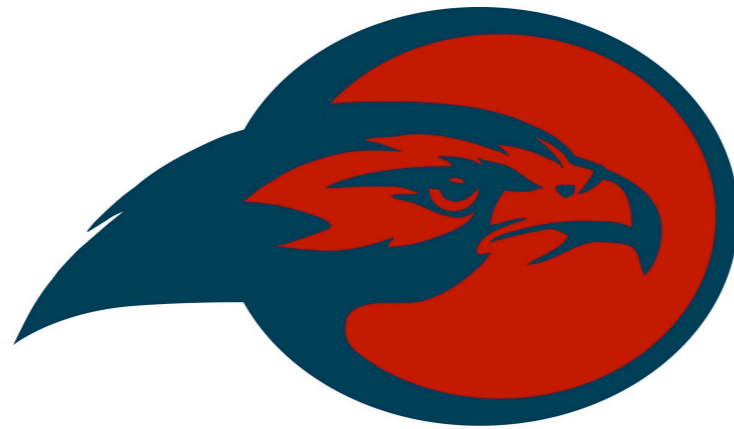


2018 US Fall Sport Parent/Athlete Meeting



**PRAIRIE
HAWKS**

 THE PRAIRIE SCHOOL

Welcome!

Jason Atanasoff
Athletic Director



Sports Medicine

Partnership with Ascension

Kayla McClure

LAT, ATC

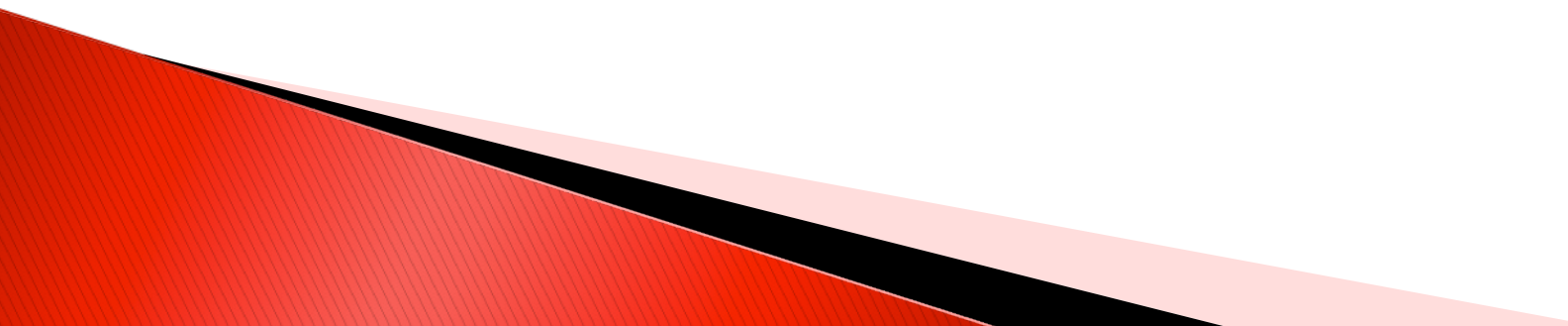
kmcclure@prairieschool.com

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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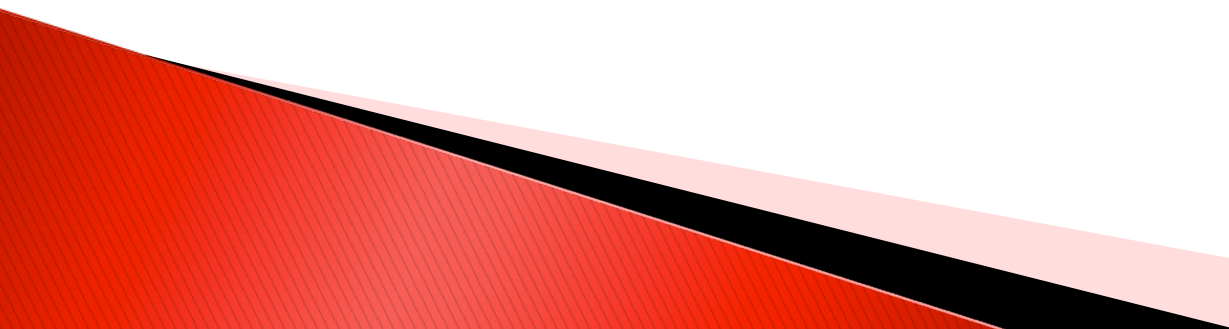
Overview

- 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.

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.**
- 

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

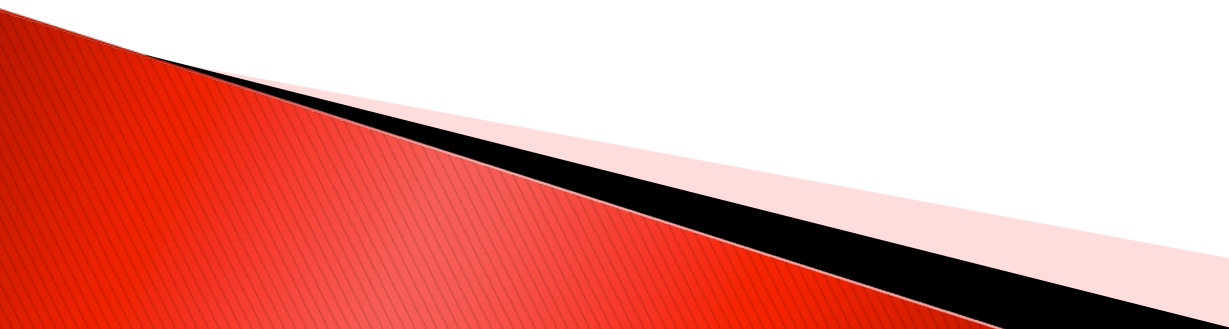
Cognitive

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.
- 

Contact Information:

Kayla McClure

Office: 262.752.2603

kmccclure@prairieschool.com

Any Questions?



AOD Awareness



Welcome

John Kidd

***Recovery Coordinator,
Focus on Community***

To find out more: www.focusracine.org/staff.html

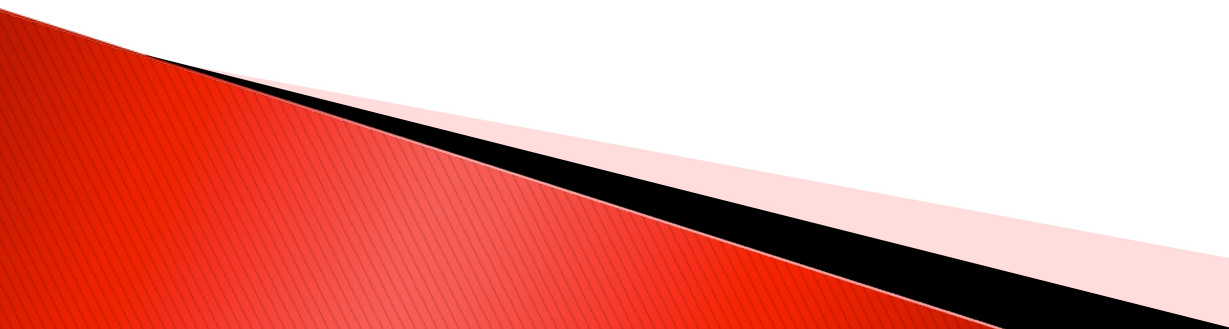
Why say NO to Alcohol & Drugs?

Using Drugs & Alcohol:

- **Damages your brain** (Reduces ability to learn and retain knowledge, causes memory loss, depression, may cause permanent loss of IQ & cognitive function)
- **Damages your body** (Liver, kidneys, may cause loss of heart function and muscle weakness, may trigger seizures &/or induce coma)
- **Increases risk of adult addiction** (90% of adult addicts began using in their teens)
- **Hurts relationships** with friends, parents, teachers & coaches! Users often experience personality changes that strain relationships and damages trust
- **Leads to trouble with the law**
- **Jeopardizes your ability to play team sports!** Per the WIAA, athletes must follow code of conduct rules year round. The WIAA imposes suspensions to compete and penalties may carry over to the next season.
- **Jeopardizes college options, scholarships, internships and job opportunities,** especially if there is a record of arrest.

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!
- 

Prairie website:



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

Parent Information:

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

Athletic Team Registration Site (ATR)

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 instructions for use. It contains various 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 (Name, Address, Telephone). There are also checkboxes for "Cleared without restriction" and "Cleared with the following qualifications," and a section for "Immunizations" with checkboxes for "Up to date" and "Not up to date - specify." The form is signed by the parent/guardian and the physician.

- All Athletes & managers register online
- WIAA Clearance Exam Form only
- Upload during/after entering registration (returning paper form to may delay clearance)
- **Retain original for your records**
- Athletes must be cleared BEFORE the first practice per WIAA rules, no exceptions.

Athletic Calendar

Subscribe 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

ng for csi.gstatic.com...

August 2016

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

Proud to be a Hawk!



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

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

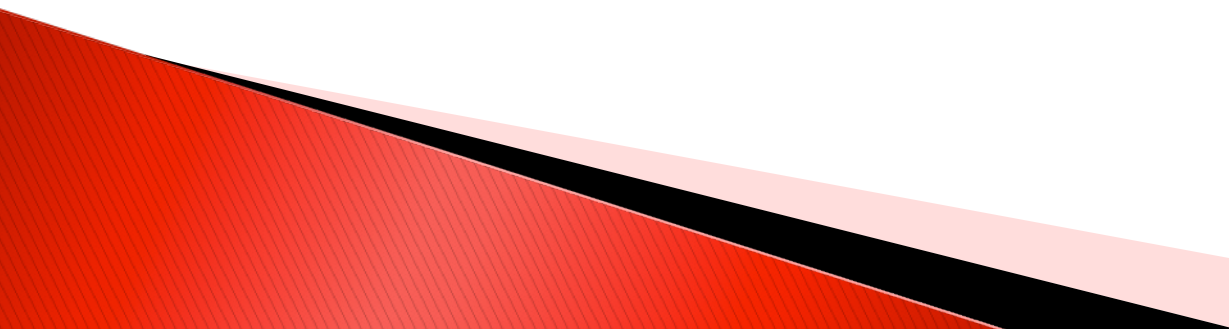
Midwest Embroidery is a full service shop that can personalize your jacket with embroidery designs to make your jacket unique.

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

Order today!

Zach Perkins

New Strength & Conditioning Coach

- Zach's first day is August 27th, 2018
 - Oversees the Fitness Center
 - Assists PE classes in the Fitness Center
 - Partners with coaches to develop warm up routines and sport specific strength & conditioning programs
 - Aids the AT, Kayla McClure, with athlete recovery
 - Supervises some home events
- 

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!***

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 the start of class but before morning meeting, the Head Coach is notified and the Head Coach determines the consequence, if any.
- Students who arrive after morning meeting begins may not participate in any co-curricular activity that day. Parental notification after the start of the school day to excuse a student for being late is not acceptable. The school must know before school begins.

Family Handbook/Academics

As published in the all school 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 imposes suspensions to compete. Penalties may carry over to the next season.
- WIAA, School & Coach Rules/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.



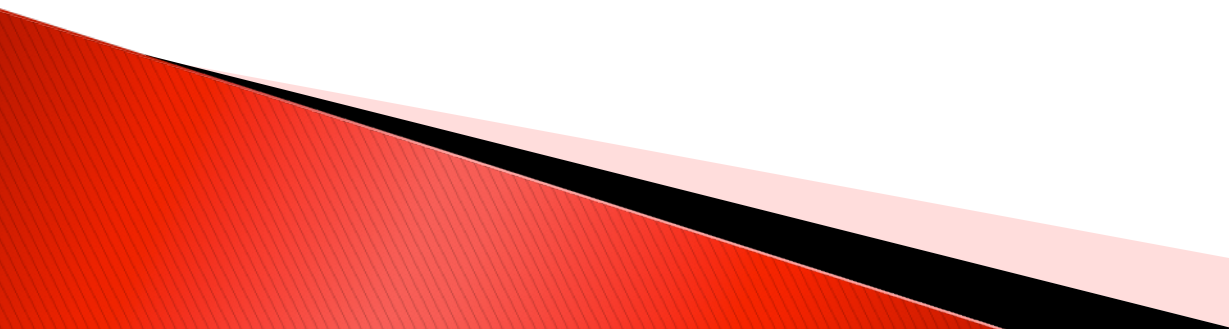
Transportation

- 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.

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.*

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 & Head Coach.
 - Colleges hire full time employees to monitor social media of recruits. Negative posts may have long lasting negative consequences.
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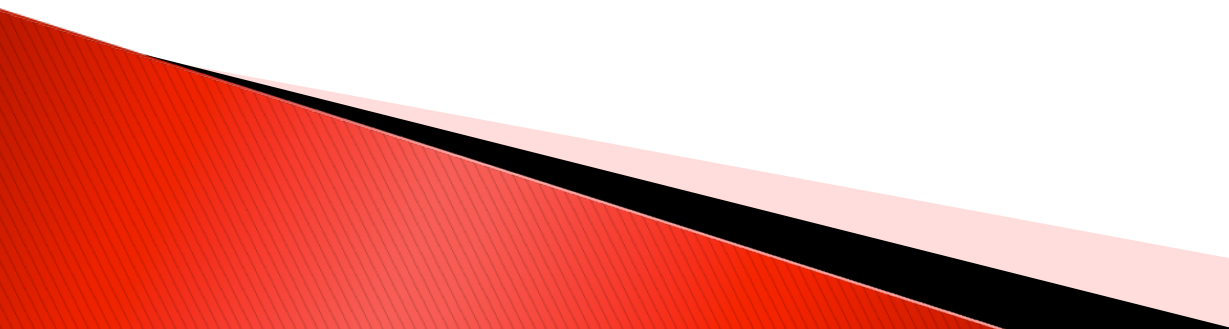
Athletic Roles:

- ***Coach***
- ***Athlete***
- ***Parent***

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.

In summary:

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

Good Luck This Fall!



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HAWKS**

 THE PRAIRIE SCHOOL