

LEJEUNE HIGH SCHOOL
ATHLETIC DEPARTMENT
LEJEUNE HIGH SCHOOL
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STUDENT ATHLETIC POLICIES HANDBOOK



LEJEUNE COLORS ARE RED AND GOLD
2020-2021

Lejeune High School will be following all DoDEA and NCHSAA COVID-19 Guidelines each sports season. Guidelines are subject to change based on the identified phase during each sports season. Parents and athletes may stay abreast of these guidelines through the Lejeune High School website athletics page.

Mission Statement

Lejeune High School Athletics provides an atmosphere of mutual trust and support among parents, community, administration, coaches, athletes and other students while maintaining high expectations of performance, sportsmanship, fair play and other positive attributes that helps to produce a well-rounded individual while participating in a rigorous and competitive athletic program.

Statement of Philosophy

We believe that the opportunity for participation in a wide variety of activities is a vital part of a student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to other students, to the community and to the athletes themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his or her education.

Coaching leadership should be of the highest quality and should provide athletes with examples of exemplary behavior. Measurement of leadership success should not be measured in terms of the tangible evidence of victories and defeats. Instead, character, courage and integrity should be the major objectives of the athletic program.

The athletic program should always be consistent with the general objectives of Lejeune High School, Camp Lejeune Dependents' Schools and DODEA. Athletics should be viewed as an integral part of the total curriculum, and as such, every effort should be made to support the program with the best facilities, equipment and with the most qualified staff. Through the extracurricular activities programs, athletic administrators and school leaders should constantly strive for the development of well-rounded individuals, capable of taking their place in modern society.

Welcome to Lejeune High School Athletic Department, "Home of the "Devilpups".

Lejeune High School is a 1A high school within the North Carolina High School Athletic Association (NCHSAA) (1A is the smallest classification in NC). We are a member of the Coastal 8 1A/2A Conference. This conference includes Croatan, Dixon, East Carteret, Pender, Richland's, Southwest, Trask, and Lejeune. LHS offers the following sports during the school year:

Sports-

Cross Country/Volleyball - Conditioning - Oct.4th and Try-Outs Nov. 4th

Swim- Conditioning Oct. 23rd (dead period- Nov. 4, 5, 6) and Try-Outs Nov 23rd

Basketball/ Cheerleading – Conditioning Nov. 7th (dead period Nov. 23, 24, 25) and Try-Outs Dec. 7th

Boys Soccer- Conditioning Dec.11th (dead period Dec. 7, 8, 9)) and Try-Outs Jan. 11th

Football-/Cheerleading- Conditioning Jan.8th (dead period Jan.14, 18, 19, 20, 21) and Try-Outs Feb. 8th

Men's Golf, /Girls Soccer/Softball - Conditioning Feb 1st (dead period Feb. 8, 9, 10) and Try-Outs March 1st

Track/Girls Tennis/Baseball/Wrestling- Conditioning March 12th and Try-Outs April 12th

NCHSAA Eligibility Requirements

The requirements to participate in sports at LHS are not complicated, but require explanation.

A student will not be allowed to practice or try out for a team until they are eligible in all areas.

Physical – A pre-participation examination/physical form is required every 395 days (normally once in a school year). North Carolina High School Athletic Association Physical forms are located in the front office or at www.am.dodea.edu/lejeune/lhs. Fill out your personal history and have it signed by both sponsor and student. Take this completed form with you to your physical appointment. If a student misses five (5) consecutive team events (practices and or games) due to illness or injury, then the student must have a doctor's note stating that they are : 1. physically able to continue playing the sport; and 2. recovered from their illness or injury, before they continue to participate in athletics (NCHSAA Regulation).

Insurance – Proof of insurance (expiration date of student ID card) must be provided prior to practices tryouts or skill development. Failure to maintain a current military ID or insurance card will result in ineligibility.

Academics – In order to be eligible to participate in athletics at LHS, the student must follow the NCHSAA guidelines, the Department of Defense School System regulations, the Camp Lejeune Dependent School policies and policies of Lejeune High School. Below are the minimum requirements:

NCAA Clearing House Information - If your son or daughter intends to participate in the Division I or Division II athletics as a freshman in college they must be registered with and certified as eligible by the NCAA Clearinghouse. Initial-eligibility certification pertains only to whether the athlete meets NCAA requirements for participation in athletics, and has no bearing on the admission to a particular Division I & II institution. A student-athlete should register with the NCAA Clearinghouse (online at: http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA_EMS.html#) after his/her junior grades appear on their transcript. Student-athletes should see their guidance counselor for further information.

Each Semester - NCHSAA Regulation

A student must:

1. Must be carrying a "minimum load of work" of 6 credited classes for the semester
2. **Pass 6 credited classes**
3. No academic probation is available
4. Once you are deemed ineligible, you are ineligible for the entire semester
5. Students who are retained are ineligible for the following semester

End of School Year-NCHSAA Regulation -

1. 8th grade – promotion to 9th grade
2. 9th grade – 6 credits
3. 10th grade – 12 credits
4. 11th grade – 19 credits with normal scheduling to be classified as a senior.

LHS Grade policy – each quarter and Progress Report grading period grades will be checked for Lejeune High School academic requirements. Student athletes must submit Gradespeed reports weekly to the coach for grade verification and eligibility. See attached Athletic Suspension/Probation form for more information.

Age / Semester / Years in high school -

- a. No student is eligible who is 19 on or before August 31, 2020.
- b. A student is eligible for eight (8) consecutive academic semesters from the date they first entered ninth (9th) grade.
- c. No student may participate in any high school sport more than 4 consecutive seasons.

Residency - A student must reside with at least one biological parent or show a court ordered custody and not guardianship. Please contact the LHS Athletic Director if there are questions and for a further explanation of the residency requirements. If a move is made you must report that the move to LHS registrar and ensure that appropriate arrangements are made for continued enrollment.

Attendance - DoDEA REGULATION 2095.1 An athlete must be in compliance with the DoDEA Attendance policy:

- (1) Students are required to be in school the full day (0735-2:35) on the day of a weekday game/practice. The only exception is for an appointment approved by the school administration in advance.
- (2) A student cannot be absent from school and attend practice except for an excused absence approved by the administration in advance.
- (3) A student who is “unexcused absent” on the day of a scheduled athletic program is ineligible for participation in that event.
- (4) A student suspended from school is not eligible, at the minimum, for the next scheduled competition.
- (5) Student attendance is recorded as “present school sponsored non curricular activity.”
- (6) Students are responsible for identifying and making up all classroom activities or assignments which were missed as a result of being out of school while traveling to or from, and participating in, an Interscholastic Athletic Program.
- (7) Students absent the day prior to a non-school day will not be allowed to participate in practice or competition on the non-school day.

Request for Student Absence - School administrators must consider the following factors prior to identifying an absence as excused.

- a. The student is in good academic standing.
- b. The student has a record of consistent school attendance during the current school year.
- c. Review of the impact previous extended absences from school have had on the student’s educational program during the current school year.
- d. Administration shall confirm with the parent or sponsors Command, if dates of any extended absence are mandatory or discretionary.

Excused Absence-

- a. The parent or sponsor should attempt to schedule appointments before or after the school day to minimize disruption of the educational environment.
- b. DoDEA considers the following conditions to constitute reasonable cause for absence from school for reasons other than school related activities. The principal has final authority to identify an absence as excused from school and institute a Student Educational Monitoring Plan to be completed during absences when appropriate. (See Appendix to Enclosure 2)

- (1) Personal illness.
- (2) Medical, dental, or mental health appointment.
- (3) Serious illness in the student's immediate family.
- (4) A death in the student's immediate family or of a relative.
- (5) Religious holidays.
- (6) Emergency conditions such as fire, flood, or storm.
- (7) Unique family circumstances warranting absence and coordinated with school Administration (e.g., military mission-imposed restrictions of timing of leave).
- (8) College visits that cannot be scheduled on non-school days.
- (9) Pandemic event.
- (10) Students are responsible for completing and submitting all assignments identified in the course syllabus or class outline provided by their teacher(s) within a reasonable time period. The Student Educational Monitoring Plan shall be completed for excused absences.

Amateur Status - To maintain amateur status, a student must not accept money or awards having utilitarian value (golf balls, clubs, tennis rackets, etc.) for participation in athletics. A student may accept an award (gift certificate/food coupon), each sport season, that does not exceed a value of \$250.00.

Falsification of Information - Falsification of information in terms of eligibility will result in the student athlete(s) being declared ineligible for a period of 365 days from the point of notification to the NCHSAA. Student athlete will be prohibited from involvement in all athletic related activity for the 180 day school year and any school-sponsored activity(s) during the summer.

NCHSAA Mandatory Parent Meeting - at least one sponsor/parent and the student athlete must attend the mandatory meeting. This meeting will provide eligibility guideline, hazing/bullying, Gfeller-Waller Concussion State Law, sportsmanship, and NCHSAA/LHS contract information.

Lejeune High School Athletic Department General Rules 2019-2020

There are several rules that govern student athletic participation. The rules governing the athletic program are in addition to other rules that apply to your student / athlete. These rules do not replace or take precedence over rules imposed by another agency or group. If a situation develops, your student-athlete may have penalties imposed by more than one organization. All athletic, school, district, local, state, and federal rules apply whenever your student athlete participates as a member of the team. This is true whether they are at or away from school, on or off base:

1. **Discipline:** If there is the appearance of a discipline or school work problem with a particular student athlete, the teacher will contact the coach or athletic director. If a discipline problem develops the assistant principal or principal will notify the athletic director. Eligibility and participation is subject to review at any time. Additionally, any student that is suspended from school cannot practice or participate in an athletic event.

2. **Tobacco / Drugs / Alcohol:** Simply stated no student-athlete may use any illegal substance at any time, on or off campus, on or off base. Use of illegal substances renders the student athlete ineligible. For the purpose of this rule, tobacco is an illegal substance. Additionally, under the terms of this policy, possession is defined as use. Consequence will result in the student athlete being ineligible up to two seasons.

3. **Transportation:** to and from games all student athletes are required to ride the school transportation to and from the games. A student athlete may only ride home with his/her parents unless previously approved in advance of the event by the principal to ride home with another adult. Students may not drive to games. If practices are held off campus on school days, an athlete may drive themselves. They may not take any other team members in their personal vehicle to practice.

4. **Academics:** each quarter and Progress Report grading period grades will be checked for Lejeune High School academic requirements. Student athletes must submit Gradespeed reports weekly to the coach for grade verification and eligibility. See attached Athletic Suspension/Probation form for more information.

5. **Attendance:** A player must be in compliance with the DoDEA Attendance policy DoDEA REGULATION 2095.01

6. **Dropping and Transferring Sports/Activities:** Athletes may not change team membership following the opening contest of each sport season. A student does not have to participate in a contest for this to be in effect, only be listed as a member on a team roster. If an athlete quits a team/activity, they may not try out for another sport/activity until the sport they participated in has completed their season/event. This includes play-offs.

7. **Uniforms and Equipment:** Students are financially responsible for all equipment issued to them. According to the NFHS/NCHSAA only school issued uniforms are permitted to be worn for athletic contest. All uniforms and equipment must be returned within 5 days of the last contest or meeting, clean and in good condition. School furnished uniforms/equipment are to be worn only for contest and or practice. They may not be worn to school. All equipment not returned in good condition will be subject to financial penalty. No athlete will be eligible for another sport until all uniforms/equipment have been turned in. Athletic letters will not be awarded until the issued uniform is cleaned and returned to the respective coach.

8. **Lettering:** An athlete must complete the season in good standing and have met all requirements set forth by the coach at the beginning of the season. A season begins with the first practice and ends at the awards ceremony. Coaches will set lettering criteria after approval from the principal.

9. **Sportsmanship/Code of Ethics:** All students shall abide by a code of ethics. Any conduct that results in dishonor to the student, team, or school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, and/or violations of the law, tarnish the reputation of everyone associated with the athletic and extra-curricular programs and will result in immediate dismissal from the team and/or suspension from school. Negative behavior reports may be grounds for suspension from practice and/or competition.

10. **Hazing/Bullying:** See attached document.

11. **Social Media Guidelines:** Doing any of the following could jeopardize your privilege of participating in high school sports. Student athletes should avoid the following on social media:

- a. Derogatory language or remarks about teammates or coaches; other team student athletes, teachers, or coaches; student-athletes, athletics administrators or representatives of other Schools.
- b. Demeaning statements about or threats to any third party
- c. Incriminating photos or statements depicting violence; bullying; hazing; sexual harassment; vandalism, stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- d. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- e. Indicating knowledge of an unreported felony theft or felony criminal damage to property.
- f. Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

12. **Heat Guidelines:** LHS follows the USMC Camp Lejeune base flag conditions (AHSS). See attached sheet and check out the website at <https://ahss.lejeune.usmc.mil>.

13. **Emergency Action Plan (EAP):** An EAP is on file at the front office and located at each athletic venue. The EAP is updated yearly

14. **Athletic Trainer:** LHS has a certified LAT, ATC trainer on staff. If an athlete gets injured they need to notify the coach who will then notify the athletic trainer. If the athlete fails to notify the coach, and you are aware of the injury, please report the injury to the athletic trainer.

15. **Team Rules:** Each head coach has team rules which they will go over with the student-athlete and the sponsor. At some point, they will ask you and your student athlete to sign an acknowledgement of these rules.

16. **Bus Rules:** The students are responsible for DODEA bus rules which include but are not limited to the following: Be courteous and respectful, no profanity, remain seated at all times, use inside voices, and keep all body parts inside the bus. No playing music through boom boxes are allowed. Students must listen to their own music with their own head phones. In addition, no cleats are to be worn on the bus. Sports buses are not allowed to stop to eat within Onslow County. See DoDEA Regulation 2051.1 E8.A2

17. **Athletic Eligibility:** From the time documentation is turned into the athletic department, allow 72 hours for determination of athletic eligibility

18. Only athletes that are listed on the NCHSAA state eligibility form may practice/compete with a team.

19. If the athlete does not dress out for physical education they will not be allowed to practice or compete in the game that day.

LHS Booster Club

The LHS Booster Club supports all sports teams. Their main purpose is to raise scholarship funds for our currently enrolled student athletes to attend sports camps. They also assist with the athletic ceremonies. Any concerns with the athletic programs should be brought to the athletic director.

Volunteer Coaches: What do I need to do if I want to be a volunteer coach?

- a. Fill out a volunteer form- located at the front office. Need to wait for approval before you can begin coaching.
- b. Fill out a volunteer coaching form- located at the front office at LHS
- c. Talk with the coach of the sport to see if they are interested in using volunteer coaches

If you are approved by the coach you will need to complete the following prior to attending any practices or contest:

- a. Complete the Fundamentals of Coaching class online at <http://nfhslearn.com/>. The cost is \$35.00. You will also need to print the certificate and give a copy to the athletic director to keep on file.
- b. Complete the Concussion and Sudden Cardiac courses online at <http://nfhslearn.com/>. These 2 courses are free. You will also need to print the certificate and give a copy to the athletic director to keep on file.
- b. Complete the Gfeller-Waller School Personal Contract form.

The Role of Parents in Interscholastic Athletics

Communication with your Student Athlete

1. Make sure your student athlete knows that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your student athlete's athletic ability, competitive attitude, sportsmanship, and actual skill level.
3. Be helpful, but don't coach them. It's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, and for having fun.
5. Try not to relive your athletic life through your student athlete in a way that creates pressure.
6. Don't compete with the coach because your student athlete will be receiving mixed messages from two different authority figures.
7. Don't compare the skill, courage, or attitude of your student athlete with other members of the team.

8. Get to know the coach(es). Once you know them, we are sure that you will enjoy having your student athlete as a member of the team. Like many things in life, you don't always agree with everything that happens, but most of the time it works out for the best.
9. Always remember that student athlete's tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage and the fact that it is relative.

Communicating with the Coach

Communication You Should Expect from Your Student Athlete's Coach

- Philosophy of the coach
- Expectations the coach has for your student athlete as well as all players on the squad
- Locations and times of all practices and contests
- Team requirements (fees, special equipment, off-season conditioning)
- Procedures should your student athlete be injured
- Discipline that result in the denial of your student athlete's participation

Communication Coaches Expect From Parents

- Concerns expressed directly to the coach. In one way or another every student is connected to the Marine Corps. No organization functions well when the "chain of command" is violated. The coach is the first link in the team's chain of command. You owe it to yourself, your child, and the rest of the team to talk over your concerns about your child's participation with the coach before you talk to anyone else.
- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coach's philosophy and / or expectations
- Any special medical or other needs of your student athlete especially if your child takes medication or has an IEP because this information is confidential and is not automatically shared with the coach.

Appropriate Concerns to Discuss With Coaches

- The treatment of your student athlete, mentally and physically
- Ways to help your student athlete improve
- Concerns about your student athlete's behavior

Issues Not Appropriate To Discuss With Coaches

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Appropriate Procedure for Discussing Concerns with Coaches

- Call to set up an appointment with the coach (contact the athletic director to set up the meeting if unable to reach the coach).
- Do not confront a coach before or after a contest or practice. Allow 24 hours before talking with the coach. These can be emotional times for all parties involved and do not promote resolution.
- Discuss concerns with the coach directly. Do not discuss concerns through your child, other parents, and certainly not while being a spectator.

What If the Meeting with a Coach Did Not Provide a Satisfactory Result?

Call to set up an appointment with the athletic director. You will leave that meeting either satisfied that your concerns were addressed or with an appropriate next step.

Updated: 9/29/20

Lejeune High School
835 Stone Street
Camp Lejeune, North Carolina 28547-2520
910-451-2451

Mid-Quarter Progress Report and Report Card
Athletic Suspension/Probation

Student: _____ Grade: _____

Sport: _____ Home Telephone: _____

Progress Report: 1 2 3 4 Report Card: 1 2 3

Grades on progress reports and report cards will be used to determine athletic eligibility.

Suspension: Mid-Quarter Progress Report

- 1) Any student-athlete who earns one (1) or more **F's** or three (3) or more **D's** will have playing privileges suspended immediately. During the suspension, the student-athlete may attend practice but may not participate/dress for games or sit on the bench, and will not be allowed to travel with the team on the bus.
- 2) For mid-quarter progress reports: student-athletes will regain eligibility as soon as the **F(s)** and/or **D's** have been removed. The student-athlete must print off their grades from Gradespeed and have the teacher or coach sign the grade sheet and return it to the athletic director for approval.
- 3) For report cards: student-athletes will remain on suspension for at least two (2) weeks.

Probation: Mid-Quarter Progress Report and Report Card

- 1) Any student-athlete who has two (2) **D's** for the reporting period will be placed on probation. During the first two weeks of the probation, the student-athlete will be allowed to attend practice and to participate in games or matches. If at the time of progress reports the student-athlete still has 2 **D's** from previous grade checks and they have gone beyond the two week period without grade improvement they will remain in suspension.
- 2) If the student's grades have not improved during the two-week probationary period, the probation will be extended by one week. During this period, the student-athlete may practice but will not participate/dress for games or sit on the bench, and will not be allowed to travel with the team on the bus.

Athletic Suspension/Probation/Grade changes and contract will not be accepted after 3:00 pm

North Carolina High School Athletic Association (NCHSAA) academic eligibility rule state: all athletes must pass six (6) credited classes.

Completed grade reports and grade contract for suspensions and probations should be presented to the athletic director between 7:30-8:30 am or 2:35-3:00. Failure to do so will result in the student-athlete being deemed ineligible to practice or compete in a game.

The administration has the right to withhold or cancel suspension/probation and may devise an individual academic plan for success for individual student athletes.

.....
I understand the requirements of athletic suspension and/or probation. I understand that the student-athlete must regain academic eligibility or be removed from the team for the remainder of the season. The student athlete is responsible for printing off their grades from Gradespeed.

Student-Athlete: _____ Date: _____

Administration/AD: _____ Date: _____

Parent: _____

Date: _____

Hazing/Bullying

What is Hazing?

Hazing is any action or situation with or without the consent of the participants, which recklessly, intentionally, or unintentionally endangers the mental, physical, or academic health or safety of a student.

What does it look like?

- Required “greeting” of members in a specific manner when seen on campus
- Performing of special tasks for the members or others
- Physical exhaustion from multiple sit ups, running, or other calisthenics
- Appearance of mental exhaustion or withdrawal from normal lifestyle; change in personality
- Withdrawal from normal activities or friends

What is bullying?

It goes right in hand with hazing and is aggressive behavior towards a fellow student that makes him/her feel uncomfortable and can end up in them being physically and mentally harmed.

There are 3 different kinds of bullying that include:

- Verbal bullying- name calling, racist or sexist comments, and threats of harm.
- Social Bullying- Hurting someone’s reputation, leaving someone out, spreading false rumors, and embarrassing someone intentionally
- Physical Bullying- Hitting/Kicking
- Cyber Bullying-bullying using technology. For instance, it involves using the internet, mobile phone or other technology like a camera to bully and so hurt or embarrass someone.^[4] It can be caused by anyone at anytime, anywhere and reach a vast audience

What should I do if I think someone is being hazed/bully?

- Tell the person you are concerned
- Describe what you have observed
- Let your friend know its ok to withdraw from a group or organization
- Offer support to the person
- Let your friend know what help there is available

The same follows for bullying. If you see it happening then you should let someone know as soon as possible. It’s all fun and jokes until you’re on the wrong side of the joke. No one wants to be treated in a way that they feel scared and insecure. The bottom line is treating others how you want to be treated.

Stop Hazing/Bullying!

HOT WEATHER GUIDELINE FOR ATHLETIC PRACTICE

CALL 451-1717, option 1, option 3, option 1

Wet-Bulb Temperature	Procedure For Football Practice	Procedure for Other Athletic Practices	Hydration Schedule
Less than 78° Code White	No precautions necessary except close observation of those athletes most susceptible to heat illness (See Pre and Post Weigh-Ins below for definition of susceptible athlete)	No precautions necessary except close observation of those athletes with a medical history of heat illness or have reported symptoms of heat illness to the athletic trainer during the season.	5 min. water breaks every 30 min.
78° -82° Code Green	Unlimited amounts of water be made available on the field. Ice water preferable. Athletes may obtain water at any time. Full gear may be worn. Coaches should monitor all athletes, especially those most susceptible to heat illness.	Unlimited amounts of water be made available on the field. Ice water preferable. Athletes may obtain water at any time. Coaches should monitor all athletes, especially those with a medical history of heat illness or have reported symptoms of heat illness to the athletic trainer during the season.	5 min. water break every 20 min.
82.1° -86° Code Yellow	Unlimited amounts of water be made available on the field. Ice water preferable. Athletes may obtain water at any time. Remove helmets unless active in drill. Coaches should monitor all athletes. Susceptible players practice in shirts and shorts only.	Same as Code Green except more frequent water breaks.	5 min. water break every 15 min.
86.1° - 89.9° Code Red	Unlimited amounts of water be made available on the field. Ice water preferable. Athletes may obtain water at any time. Lighten the practice routine and practice in shirts and shorts only. No helmets or equipment may be worn. Coaches should monitor all athletes, and withhold susceptible players from practice.	Unlimited amounts of water be made available on the field. Ice water preferable. Athletes may obtain water at any time. Lighten the practice routine. Coaches should monitor all athletes. May need to withhold athletes with a medical history of heat illness or have reported symptoms of heat illness to the athletic trainer during the season.	5 min. water break every 10 min.
90° - up Code Black	No outside practices. Inside practices only. Change practice to a later time with prior approval.	No outside practices. Inside practices only. Change practice to a later time with prior approval.	Frequent water breaks.

<https://ahss.lejeune.usmc.mil/Default.aspx>

Gfeller–Waller NCHSAA Student–Athlete & Parent/Legal Custodian Concussion Information Sheet

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions.

You should not return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.

