

All Spring Sport

VIRTUAL PRESEASON MEETING

April 12th, 2021

TIPS
ATHLETICS



WIAA & TPS All Sport Preseason Education



Prior to the start of each season (fall, winter & spring), the WIAA and School requires current season athletes and at least one parent to complete preseason education. To fulfill this requirement, please watch this slideshow and complete the online form.

If either the parent or student form is not submitted 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. 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



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**

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 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

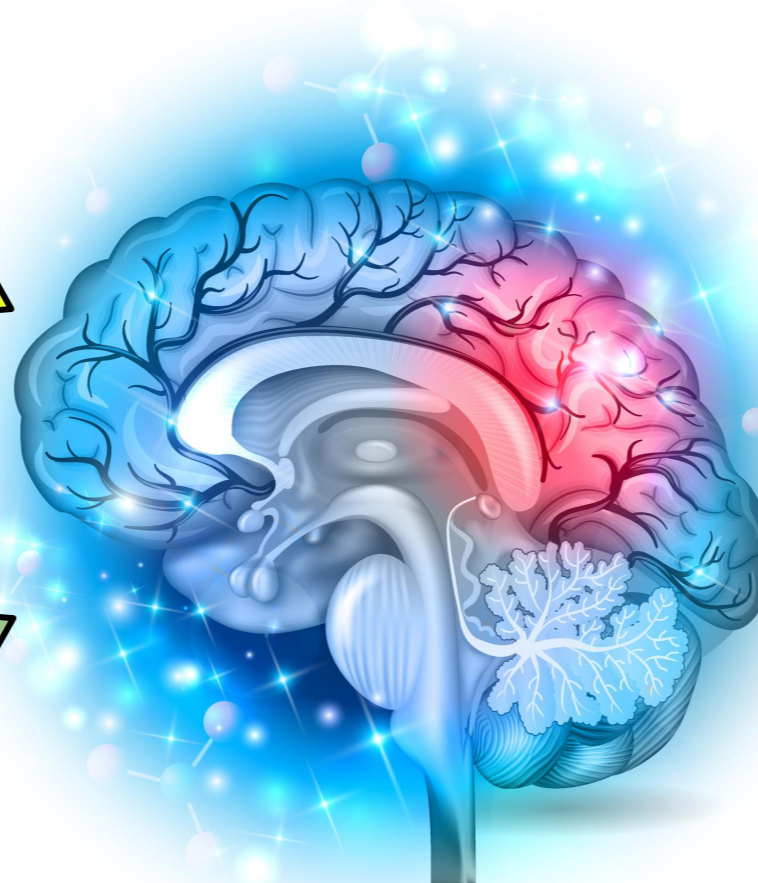
Headache
Nausea/Vomiting
Balance Problems
Numbness/Tingling
Light Sensitivity
Noise Sensitivity
Dizziness

EMOTIONAL

Irritability
Sadness
More emotional
Nervous

PHYSICAL

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



**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.

Policies are subject to change. Changes are published on the Parent Resources page of the school website.

WHEN TO STAY HOME FROM SCHOOL:	WHEN TO RETURN TO SCHOOL:
Fever A temperature of 100.4° or higher	 Fever free for 48 hours without the use of fever reducing medication such as ibuprofen or acetaminophen
Diarrhea or vomiting within the past 24 hours	 Free from diarrhea and/or vomiting for at least 24 hours and evaluated by doctor if needed
Body rash with itching and/or fever	 Free from rash, itching or fever and evaluated by doctor if needed
Head Lice Itching head, active head lice	 After first head lice treatment & have notified the school nurse
Eye Infection Eye is red and oozing a yellow/green discharge	 24 hours after starting antibiotic eye drops or ointment

Post COVID Positive Return to Sports

Positive COVID Test Protocol for Athletes

- [Click here](#) to view the TPS Return to Sport policy
- [Click here](#) to review the COVID-19 Resources
- **WIAA Clearance is voided until cleared by a healthcare provider, preferably their primary care physician.**
- **File one of two forms (*healthcare provider signature required*)**
 - **WIAA Graduated Return to Play Checklist for positive pases of COVID**
 - **WIAA Sports Medical Clearance Form**



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**

Contact Information:

Kayla Zeno

Office: 262.752.2603

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



 **THE PRAIRIE SCHOOL**

Jersey Eickhorst

**Assistant Fitness Center Director
Sport Event Manager**

(262) 752-2608

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 **THE PRAIRIE SCHOOL**



Tobacco, Alcohol & Drugs

10 Reasons to say NO!

- 1. Maintain eligibility for team sports**
- 2. One bad choice leads to another**
- 3. Earn better grades, ensure a brighter future**
- 4. Be happier and more content**
- 5. Be free and independent**
- 6. Sleep sound, improve memory**
- 7. Feel healthier, more fit**
- 8. Avoid legal problems**
- 9. Save money**
- 10. Look your best. Tobacco, Alcohol and drugs takes a toll on appearance!**

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/>



ATR Portal (Athletic Team Registration)

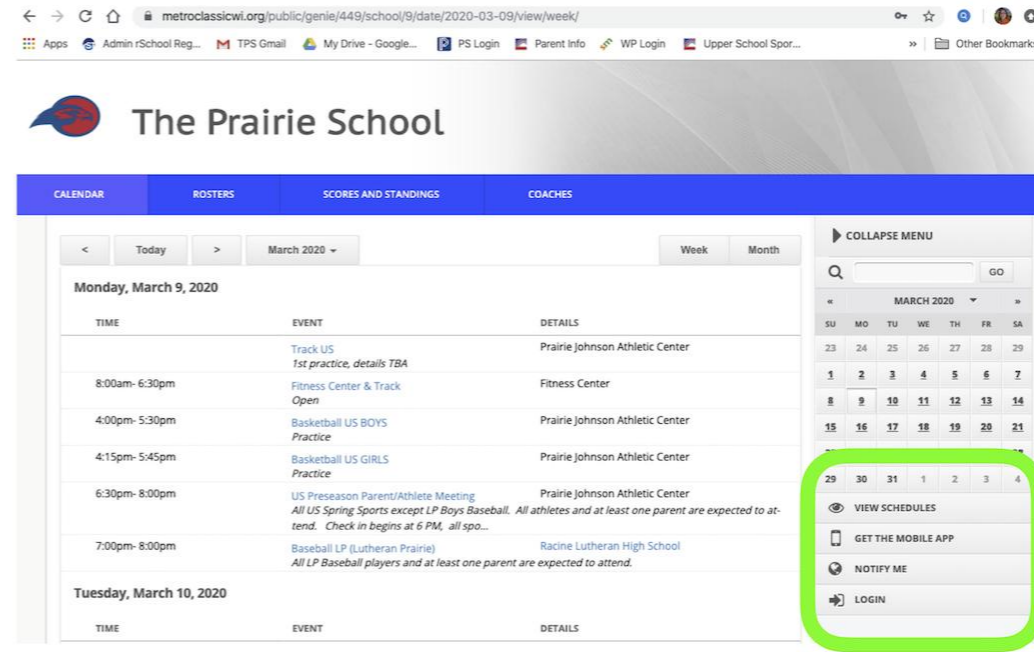
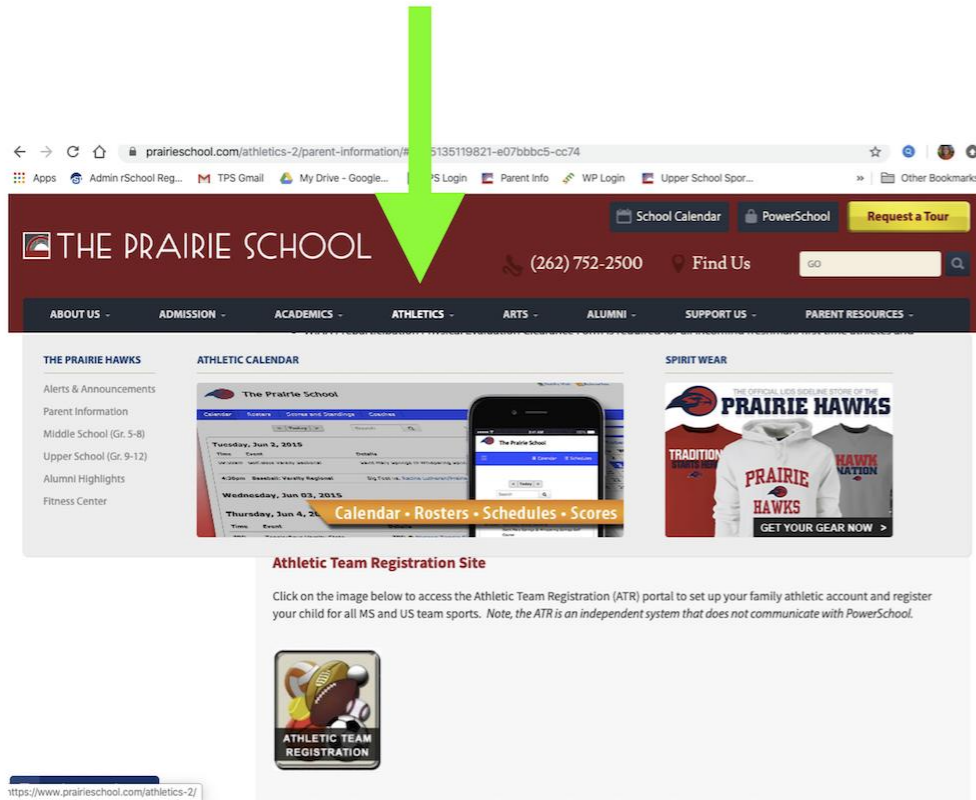
The ATR portal offers 24/7 online access!

- **Register athletes & managers annually**
- **Review clearance status & registration history**
- **Upload health forms. ** Free scanner apps convert paper forms to electronic files**
- **Having trouble uploading the electronic form? Email it to: dpanthofer@prairieschool.com.**
- **Retain original health forms for future reference!**

NOTE: The WIAA requires that all athletes carry health insurance.

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

Athletic Calendar



Mobile & Notify Me

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

Prairie **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 or (262) 498-6300

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**

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**

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.**

Co-curricular Eligibility

- **Although a requirement of graduation, co-curricular activities are a privilege; participation 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 found on page 52 in the [Parent Handbook & Procedures](#)

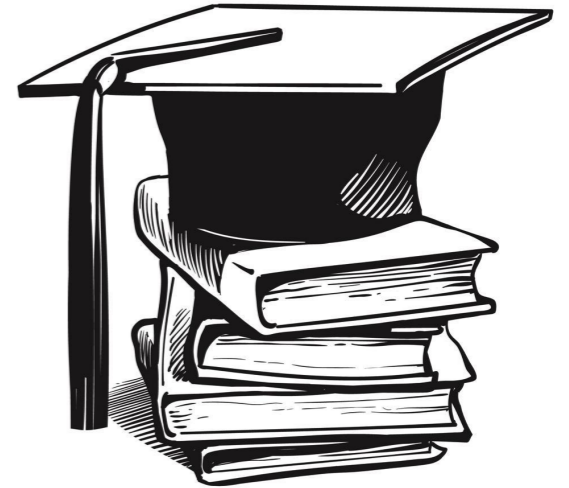
After School Study Hall (ASSH)

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 found in the
TPS Parent Handbook & Procedures**

GPA

Parent Handbook & Procedures



- **Minimum GPA 2.0**
- **Grades in all classes above a D or F**
- **Eligibility assessed at regular intervals**
- **Exceptions by Head of Upper School in extenuating circumstances (*except failing grades*)**

Complete policy found on page 52 in the
[Parent Handbook & Procedures](#)

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...**

Locker Room

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

Students:

- **May enter the locker room ONCE to change as quickly as possible**
- **Must bring all belongings with them to practice**
- **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**

Athletics

COACH

Determines
playing
time.

**THREE
PARTS**

PARENTS

Support the team &
encourage their
athlete.

ATHLETES

Play the
game!

Be a Good Team Player



- **Be a “We Player”, not a “Me Player”**
- **Work hard & encourage others**
- **Sacrifice for the team**
- **Cheer for your teammates**
- **Don’t point a finger**

A team with unselfish players who support each other will generally perform better than a group of individuals who don’t play as a team.

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)

- ✓ **4 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! If your child's sport is not listed, contact the Head Coach.

[Click here](#) to visit the **JUSTAGAME website *(formerly Eye in The Sky)*.**

JustaGame URL:

<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