be caused.

I acknowledge, agree, and understand the importance of reporting a suspected concussion to my coaches, athletic trainer and my parents/guardian.

I acknowledge, agree, and understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play.

I acknowledge, agree, and understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Student Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

### **SPORTS MEDICINE AUTHORIZATION** (PAGE 12-13)

**Authorization/consent Form:** By signing this form I, the parent or guardian of \_\_\_\_\_ have knowledge, understanding and agreement and hereby authorize the Athletic Trainer to receive appropriate and pertinent medical information that is directly related to the ability of my son or daughter or legal ward to participate in Prairie School Athletics. Further, I authorize the Athletic Trainer to release, on a need to know basis, information to appropriate coaches or the Athletic Director regarding the status the current illness or injury that directly affects the ongoing participation in athletics of my son or daughter or legal ward.

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

