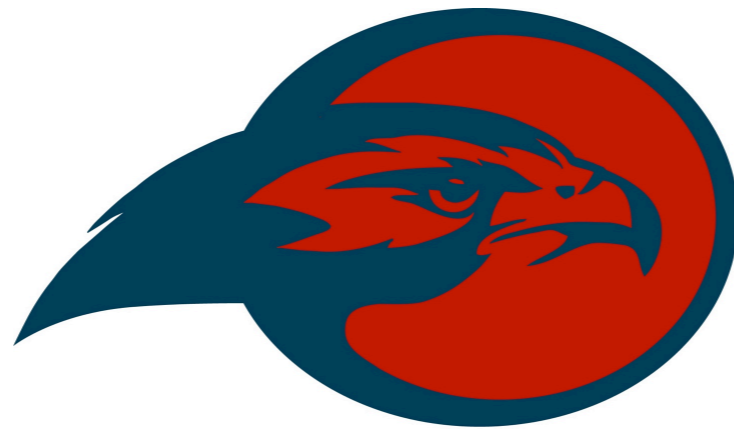


# 2017 US Basketball Parent/Athlete Meeting



**PRAIRIE  
HAWKS**

 THE PRAIRIE SCHOOL

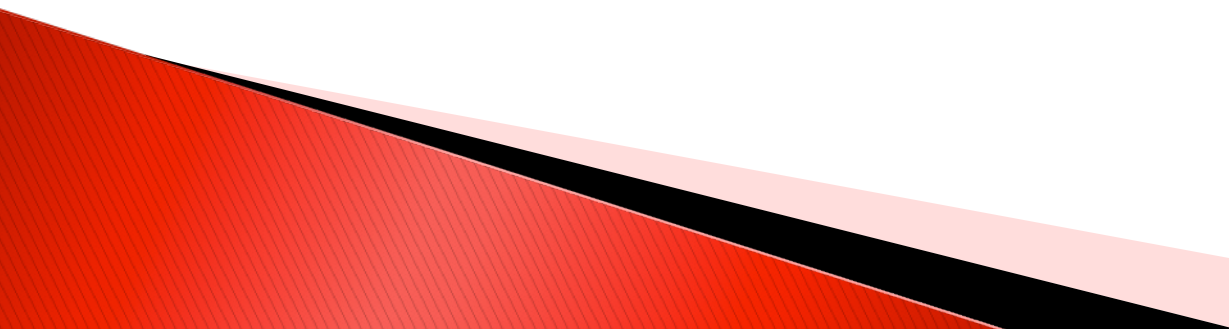
# **Welcome!**

**Jason Atanasoff**

**Athletic Director**

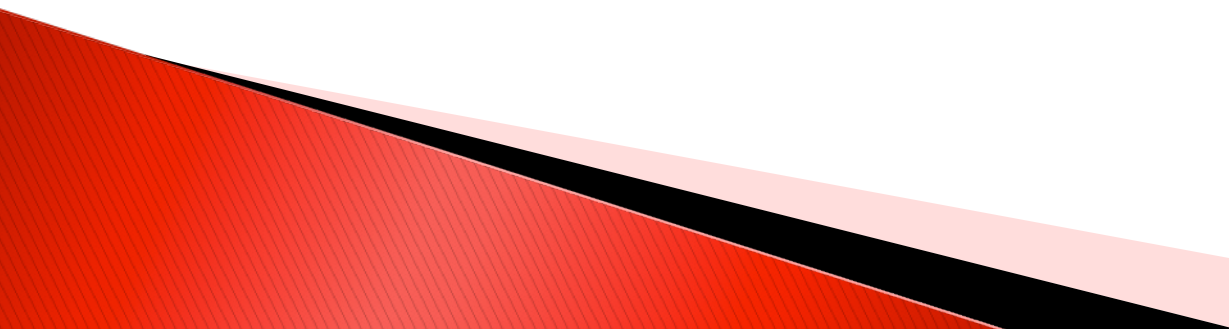


# **Mr. Shaun Liesch, Associate Athletic Director/Strength & Conditioning Coach**

- Serves as Associate Athletic Director
  - Oversees the Middle School Athletic Program
  - Oversees the Fitness Center
  - Partners with coaches to develop warm up routines and sport specific strength & conditioning programs
  - Aids Kayla with athlete recovery
- 

# **Dori Panthofer**

## **Administrative Assistant to the Athletic Director**

- Reviews every athlete's registration and grants clearance
  - Publishes rosters: Team page & Metro Classic Conference website
  - Communication: Weekly articles and emails
  - Works with team parent liaison
  - Creates home event programs
  - Creates senior night keepsake programs
  - Fills awards
- 

# Athletic Team Registration Site (ATR)



**PREPARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM**

WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION - ATHLETIC PERMIT CARD  
(Print or Type)

ALL STUDENTS PARTICIPATING IN INTERSCHOLASTIC ATHLETICS MUST HAVE THIS CARD ON FILE AT THEIR SCHOOL. [CLICK TO PRINT OR PARTICIPATE](#)

Physical examination taken April 1 and thereafter is valid for the following two school years; physical examination taken before April 1 is valid only for the remainder of that school year and the following school year.

NAME (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (Middle Initial) \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Age \_\_\_\_\_ Sex \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ City \_\_\_\_\_  
Present Address \_\_\_\_\_ Telephone \_\_\_\_\_

Cleared without restriction  Cleared, with the following qualifications: \_\_\_\_\_

Not cleared  Pending further evaluation  For all sports  For certain sports: \_\_\_\_\_

Reason: \_\_\_\_\_  
Recommendations: \_\_\_\_\_

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, a physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of Physician (Print/Type) \_\_\_\_\_

**SIGNATURE OF LICENSED PHYSICIAN (MD OR DO/PA/NP)\*\*\*** \_\_\_\_\_

Clinic Name \_\_\_\_\_  
Address/Clinic \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Telephone \_\_\_\_\_ Date of Examination \_\_\_\_\_

\* Physicians may authorize Nurse Practitioners or Physician Assistants to stamp this card with the physician's signature or the name of the clinic with which the physician is affiliated.

Parents' Place of Employment \_\_\_\_\_  
Family Physician \_\_\_\_\_ Family Dentist \_\_\_\_\_  
Name of Private Insurance Carrier \_\_\_\_\_ Telephone \_\_\_\_\_  
Subscriber Member Name (Primary Insured) \_\_\_\_\_

Emergency Information  
Allergies \_\_\_\_\_  
Other information (medication, etc.) \_\_\_\_\_

Immunizations  Up to date (see attached documentation)  Not up to date - specify \_\_\_\_\_  
(e.g., tetanus/diphtheria; measles, mumps, rubella; hepatitis A, B; influenza; poliovirus; pneumococcal; meningococcal; varicella)

1. I hereby give my permission for the above named student to practice and compete and represent the school in WIAA approved interscholastic sports except those restricted on this card.

2. Pursuant to the requirements of the Health Insurance Portability and Accountability Act of 1996 and the regulations promulgated thereunder (collectively known as "HIPAA"), I authorize health care providers of the student named above, including emergency medical personnel and other similarly trained professionals that may be attending an interscholastic event or practice, to disclose/exchange essential medical information regarding the injury and treatment of this student to appropriate school district personnel such as but not limited to: Principal, Athletic Director, Athletic Trainer, Team Physician, Team Coach, Administrative Assistant to the Athletic Director and/or other professional health care providers, for purposes of treatment, emergency care and injury record-keeping.

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

- Link located on the Parent Information tab.
- One family account for all MS and US athletes in your household.
- Every athlete and manager must register online.
- WIAA Clearance Exam Form only, per WIAA rules.
- Upload during/after entering registration.
- Athletes must be cleared BEFORE the first practice per WIAA rules, no exceptions.

**Camille Guion-Jensen,  
School Nurse**



# INHALERS

- Label your inhaler
- Current/not expired
- Within prescribed use
  - 2 puff rule
- NOT a replacement for lack of conditioning



# **Hawks Sports Medicine**

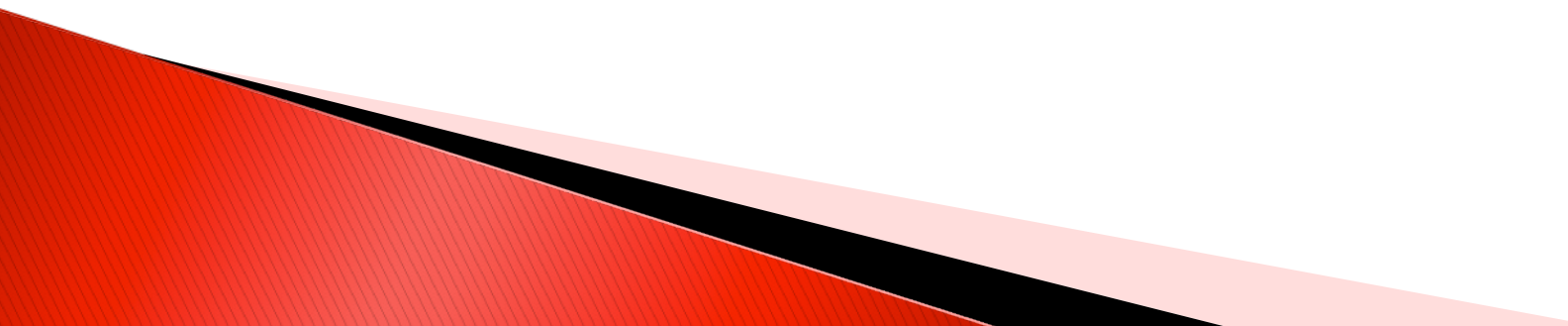
Ascension-All Saints Sports Medicine

**Kayla McClure**

LAT, ATC

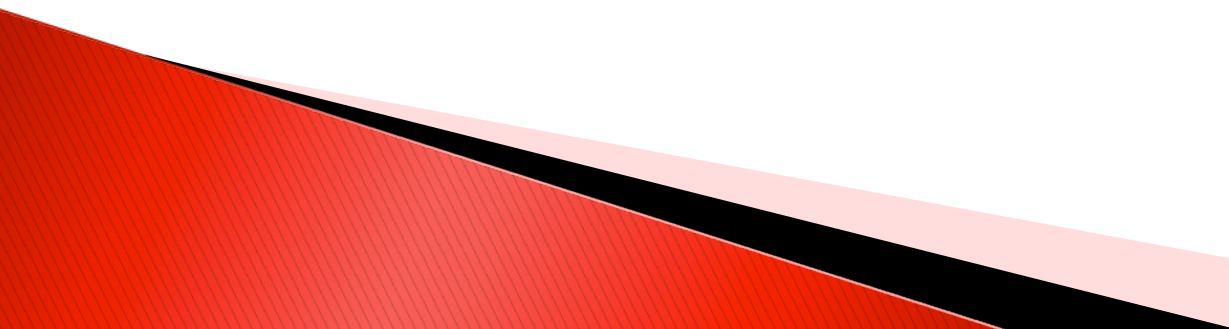
[kmccclure@prairieschool.com](mailto:kmccclure@prairieschool.com)

# **Athletic Trainer Objectives:**

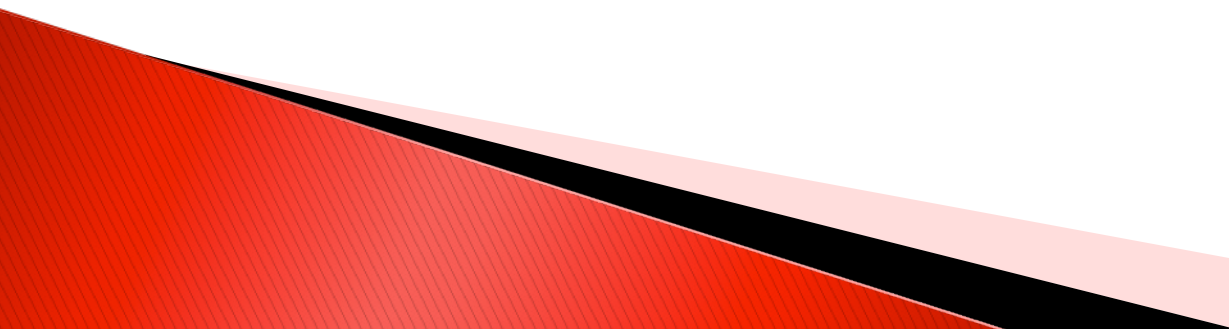
- Keep the athletes safe
  - Be a positive role model for athletes
  - Help teams succeed
  - Be a part of The Prairie School community
- 



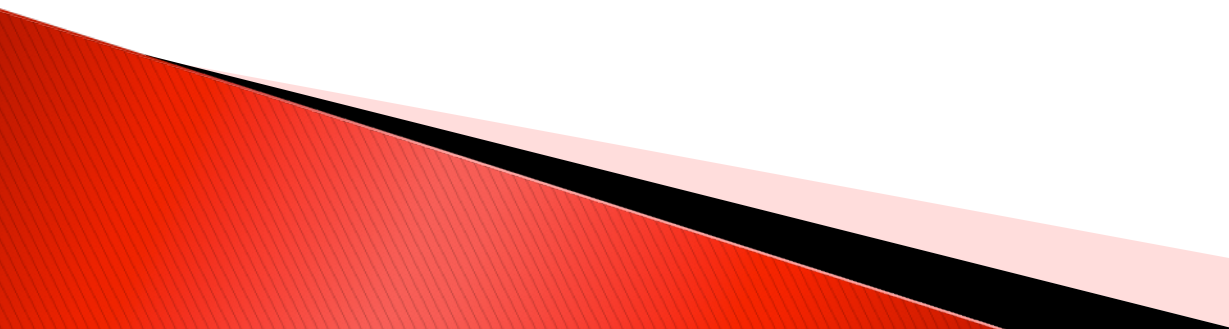
# Overview

- Contract with Ascension-All Saints
  - Hours may vary
  - Generally early afternoon until end of practices/games for the day
- 

# Reporting Injuries

- Report injuries to the Athletic Trainer ASAP to minimize missed time.
  - Evaluation, treatment, rehab will be done on-campus as much as possible.
- 

# Referrals

- Some injuries need further evaluation and treatment.
  - Please contact the Athletic Trainer if you need a referral because the AT can help facilitate this.
  - When an athlete seeks treatment for an injury/illness that affects sports, please notify the AT ASAP and get limitations and recommendations from the doctor **in writing.**
- 

# Concussion

- WI Act 172:
  - All athletes suspected of having a concussion, or exhibiting signs/symptoms must be cleared by a healthcare professional before returning to play.
- Baseline testing:
  - ImPACT testing: Athletes are required to have a baseline test every 2 years. Kayla will coordinate this with coaches and athletes who need a test.

# Concussion: Signs/Symptoms

- Fit into four categories.
- If you/your child/your teammate exhibits any s/s, please have them report to the ATR for evaluation before returning to any activity.

Physical

Sleep

Emotional

Cognitive

# Concussion Return to Play

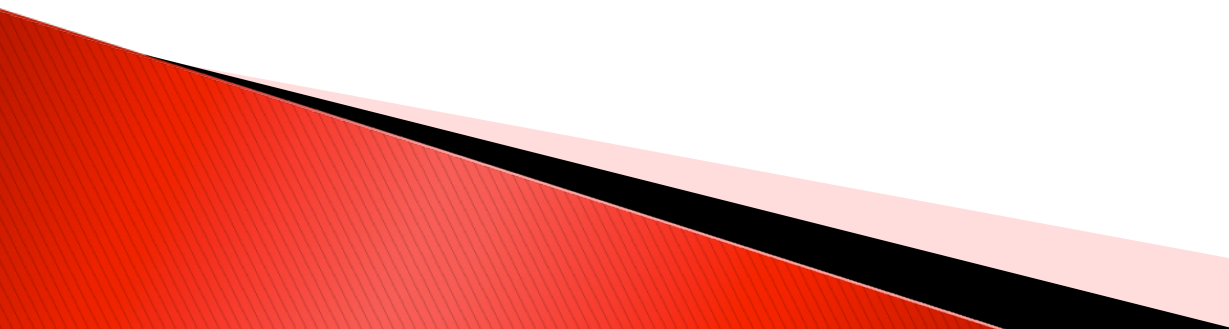
After concussion symptoms resolve and tests are comparable to baseline scores, the athlete will progress through a 5 day RTP protocol to ensure they can tolerate the physical and cognitive demands of sport without increasing symptoms.

1. Light Cardio
2. Exertional testing
3. Non-contact practice/lifting
4. Moderate/full contact practice
5. Full contact practice/game

# Ankle Braces

- Ankle Braces are available through the athletic trainer.
- New vendor = cost savings, same quality  
\$17 each. \$34 pair.
- You can buy ankle braces online or at Dick's, Walgreens, etc, but prices can vary widely, and quality can also vary between brands.
- Bracing is recommended for high risk sports (BB, VB, and Soccer) and for those with a history of ankle sprains.

# Infection Prevention

- Recent outbreaks of hand-foot-mouth disease and impetigo at local high schools.
  - Best treatment is prevention: keeping equipment clean, not sharing equipment, showering after activity.
  - Ice baths—please bring your own towels to limit risk of exposure.
  - Please seek medical evaluation for any unusual skin lesions.
- 



# Contact Information

Kayla McClure

Office: 262.752.2603

[kmcclure@prairieschool.com](mailto:kmcclure@prairieschool.com)

*Any Questions??*



# Prairie website:



<https://www.prairieschool.com/> Athletics:

## Parent Information:

- WIAA Rules at a Glance
- Athletic Calendar
- Team Pages
- Alerts and Announcements
- College Links
- Spiritwear, etc!

# Athletic Calendar

Sign up under **Notify Me** for changes.

**Daily, weekly listings.**

**See View Schedules and view entire team schedule.**

**Athletics**

Prairie's Athletic Program prepares our students to participate with confidence and enthusiasm in no-cut sports including soccer, cross country, basketball, tennis, baseball, golf, volleyball, and track.

Prairie offers numerous interscholastic sports: boys' and girls' soccer, cross country, tennis, basketball, golf, track, girls' volleyball, and boys' baseball. We are extremely proud that Prairie teams continue to bring honor to their school by playing fairly and winning championships at conference, county, regional, and state levels.

**Athletic Calendar**

**News & High**

Prairie Receives National Trainers' Association School Award

[Video] Thank You For 1 of the Prairie School

Prairie Alumna, Gabbi C Freshman of the Year

**The Prairie School**

Calendar Rosters Scores and Standings Coaches

Notify Me! Subscribe

View: Month Week Day

**Monday, Aug 8, 2016**

Time	Event	Details
6:00pm 8:00pm	Women's Tennis	6 Courts for Women's League
6:30pm 8:00pm	US Fall Sports Parent/Athlete Mandatory Meeting	Prairie Johnson Athletic Center Registration begins at 6 PM.

**Tuesday, Aug 9, 2016**

Time	Event	Details
3:00pm 6:00pm	Girls Golf (Starting Date & Time)	Meet at Racine Country Club.
3:30pm 5:30pm	Girls' Tennis Starting Date	The Prairie School Tennis Courts After school begins, practice at 3:45 p.m.

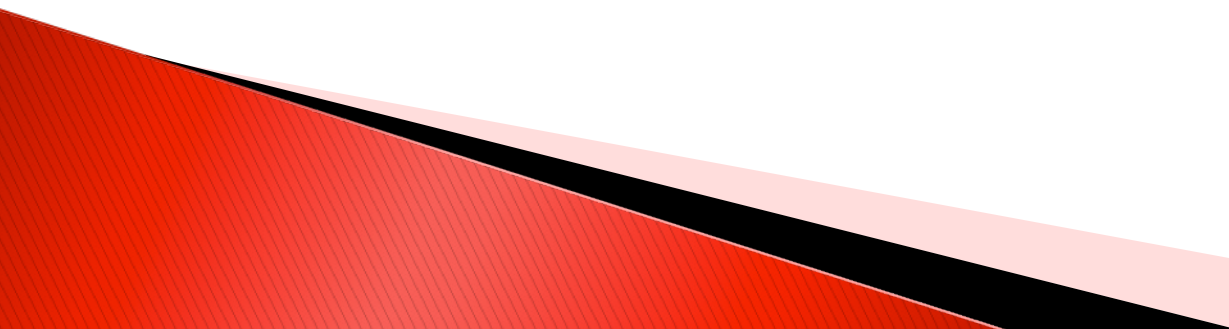
**Wednesday, Aug 10, 2016**

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**View Schedules**

- 7/8 Boys' Soccer
- Baseball JV
- Baseball Varsity
- Basketball - Boys JV
- Basketball - Boys JV 2
- Basketball - Boys Varsity
- Basketball - Girls JV

# Uniform Policy

- Most sports issue team uniforms
  - Some teams issue warm-ups
  - Prairie logo required on all team uniforms
  - Proper care extends life
  - High heat damages uniforms, line dry or use lowest temperature
  - School issued uniforms must be returned on the due date
  - \$100 unreturned uniform fee assessed if a complete uniform is not returned.
  - \$100 unreturned warm up fee assessed if a complete warm up is not returned.
  - Once charged, the fee will not be reversed
- 

# Attendance

- Five minute grace period. If a student arrives up to 5 minutes late, they are marked tardy. Students are allowed 5 tardies before consequences begin. Co-curricular activities are not affected unless a student exceeds 5 tardies. If a student arrives after 8:35 but before morning meeting, the Head Coach is notified and the Head Coach determines the consequence, if any.
- Students who arrive after 10:00 a.m. may not participate in any co-curricular activity that day. Parental notification after the school day begins to excuse a student for being late is not acceptable. The school must know before school begins.

# Family Handbook/Academics

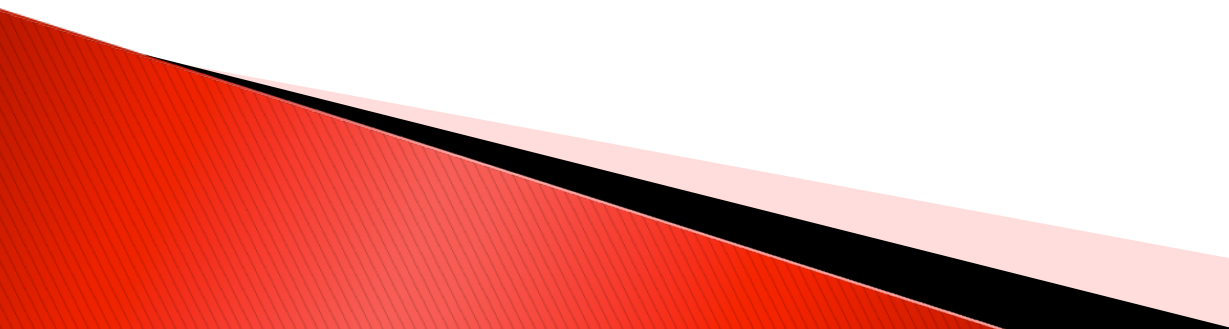
## Family Handbook:

- **Eligibility/Co-curricular Participation.** Although a requirement of graduation, co-curricular activities are a privilege; participation in these activities may be suspended if the student fails to meet his or her academic obligations. To practice or compete in interscholastic athletics, students must be present at school the entire day on the day in question and meet all academic obligations. The US Head may waive this rule when an absence is due to extenuating circumstances such as a family emergency or a funeral. Attendance in After School Study Hall (ASSH) supersedes participation in co--curricular activities.
- 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.
- As stated in US Information – Daily Life – Eligibility , a student athlete must be in school in order to compete or practice unless excused by the administration. An athlete is also expected to be in school the day after an event. If a student misses school Friday, they may not be eligible for a weekend event.

# Behavior Code

- A Prairie athlete should be courteous and demonstrate respect for self, team, officials, school and community. Failure to do so may result in suspension or dismissal from the team.
- A student suspended from school is also suspended from athletic practices and competitions.
- A student is required to follow the WIAA Athletic Code of Conduct on a year-round (12 month) basis. In-season violations 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).
- WIAA, School & Coach Rules/Consequences

# Transportation

- The school provides transportation to most athletic events outside the city limits. Athletes should travel by school-contracted vehicles to/from away events.
  - Due to location, a parent/guardian may transport their child/legal ward home 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.
  - A parent may not transport another athlete that is not their child to or from an event.
- 



# Sportsmanship

- All students and parents must comply with the sportsmanship rules of the WIAA, the Metro Classic Conference and The Prairie School.
- By electronically signing the Sports Compact with the school, the parent(s)/guardian(s) and athlete indicate to have knowledge, understanding and agreement to all standards and rules.
- *Student participation in The Prairie School athletic program is contingent of abiding by the standards and rules set forth by the WIAA, the Metro Classic Conference. I am aware that if my child violates these standards, consequences will be imposed.*

# Roles:

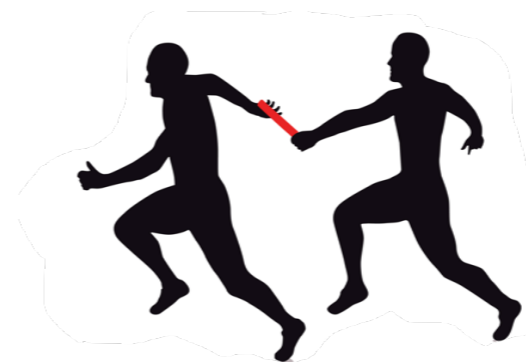
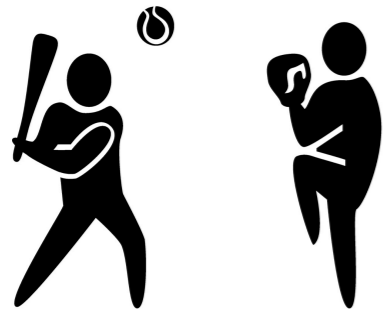
## *Coach*

## *Athlete*

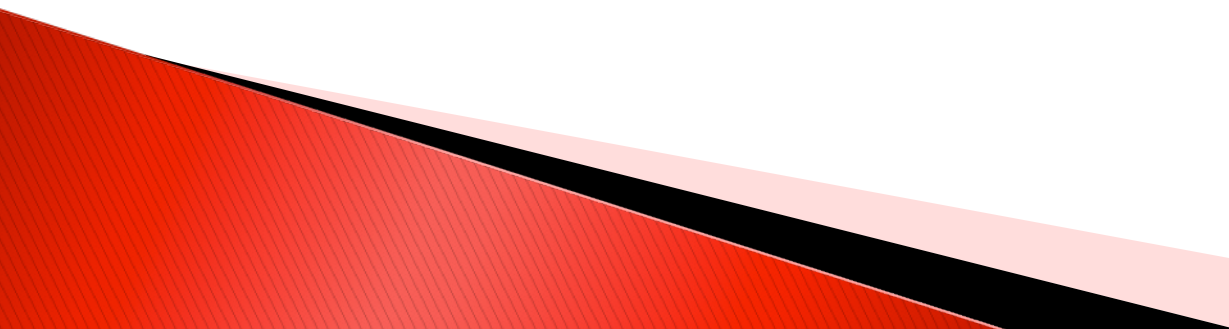
## *Parent*



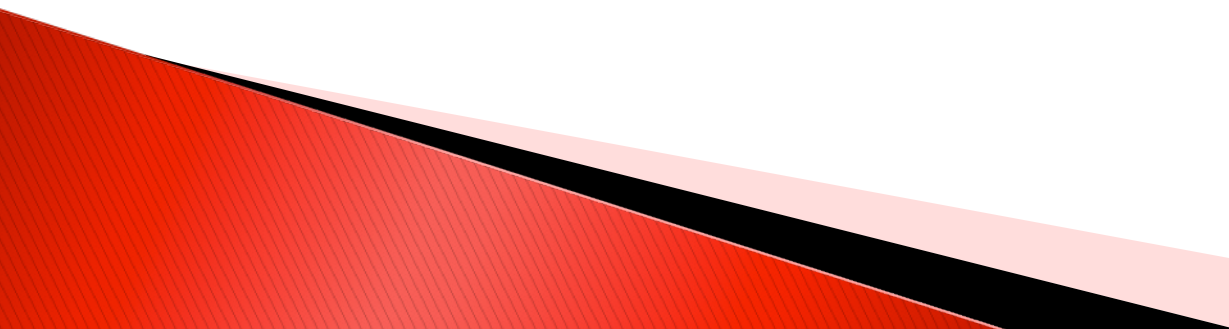
# Playing Time



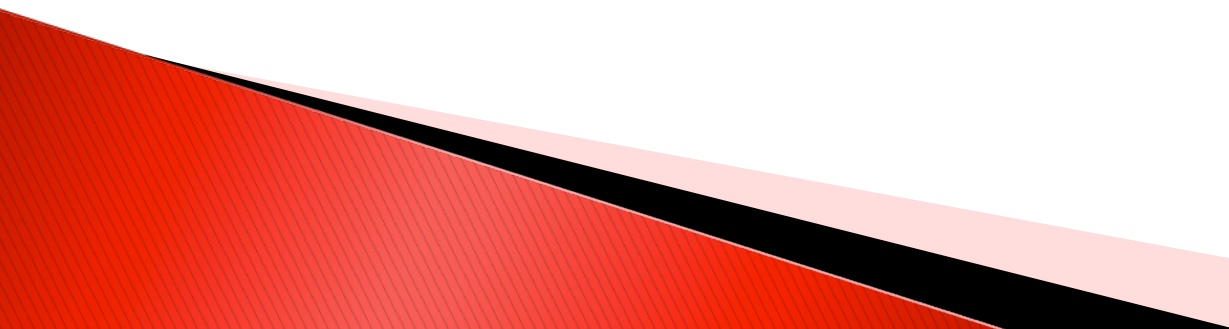
## **In summary:**

- Fair or not, coaches determine playing time
  - Check emotions at the door
  - Encourage your athlete to accept and excel at their role and channel emotions into hard work
  - Support your athlete and be proud!
- 

# Communicating with Coaches

- Parents may email a Coach to request general team information.
  - 24 Hour Rule: If you have concerns, please wait 24 hours after an athletic event prior to emailing the Coach.
  - Parents who wish to meet with a Coach may send a brief email request to discuss concerns. The athlete should be present at all parent/Coach meetings.
  - Practices are closed to spectators.
- 

# Social Media

- Social media is a great tool. Use it wisely.
  - Coaches should be in charge of team social media accounts .
  - Team social media accounts must be approved by the Athletic Director.
  - Colleges hire full time employees to monitor social media of recruits. Negative posts may have long lasting negative consequences.
- 

# WIAA BANNED SUBSTANCES

Please do not use the discouraged substances!

## **BANNED substances:**

Anabolic Steroids

Anabolic Agent

Stimulants

Peptide Hormones

Diuretics

Street Drugs (Heroin; Marijuana,  
etc.

Ephedra, Ephedrine (OTC meds).

## **DISCOURAGED substances:**

Creatine

Caffeine-enhanced products

Energy Drinks ex. Red Bull, Amp, etc.

Herbal caffeine

Ginseng

NoDoz.



# **P**roud to be a Hawk!



Midwest Embroidery is a full service shop that can personalize your jacket with embroidery designs to make your jacket unique.

**Prairie Letter Jackets show your athletic achievements and school pride!**

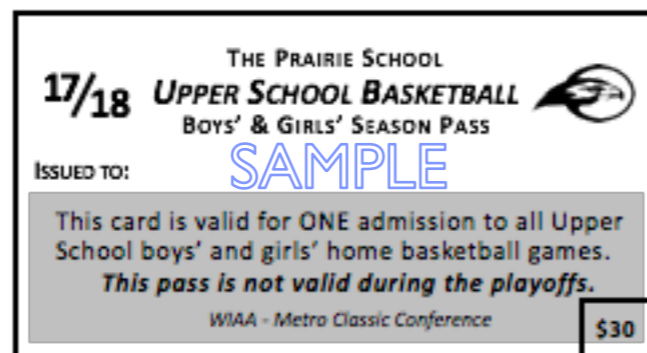
**Midwest Embroidery Graphics  
3211 Washington Ave.  
Racine, WI 53405  
262-634-9557**

Limited stock available.  
Extended sizes available by order.  
*Orders may take several weeks.*

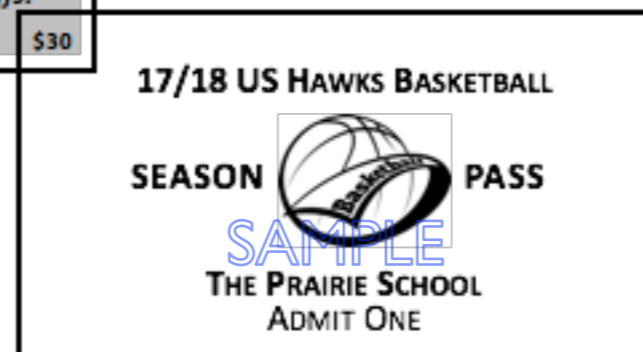
**Order today!**

# US BASKETBALL NEW SEASON PASS \$30 per person

- ✓ Admits one person to all boys' and girls' HOME conference events.
- ✓ Not valid for during the playoffs (per WIAA rules).
- ✓ Purchase in advance (Athletic Office) or at the door.

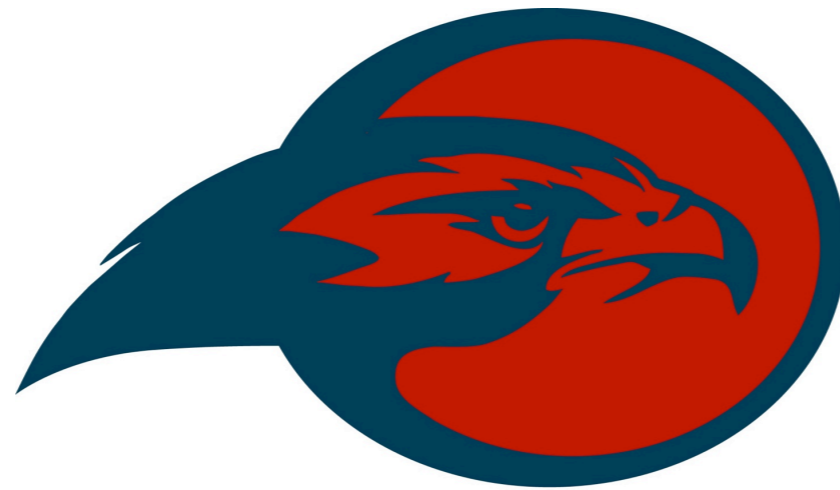


Front & Back





# Good Luck This Winter!



**PRAIRIE  
HAWKS**

 THE PRAIRIE SCHOOL