

**2019-2020 US Winter Sport Meeting**

**WELCOME,**

**Parents, Athletes & Coaches!**



 THE PRAIRIE SCHOOL

# **Welcome!**

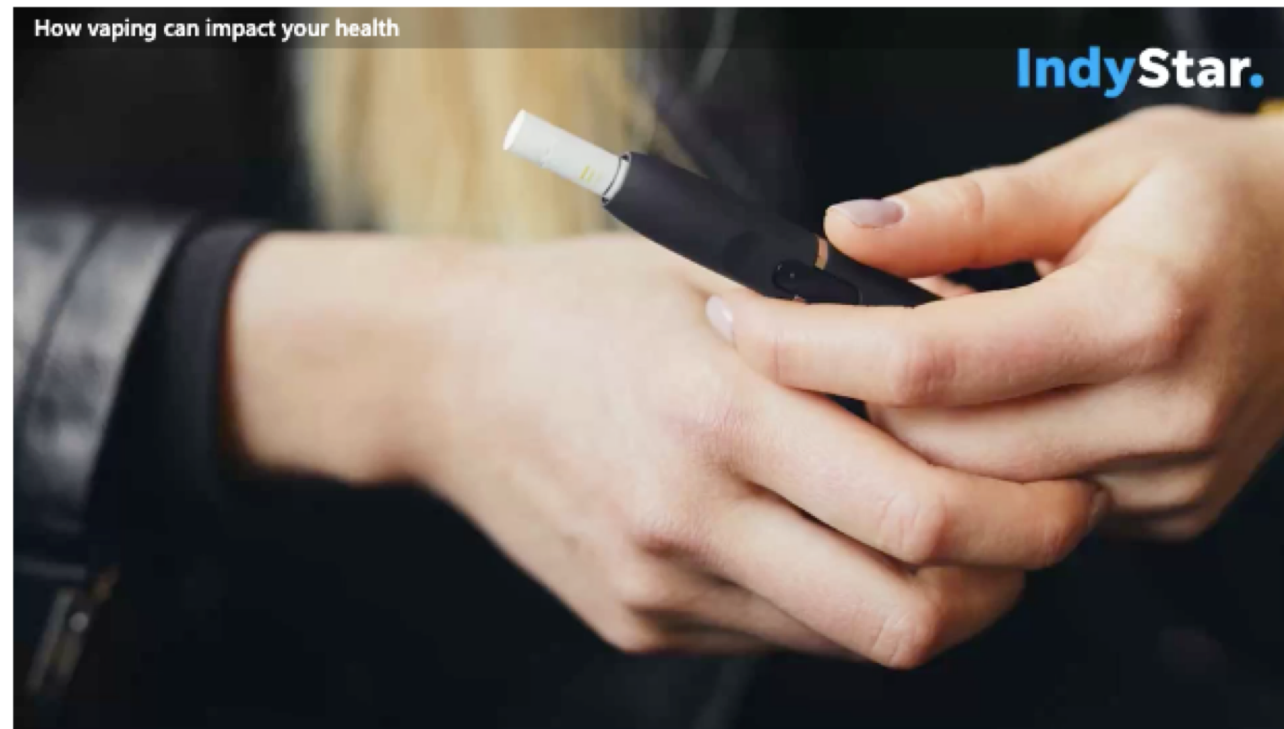
**Jason Atanasoff**  
**Athletic Director**



 **THE PRAIRIE SCHOOL**



# VAPING

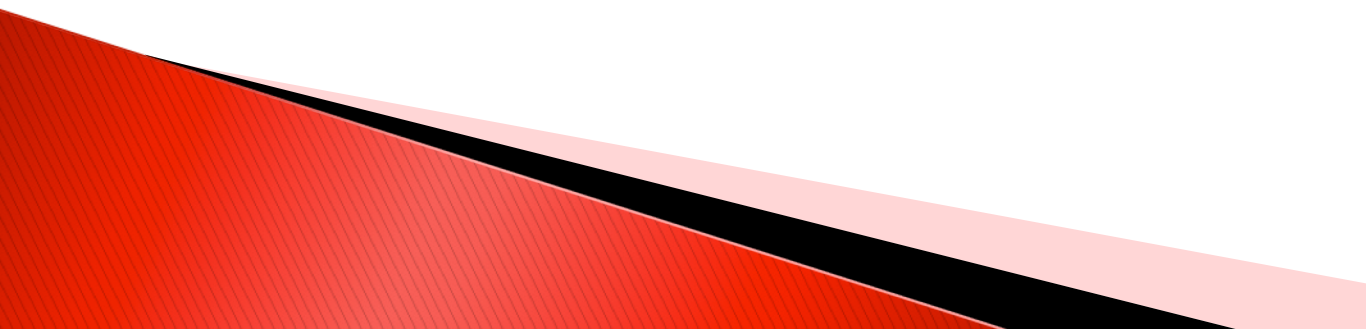


**[Click here](https://www.msn.com/en-us/news/us/quit-smoking-vaping-hfm-to-hold-health-talk-at-two-rivers-lakefront-campus/ar-BBWHwyA)** to view the 90 second presentation.

URL: <https://www.msn.com/en-us/news/us/quit-smoking-vaping-hfm-to-hold-health-talk-at-two-rivers-lakefront-campus/ar-BBWHwyA>

# 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.
- 



# Sports Medicine

Partnership with Ascension

Kayla Zeno

LAT, ATC

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



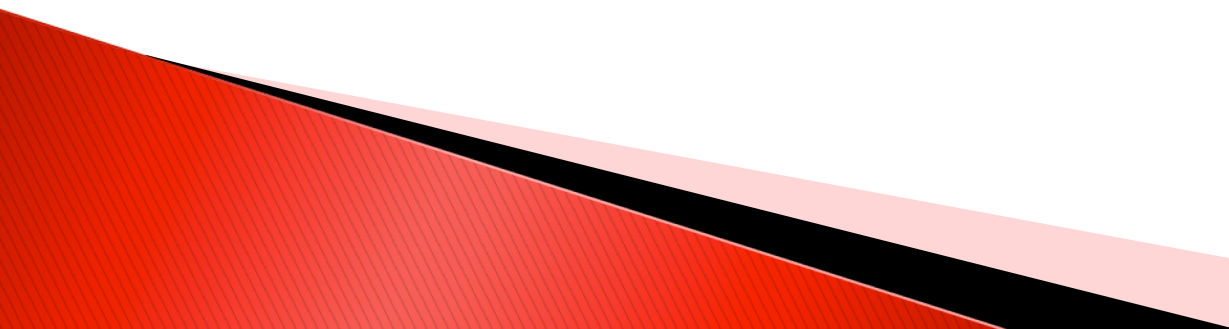
# Inhalers

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





# Overview

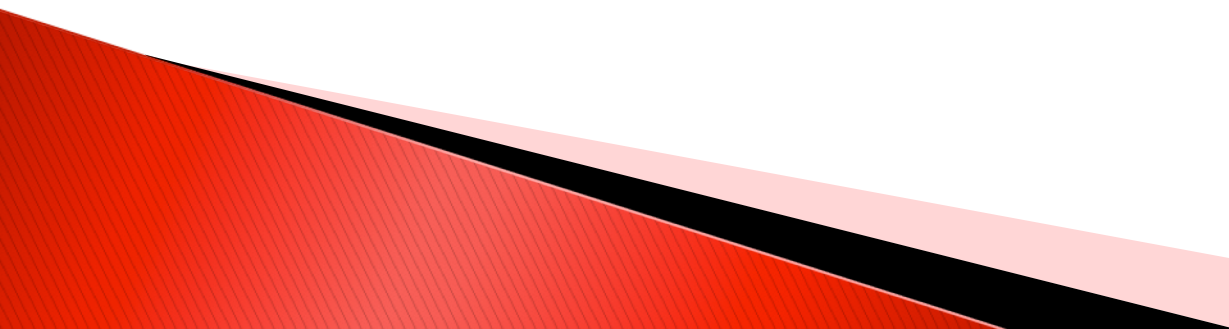
- Hours posted on the Athletics Calendar
  - Hours vary
  - Early afternoon until end of practices/games for the day
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# Reporting Injuries:

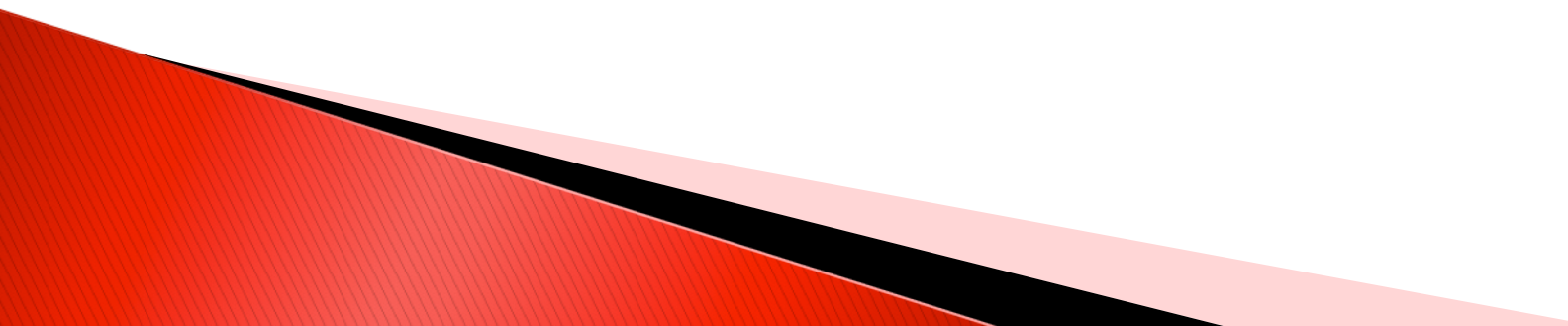
- Report injuries to the Athletic Trainer  
ASAP
- Evaluation, treatment, rehab on campus as  
much as possible



# 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 provide 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
  - ImPACT Baseline:
    - For contact sports, testing is required for first year athletes and every other year thereafter
    - Testing is optional for non-contact sports
- 



# 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

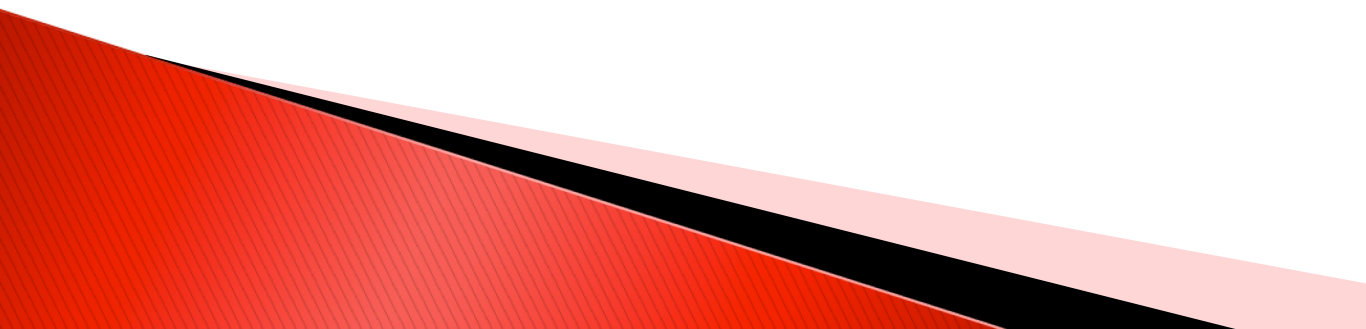
# Concussion:

# 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 the 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:

- Hand-foot-mouth disease and impetigo
  - 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 Zeno

Office: 262.752.2603

kzeno@prairieschool.com

*Any Questions?*





# Zach Perkins

**Associate AD, Strength & Conditioning Coach  
& Fitness Center Director**

- 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
- Partners with the AT, Kayla Zeno, for athlete recovery
- Supervises home events

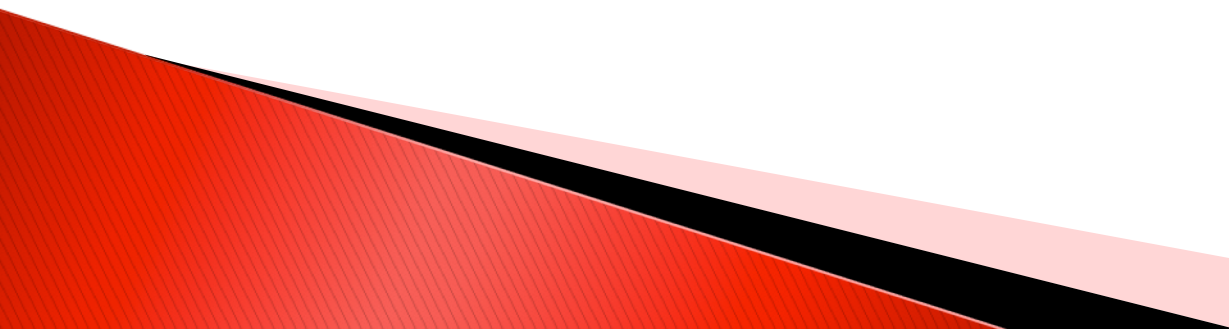
**(262) 752-2608**

**zperkins@prairieschool.com**



# **Dori Panthofer**

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

- Reviews every registration and issues 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)



**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. PLEASE TO PRACTICE OR PARTICIPATION

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: \_\_\_\_\_  
Recommendation: \_\_\_\_\_

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 restrict 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/ARNP) \_\_\_\_\_  
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, polio, pertussis, 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 \_\_\_\_\_

- Parents register athletes & managers online
- WIAA Clearance Exam Form **REQUIRED**
- Upload WIAA form during/after entering registration
- **Retain original WIAA form for your records**
- Clearance to participate required per WIAA rules, no exceptions



# Athletic Calendar

**Subscribe under Notify Me for changes.**

**Daily, weekly listings.**

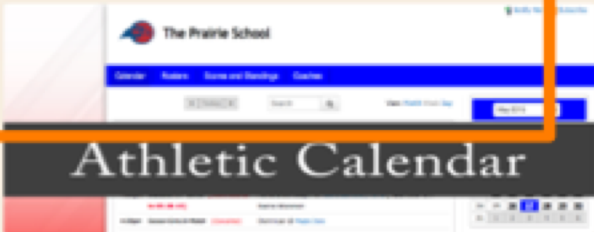
**See View Schedules to view entire team schedule.**

## 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 for



## The Prairie School

Calendar Rosters Scores and Standings Coaches

< Today > Search 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

August 2016

<<	<	Today	>	>>		
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

# Prairie Letter Jacket!



***Buy yours today!***

***Jackets available at:***

**Midwest Embroidery Graphics**

3211 Washington Ave.

Racine, WI 53405

262-634-9557

Most standard sizes in stock.

Extended sizes available by order.

Midwest also offers dressing services.

*Orders may take several weeks.*

***Affordable dressing (personalization)  
services also offered by:***

**Twisted Stitches**

**Prairie Hawks Sports  
photography by:**



**TPS contracts with Jeff Wilson of VARITAY STUDIOS  
to take senior athlete photos and a limited number  
of games and/or practices for each sport.**

**To view the gallery, buy prints or digital rights,  
visit:**

**<https://proof.varitaystudios.com/Sports>**

**Questions?**

**Contact Jeff Wilson: [jeff@varitay.com](mailto:jeff@varitay.com)**



# 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 10:20 AM 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

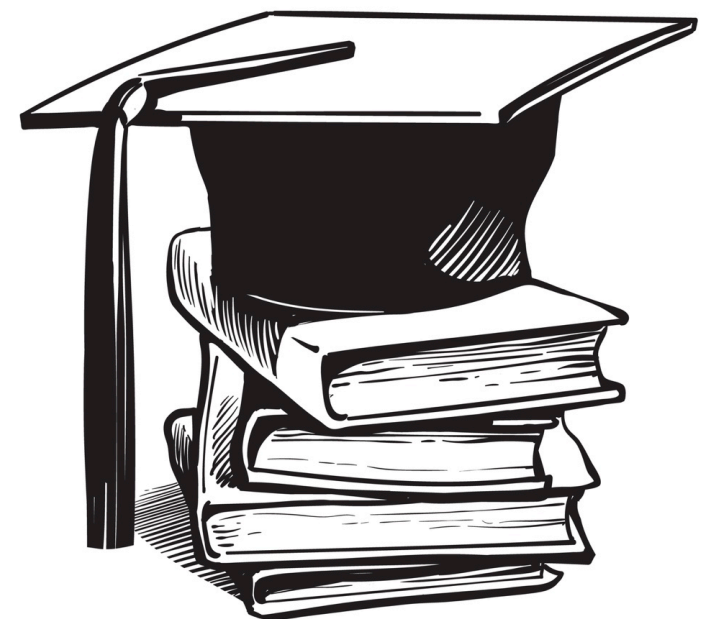
*As published in the all school Family Handbook:*

- **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.


# GPA

*As published in the all school Family Handbook:*

- Students must maintain a average 2.0 GPA and keep their grades in all classes above a D or F.
- Eligibility for Participation will be assessed at regular intervals.
- The US Head may use his/her discretion to suspend these requirements in highly unusual circumstances, with the exception of failing grades.



# 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

*Including any chemically related substances to these classes, whether specifically identified or not.*

## **BANNED substances:**

Anabolic Agents & Steroids  
Diuretics  
Stimulants  
Peptide Hormones  
Street Drugs (Heroin; Marijuana, etc.)  
Ephedra, Ephedrine  
Anti-Estrogens  
Beta-2 Agonists  
Performance Enhancing Substances (PES)

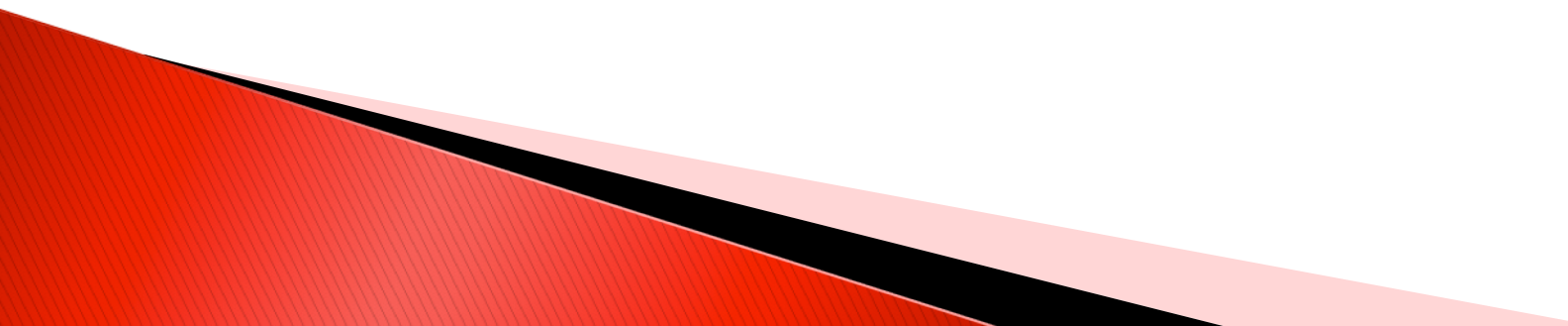


## **DISCOURAGED substances:**

Creatine  
Pre-Workout Boosters  
Caffeine-enhanced products  
AAKG, NO2, Nitric Oxide  
Co Enzyme Q  
HMB  
Pyruvate  
CLA  
Chromium Picolinate  
Amino Acid derivatives such as L-Carnitine  
Protein Powders  
Anatrofin  
Vaping  
“Arnolds”, “Gym Candy”, “Pumpers”, “Stackers”  
“Trainers”, “Weight Trainers”  
“Georgia Home Boy” (Gamma hydroxybutyrate/GHB)  
“Stacking” (Uses of multiple PES)



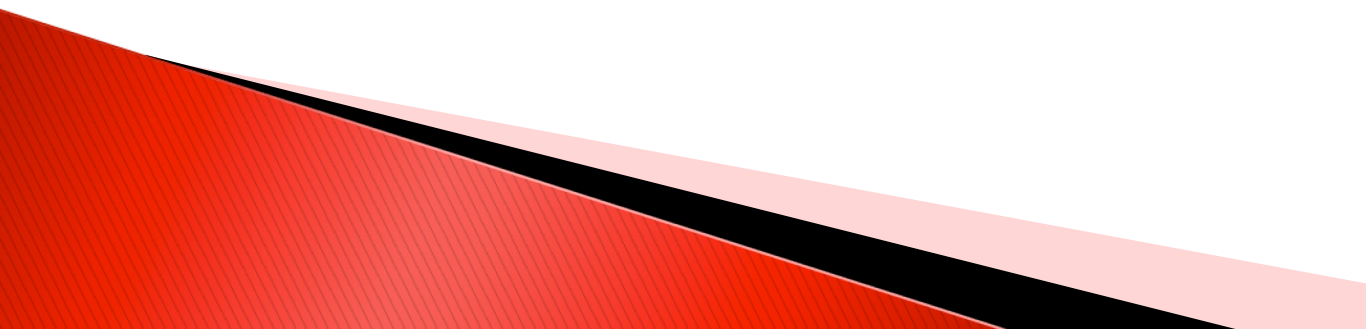
# Transportation

- 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.
- 

# Athletic Roles:

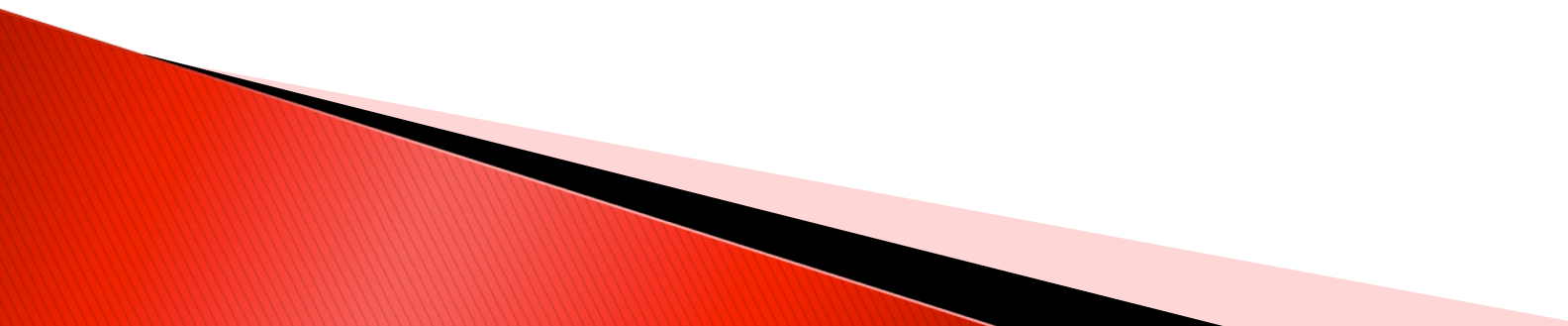
- ***Coach***
  - ***Athlete***
  - ***Parent***
- 
- A decorative graphic in the bottom-left corner consisting of overlapping red and black geometric shapes, possibly representing a stylized field or a modern design element.



# 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!
- 

# Have a great season!



**PRAIRIE  
HAWKS**

 THE PRAIRIE SCHOOL