

# 2017 Spring Sport Parent/Athlete Meeting



 THE PRAIRIE SCHOOL

# Reminder from:

## Camille Guion-Jensen, School Nurse

- Inhalers
- Label their inhaler
- Current/Not expired
- Within prescribed use
  - 2 puff rule
- NOT a replacement for lack of conditioning



# **Hawks Sports Medicine**

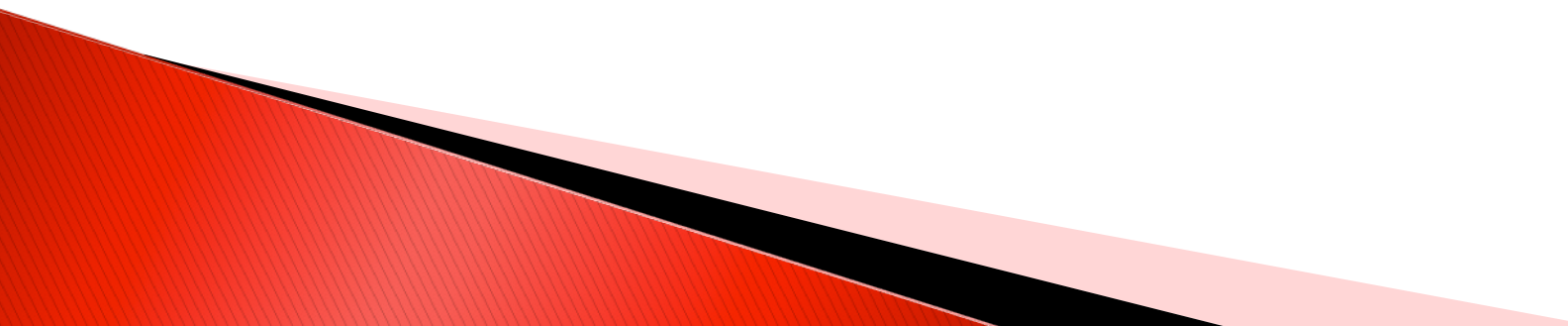
Ascension-All Saints Sports Medicine

**Kayla McClure**

LAT,ATC

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

# **Athletic Trainer Objectives:**

1. Keep the athletes safe.
  2. Be a positive role model for student athletes.
  3. Help the teams succeed.
  4. Become a part of The Prairie School community.
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# Overview

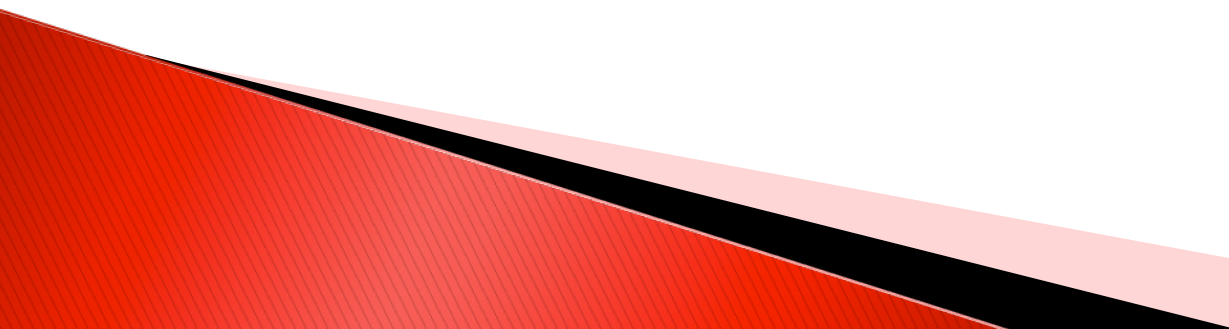
- Contract with Ascension-All Saints.
- Hours may vary.
- Generally early afternoon until end of practices/games for the day.

# Reporting Injuries

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



# Referrals

- Some injuries will 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 sees a doctor for an injury/illness that will affect sports, please let the AT know 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: most, if not all, Spring athletes have already had this test done. The AT will schedule times with others.



# 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

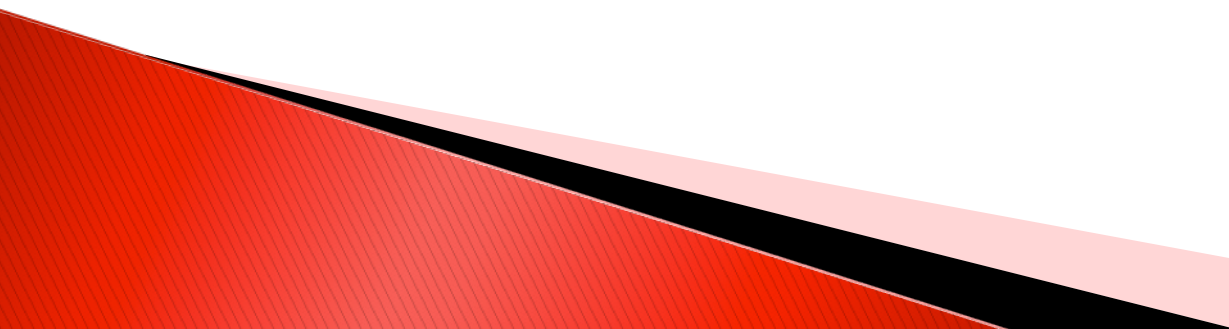
After concussion symptoms resolve and tests are comparable to baseline scores, the athlete will progress through a 5 day RTP protocol to ensure they can tolerate the physical and cognitive demands of sport without increasing symptoms.

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

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

*Any Questions??*



# 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.





# Prairie website:



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

## Parent Information:

- Review Handbook
- Athletic Calendar
- Team Pages
- Alerts and Announcements for any cancellations or event changes.
- College Links
- Spiritwear, etc!



# Parents are required to sign this form located on Parent Information site of the Athletic Website.

The screenshot shows a Chrome browser window displaying the website [www.prairieschool.com/athletics-2/parent-information/](http://www.prairieschool.com/athletics-2/parent-information/). The page is titled "Parent Information" and contains several sections:

- ATHLETICS**
  - Athletic Calendar
  - Alerts & Announcements
  - 50 Years of Athletic Achievements
  - Alumni Highlights
  - Fitness Center
  - Middle School (Gr. 5-8)
  - Parent Information** (highlighted with a red arrow)
  - Spirit Wear
  - Upper School (Gr. 9-12)
  - Coaches Corner
- Parent Information**

This section will provide current families with a list of useful documents, forms, registration materials, college information and more. Visit back often as this page will be updated on a consistent basis.
- Upper School**
  - 2014 Winter Sports Letter & Fall Sports Banquet Invitation
  - 2014 Fall Sports Banquet Announcement
  - Letter Jacket Ordering Information
  - The Prairie School Family Athletic Handbook
  - Page #1 - Parent/Athlete Informed Consent Signature Form
  - Page #2 - Concussion Acknowledgement & Sports Medicine Consent Form** (highlighted with a red box and a red arrow)
- WIAA Forms**
  - WIAA Physical Exam Card (green/yellow)
  - WIAA Alternate Year Card (creme)
  - 2014 Fall Sports Concussion & Sports Medicine Video
- Middle School (Forms & Documents)**
- College Links**

Each year, we see more and more of our student-athletes seeking questions

At the bottom of the page, there is a navigation bar with links to: Athletics, Athletic Training, Crisis Team, Eagle Point, Fitness Center, Forms, Personal Files, Strength/Conditioning, My Best Sellers, and questions.

# Parent Informed Consent Form


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Parent Information | Athleti x 16.17USAthleticsParticipat x

www.prairieschool.com/wp-content/uploads/2012/10/16.17USAthleticsParticipationForm.pdf

Prairie Email PowerTeacher Power School Prairie Info Desk Athletics Alerts & An Edit Page · The Prair AS Referees Diversified Benefits Other Bookmarks

16.17USAthleticsParticipationForm.pdf 1 / 2



## 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)

Copy of Copy of All Growth Go...Docs.html

# Athletic Calendar

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

**Daily, weekly listings.**

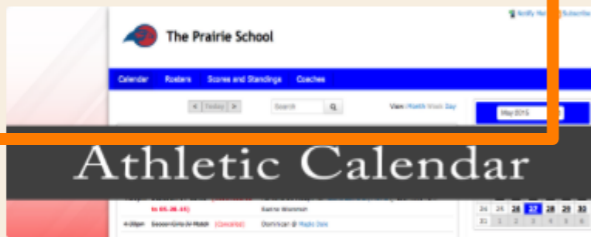
**See View Schedules and view entire team schedule.**

## 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 Nation Trainers' Association Sa School Award

[Video] Thank You For of the Prairie School

Prairie Alumna, Gabbi Freshman of the Year



## The Prairie School

[Calendar](#) [Rosters](#) [Scores and Standings](#) [Coaches](#)

 [Notify Me!](#)  [Subscribe](#)

< Today >

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View: [Month](#) [Week](#) [Day](#)

August 2016

Su	Mo	Tu	We	Th	Fr	Sa
31	<b>1</b>	2	<b>3</b>	<b>4</b>	5	6
7	<b>8</b>	<b>9</b>	10	11	<b>12</b>	13
14	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
21	<b>22</b>	23	24	25	26	<b>27</b>
28	<b>29</b>	<b>30</b>	<b>31</b>	1	2	3

### View Schedules

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

### 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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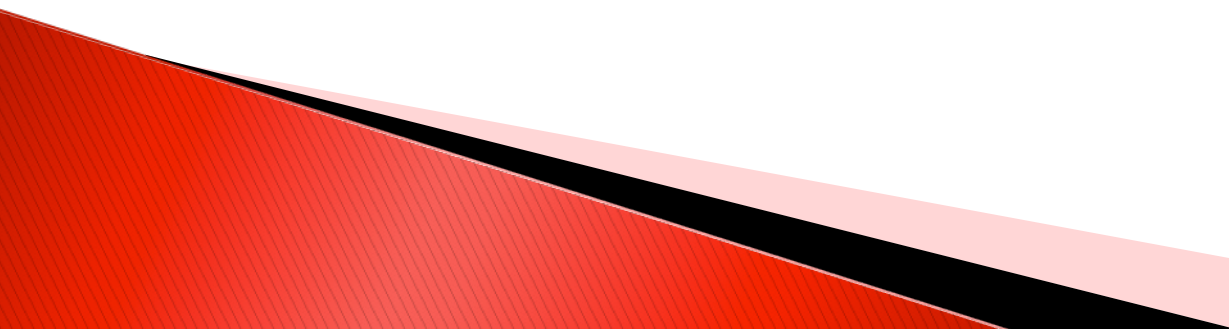
# Attendance

- Attendance Policy
- Presented by Jason Atanasoff on March 6, 2017
- Students must be present the entire school day to be eligible to practice or participate in an athletic event. When the school is notified in advance (before school begins) that a student will miss part of the day ((i.e. a doctor's appointment) then a student may still participate.
- 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.

# Attendance, continued...

- Page 48 of the 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, rehearse or perform in a theatrical or musical performance, or participate in a similar school supported co-curricular function, students must be present at school the entire day on the day in question and have met all their 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.
- Page 63 of Family Handbook: 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.
- Page 64 of Family Handbook: Eligibility. 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.

# Educational-Based Athletics

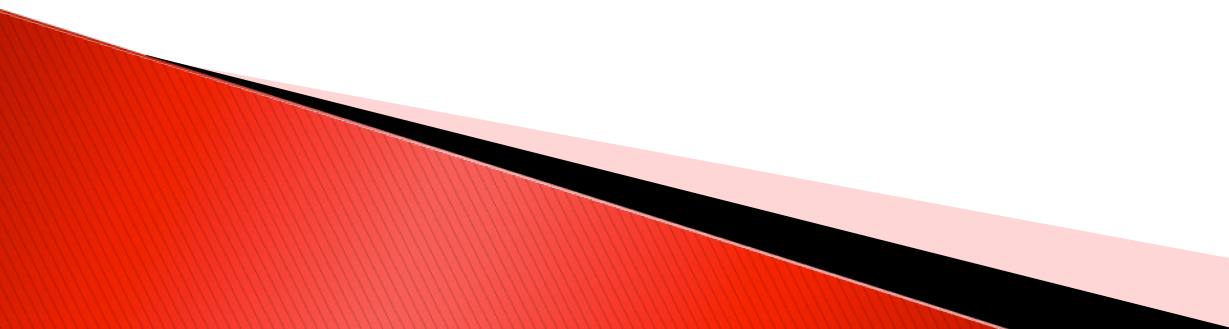
- Personal Journal of the Wall Street Journal!
  - Sports teach us important lessons of emotional management, such as confidence, perseverance, resilience and how to conquer fear and anxiety. Many times these lessons have a permanent impact on our mind-set and attitude well beyond the field.
  - Sports psychologists believe sports are a microcosm of the larger world with goals, competition, a game plan, results, and feedback.
- 

# A Rower

Amy Starin, 53 took up rowing after she developed breast cancer. She now rows competitively for the Chicago Rowing Foundation. She says, “ Every seat has a job that no one else in the boat can fill. She understands her role on the team.” The assumption is that if the boat is not doing well there has to be something that I can do better in my seat to contribute to the outcome.”



# Academics

- 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 Dention or After School Study Hall even if it involves missing a game or practice.
- 

# Behavior Code

- 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).

# 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.
- 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.

# Sportsmanship

- All students and parents must comply with the sportsmanship rules of the Metro Classic and WIAA.
- By signing and initializing Sports Compact with the school:
- *I indicate that I have knowledge, understanding and agreement to these standards set forth in The Family Athletic Handbook 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 or myself, to any of these standards shall result in the consequences contained within this school policy.*

# National Federation of H.S.

**Good Sportsmanship** is viewed by the NFHS, the WIAA, and The Prairie School as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities that are characterized by generosity and genuine concern for others. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

# **How to support your Son/Daughter during season!**

The Only Six Words Parents Need to Say to Their Kids  
About Sports, or Any Performance...

## ***Before the Competition:***

Have fun.

Play hard.

I love you.

## ***After the competition:***

Did you have fun?

I'm proud of you.

I love you.



# Fans in the Stands

When unchecked, jeers or unsporting behaviors embarrass individuals or schools, or may initiate a counter response, which may escalate to more disrespectful and offensive responses in return.



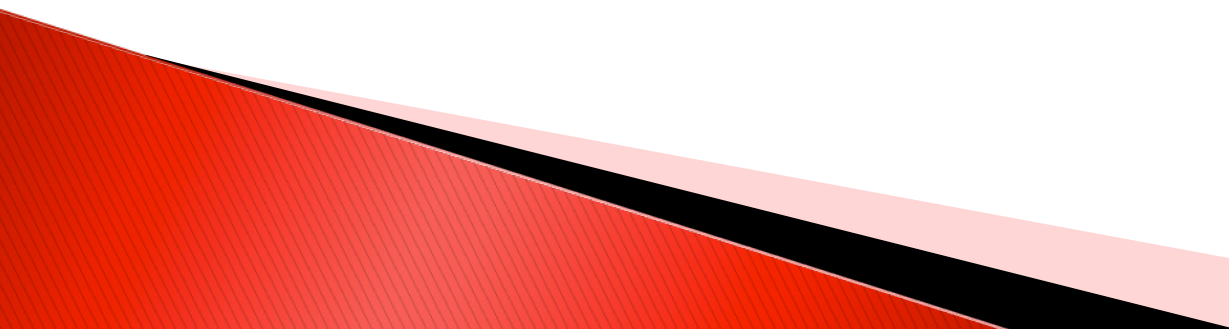
# **Supporting our Athletes and Teams!**

**Please watch both videos!**

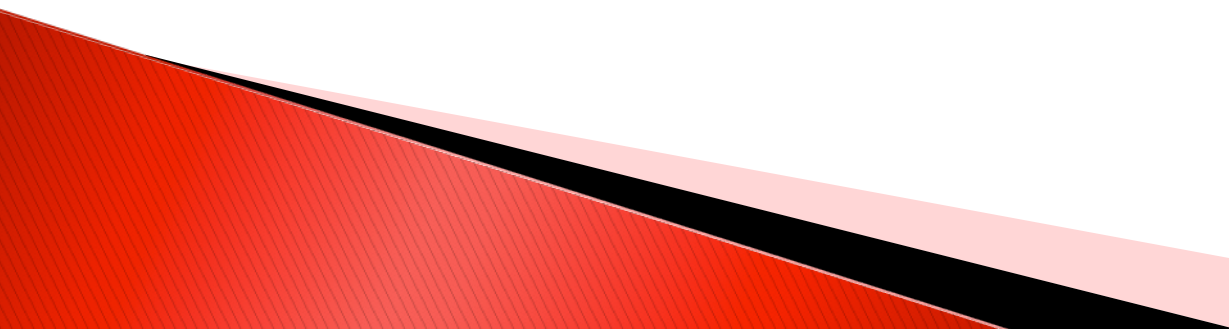
**Golf Commercial**

**Fan in the Stands**

# Social Media

- We all need to be aware of the misunderstandings and conflicts that social media can ignite within our community. Responding to an opponent's posting or posting an inappropriate picture or making a comment that is hurtful, harms our entire community.
  - Coaches or players will post information!
  - Let's not have this important tool become a distraction or allow it to interfere with our hard work and efforts!
- 

# Communicating with Coaches

- Parents are asked to send emails to Coaches only to ask for information, but may not ask about playing time or how to coach. Please wait 24 hours and request a meeting with Coach and athlete.
  - Practices are closed to spectators. Parents are reminded that they may not stand on the track or in the gym or on the field of play to watch a practice.
- 

# **Coach Shaun Liesch**

## **Dori Panthofer**

- Coach Liesch works with our athletes and coaches in developing warm ups and training programs. He aides Kayla with recovery training and oversees our Fitness Center while serving as my Assistant.
- Mrs. Dori Panthofer over sees the paper trail of athletics while producing almost all of our communications and promotions from the Senior Night Celebrations to the offering in the Fitness Center. As my Administrative Assistant, she coordinates the communication of the players, coaches, families, and school.

**Good Luck This Spring!**  
**Coaches and Athletes!**



 THE PRAIRIE SCHOOL