

# 2018 US Spring Sport Parent/Athlete Meeting



**PRAIRIE  
HAWKS**

 THE PRAIRIE SCHOOL

# **Welcome!**

**Jason Atanasoff**

**Athletic Director**

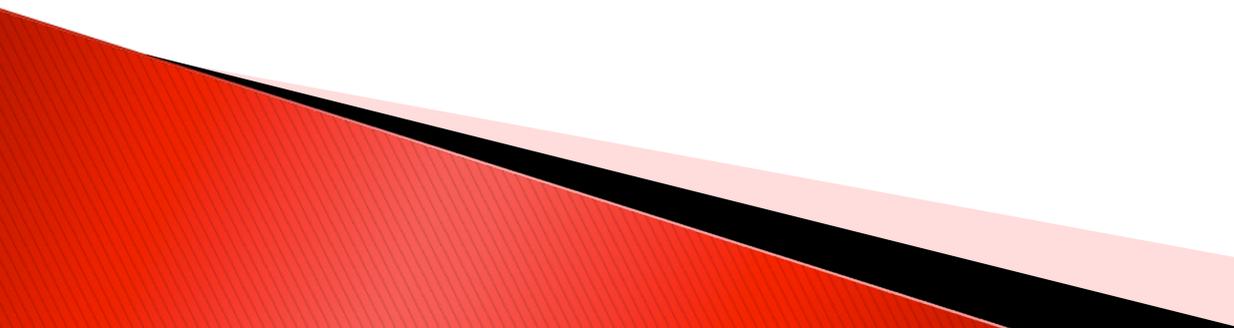


# **Mr. Shaun Liesch, Associate Athletic Director/Strength & Conditioning Coach**

- 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 the AT, Kaya McClure, with athlete recovery
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# **Dori Panthofer**

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

- Reviews every registration and grants clearance
  - Publishes rosters: Team Page & Metro Classic Conference website
  - Communication: Weekly articles and emails
  - Team Parent liaison
  - Creates home event programs
  - Creates Senior Night keepsake programs
  - Fills awards
  - Keeps Athletic Director sane!
- 

# Athletic Team Registration Site (ATR)



- 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.

The image shows a "PREPARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM" from the Wisconsin Interscholastic Athletic Association (WIAA). The form is titled "WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION - ATHLETIC PERMIT CARD" and includes fields for student information (Name, Age, Sex, Grade, School, City, Present Address, Telephone), physician information (Name, Clinic Name, Address/Clinic, City, State, Zip Code, Telephone, Date of Examination), and parent/guardian information (Signature, Date). It also includes checkboxes for "Cleared without restriction" or "Cleared, with the following qualifications" and a section for "Immunizations" with checkboxes for "Up to date" or "Not up to date - specify". The form is marked with arrows indicating where to upload the completed form.

# Hawks Sports Medicine

Partnership with Ascension Health

Kayla McClure

LAT, ATC

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

# Inhalers

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



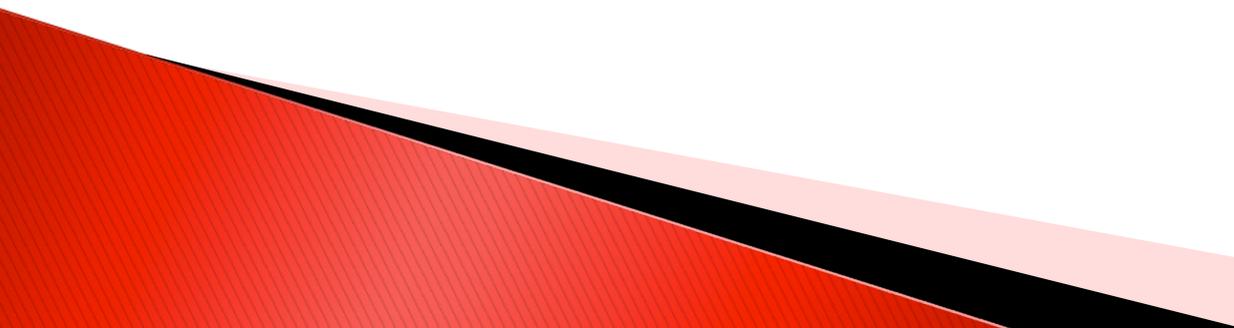
# **Athletic Trainer Objectives:**

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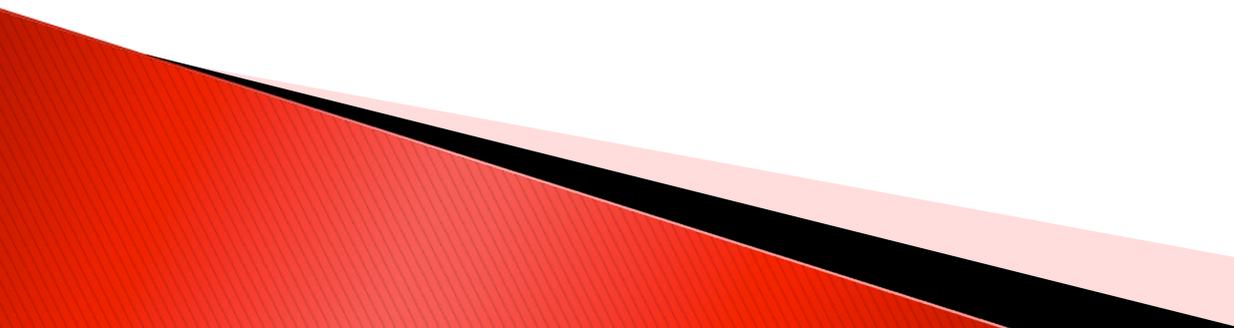
# Overview

- 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.
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# Referrals

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

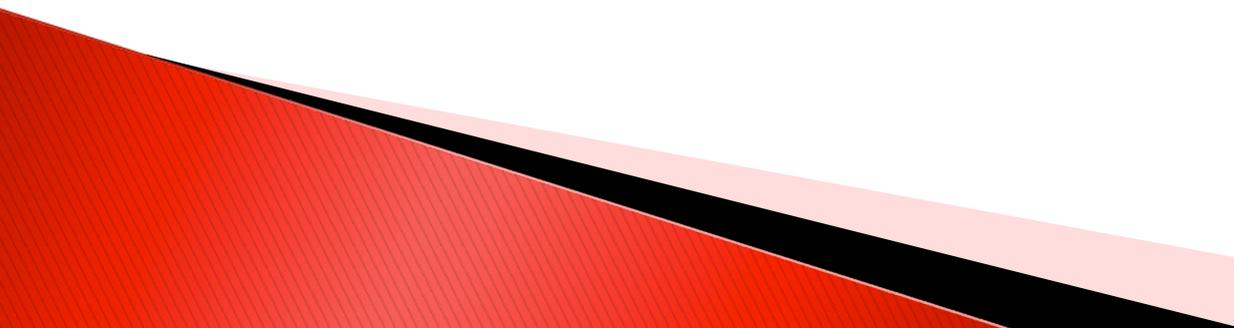
Cognitive

# 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

# Infection Prevention

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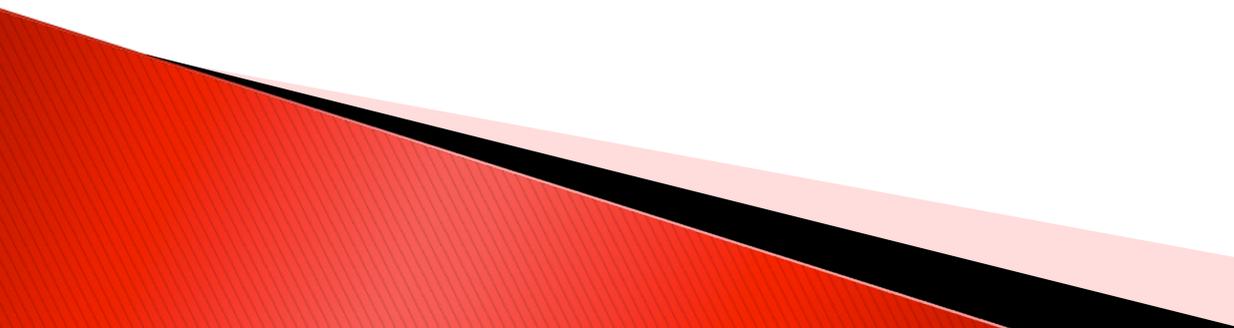
# Contact Information

Kayla McClure

Office: 262.752.2603

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

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

# Uniform & Team Gear Policy

- Most sports issue team uniforms
- Prairie logo required on all team uniforms
- Proper care extends life
- High heat damages uniforms, line dry or use lowest temperature setting

## **Schedule of Fees**

*(for unreturned or damaged team gear)*

- \$100 / Competition Uniform
- \$100 / Practice Uniform
- \$100 / Warm Up
- \$100 Equipment
- \$100 Equipment bag

***\$100 per line item, up to \$500 per student!***

# 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 fo

**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

# Attendance

- Five minute grace period. If a student arrives up to 5 minutes late, they are marked tardy. 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

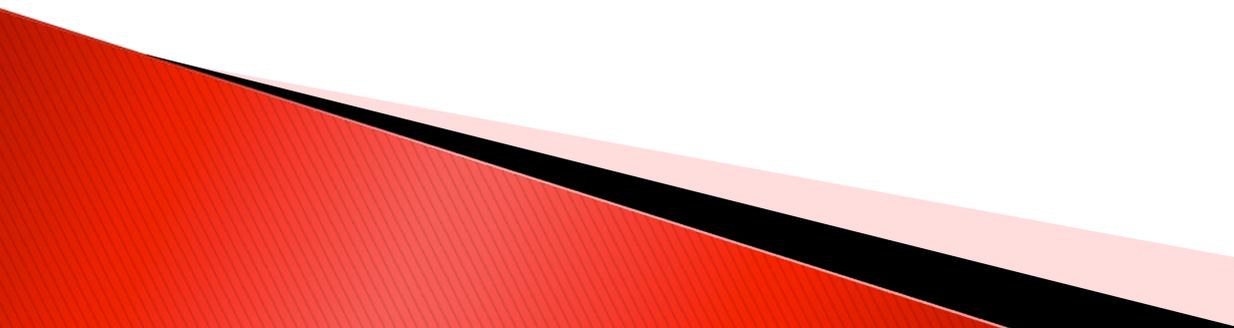
## Family Handbook:

- **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

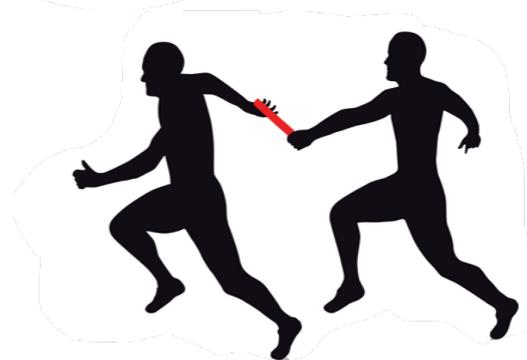
- The school provides transportation to most athletic events outside the city limits. Athletes should travel by school-contracted vehicles to/from away events.
  - Due to location, a parent/guardian may transport their child/legal ward home from a scheduled event. The parent/guardian shall assume all resulting liability, and The Prairie School, its Board of Trustees, Officers and Agents shall assume no liability.
  - A parent may not transport another athlete who is not their child to/from an event.
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# Sportsmanship

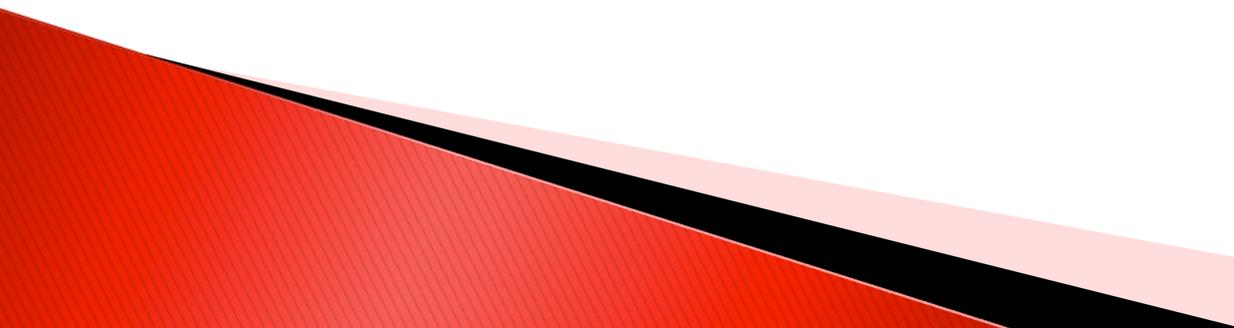
- All students and parents must comply with the sportsmanship rules of the WIAA, the Metro Classic Conference and The Prairie School.
- By electronically signing the Sports Compact with the school, the parent(s)/guardian(s) and athlete indicate to have knowledge, understanding and agreement to all standards 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**



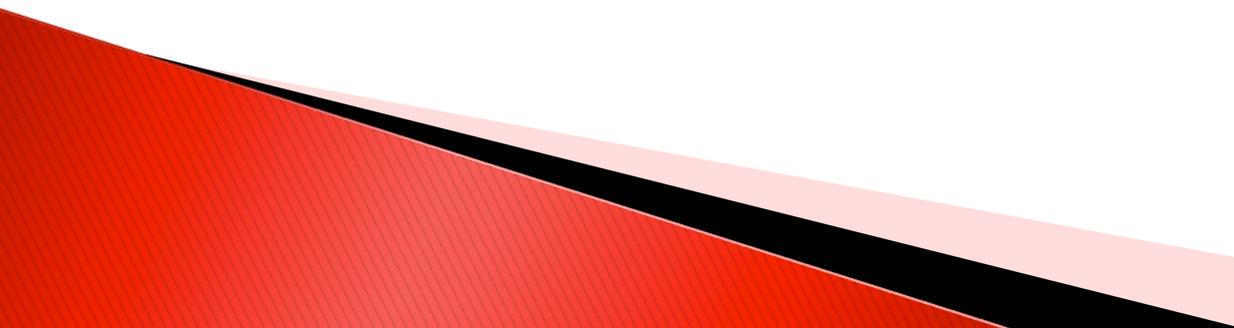
## **In summary:**

- 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!
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# 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.
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# 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.
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# **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.

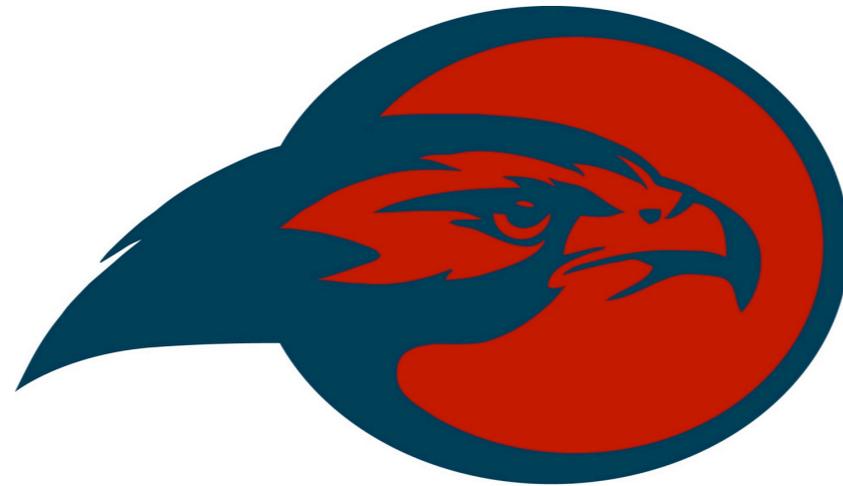
**Prairie Letter Jackets show your athletic achievements and school pride!**

**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!**

# Good Luck This Spring!



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 THE PRAIRIE SCHOOL