



Middle School Athletic Handbook

2013 - 2014



yorkcountyschools.org

**YORK COUNTY SCHOOL DIVISION
2013-2014 MIDDLE SCHOOL ATHLETIC PROGRAM**

Sport Options:

Fall – Football, Girls Basketball, Field Hockey, and Cheerleading
 Winter – Boys Basketball and Cheerleading
 Spring – Baseball and Softball

Students must be currently enrolled in the 7th or 8th grade to participate in the York County Middle School Athletics Program.

Eighth graders can participate in the following JV sports at a high school that are not offered by the middle school:

Fall – Cross Country and Volleyball
 Winter – Wrestling
 Spring – Track and Soccer

Virginia High School League (VHSL) Rules and Regulations:

28-2-1 GRADE RULE 1

- (1) Students may compete on the sub-varsity level while in the eighth grade; however, no student below the eighth grade level is eligible to participate in any VHSL interscholastic contest.
- (2) Eighth grade students who passed five 8th grade subjects the past school year (see note following 28-4-1 (b)) and reached the age of fifteen on or before the first day of August may compete on the varsity level.

28-2-3 Grade Rule Interpretations – Eighth graders, regardless of where they are housed, may fall into two categories:

- (1) If they are filed on an MEL and participate on a junior varsity high school team, they must comply with VHSL rules and regulations and are covered by the League’s insurance program because they are considered to be representing their high school.
- (2) However, if they are competing on a level below the junior varsity (i.e., junior high or middle schools), they are not covered by VHSL regulations and are not covered by the League’s insurance program unless such insurance has been purchased by the school or school system to cover these students specifically. The grade levels of competition, eligibility rules and regulations, etc., under these non-high school circumstances are up to the local school divisions.
- (3) Eighth-grade students may participate in nonathletic events for one year only while in the eighth grade. Such participation does not affect the subsequent eligibility of the student under the Semester Rule.

School	Name of Athletic Director	Phone Number
Grafton	Clark Ward	898-0557
Queens Lake	Susan McTheney	229-5214
Tabb	David Powell	833-2244
Yorktown	Mark Meadows	898-0361

The York County School Division participates in the Bay Rivers District for sports. Area school systems we compete with are from within York County, Williamsburg/James City County, Gloucester County, and New Kent County and include the following middle schools:

Berkeley	Peasley
Grafton	Queens Lake
Hornsby	Tabb
New Kent	Toano
Page	Yorktown

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Overview

Introduction to the Parent

This publication is presented to you because your son or daughter has indicated a desire to participate in our middle school athletic program, and you have expressed your willingness to permit him or her to participate. By supporting policies that govern school competition and the conduct and training for school athletes, parents, team members and coaches can maintain a sports program with positive opportunities and experiences which foster the personal growth of all team members.

As a member of a middle school athletic team, athletes should know they serve as representatives of their team, school, and community. Participation in athletics is a privilege and carries many responsibilities for the student-athlete. Those who choose to participate will be expected to follow the guidelines established by the York County School Division.

We believe that athletics can foster valuable skills that promote success in life. Through competition, we can develop the qualities of commitment, teamwork, dedication, loyalty, perseverance, goal attainment, and self-discipline. Athletes must dedicate a tremendous amount of time and effort to be successful on the playing field. It is our expectation that student-athletes bring that same discipline and dedication to the classroom.

One of the things that can be learned from sports is that winning is an attitude we bring to the game, not just the numbers on the scoreboard. It is this **attitude** that makes us winners or losers, not the final score of the game.

Through communicating to you and team members the specific policies necessary for a well-organized sports program, the members of the athletic department ask you to join in a community of support for a sports program characterized by the willingness of all participants to reject mediocrity and demonstrate excellence.

Although participation by students is highly desirable, there are no guarantees that all athletes will participate in all games. Playing time for athletes is the sole decision of the Head Coach and his/her staff. Coaches are encouraged to give each student the opportunity to participate in as many games as practical.

The Athletic Statement

Participation in athletics is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since participation is a privilege and not a right, those who choose to participate shall be expected to follow the rules established by the athletic programs and the other specific coaches' rules for their sport. Each student-athlete represents his/her school and student body. It is the student-athlete's duty to conduct himself/herself in a respectful manner that represents favorably the student-athlete, his/her family, the York County School Division and the community.

The school division's athletics programs encourage and support broad participation for as many boys and girls as possible, with teams competing on an equitable basis with other schools without sacrificing sportsmanship, scholarship, general welfare, and the health of the school and student.

Our Beliefs

The York County School Division believes that:

- athletics is a partnership among students, parents, and school personnel;
- athletics help foster success in an honest and sportsmanlike manner;
- athletics provide experiences that mirror events students will face in the real world, and help students prepare for adulthood;
- student-athletes should represent the highest ideals of any school;
- student-athletes should balance athletic participation and academic responsibility.

York County School Board Policy

Participation in athletics is a privilege—not a right—that provides student-athletes with the opportunity to grow athletically, academically, emotionally, physically, and socially. All stakeholders must view athletic participation and competition as a lifelong learning experience. Good sportsmanship not only is required of the division’s student-athletes and coaches, but also of all persons who support and attend athletic-related events. Spectators, including parents, are expected to support the events through courteous behavior at all times toward all participants, coaches, officials, staff, and fellow spectators. Persons who engage in inappropriate behavior are subject to immediate removal from the event and the event premises, and possible additional attendance restrictions. The School Board empowers principals, assistant principals, athletic directors and coaches to enforce the good sportsmanship code at all times.

Requirements and Responsibilities

Middle School Academic Requirements

Athletics were never meant to take the place of studies. A failing grade on interims or report cards will result in a 10-day academic probation. During the probation, student-athletes may continue to practice and play, provided they submit a daily/weekly academic report to the Athletic Director. Failure to turn in the academic report will result in the athlete being ineligible to practice or play. The athlete has 10 school days to improve performance in the specified class/classes. Satisfactory improvement will be determined by the Athletic Director through consultation with the student, coach, teachers, and administrators. Failure to improve performance during the probation period will result in “benched” status. Summer school grades and courses do not replace fourth quarter grades and courses for fall athletic eligibility purposes.

Eligibility

In order to participate on a middle school athletic team, student-athletes must meet the following requirements:

- Students must be currently enrolled in the 7th or 8th grade.
- Students must have a VHSL physical form dated within the required timeframe.
- Students must not have reached the age of 15 on or before the first day of August.
- Students must have passed three out of four core subjects on the most recent report card.
- Students must be in good standing with the York County School Division Student Code of Conduct, which may include no out-of-school suspensions for the school year.
- Students who are dismissed from a team for behavioral difficulties are ineligible to participate in middle school sports for the remainder of the school year.

Attendance Expectations

School attendance is critical to learning. Student-athletes have great demands on their time, and attendance will be monitored to facilitate academic success. The attendance office will notify the athletic director when a student-athlete has had excessive absences during the school year. The principal (or his/her designee), athletic director, coach/ sponsor, and counselor may decide on a course of intervention to help improve an athlete's attendance.

Athletes may not participate in practice or games if they are absent from school that day. Athletes attending school-sponsored field trips or activities are considered in attendance at school. Players who are dismissed early from school due to illness should not attend practice or games on the same day. Players must be present for half of the school day (at least 3 hours) in order to be eligible to participate in practice or games on the same day. Athletes leaving school early for doctor appointments, funerals, or other family emergencies may return to school and participate in practices and games provided they have an excuse note from their parent and have attended classes for half of the school day.

Game and Practice Attendance

Student-athletes are expected to be present for all competitive events, regular season, post-season, and make-up games.

There are no consequences for student-athletes who miss a practice or game for absences due to school-sponsored trips, other academic activities **required** by the school, or religious holidays.

For all other missed games or practices, the consequence is at the discretion of the coach; in such cases, consequences may include dismissal from the team.

Athletic Uniforms/Equipment

Each athlete will be assigned a uniform that is the property of the respective school. Athletes are expected to promptly return the uniform to the coach upon request. Reimbursement from the athlete will be expected for loss or destruction of issued team equipment and apparel. Athletes and parents need to be aware that they are responsible for returning uniforms in the condition in which they were issued. Failure to return an issued uniform or damage beyond ordinary wear and tear will result in the player/parent being charged for the replacement of the uniform. Replacement costs are often higher than the original cost.

All uniforms and equipment issued to student-athletes must be returned within a week after the conclusion of the season. Student-athletes assume financial responsibility for missing, lost, or damaged equipment or uniforms, and students may not participate in other sports and activities until equipment obligations are met. Students will not be permitted to participate in any other sport until all fees are paid.

Conduct of Athletes

It is expected that all student-athletes will conduct themselves in a manner that reflects positively on themselves, their school, and community. Failure to adhere to the Student Code of Conduct and behavior guidelines will result in consequences that may lead to dismissal from the team. Coaches will adhere to the following guidelines if offenses occur during practices and/or games. Administration will collaborate with coaches when offenses violate the YCSD Code of Conduct.

Disrespect or disobedience, tardies, damage/destruction of school property, offensive language/profanity, participation in bullying, unsatisfactory citizenship, or assignment to after-school detention:

- 1st offense – warning
- 2nd offense – benched status determined by coach
- 3rd offense – two-week suspension* from the team; no practice or games
- 4th offense – dismissal from the team

Disruptive behavior, lying, cheating, stealing, unsportsmanlike behavior that results in ejection from a game or assignment to alternative to suspension (ATS):

- 1st offense – benched status, minimum of one game
- 2nd offense – two-week suspension* from the team; no practice or games
- 3rd offense – dismissal from the team

Threats of force against other students, encouraging others to fight, verbal or physical abuse of a student or teacher, fighting, or any behavior that results in a suspension from school:

- 1st offense – two-week suspension* from the team; no practice or games
- 2nd offense – dismissal from the team

*two week suspension will include non-student days (holidays/vacations) during which the team continues to practice

It is a violation of School Board Policy for students to have, use, or sell alcohol, illegal drugs, inhalants, or other noxious chemicals (glue, silicone, lighter fluid). This includes using over the counter medications and prescribed drugs in a non-prescribed manner. Violation of the policy will result in dismissal from the team. It is a violation of the law for middle school age students to buy tobacco, smoking or chewing tobacco and violations will result in dismissal from the team.

Consequences of Misbehavior

Student-athletes who violate the YCSD Student Code of Conduct, or violations of law may, at the discretion of the principal, incur penalties that impact athletic participation.

Bullying is defined as repeated negative behaviors intending to frighten or cause harm and targeting a specific victim. Bullying behaviors may include, but are not limited to, physical intimidation, taunting, name calling, insults, falsifying statements about other persons, and/or comments regarding the race, gender, religion, physical abilities or characteristics of associates of the targeted person.

Participation in any hazing/bullying will result in suspension from the next competitive event, current sports team, and/or the next sports season in which the athlete would participate for a period of time to be determined by the principal.

Violation of any portion of the YCSD Student Code of Conduct and Regulations herein and all student-eligibility requirements may result in one or more of the following actions by the coach, athletic director and/or principal:

- suspension of the student-athlete from the team for one or more games,
- removal of the athlete from the team for the remainder of the sports season,
- forfeiture of award(s) for the particular sport,
- restriction or prohibition from any further interscholastic competition,
- other appropriate disciplinary action deemed necessary and appropriate by the athletic director or school principal.

Coaches are granted broad discretion and autonomy over general team matters, including team rules, roster selection, participation, playing time, selection of starting athletes, recognition of athletes, and recommendations for award recipients.

Administrators will notify the athletic director of any behavior concerns during a student-athlete's off-season. An administrator, athletic director, coach/sponsor, and counselor may require intervention or assistance for a student-athlete who demonstrates a need.

Hazing

Hazing is defined as an activity that humiliates, degrades, abuses or risks emotional and/or physical harm, regardless of the person's willingness to participate.

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any group, club, athletics team, grade level, activity, or organization.

YCS D Policy

Committing an act or acts against a student or coercing a student to commit an act that creates risk of harm to a person in order to be initiated into groups such as, but not limited to, student organizations, athletic teams or classes is forbidden. Hazing is a Class 1 misdemeanor (Code of Virginia § 18.2-56).

Virginia's Anti-Hazing Law

Code of Virginia § 18.2-56. Hazing unlawful; civil and criminal liability; duty of school, etc., officials

It shall be unlawful to haze, or otherwise mistreat so as to cause bodily injury, any student at any school, college, or university.

Any person found guilty thereof shall be guilty of a Class 1 misdemeanor, unless the injury would be such as to constitute a felony, and in that event the punishment shall be inflicted as is otherwise provided by law for the punishment of such felony

Any person receiving bodily injury by **hazing** or mistreatment shall have a right to sue, civilly, the person or persons guilty thereof, whether adults or infants.

The president, or other presiding official of any school, college or university, receiving appropriations from the state treasury shall, upon satisfactory proof of the guilt of any student found guilty of **hazing** or mistreating another student so as to cause bodily injury, expel such student so found guilty, and shall make report thereof to the attorney for the Commonwealth of the county or city in which such school, college or university is, who shall present the same to the grand jury of such city or county convened next after such report is made to him.

Sportsmanship

Good sportsmanship is a top priority in our schools. The manner in which our school is represented is far more important than who wins or loses. Good sportsmanship is about respect – respect for the teams, coaches, officials, and the game itself.

The responsibility for good sportsmanship rests with each and every one of us. One fan behaving inappropriately can ruin the game for many. Cheer for your team, but respect the other team and the game officials. Be a fan, not a fanatic. Remember, our school will get the praise or the blame for the conduct of our fans.

During games, all spectators are expected to adhere to the following guidelines:

- Treat all players, coaches, officials, and opposing fans with respect.
- Cheer for your team. Do not taunt/harass or boo your opponents.
- Use appropriate language – profanity, name calling, and discriminatory remarks will not be tolerated.
- Noisemakers are prohibited at indoor events. Whistles (except those used by the officials) are not permitted at any event.
- Understand your admission is a privilege that carries with it the expectation that you will engage in positive fan behavior.

The Virginia High School League requires school districts to monitor spectator behavior at all school sponsored activities. Accordingly, an event supervisor may request any person involved in misconduct to leave the premises and contact the police for assistance. The school has the authority to suspend individuals from attending all school sponsored activities for spectator misconduct. The York County School Division appreciates positive support from all spectators.

It is the goal of York County School Division to provide all students with opportunities to engage in athletic activities that enrich their education and further develop the core values of respect, responsibility, fairness, trust, and good sportsmanship.

Engaging in planned instruction teaches good sportsmanship and proper behavior. It is the responsibility of the administration, staff, coaches, parents, and the community at large to create a climate that fosters the development of these behaviors. This is accomplished by encouraging and modeling positive and appropriate behavior within the sporting environment while, at the same time, striving for excellence.

Expectations for the behavior of athletes, coaches, and spectators at athletic contests, practices, and events are outlined below:

Athletes are required to meet the following expectations:

- Be courteous to visiting teams and officials.
- Play hard and to the limit of your ability, regardless of discouragement. True athletes do not give up nor do they argue, cheat, or taunt opponents.
- Retain composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
- Be modest when successful and be gracious in defeat. A true competitor does not offer excuses.
- Maintain a high degree of physical fitness by conscientiously observing team and training rules.
- Demonstrate loyalty to the school by maintaining a high scholastic standing and by participating in or supporting other school activities.
- Play for the love and honor of the game.
- Understand and observe the rules of the game and the standards of eligibility.
- Respect the integrity and judgment of officials and accept their decisions without question.
- Respect the facilities of the host school and demonstrate the behavior expected of guests.

Coaches are required to meet the following expectations:

- Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession.
- Demonstrate high ideals, good habits, and desirable attitudes in personal behavior and demand the same standards of your players. Make sportsmanship the #1 priority.
- Emphasize to players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court.
- Recognize that the purpose of competition is to promote the physical, mental, social, and emotional well-being of individual players and that the most important values of competition are derived from playing the game fairly.
- Be a modest winner and a gracious loser.
- Maintain self-control at all times, accepting adverse decisions without public display of emotion or dissatisfaction with the officials.
- Cooperate with the school administration in the planning, scheduling, and conduct of sports activities.
- Employ accepted educational methods in coaching; giving all players an opportunity to use and develop initiative, leadership, and judgment.
- Pay close attention to the physical condition and well-being of players, refusing to jeopardize the health of an individual for the sake of the team.
- Teach athletes it is better to lose fairly than to win unfairly.
- Demonstrate integrity. Do not allow gambling, profanity, abusive language, or similar violations.
- Refuse to criticize opponents, officials, or others associated with sports activities.
- Properly supervise student-athletes under your immediate care and specifically observe a coach's responsibilities during events off school grounds.

Parents/Spectators are required to meet the following expectations:

- Realize that you represent the school and community and, therefore, have an obligation to be a true sportsman, encouraging through positive behavior the practice of good sportsmanship by others.
- Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- Recognize that since the primary purpose of athletes is to promote the physical, mental, moral, social, and emotional well-being of the players, through the medium of contests, victory or defeat is in reality of secondary importance.
- Treat visiting teams and officials as guests, extending to them every courtesy.
- Be modest in victory and gracious in defeat.
- Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.

YCSD student-athletes are expected to exhibit good sportsmanship during practices and competitive events.

Athlete/Parent/Coach Communication

As children become involved in athletics, they will experience some of the most rewarding moments of their lives. However, there may be times when things do not go the way you and your child might expect them to go. Discussions with the coach about the treatment of your child, ways to help your child improve, and concerns about your child's behavior or academic performance are encouraged. You may contact the coach through e-mail or by phone at the school. It is requested that parents do not attempt to have conferences before, during, or after games.

It may be difficult to accept that your child is not getting to play as much as you would like. Coaches make decisions based on what they believe to be the best for all student-athletes and the team. As mentioned above, certain concerns can and should be discussed with the coach. However, playing time, team strategy, positions, and other players on the team are areas that must be left to the discretion of the coach/coaches.

Communication you should expect from your child's coach:

- Philosophy of the coach.
- Expectations the coach has for your child as well as all the players on the squad.
- Locations and times of all practices and contests.
- Team requirements (i.e., fees, special equipment, off-season conditioning).
- Procedure should your child be injured during participation.
- Discipline that results in the denial of your child's participation.

Communication coaches expect from parents:

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's philosophy and/or expectations.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Conflict Resolution

It is desirable for conflicts to be resolved by an athlete with his/her coach. Occasionally, however, situations arise where conflicts are not able to be resolved through this interaction and the assistance of the assistant principal and/or principal is needed.

Individual Coach's Rules

Coaches may establish additional rules and regulations with the approval of the athletic director for their respective sports. These rules pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the athletic director's office.

Safety

Safety and Insurance

Adequate insurance coverage for an athlete is the responsibility of the parent or guardian. The school system does offer parents an opportunity to enroll their child in a supplemental insurance program.

Energy Drinks

National Federation of State
High School Associations



Position Statement and Recommendations for the Use of Energy Drinks by Young Athletes (Revised and Approved October 2011)

National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

Background: Energy drinks have become increasingly popular among adolescents and young adults in recent years. In 2006, nearly 500 new brands were introduced to the market place, and over 7 million adolescents reported that they had consumed an energy drink. These beverages are particularly popular among young athletes who see the consumption of energy drinks as a quick and easy way to maximize athletic and academic performance.

The NFHS SMAC strongly recommends that:

1. Water and appropriate sports drinks should be used for rehydration as outlined in the NFHS Document "Position Statement and Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness."
2. Energy drinks should not be used for hydration.
3. Information about the absence of benefit and the presence of potential risk associated with energy drinks should be widely shared among all individuals who interact with young athletes.
4. Athletes taking over the counter or prescription medications should not consume energy drinks without the approval of their primary care provider.

WARNING: The exact content and purity of energy drinks cannot be insured, as there are no regulatory controls over these products. Thus, there is the risk for adverse side-effects, potentially harmful interactions with prescription medications (particularly stimulant medications used to treat ADHD), or positive drug tests.

Frequently Asked Questions:

What is an energy drink?

An energy drink is a beverage marketed to both athletes and the general public as a quick and easy means of relieving fatigue and improving performance. In addition to water, nearly all energy drinks contain carbohydrates and caffeine as their main ingredients. The carbohydrates provide nutrient energy while the caffeine acts as a stimulant to the central nervous system.

What are the differences between an energy drink and a sports drink?

Sports drinks are designed to provide re-hydration during or after athletic activity. While contents vary, most sports drinks contain a 6 to 8% carbohydrate solution and a mixture of electrolytes. The carbohydrate and electrolyte concentrations are formulated to allow maximal absorption of the fluid by the gastrointestinal tract.

Energy drinks often contain a higher concentration of carbohydrate (usually 8 to 11%), and thus a larger number of calories than sports drinks. They also contain high amounts of caffeine and, in some cases, other nutritional supplements. **Energy drinks are not appropriate for re-hydrating athletes during physical activity and should not be used in such circumstances.**

What ingredients are found in energy drinks?

- *Carbohydrates* - Most energy drinks have from 18g to 25g of carbohydrate per 8 ounces. The high carbohydrate concentration can delay gastric emptying and impede absorption of fluid in the gastrointestinal tract.
- *Caffeine* - Nearly all energy drinks contain some quantity of “natural” or synthetic caffeine. The caffeine concentration may range from the equivalent to an 8 ounce cup of coffee (85mg) to more than three times that amount.
- *Herbs* - Many energy drinks include herbal forms of caffeine such as guarana seeds, kola nuts, and Yerba mate leaves, in addition to synthetic caffeine. The “performance enhancing” effects, safety, and health benefits of other herbs like Astragalus, Echinacea, Ginko biloba, ginseng, and countless others have not been well established by scientific studies.
- *Vitamins* - Athletes with even reasonably good diets should be assured that they are at low risk for vitamin deficiency and typically do not need supplementation. There is no evidence to suggest that vitamin supplementation improves athletic performance. Female athletes may benefit from iron and calcium supplements; but, those are more easily and inexpensively obtained in pill form rather than from energy drinks.
- *Proteins and amino acids* - Only a small amount of protein is used as fuel for exercise. Carbohydrates are utilized as the primary fuel source. To date, there is no definitive evidence that amino acid supplementation enhances athletic performance.
- *Other ingredients* - With the hundreds of energy drink brands that are available, the potential ingredients which they may contain are virtually unlimited. Possible additions include pyruvate, creatine, carnitine, medium-chain triglycerides, taurine and even oxygen.

What are the possible negative effects of using energy drinks?

- *Central nervous system* - Caffeine often has the effect of making a person feel “energized.” Studies have shown some performance-enhancing benefits from caffeine at doses of 6mg/kg of body weight. However, these and higher doses of caffeine may produce light headedness, tremors, impaired sleep, difficulty with fine motor control, and may exceed drug testing caffeine thresholds.
- *Gastrointestinal system* - The high concentrations of carbohydrates often found in energy drinks may delay gastric emptying, resulting in a feeling of being bloated. Abdominal cramping may also occur. Both carbohydrates and caffeine in the high concentrations found in most energy drinks may cause diarrhea.
- *Dehydration* - Energy drinks should not be used for pre- or re-hydration. The high carbohydrate concentration can delay gastric emptying and slow absorption from the gastrointestinal tract and may cause diarrhea. Caffeine can act as a diuretic and, therefore, may result in increased fluid loss.
- *Positive drug tests* - Like all nutritional supplements, there is little or no regulatory oversight of energy drinks. The purity of the products cannot be assured and it is possible that they may contain substances banned by some sports organizations.
- Consumption of energy drinks by adolescents and young adults has been linked to heart arrhythmia and liver problems.

- Sales of certain energy drinks have been banned in Denmark, Turkey, Uruguay, Germany, and Austria. Some states in the U.S. have introduced legislation to restrict sales of energy drinks to adolescents and children. In September 2010, the Virginia High School League banned the use of energy drinks.
- Recently, healthcare providers have voiced increasing concerns about the consumption of energy drinks in association with alcohol because of the interaction of the stimulant effects of energy drinks and the depressant effects of alcohol.

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Because of potential serious safety and health issues Student-athletes may not consume energy drinks during participation in VHSL practice and competition.

Concussions

The York County School Division recognizes that concussions and head injuries are a commonly reported injury in children and adolescents who participate in sports and recreational activity. Further, the York County School Division supports the need to ensure that its staff, its students and the community are aware of the seriousness of brain injuries and concussions and how they can affect a student's abilities in the educational setting, in accordance with Section 22.1-271.5 of the Code of Virginia.

What is a concussion?

A concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury includes:

1. A concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head.
2. A concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours.
3. A concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.
4. A concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness.

Resolution of the clinical and cognitive symptoms typically follows a sequential course. However, it is important to note that in some cases symptoms may be prolonged. In short, a concussion is a brain injury and all need to be taken seriously.

What are the symptoms of a concussion?

Symptoms of a concussion typically fall under four categories:

- Thinking/Remembering
 - Difficulty thinking clearly/confusion
 - Feeling "foggy"
 - Feeling slowed down
 - Difficulty concentrating
 - Difficulty remembering information – before or after the head injury
- Physical
 - Headache/pressure in the head
 - Fuzzy or blurry vision
 - Nausea or vomiting
 - Dizziness
 - Sensitivity to noise or light
 - Balance problems
 - Slowed reaction time
 - Fatigue/lack of energy
- Emotional/Mood
 - Irritability
 - Sadness
 - More emotional
 - Nervousness/anxiety
- Sleep
 - Sleeping more or less than usual
 - Trouble falling asleep

Some symptoms may appear right away, while others may not be noticed for hours, days, or even months following the injury.

What are the long term effects of a concussion?

The long term effects of concussions are not fully known, however we do know that the effects of concussions seem to be cumulative. That is, after sustaining a concussion, you are more susceptible to sustaining another. It seems that concussion may lead to long-term memory loss, psychiatric disorders, and other neurologic disorders.

What should I do if I suspect my child has sustained a concussion?

Contact your physician or school certified athletic trainer! Concussions are a specific injury that should be treated by specially trained health care providers – sports medicine physicians, certified athletic trainers, neurologists, physiatrists, and a few select others. **NOT ALL PHYSICIANS ARE TRAINED IN THE MOST CURRENT CONCUSSION MANAGEMENT PRACTICES.** Often, emergency department physicians and pediatricians are not the best choice for prolonged treatment. The emergency department is a much needed part of treatment for immediate care and ruling out of more serious brain injury (such as a subdural hematoma or a skull fracture).

How do I know when it is safe for my child to return to play?

A team of licensed health care providers will work together to determine when it is safe to return to play. Management will include ImPACT neurocognitive testing, a gradual monitored exertional test, and daily symptom monitoring. Before an athlete can return to full participation he/she must be cleared by a physician that is trained in concussion management.

ImPACT Testing Protocol

ImPACT baseline testing will be administered to all contact sport athletes as soon as possible at the beginning of the season. Following a head injury, a post-injury test will be administered once the athlete is completely asymptomatic or at the request of a physician. For more information regarding ImPACT, please see your certified athletic trainer or reference their website at <http://www.impacttest.com>.

YCSD schools abide by the following return to play criteria:

Once the athlete is entirely asymptomatic for 24 hours, the certified athletic trainer or other medical provider will begin the following graduated return to play protocol. Should symptoms return at any time during this progressive return to play, the athlete must cease all activities immediately. The athlete must be symptom free for another 24 hours before beginning at step 1 again.

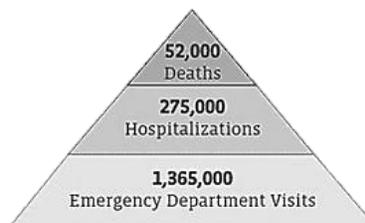
1. Light aerobic exercise	Walking, swimming, or stationary cycling keeping intensity <70% MPH; no resistance training
2. Sport-specific exercise	e.g., skating drills in hockey, running drills in football/basketball/soccer; no head-impact activities
3. Non-contact training drills	Progression to more complex training drills – passing drills in football/basketball/hockey; may begin resistance training
CONCUSSION MANAGEMENT TRAINED PHYSICIAN CLEARANCE	
4. Full-contact practice	Participation in normal training activities
5. Return to play	Normal game and practice participation

Concussion Management Protocol

Bon Secours InMotion has developed a concussion management protocol to be used with all athletes in the instance of head injury.

How prevalent are concussions?

The Center for Disease Control and Prevention (CDC) states that children aged 0 to 4 years, older adolescents aged 15 to 19 years, and adults aged 65 years and older are most likely to sustain a Traumatic Brain Injury (TBI). Almost half a million (473,947) emergency department visits for TBI/concussion are made annually by children aged 0 to 14 years. Each year, an estimated 1.7 million people sustain a TBI annually.¹ Of them:



Can the risk of concussion be reduced?

The risk of concussion is inherent to sport, and that risk varies by type of sport. Taking steps to prevent concussion can potentially reduce their prevalence and severity.

- Know the signs and symptoms of a concussion and respond quickly and appropriately when you are concerned about a head injury.
- Teach and practice safe, proper technique when participating in sport.

- Encourage sportsmanship and insist that safety rules be followed, especially properly wearing protective equipment.
- Insist that your child allow the concussion to heal before returning to play. When needed, seek appropriate medical treatment and work with your sports medicine team to facilitate the best outcomes for your child.

Where can I get more information on concussions?

- CDC: <http://www.cdc.gov/concussion/sports/resources.html>
- Consensus Statement on Concussion in Sport: http://journals.lww.com/cjsportsmed/Fulltext/2010/07000/Consensus_Statement_on_Concussion_in_Sport,3rd.20.aspx
- Virginia High School League: http://www.vhsl.org/sports_medicine/concussions
- Virginia Athletic Training Association: <http://www.vata.us/aboutvata/ssatc/index.htm>
- Brain Injury Association of Virginia: <http://biav.net/>
- American Medical Society for Sports Medicine: www.amssm.org
- Virginia State Legislation: <http://leg1.state.va.us/cgi-bin/legp504.exe?000+cod+22.1-271.5>
- ImPACT: www.impacttesting.com

Resources:

Center for Disease Control and Prevention. Accessed on 3/15/11 and 3/21/11, retrieved from <http://www.cdc.gov/concussion/sports/index.html>

¹McCrary, Paul, MBBS, PhD, Meeuwisse, Willem, MD, PhD, Johnston, Karen, MD, PhD, Dvorak, Jiri, MD, Aubry, Mark, MD, Molloy, Mick, MB, Cantu, Robert, MA, MD. (2009). Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport Held in Zurich, November, 2008, *Clinical Journal of Sports Medicine*. 19(3). 185 – 200. Retrieved from http://journals.lww.com/cjsportsmed/Fulltext/2010/07000/Consensus_Statement_on_Concussion_in_Sport,3rd.20.aspx

ImPACT Neurocognitive Testing

ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) is a computerized exam that the athlete takes prior to their season. If the athlete is believed to have suffered a head injury, they re-take the exam to help determine when the injury has healed and when it is safe for the athlete to return to play. The system is utilized throughout professional sports, has been mandated in the NFL, MLB, and NHL, and is fast becoming the “Gold Standard” in recognizing and better managing concussion-type injuries. The University of Pittsburgh Medical Center’s Sports Concussion Program is the founding group that led to the development of this software.

The exam takes about 30-45 minutes and is non-invasive. The program is basically set-up as a “video-game” type format, and it gives the brain a preseason physical of its cognitive abilities. It tracks information such as memory, reaction time, processing speed, and concentration. It is simple and most people who take it enjoy the challenge of the test.

If a concussion is suspected, the test should be re-taken and the information can be used to better determine recovery from concussion. The results will be reviewed by the Sports Medicine team at Bon Secours InMotion to help interpret the data. The information can also be shared with your regular doctor, so a sound decision can be made as to when return-to-play is appropriate and safe. If your athlete sustains a head injury, please contact your school's athletic trainer as soon as possible (following any needed immediate medical care of course).

There is no invasive work being done with this program. This gives us the best available information in preventing brain damage that can occur with multiple concussions. The sports medicine staff of Bon Secours InMotion is trying to keep your child's health and safety at the forefront of the high school athletic experience.

Other Information

Sport Season Starting Practice Dates (Tentative)

Fall Sports

Football – August 12th
Cheerleading – August 12th
Field Hockey – August 12th
Girls Basketball – August 12th
Cross Country – (participate with High School)
Volleyball - (participate with High School)

Winter Sports

Boys Basketball – November 6th
Cheerleading – continued from the fall season
Wrestling - (participate with High School)

Spring Sports

Softball – February 18th
Baseball – February 18th
Soccer (participate with High School)
Track (participate with High School)

Additional Rules and Regulations

For teams making roster cuts, student-athletes are required to attend tryouts. Exceptions to this rule may include new students who were not enrolled during try-outs, student-athletes with specific medical conditions, and student-athletes who have not completed the school sports season that precedes the try-out period (medical documentation may be required by the assistant principal).

Student-athletes must pass a physical examination and submit a completed physician's certificate and parental consent form before trying out for an athletic team. Providing or offering false information regarding a student-athlete's physical condition shall result in suspension from athletic activities for that school year.

It is strongly suggested that student-athletes have satisfactory medical insurance before participation will be allowed. YCSD schools provide information about supplemental and/or accident insurance.

Student-athletes may not participate in more than one sport during a sports season unless the athlete has the approval of the two coaches, and the two coaches have met with and received approval from the athletic director. Student-athletes who are given permission will be monitored academically on a more frequent basis to assess their success maintaining dual participation status.

Any student-athlete who quits or is dismissed from a team after tryouts may not play for another team during the same season.

Athletic Participation Fees and Collection Schedule

The York County School Division's approved operating budget for the 2013-14 school year includes an athletic participation fee of \$50 per student, per season for middle school sports and \$60 per student, per season for high school sports. Athletic participation fees for middle school students will be no more than \$100 per year; for high school students the maximum per year is \$120. Student-athletes who participate in sports in all three seasons will not be charged for the third season. Fees collected by the division will be used to defray the cost of equipment, supplies, officials, transportation costs, and VHSL membership fees.

Student-athletes who try out and become an official team member will be required to pay the participation fee prior to the first official contest in order to be eligible to compete. There is no relationship between athletic fees and a guarantee of student playing time. Playing time for student-athletes is at the sole discretion of the head coach and his/her staff. The athletic participation fee is non-refundable.

The fee will be waived for student-athletes who qualify for free or reduced price meals. Form I-138, Consent to Share Information for Waiver of Athletic Fee, must be completed and submitted to the school for processing.

Fees will be collected during the following periods:

<u>Season</u>	<u>Middle Schools</u>	<u>High Schools</u>
Fall Sports	August 12 – September 10	August 5 – September 5
Winter Sports	November 11 – December 11	November 11 – December 11
Spring Sports	February 24 – March 24	February 24 – March 24

Frequently Asked Questions:

Why is there no charge for the online payment? Who is picking up that charge?

There will not be an additional charge for paying athletic fees online. Any additional charge will be a part of the fee.

Will parents be able to pay by check or cash?

Yes, parents may pay at the school with a check or with cash.

Is there a maximum family fee?

There is no cap for families. The maximum that a student pays for the middle school is \$100 and \$120 for the high school. There will not be a charge for the third season.

Please explain why athletics was targeted as the only organization that has to pay? This is a PR issue.

In developing the FY14 Operating Budget, the School Board reviewed several options for dealing with the reduction of state funding while trying to maintain existing programs and services. One of the decisions made by the Board was to charge a fee for participation in athletics. Another decision was to increase the fees charged for taking art, career and technical and drama classes. Fees were also increased for renting band uniforms and instruments.

Is the first contest too late to collect? Coaches will have formed a team strategy already.

No, coaches need approximately a week for tryouts and then 2 weeks for the payment of fees. That puts us at about the time of the second scrimmage and close to the first contest. Team

strategies may have been formed; however, coaches routinely make personnel adjustments as needed. Coaches currently work with athletes who are unable to participate because of injuries or other unexpected circumstances. Athletic directors will monitor the non- payment of fees and communicate the impact of this with coaches. A deadline for the payment of the fee is needed and this is as good a point as any for a cut off.

Can you provide a system for families to pay in installments instead of one lump sum?

This recommendation is under discussion and a final decision has not been reached on this issue.

Can you create a program that reduces burden on coaches as much as possible and doesn't embarrass students who are unable to pay?

Principals are looking into this issue and they will work with athletic directors and coaches on appropriately resolving issues related to the non-payment of athletic fees.

Will students who transfer in after the season has started have to pay the full \$60 or \$50?

Yes, fees will not be prorated.

Middle School Regular Season Admission Prices (per person)

Baseball	\$3.00
Basketball-Boys	\$3.00
Basketball-Girls	\$3.00
Cheerleading Competition	\$3.00
Field Hockey	\$3.00
Football	\$3:00
Soccer-Boys	\$5.00
Soccer-Girls	\$5.00
Softball	\$3.00
Volleyball	\$5.00
Wrestling	\$5.00

Sporting Events at High Schools – Tickets are \$5.00 per person
(8th Graders participating on JV team for a high school)

The York County Athletic Pledge

By signing this Pledge, the student-athlete and parent or guardian affirm each has read and understands all the rules, regulations, and expectations listed in the YCSD Athletic Handbook. Further, it is agreed that all student-athletes must abide by the rules.

By signing below, the student-athlete and parent are advised that participation in interscholastic practice and competition may be dangerous. Furthermore, it is understood that no amount of protective equipment will eliminate potential injury. Even under the safest and most secure conditions, some athletic activity may result in serious, and possibly fatal, injuries. If a student-athlete exhibits unusual symptoms, he or she should immediately stop playing and report the conditions to the coach, athletic trainer, and his or her parents. The student-athlete will not return to a game or practice until all symptoms are eliminated, the student-athlete has received medical clearance and has met VHSL guidelines. Ignoring this warning may lead to more serious or fatal injury. Remember: anyone deciding to compete in an athletic program does so with a clear understanding of this risk of injury. Additional questions about such risks should be directed to the coach or athletic director prior to participation in practice or competition.

Parents and supporters of athletics interfering with a game or participants of the game (student-athletes, coaches, and officials) may result in disciplinary action taken by the school division, the

Bay Rivers District League, and/or the VHSL. Such actions may be taken against our student-athletes, our teams, and parent-spectators. Acceptable and appropriate sportsmanship is a fundamental component of our athletic program. Parents are advised to direct questions and concerns about their student-athlete to the following individuals: (1) team coach; (2) athletic director (AD); (3) principal. Please start with the coach before speaking with the AD or principal.

Parents are not to approach coaches during or after any practice or team competition. If there is a concern to discuss with the coach:

- The student-athlete should talk to the coach
- The parent should set up a meeting with the coach
- A telephone call should be made to set up an appointment with the athletic director to discuss your concerns

Our signatures on the sign-off sheet indicate that we have read and agree to comply with the contents of conduct, philosophy, and eligibility expectations herein. We agree that the student-athlete will attend all practices and games in which his or her high school athletic team participates. This implies that the high school team's activities take precedent over any club, recreational or non-school events.

Virginia High School League Regulations

VHSL regulations state the following: "Final authority and the ultimate responsibility in all matters pertaining to interscholastic activities of each school, both athletic and non-athletic, shall be vested in the principal who acts under the authority granted by the division superintendent of schools."

Athletic Participation/Parental Consent/Physical Examination Rule

28-9-1 The student shall have submitted to the principal of his/her school, prior to becoming a member of any school athletic squad or team, League Form No. 2 (Athletic Participation/Parental Consent/Physical Examination Form), completely filled in and properly signed, attesting that he/she has been examined and found to be physically fit for athletic competition, and that his/her parents' consent to his/her participation. (See 30-5-3.)

Notes:

- (1) The physical examination shall be required before any student is accepted as a squad member or is permitted to engage in tryouts or practice. Any person licensed to practice medicine or osteopathy may conduct the physical examination and may sign the form, as can a licensed nurse practitioner or a physician assistant under the regulations of the state Boards of Medicine and Nursing and under the supervision and direction of a licensed physician.
- (2) Students taking part in athletic contests should be in fit physical condition. This condition can be attained only through properly conducted and systematic training procedures. It is recommended that coaches and physical education directors insist upon strict observance of the accepted rules of training as a requisite for squad membership.
- (3) Students who have been examined once during the period of May 1 of the current year through June 30 of the succeeding year (14 months) do not have to be examined again during that period unless they have had a serious injury or a serious illness. In case of a serious illness or serious injury, the medical doctor or doctor of osteopathy treating the student may specify in his/her release of the patient that the student is approved for athletic participation for the remainder of the school year.



VIRGINIA HIGH SCHOOL LEAGUE, INC.
1642 State Farm Blvd., Charlottesville, Va. 22911

Routing
1 _____
2 _____
3 _____

Athletic Participation/Parental Consent/Physical Examination Form

Separate signed form is required for each school year May 1 of the current year through June 30 of the succeeding year.

For School Year _____

PART I - ATHLETIC PARTICIPATION

Male _____

(To be filled in and signed by the student)

Female _____

PRINT CLEARLY

Name _____ Student I.D # _____
(Last) (First) (Middle Initial)

Home Address _____

City/Zip Code _____

Home Address of Parents _____

City/Zip Code _____

Date of Birth _____ Place of Birth _____

This is my _____ semester in _____ High School, and my _____ semester since first entering the ninth grade. Last semester I attended _____ School and passed _____ credit subjects, and I am taking _____ credit subjects this semester. I have read the condensed individual eligibility rules of the Virginia High School League that appear below and believe I am eligible to represent my present high school in athletics.

INDIVIDUAL ELIGIBILITY RULES

To be eligible to represent your school in any VHSL interscholastic athletic contest, you--

- must be a regular bona fide student in good standing of the school you represent.
- must be enrolled in the last four years of high school. (Eighth-grade students may be eligible for junior varsity.)
- must have enrolled not later than the fifteenth day of the current semester.
- for the first semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credits on a semester basis. (Check with your principal for equivalent requirements). **May not repeat courses for eligibility purposes for which credit has been previously awarded.**
- for the second semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester. (Check with your principal for equivalent requirements.)
- must sit out all VHSL competition for 365 consecutive calendar days following a school transfer unless the transfer corresponded with a family move. (Check with your principal for exceptions.)
- must not have reached your nineteenth birthday on or before the first day of August of the current school year. must not, after entering the ninth grade for the first time, have been enrolled in or been eligible for enrollment in high school more than eight consecutive semesters.
- must have submitted to your principal before any kind of participation, including tryouts or practice as a member of any school athletic or cheerleading team, an Athletic Participation/Parental Consent/Physical Examination Form, completely filled in and properly signed attesting that you have been examined during this school year and found to be physically fit for athletic competition and that your parents consent to your participation.
- must not be in violation of VHSL Amateur, Awards, All Star or College Team Rules. (Check with your principal for clarification in regard to cheerleading.)

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by your League, district and school. If you have any question regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, **check with your principal for interpretations and exceptions provided under League rules.** Meeting the intent and spirit of League standards will prevent you, your team, school and community from being penalized. Additionally, I give my consent and approval for my picture and name to be printed in any high school or VHSL athletic program, publication or video.

LOCAL SCHOOL DIVISIONS AND VHSL DISTRICTS MAY REQUIRE ADDITIONAL STANDARDS TO THOSE LISTED ABOVE.

Student Signature: _____ Date: _____

Providing false information will result in ineligibility for one year.



The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician

PART II - - MEDICAL HISTORY- Explain "Yes" answers below

This form must be completed and signed, prior to the physical examination, for review by examining practitioner. Explain "Yes" answers below with number of the question. Circle questions you don't know the answers to.

GENERAL MEDICAL HISTORY		Yes	No	MEDICAL QUESTIONS (cont)		Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		<input type="checkbox"/>	<input type="checkbox"/>	29. Do you have groin pain or a painful bulge or hernia in the groin area?		<input type="checkbox"/>	<input type="checkbox"/>
2. Do you currently have an ongoing medical condition? If so, Please identify: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections <input type="checkbox"/> Other:		<input type="checkbox"/>	<input type="checkbox"/>	30. Have you had mononucleosis (mono) within the last month?		<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever spent the night in the hospital?		<input type="checkbox"/>	<input type="checkbox"/>	31. Do you have any rashes, pressure sores, or other skin problems?		<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever had surgery?		<input type="checkbox"/>	<input type="checkbox"/>	32. Have you ever had a herpes or MRSA skin infection?		<input type="checkbox"/>	<input type="checkbox"/>
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No	33. Are you currently taking any medication on daily basis?		<input type="checkbox"/> *	<input type="checkbox"/>
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		<input type="checkbox"/>	<input type="checkbox"/>	34. Have you ever had a head injury or concussion? If so, date of last injury:		<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever had discomfort, pain, or pressure in your chest during exercise?		<input type="checkbox"/>	<input type="checkbox"/>	35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		<input type="checkbox"/>	<input type="checkbox"/>
7. Does your heart race or skip beats during exercise?		<input type="checkbox"/>	<input type="checkbox"/>	36. Do you have headaches with exercise?		<input type="checkbox"/>	<input type="checkbox"/>
8. Has a doctor ever told you that you have (check all that apply): <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease <input type="checkbox"/> Other:		<input type="checkbox"/>	<input type="checkbox"/>	37. Have you ever been unable to move your arms or legs after being hit or falling?		<input type="checkbox"/>	<input type="checkbox"/>
9. Has a doctor ever ordered a test for your heart? (For ex: ECG/EKG, echocardiogram)		<input type="checkbox"/>	<input type="checkbox"/>	38. When exercising in heat, do you have severe muscle cramps or become ill?		<input type="checkbox"/>	<input type="checkbox"/>
10. Do you get lightheaded or feel more short of breath than expected during exercise?		<input type="checkbox"/>	<input type="checkbox"/>	39. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?		<input type="checkbox"/>	<input type="checkbox"/>
11. Have you ever had an unexplained seizure?		<input type="checkbox"/>	<input type="checkbox"/>	40. Have you had any other blood disorders?		<input type="checkbox"/>	<input type="checkbox"/>
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		Yes	No	41. Have you had any problems with your eyes or vision?		<input type="checkbox"/>	<input type="checkbox"/>
12. Has any family member or relative died of heart problems or had an unexpected sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		<input type="checkbox"/>	<input type="checkbox"/>	42. Do you wear glasses or contact lenses?		<input type="checkbox"/>	<input type="checkbox"/>
13. Does anyone in your family have a heart problem?		<input type="checkbox"/>	<input type="checkbox"/>	43. Do you wear protective eyewear, such as goggles or a face shield?		<input type="checkbox"/>	<input type="checkbox"/>
14. Does anyone in your family have a pacemaker or implanted defibrillator?		<input type="checkbox"/>	<input type="checkbox"/>	44. Do you worry about your weight?		<input type="checkbox"/>	<input type="checkbox"/>
15. Does anyone in your family have Marfan syndrome, cardiomyopathy, or Long Q-T?		<input type="checkbox"/>	<input type="checkbox"/>	45. Are you trying to or has any professional recommended that you try to gain or lose weight?		<input type="checkbox"/>	<input type="checkbox"/>
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		<input type="checkbox"/>	<input type="checkbox"/>	46. Do you limit or carefully control what you eat?		<input type="checkbox"/>	<input type="checkbox"/>
BONE AND JOINT QUESTIONS		Yes	No	47. Do you have any concerns that you would like to discuss with a doctor?		<input type="checkbox"/>	<input type="checkbox"/>
17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendonitis that caused you to miss a practice or game?		<input type="checkbox"/>	<input type="checkbox"/>	48. What is the date of your last Tdap or Td(tetanus) immunization? (circle type) Date:			
18. Have you had any broken or fractured bones or dislocated joints?		<input type="checkbox"/>	<input type="checkbox"/>	49. Do you have an allergy to medicine, food or stinging insects?		<input type="checkbox"/>	<input type="checkbox"/>
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches?		<input type="checkbox"/>	<input type="checkbox"/>	FEMALES ONLY			
20. Have you ever had an x-ray of your neck for atlanto-axial instability? OR Have you ever been told that you have that disorder or any neck/spine problem?		<input type="checkbox"/>	<input type="checkbox"/>	50. Have you ever had a menstrual period?		<input type="checkbox"/>	<input type="checkbox"/>
21. Have you ever had a stress fracture of a bone?		<input type="checkbox"/>	<input type="checkbox"/>	51. Age when you had your first menstrual period? _____			
22. Do you regularly use a brace or assistive device?		<input type="checkbox"/>	<input type="checkbox"/>	52. How many periods have you had in the last 12 months? _____			
23. Do you currently have a bone, muscle, or joint injury that bothers you?		<input type="checkbox"/>	<input type="checkbox"/>	EXPLAIN "YES" ANSWERS BELOW:			
24. Do any of your joints become painful, swollen, feel warm, or look red?		<input type="checkbox"/>	<input type="checkbox"/>	# _____ » _____			
25. Do you have a history of juvenile arthritis or connective tissue disease?		<input type="checkbox"/>	<input type="checkbox"/>	# _____ » _____			
MEDICAL QUESTIONS		Yes	No	# _____ » _____			
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		<input type="checkbox"/>	<input type="checkbox"/>	# _____ » _____			
27. Do you have asthma or use asthma medicine (inhaler, nebulizer)		<input type="checkbox"/>	<input type="checkbox"/>	*List medications and nutritional supplements you are currently taking here:			
28. Were you born without or are you missing a kidney, an eye, a testicle, spleen or any other organ?		<input type="checkbox"/>	<input type="checkbox"/>				

☀▶▶ Parent/Guardian Signature: _____ Date: _____ Athlete's Signature: _____



PART III – PHYSICAL EXAMINATION

(Physical examination form is required each school year dated after May 1 of the preceding school year and is good through June 30th of the current school year)**

NAME _____ Date of Birth _____ School _____

Date of EXAMINATION:					
Height	Weight	<input type="checkbox"/> Male	<input type="checkbox"/> Female		
BP	/	Resting Pulse	Vision R 20/	L 20/	Corrected <input type="checkbox"/> Yes <input type="checkbox"/> No

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/ears/nose/throat		
Lymph nodes		
Heart		
Pulses		
Lungs		
Abdomen		
Genitourinary (males only)		
Skin		
Neurologic		

MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional		

Medical Practitioner to School Staff (please indicate any instructions or recommendations here)

Emergency medications required on-site	<input type="checkbox"/> Inhaler <input type="checkbox"/> Epinephrine <input type="checkbox"/> Glucagon <input type="checkbox"/> Other:
--	---

Comments:

I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics.

- CLEARED WITHOUT RESTRICTIONS**
- CLEARED WITH FOLLOWING NOTATION:** _____
- Cleared **AFTER** documented further evaluation or treatment for: _____
- Cleared for **Limited participation** (check and explain “reason” for all that apply): *“Limited Until Date” when appropriate*
 - Not cleared for (specific sports) _____ Until Date: _____
 - Reason(s): _____
- NOT CLEARED FOR PARTICIPATION Reason** _____

By this signature, I attest that I have examined the above student and completed this pre-participation physical including a review of Part II – Medical History.

Physician Signature: _____ (⁺MD, DO, LNP, PA) . Date** _____
Circle one

Examiner's Name and degree (print): _____ Phone Number _____

Address: _____ City _____ State _____ Zip _____

⁺ Only signatures of Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician’s Assistant licensed to practice in the United States will be accepted



PART IV -- ACKNOWLEDGEMENT OF RISK AND INSURANCE STATEMENT

(To be completed and signed by parent/guardian)

I give permission for _____ (name of child/ward) to participate in any of the following sports that are not crossed out: baseball, basketball, cheerleading, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swimming/diving, tennis, track, volleyball, wrestling, other (identify sports). _____

I have reviewed the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts, or some other means. He/she has student medical/accident insurance available through the school (yes__ no__); has athletic participation insurance coverage through the school (yes__ no__); is insured by our family policy with:

Name of Medical Insurance Company: _____

Policy Number: _____ Name of Policy Holder: _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participating in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) or health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally I give my consent and approval for the above named student's picture and name to be printed in any high school or VHSL athletic program, publication or video.

PART V - EMERGENCY PERMISSION FORM

(To be completed and signed by parent/guardian)

STUDENT'S NAME _____ GRADE _____ AGE _____ DOB _____

HIGH SCHOOL _____ CITY _____

Please list any significant health problems that might be significant to a physician evaluating your child in case of an emergency

Please list any allergies to medications, etc. _____

Is the student currently prescribed an inhaler or Epi-Pen? _____ List the emergency medication: _____

Is student presently taking any other medication? _____ If so, what type? _____

Does student wear contact lenses? _____ Date of last Tdap or Td (tetanus) shot _____

EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of _____ High School to hospitalize, secure proper treatment for and to order injection and/or anesthesia and/or surgery for the person named above.

Daytime phone number (where to reach you in emergency) _____

Evening time phone number (where to reach you in emergency) _____

Cell phone _____

☀▶▶ Signature of parent or guardian _____ Date _____

Relationship to student _____

*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment if needed.

I certify all the above information is correct _____

☀▶▶ Parent/Guardian Signature

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician



Athletic Pledge

Your signature below indicates that you (student/athlete) and your parent/guardian fully understand, and agree to comply with all regulations as stated in the Student Handbook and Conduct Code and Athletic Handbook for the York County School Division. It also indicates that you have received and reviewed the education information regarding concussions and understand the information and the risks present in sport participation. By signing below, you also indicate that you have had the opportunity to ask questions and have had all your questions answered.

Student/Athlete Name: _____
(please print clearly)

Student/Athlete E-mail Address: _____
(please print clearly)

Student/Athlete Signature: _____

Date: _____

Parent/Guardian Name: _____
(please print clearly)

Parent/Guardian Telephone: _____ Cell Phone: _____

Parent/Guardian E-mail Address: _____
(please print clearly)

Parent/Guardian Signature: _____

Date: _____

**Please return this form signed before the first contest of the season.
Failure to do so will result in the inability of the student-athlete to participate.**



Parental Statement of Understanding

Part I: Acknowledgement of Athletic Guidelines

- We have received the Middle School Athletic Handbook.
- We have read the rules, regulations, and code of ethics for middle school athletes.
- We understand and accept the rules, regulations, and code of ethics.

Player's Signature: _____ Parent's Signature: _____

Date: _____ Sport: _____

Part II: Emergency Information

Student's Name _____ Grade _____ Age _____

Mother's Name _____ Father's Name _____

Please list any allergies to medications and any significant health problems we need to be aware of in the event of an emergency.

Has student been prescribed an inhaler or epipen? Yes / No

Is student currently taking medication? Yes / No

If so, please list names of medication:

Does the student wear contact lenses? Yes / No Date of last tetanus shot _____

Name of Medical Insurance Company _____

Policy Number _____ Name of Policy Holder _____

Daytime phone number: Mother _____ Father _____

Evening phone number: Mother _____ Father _____

Name and phone number of emergency contact in the event we are unable to contact you:

Directions to Schools

BERKELEY MIDDLE SCHOOL

1118 Ironbound Road, Williamsburg, VA 23188

Take I-64 West to Exit 242A (VA-199 West toward Williamsburg/Jamestown). Go past Kingsmill and Jamestown Roads. Turn right onto John Tyler Memorial Highway. At the stop sign, turn left onto Strawberry Plains Road (VA-616). Turn right onto Ironbound Road. Berkeley Middle School is on the right.

HORNSBY MIDDLE SCHOOL

850 Jolly Pond Rd. Williamsburg, VA 23188

Take I-64 West to Exit 234A (VA-199 East toward Lightfoot). Take the Mooretown/ Lightfoot Road exit and merge onto Mooretown Road. Turn left at Lightfoot Road. Turn left onto Richmond Road (US-60). Take the first right onto Centerville. Turn right onto Jolly Pond. Hornsby Middle School is on the left.

JAMES BLAIR MIDDLE SCHOOL (Cooley Field) *117 Ironbound Road, Williamsburg, VA 23185*

Take I-64 West to Exit 238 (toward Colonial Williamsburg). Turn left onto VA-143 East. Turn right onto VA-132. Turn right onto US 60 (Bypass Road). Turn slight right onto US-60 (Richmond Road). Turn left onto Ironbound Road. James Blair Middle School is on the right. Cooley Field is behind the school.

NEW KENT MIDDLE SCHOOL

7501 Egypt Road, New Kent, VA 23124

Take I-64 West to Exit 220 toward West Point (VA-33 East – Eltham Road). Turn left onto Stage Road. Make a sight left onto VA-249 (New Kent Highway). Turn left onto Egypt Road. New Kent Middle School is on the left.

PEASLEY MIDDLE SCHOOL

2885 Hickory Fork Road, Gloucester, VA 23061

Take US-17 North (George Washington Highway) toward Gloucester over the Coleman Bridge (\$2.00 toll). Go approximately 14 miles. Turn left onto VA-614 (Hickory Fork Road between Wawa and 7-Eleven). Follow VA-614 to the stop sign. Go straight. Peasley Middle School is on the right. Softball/Baseball games are played at Bethel Elementary School (right next to Peasley).

QUEENS LAKE MIDDLE SCHOOL

124 West Queens Drive, Williamsburg, VA 23185

Take I-64 West. Take Exit 243B toward Williamsburg/Business Route (VA 143 West – Merrimac Trail). Turn right onto Penniman Road (Magruder Elementary School is on the right). Turn left onto Hubbard Lane. Hubbard Lane becomes Queens Drive. Queens Lake Middle School is on the left. The softball field is behind the trailers. OR

Take US-17 North to Colonial Parkway. Turn left onto the Parkway toward Williamsburg. Follow for about 10 miles. Take the Queens Lake exit on your right. At the end of the exit, turn left. Queens Lake Middle School will be on your left in less than a half mile.

TABB MIDDLE SCHOOL

300 Yorktown Rd. Yorktown, VA 23693

Take US-17 South to VA-134 South past Harwood's Mill. Turn left onto Yorktown Road. Tabb Middle School is 200 yards on the right.

TOANO MIDDLE SCHOOL

7817 Richmond Road, Toano, VA 23168

Take I-64 West to Exit 231A toward VA-30/Norge/Toano (VA-607 South – Croaker Road). Turn right on US-60 West (Richmond Rd). Make a U-turn at VA-610 onto US-60 East (Richmond Road). Toano Middle School is on the right.

YORKTOWN MIDDLE SCHOOL

11201 George Washington Highway, Yorktown, VA 23692

Take 17 North toward Gloucester. Take a left at Goosley Road (at the last intersection prior to the Coleman Bridge) and Yorktown Middle School is there on the corner.



York County School Division

Eric Williams, Ed.D.
Division Superintendent
898-0310

Carl L. James, Ed.D.
Chief Operations Officer
898-0466

Dennis R. Jarrett, CPA, CPFO
Chief Financial Officer
898-0449

Stephanie Guy, Ed.D.
Chief Academic Officer
898-0366

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898-7348

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Director of Accountability and Instructional Services
898-0455

Candi Skinner
Director of Elementary Instruction
898-0450

Kipp Rogers, Ph.D.
Director of Secondary Instruction
898-0409

Administration

Catherine L. Jones, Ed.D.
Director of School Administration
833-2182

To contact School Board office staff via e-mail, visit yorkcountyschools.org

Division HOTLINE Number: 890-1096

The York County School Division does not discriminate on the basis of race (Title VI), color, religion, national origin, sex (Title IX), age or disability (Section 504 and Title II) in its educational programs, activities or employment.

For more information, contact:

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