

***All Winter Sport***

**VIRTUAL PRESEASON MEETING**

***Thursday, November 12th, 2020***

**TIPS**  
**ATHLETICS**



# **WIAA & TPS All Sport Preseason Education**



**Each participating student 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, please watch this slideshow and complete the online form.**

**If either the parent or student form is not completed by the due date, clearance will be suspended, meaning you/your child will not practice or play, until the task is complete.**

# **Team Meetings**

**The Head Coach will schedule a team meeting. If you have not received a team email, please contact the Head Coach to ensure your current email is added to the team distribution list. Coach email links are located on the team page of each respective sport.**

**US (Gr.9 - 12) Team Sports home page:**

**<http://www.prairieschool.com/athletics-2/teams/>**

# **Athletic Director**

**Jason Atanasoff**

**(262) 752-2600**

**[jatanasoff@prairieschool.com](mailto:jatanasoff@prairieschool.com)**



# **Dori Panthofer**

**Admin. Asst. to the AD**

**(262) 752-2602**

**[dpanthofer@prairieschool.com](mailto: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**

# **Sports Medicine**

**Kayla**

**Zeno**

**LAT, ATC**

**[kzeno@prairieschool.com](mailto: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 COVID Precautions**

- **Masks required**
- **6 ft. Social Distancing Required**
- **Maximum Capacity=2 students**
- **Surfaces and equipment cleaned between each athlete**
- **AT wears mask at all times, hand hygiene before all encounters**
- **Coolers, ice baths off limits**





# Athletic Training Room

- **Hours Vary**
  - **Early afternoon until daily practices and games end**
- **Schedule posted on the athletics website**

**REHABILITATION  
OF  
ATHLETES**



# **Reporting Injuries:**

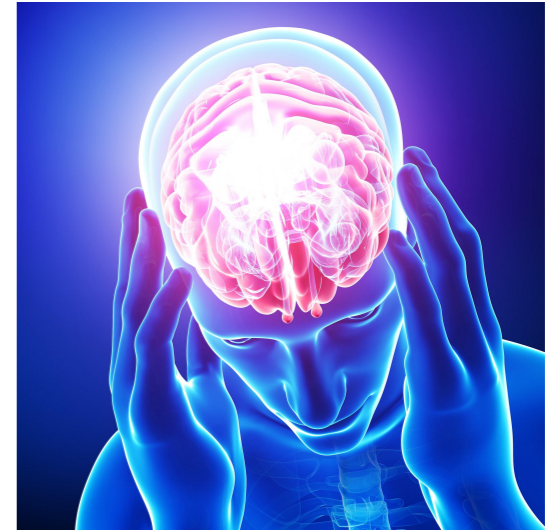
- **Report injuries to the Athletic Trainer ASAP**
- **Evaluation, treatment, rehab on campus as much as possible**
- **Appointments encouraged to minimize # of people in training room**

# **Referrals:**

## **Injuries requiring further evaluation & treatment**

- **AT referral expedites care**
- **Notify the AT immediately of injury/illness that affects sports**
- **If you see a doctor, a note with clearance or limitations is REQUIRED!**

# Concussion:



- **WI Act 172:**
  - **Cleared by a healthcare professional before returning to play**
- **ImPACT Baseline:**
  - **Stay tuned for more information, testing will be different this year due to COVID**

# Concussion Signs & Symptoms

## 4 CATEGORIES

### COGNITIVE

Mentally Foggy  
Mentally Slowed Down  
Repeats Questions  
Difficulty Concentrating  
Difficulty Remembering  
Answers Questions Slowly  
Forgetful of Recent Information  
Confused About Recent Events

### PHYSICAL

Headache  
Nausea/Vomiting  
Balance Problems  
Numbness/Tingling  
Light Sensitivity  
Noise Sensitivity  
Dizziness



Irritability  
Sadness  
More emotional  
Nervous

### EMOTIONAL

Drowsiness  
Sleeping Less Than Usual  
Sleeping More Than Usual  
Trouble Falling Asleep

### SLEEP

**Experiencing symptoms?**

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

# **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**

## **Prevention**

- **Good Personal Hygiene**
- **Clean Equipment**
- **Do not share towels**
- **Prompt medical evaluation**



# Too Sick for School & SPORTS!

- [Click here](#) to review the **COVID-19 Resources**
- [Click here](#) to view full size chart.

***Please note, policies are subject to change.***

## 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 72 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: Julianne Smith, RN  
Office Phone: 262-752-2660  
Email: [jsmith@prairieschool.com](mailto:jsmith@prairieschool.com)  
Web: [www.prairieschool.com/parentresources/health-office-information/](http://www.prairieschool.com/parentresources/health-office-information/)



# **COVID-19**

- **Stay current with the school's policy**
- **Follow school policy regarding illness and exposure**
- **Ice baths, coolers off limits this season**
- **All equipment and tables disinfected between use**
- **Appointments encouraged for evaluation and rehab. Please email: [kzeno@prairieschool.com](mailto:kzeno@prairieschool.com)**

# **Contact Information:**

**Kayla Zeno**

**Office: 262.752.2603**

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

**Please don't hesitate to email  
your questions.**

# **Zach Perkins**

**Associate AD**

**Strength & Conditioning Coach  
Fitness Center Director**

**(262) 752-2608**

**[zperkins@prairieschool.com](mailto:zperkins@prairieschool.com)**



 **THE PRAIRIE SCHOOL**

# **Jersey Eickhorst**

**Assistant Fitness Center Director  
Sport Event Manager**

**(262) 752-2608**

**[jeickhorst@prairieschool.com](mailto:jeickhorst@prairieschool.com)**



 **THE PRAIRIE SCHOOL**

# 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-2/parent-information/#1495135119821-e07bbbc5-cc74>

## Upper School Parent Information Tab:

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

# US Sport Team Page



**Please visit the Team Page for your child's sport to review the following information:**

- **Coaching Staff (names and email addresses)**
- **Season start date**
- **Team Handout**
- **Team photo (*uploaded as soon as possible*)**
- **Varsity highlights from recent seasons**

**[Click here](#) or visit the following URL:**

**<https://www.prairieschool.com/athletics-2/teams/>**



# Athletic Team Registration Portal (ATR)

## **Login to your Family Athletic Account on the ATR portal to:**

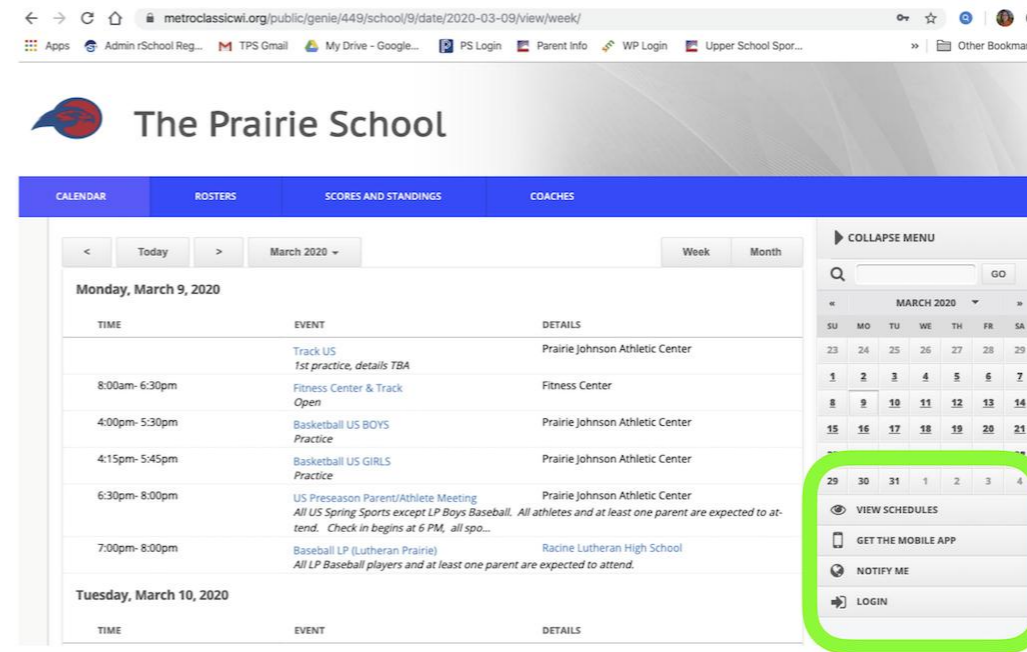
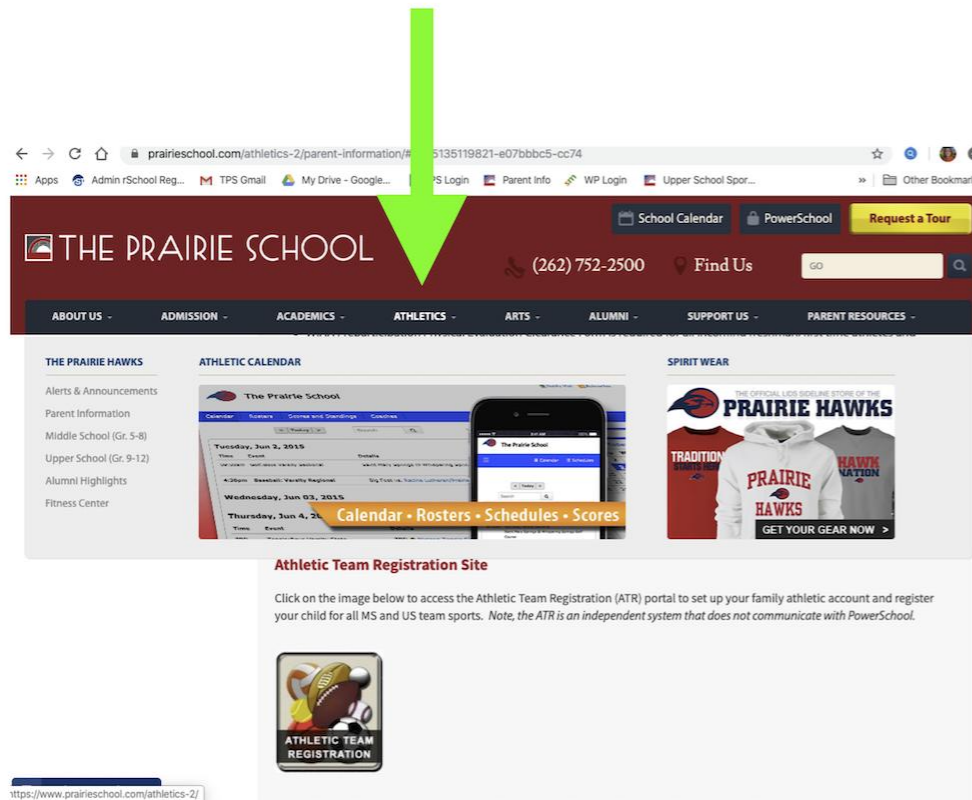
- **Register athletes & managers online annually**
- **Review clearance status & registration history**
- **During or after online registration, upload a PDF of your child's WIAA Medical Eligibility Form and TPS Health Form.**
- **If you do not have access to a scanner, free scanner apps are available for mobile devices that allow you to create a multipage PDF file of all required forms. If you have trouble uploading the PDF file, please email it to [dpanthofer@prairieschool.com](mailto:dpanthofer@prairieschool.com).**
- **Retain original WIAA & TPS health forms for future reference**

***NOTE: The WIAA requires that all athletes carry Health Insurance. If you your child does not have health insurance, you may purchase a short term policy through a local insurance agent.***

**<https://prairieschool-ar.rschooltoday.com/>**



# Athletic Calendar



## Mobile & Notify Me

**Access info from your mobile device and sign up sign up for text alerts.**

# **P**rairie **Letter** **Jacket!**

***2 Local Vendors:***

**Midwest Embroidery Graphics  
Sales & Dressing Services**

**Twisted Stitches  
Affordable Dressing Services**

**Buy yours today!**



# **Sports Photos**

**Team photos, Varsity portraits, senior night photos and action shots are available for purchase from Jeffrey Wilson, Prairie's official Athletic photographer.**

**To view the 2020-2021 Gallery, visit:**

**<https://proof.varitaystudios.com/Sports/Prairie-Sports-2020-21>**

**Questions? Contact Jeff Wilson**

**[jwilson@prairieschool.com](mailto:jwilson@prairieschool.com) or (262) 498-6300**

# **Uniforms & Team Gear**

- **Most sports issue team uniforms and/or gear for use during the season**
- **Official and approved TPS logos only**
- **Proper care extends life**
- **High heat damages uniforms, line dry or use lowest temperature setting**
- **Students who do not return team gear will be billed**

# Uniform/Team Gear Return

**Within 5 days of the final competition, team gear must be returned to the Head Coach to avoid a fee. Once assessed, the fee will not be reversed.**

## **Schedule of Fees**

**(for unreturned or damaged team gear)**

- **\$100 per Competition Uniform**
- **\$100 per Practice Uniform**
- **\$100 per Warm Up**
- **\$250 per Team Parka (swimming only)**
- **\$100 per Equipment**
- **\$100 per Equipment bag**

***Between \$100 to \$250 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.**
- **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.**

**Complete policy published online.**

**Visit Parent Resources/Forms & Documents**

**Parent Handbook & Procedures**

# **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.**

**Complete policy published online.**

**Visit Parent Resources/Forms & Documents  
Parent Handbook & Procedures**



# **TPS Parent Handbook & Procedures**

**All policies are published online. Visit:  
[Parent Resources/Forms & Documents](https://www.prairieschool.com/parentresources/forms-documents)**

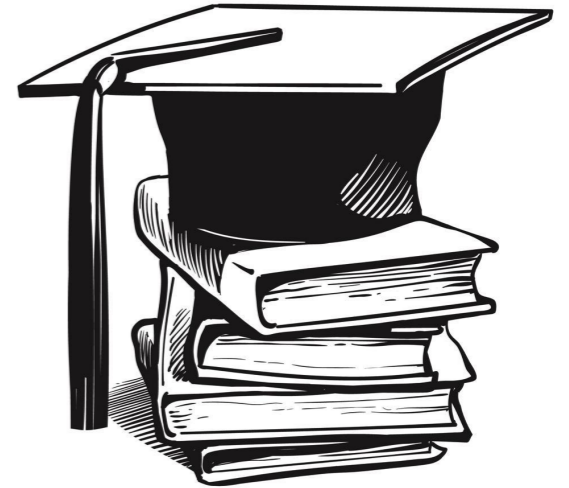
**URL:**

**<https://www.prairieschool.com/parentresources/forms-documents>**

**Scroll down to locate and click on:  
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>**

# Locker Room

**Access to US Boys and Girls locker room during the winter sport season is noted below.**

## **Students:**

- **May enter the locker room ONCE to change as quickly as possible**
- **Must bring all belongings into the JAC or back hallway**
- **MAY NOT use or STORE ANYTHING in lockers**

***Please note:***

***Locker room access is subject to change.***

# Transportation

**School transportation to/from events.**

## **COVID Guidelines**

- **Rules apply when riding in a bus or TPS vehicle**
- **The bus company may set additional ridership rules**
- **Masks must be worn at all times in vehicles**
- **Windows of TPS vehicles will be open weather permitting**
- **Parents are welcome and encouraged to transport their child to/from competitions; please notify your coach at least 24 hours in advance**

## **A parent/legal guardian:**

- **May transport their child/legal ward home from a scheduled event**
- **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/Captains controls team social media**
- **Athletic Director & Head Coach approval required**
- **Negative posts may have long lasting negative consequences**

# **3 Athletic Roles:**

- 1. Coach: Determines playing time***
- 2. Athlete: Plays the game.***
- 3. Parents: Support the team and encourage their athlete.***

# Game Day Spectators

**Priority is given to participants and coaches. Attendance shall not exceed maximum capacity of the site while still maintaining a 6' minimum spacing between individuals and/or family groups.**

## **Current Spectator Guidelines**

***(Subject to change, may vary by location)***

- ✓ 2 spectator limit per athlete/coach, may vary by location**
- ✓ List submitted in advance**
- ✓ Required to wear a mask**
- ✓ Asked to arrive as late as possible**
- ✓ Asked to depart/exit immediately after the competition ends**

# **Livestream TPS Competitions**

**Prairie competitions, both indoor and outdoor, can now be live streamed online! Use your iPad or iPhone to stream home and away events.**

**To access streaming events, [click here](#) to visit the **JUSTAGAME** website (*formerly Eye in The Sky*). If your child's sport is not listed, contact their Head Coach. You may also copy & paste the following URL into your browser:**

**<https://justagamelive.com/clients/prairie-school>**

# **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 - All 3 should be present along with an assistant.**
- **Practice closed to spectators**

# **In summary:**

- **Playing time is earned**
- **Understand that every athlete has a role on the team**
- **Encourage hard work & a positive attitude**
- **Support your child & every athlete on the team**
- **Be proud!**

**Have a great season!**



 THE PRAIRIE SCHOOL