



UPPER SCHOOL SPORT PRE-SEASON INFORMATION

Every student who participates in a WIAA sport and at least one parent are required to review WIAA and School information prior to the start of each season (fall, winter & spring). To fulfill this requirement, TPS conducts a mandatory all sport pre-season meeting. Students and/or parents who miss the meeting, regardless of the reason (including joining the team late or having attended a meeting the season/year before) are required to watch this slideshow and complete an online questionnaire. If the online questionnaire is not completed by the due date, a student's clearance to participate will be suspended until the online form(s) is/are submitted.





**Jason
Atanasoff
Athletic Director**



Dori Panthofer

Admin. Asst. to the AD

(262) 752-2602

dpanthofer@prairieschool.com



- **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!**

Sports Medicine

Kayla

Zeno

LAT, ATC

kzeno@prairieschool.com



In Partnership with:



Ascension

Inhalers



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

Athletic Training Room

- **Hours posted
(Athletics Calendar & Door)**
- **Hours vary**
- **Early afternoon until
games/practice end**

Reporting Injuries:

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

Referrals:

Contact Kayla Zeno for injuries requiring further evaluation & treatment

- **AT referral expedites care**
- **Notify the AT immediately of injury/illness that affects sports**
- **Submit written limitations & recommendations from the doctor**

Concussion:



- **WI Act 172:**
 - **Cleared by a healthcare before returning to play**
- **ImPACT Baseline:**
 - **Contact sports - Testing required**
 - **Non-contact sports: Testing optional**

Concussion: Signs & Symptoms

4 categories

- **Immediately report to the
ATR for evaluation**

Physical

Sleep

Emotional

Cognitive

Concussion: Return to Play

5 day RTP protocol

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

Skin Infection



Best Treatment is Prevention

- **Good Personal Hygiene**
- **Clean Equipment**
- **Do not share equipment**
- **Do not share towels**
- **Seek prompt medical evaluation**

Too Sick for School & SPORTS!

[Click here to
view full size
chart.](#)

THE PRAIRIE SCHOOL

WHEN TO STAY HOME FROM SCHOOL:

Fever

A temperature of
100.4° or higher



Diarrhea or vomiting
within the past 24 hours



Body rash with itching
and/or fever



Head Lice
Itching head,
active head lice



Eye Infection
Eye is red and oozing a
yellow/green discharge



WHEN TO RETURN TO SCHOOL:

Fever free for 24 hours
without the use of fever
reducing medication such as
ibuprofen or acetaminophen

Free from diarrhea and/or
vomiting for at least 24 hours
and evaluated by doctor if
needed

Free from rash, itching or
fever and evaluated by doctor
if needed

After first head lice
treatment & have notified
the school nurse

24 hours after starting
antibiotic eye drops or
ointment

The Prairie School
Health Office

School Nurse: Courtney Brady, RN
Office Phone: 262-752-2660
Email: cbrady@prairieschool.com
Web: www.prairieschool.com/parentresources/health-office-information/

Flu & COVID-19

- **Flu going through middle school.**
 - **Practice good hand hygiene and stay home if ill.**
- **Coronavirus: rapidly evolving situation**
 - **Spring break plans: prepare & possibly re-evaluate plans**
 - **Keep up with news from reliable sources (State Dept, CDC, etc)**
 - **Health office, admin, and myself are staying up to date on latest developments**

Educational Program



Treating Shin Splints

Identifying risk factors, clinical findings, and returning to competition

Wednesday, March 18th 6:30 - 7:30 PM. Ascension All Saints Hospital
Racine Room: Located between cafeteria and St. Luke's Health Pavilion
3801 Spring Street, Racine, WI 53405

Shin splints can significantly halt progress if left untreated. Especially in the beginning of a new training season, utilize the methods learned here to be proactive on this injury.

Contact Information:

Kayla Zeno

Office: 262.752.2603

kzeno@prairieschool.com

Any Questions?

Zach Perkins

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

(262) 752-2608

zperkins@prairieschool.com



 **THE PRAIRIE SCHOOL**

Jersey Eickhorst

**Assistant Fitness Center Director
Sport Event Manager**

(262) 752-2608

jeickhorst@prairieschool.com



 **THE PRAIRIE SCHOOL**

Vaping

28-year-old hospitalized in Irving warns of the dangers of vaping



Only four months after he started vaping Christopher Machelski told a cautionary tale from the Medical City Las Colinas Hospital. "This isn't worth it. Don't do it."

Published: 6:27 PM CDT September 18, 2019

Dangers of Vaping

youtube.com/watch?v=NBFnV_iaWIE

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.

Prairie website:



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

Parent Information:

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

Athletic Team Registration Site (ATR)



Athletes & Managers

**PREPARTICIPATION PHYSICAL EVALUATION
CLEARANCE FORM**

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

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

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: _____ (Print)
Last, First, Middle Initial
Age: _____ Sex: _____ Grade: _____ School: _____ City: _____
Phone: _____ 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 contraindications to practice and participate in the sport(s) as outlined above. A copy of this physical exam is to be retained in my office and can be made available to the school at the request of the parent(s). I understand that after the athlete has been cleared for participation, a physician may request the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parent/guardian).

Name of Physician (Print/Type): _____
SIGNATURE OF LICENSED PHYSICIAN (MD OR DO/ARNP): _____
Date: _____ 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.

Parent(s) Place of Employment: _____
Family Physician: _____ Family Doctor: _____
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)

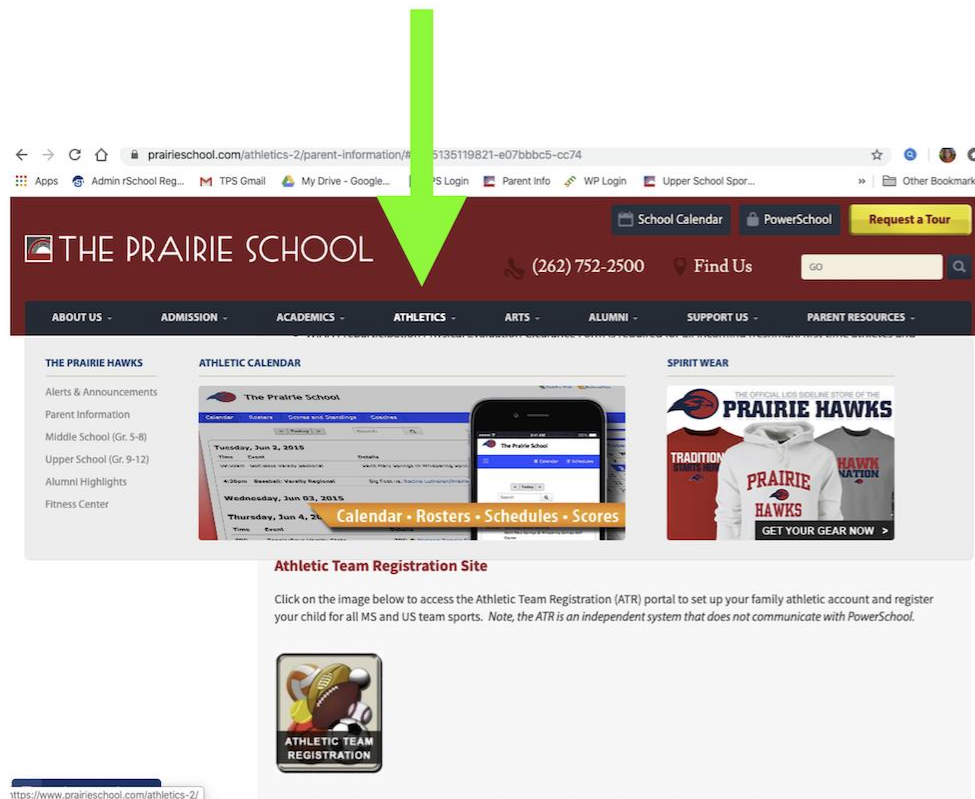
1. I hereby give my permission for the above named student to practice and compete and represent the school in WIAA approved interscholastic sports except those restricted on this card.

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/receive essential medical information regarding the injury and treatment of this student to appropriate school staff or 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 recordkeeping.

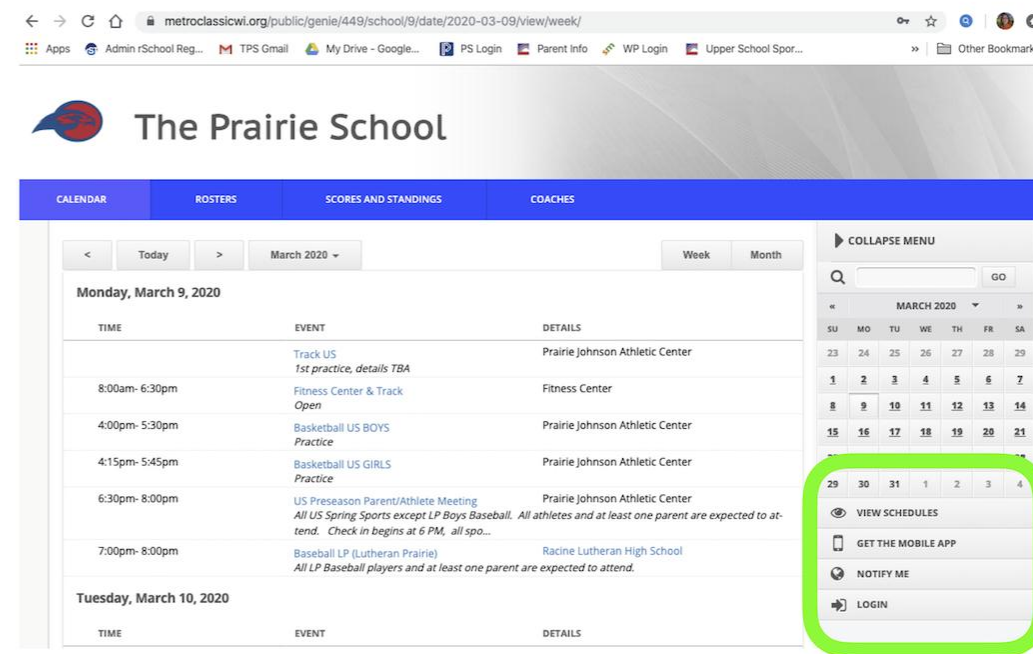
SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

- Register online
- Upload WIAA Clearance Exam Form
- **Retain original WIAA form**
- TPS Health Form for School Nurse
- Health Insurance **REQUIRED**

Athletic Calendar



The screenshot shows the homepage of The Prairie School website. A green arrow points to the 'ATHLETICS' link in the top navigation bar. Below the navigation bar, there are sections for 'THE PRAIRIE HAWKS', 'ATHLETIC CALENDAR', and 'SPIRIT WEAR'. The 'ATHLETIC CALENDAR' section features a calendar for June 2015 and a link to 'Calendar • Rosters • Schedules • Scores'. Below this, there is a section for 'Athletic Team Registration Site' with a link to the ATR portal and a button labeled 'ATHLETIC TEAM REGISTRATION'.



The screenshot shows the 'Athletic Calendar' page on The Prairie School website. The page displays a calendar for March 2020 with a table of events. A green arrow points to the 'VIEW SCHEDULES' button in the sidebar menu.

TIME	EVENT	DETAILS
Monday, March 9, 2020		
8:00am- 6:30pm	Track US 1st practice, details TBA	Prairie Johnson Athletic Center
8:00am- 6:30pm	Fitness Center & Track Open	Fitness Center
4:00pm- 5:30pm	Basketball US BOYS Practice	Prairie Johnson Athletic Center
4:15pm- 5:45pm	Basketball US GIRLS Practice	Prairie Johnson Athletic Center
6:30pm- 8:00pm	US Preseason Parent/Athlete Meeting All US Spring Sports except LP Boys Baseball. All athletes and at least one parent are expected to attend. Check in begins at 6 PM, all spo...	Prairie Johnson Athletic Center
7:00pm- 8:00pm	Baseball LP (Lutheran Prairie) All LP Baseball players and at least one parent are expected to attend.	Racine Lutheran High School
Tuesday, March 10, 2020		
TIME	EVENT	DETAILS

Mobile & Notify Me

Prairie Letter Jacket!

2 Local Vendors:

**Midwest Embroidery Graphics
Sales & Dressing Services**

**Twisted Stitches
Affordable Dressing Services**

Buy yours today!



Sports Photos



Questions?

Contact Jeff Wilson:

jeff@varitay.com

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

Uniforms & Team Gear

- **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**
- **\$200/ Team Parka**
- **\$100 Equipment**
- **\$100 Equipment bag**

Between \$100 to \$200 per line item

Up to \$500 per student!

Attendance

ATTEND SCHOOL TO PLAY!

- **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.**
- **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.**

TPS Parent Handbook & Procedures

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.

TPS Parent Handbook & Procedures

After School Study Hall (ASSH)

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.

TPS Parent Handbook & Procedures

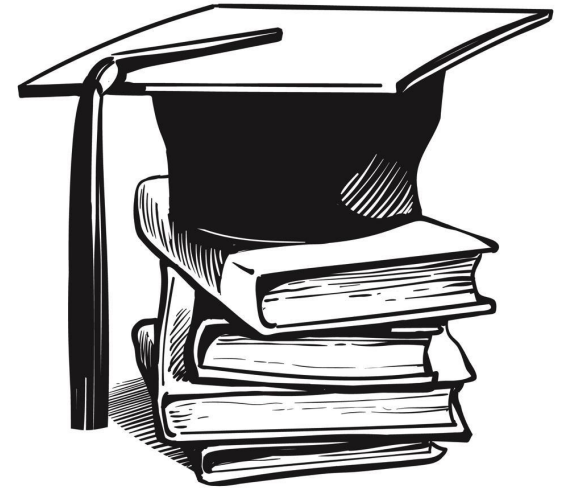
Complete policy published online.

Visit [Parent Resources/Forms & Documents](#)

Parent Handbook & Procedures

GPA

Parent Handbook & Procedures



- **Minimum GPA 2.0**
- **Class grades above D or F**
- **Eligibility assessed at regular intervals**
- **Exceptions by Head of Upper School in extenuating circumstances (*except 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.**
- **A violation is subject to consequences by: WIAA, The Prairie School and The Head Coach.**

WIAA BANNED SUBSTANCES



Anabolic Steroids

Anabolic Agent

Stimulants

Peptide Hormones

Diuretics

Street Drugs (Heroin; Marijuana, etc.)

Ephedra, Ephedrine (OTC meds)

Etc...

<https://www.wiaawi.org/Health/Performance-Enhancing-Substances>

WIAA DISCOURAGED SUBSTANCES



Creatine

Caffeine-enhanced products

Energy Drinks ex. Red Bull, Amp, etc.

Herbal caffeine

Ginseng

NoDoz.

Etc...

<https://www.wiaawi.org/Health/Performance-Enhancing-Substances>

Transportation

School transportation to/from most events outside the city limits is provided.

A parent/legal guardian:

- **May, due to location, transport their child/legal ward home from a scheduled event.**
- **Shall assume all resulting liability, and The Prairie School, its Board of Trustees, Officers and Agents shall assume no liability.**
- **May NOT transport an athlete who is not their child/legal ward home from a scheduled event**

Sportsmanship

Sportsmanship rules are set by:

- **The WIAA**
- **Metro Classic Conference**
- **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.

Violations are subject to consequences!

Social Media

- **A great tool when used wisely**
- **Coach controls team social media**
- **Athletic Director & Head Coach approval required**
- **Negative posts may have long lasting negative consequences**

Athletic Roles:

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

Communicating with Coaches:

Parent Guidelines

- **Request General Information via email**
- **24 Hour Rule - If you have concerns, please wait 24 hours after an athletic event prior to emailing the Coach.**
- **Parent/Coach/Athlete Meeting**
- **Practice closed to spectators**

In summary:

- **Playing time is earned**
- **Role on Team**
- **Hard Work & Attitude**
- **Support your athlete**
- **Be proud!**

Have a great season!



 THE PRAIRIE SCHOOL