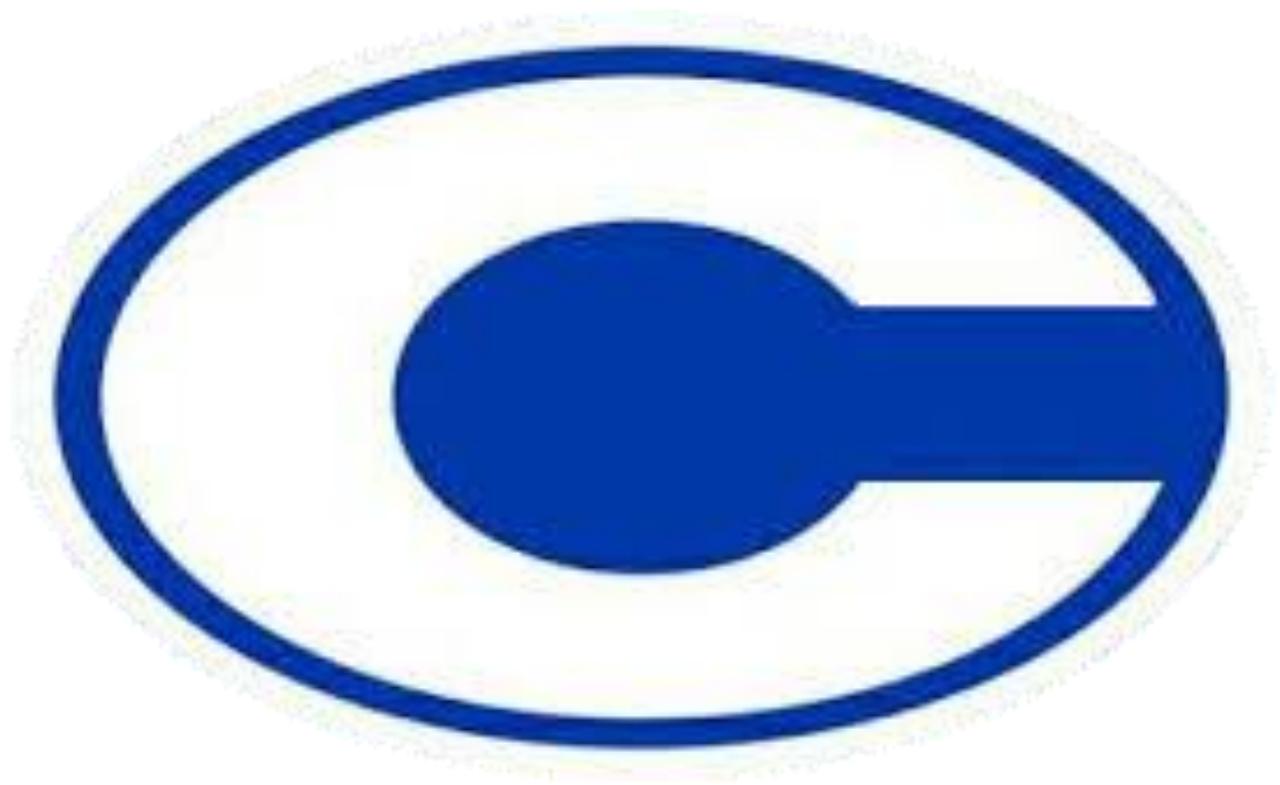


Parents Manual

2020



Be the Stonecutter

Family

CHARGERS FOOTBALL

Dear Parents and Chargers,

My name is Travis Young and I want to formally introduce myself as the new Head Football Coach at Cherryvale High School. I can't tell you how excited I am for the future of Cherryvale Football. Here is a little bit about myself. I grew up in Caney, Kansas and went to Caney Valley High School, where I played football, basketball, and baseball. I am a huge fan of multi-sport athletes as it makes you grow, develop, and become more versatile and well-rounded athletes. Starting the summer before my 9th grade year of High School, when I wasn't playing sports myself, I began helping with the football program at Coffeyville Community College. After graduating High School, I then attended CCC where I was the Long Snapper as well as a Student Coach, giving signals and working as an offensive assistant. After graduating from CCC, I went on to Pittsburg State University and worked my way up from Student Assistant, to Graduate Assistant, to Assistant Coach, and then Director of Football Operations and On-Campus Recruiting. Being around football for 9 years, I have worked and been around all the different parts of a football program and will use that knowledge to build on the football program that Coach Hester has been working on here.

I have been around football and sports my whole life and there are so many valuable life lessons that you can learn from sports. Some of the life lessons that you will learn include: Teamwork, Accountability, Discipline, Time Management, Working in Groups, Hard Work, Toughness, Being a Competitor, and most importantly being individuals that become a Team and ultimately a **"FAMILY"**. Family is very important to me and Cherryvale Football will be built around coming together as a family.

Goals are very important to me and in order for us to be successful we will need to focus on our foundation. The foundation consists of Academics, Family, and Team. The next focus will be on our Core Values. The Core Values are Accountability, Toughness, and being a Character Driven Person. The Key Habits that we are working towards are being a Dominant Competitor and Pursuing Excellence. When we strive to reach these Goals, we will not only be successful on the field and in the classroom, but most importantly in life.

My **Vision** for the Cherryvale Football Program is to create a Championship Culture that will prepare the Young Men for Lifetime Achievement, through Spiritual, Academic, Social, and Athletic Achievement.

Football is not an easy sport to participate in. It has many challenges that at times are very difficult. Football takes very hard work, dedication, teamwork, and fighting through adversity. There is also a tremendous amount of success and fun that is involved with football. Building those team relationships that last a lifetime, those special Friday nights, and many memories that will last forever. We ask you ask parents to assist your child in working through the tough adverse situations in a positive way. This handbook has been designed to give you an understanding of the rules and vision of the program.

Our goal as coaches is preparing the young men for success on the field, classroom, as well as in the future for college and careers.

I hope you find this handbook beneficial. Below is my contact information, if you have any questions or concerns, please contact me.

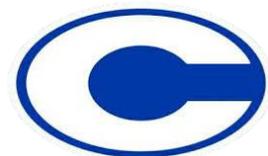
Thanks,

Travis Young

Travis Young
Head Football Coach

Contact:

tyoung@usd447.org

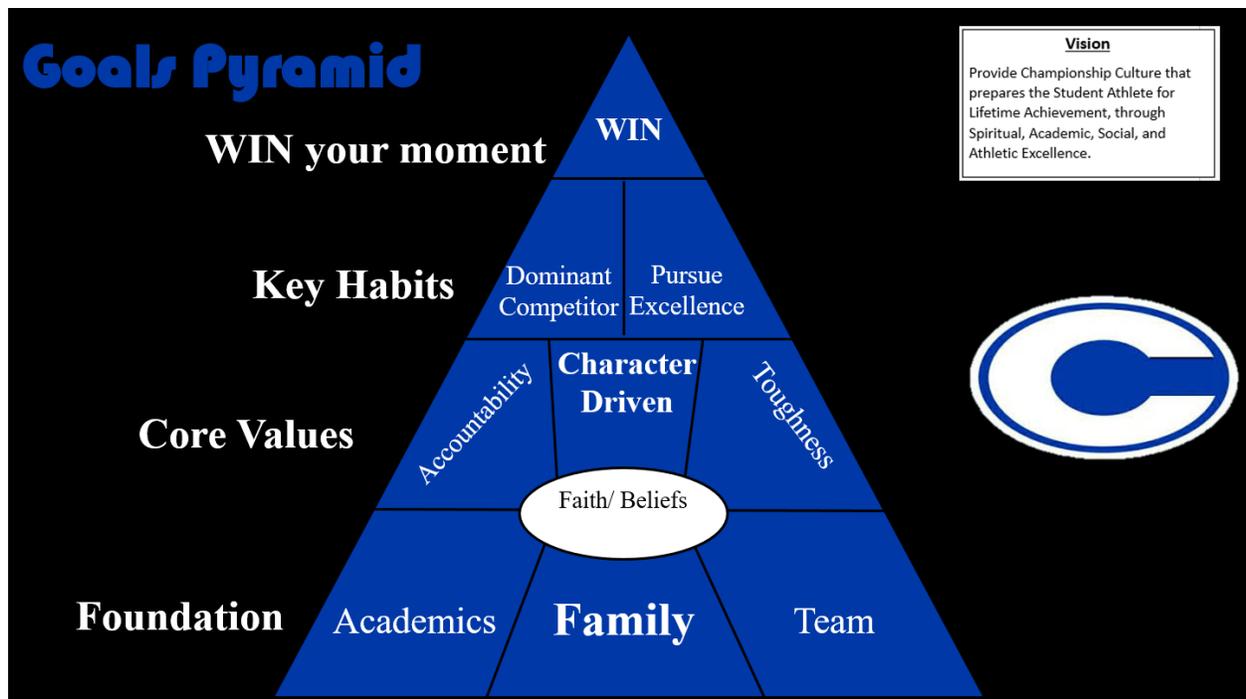


CHARGERS FOOTBALL

Cherryvale Football Family: Prepare to Win

{Build Relationships}

1. Academics
2. Hard Work
3. Accountability
4. Toughness
5. Competition



Commitment Level:

1. **Survivor** – Competes when things are going well.
2. **Provoked** – competes most of the time and usually only when motivated or pushed by someone else.
3. **Competitor** – competes all the time and wants to win in everything.
4. **Dominator** – competes all the time and wants to embarrass you. (forces opponent to want to quit)

CHARGERS FOOTBALL

Academics

One thing can be said: ***“You can take football from me, but you can never take my education away”.***

The talk of getting an education will always take precedence over athletics. I believe that athletics and academics can and should work hand in hand. There is no reason that we should not strive to be champions in the classroom, as well as champions on the playing field. Discipline in the classroom means discipline on the playing field.

In order to ensure that our student athletes understand our belief in academics, we will adhere to the following policies:

1. Academics shall and will be made a priority, discipline and winning starts in the classroom. The coaching staff will assume responsibility of motivating their respective players and monitoring their success, as an example making use of progress reports.
2. We will continually monitor the academic progress of our athletes to ensure that they are striving for the best possible education that they can get presently but also in the future.
3. We will work in conjunction with the school faculty and administration to provide an open line of communication with parents and all those directly and indirectly involved with the football program.

CHARGERS FOOTBALL

Head Coach Football Goals 2020

- Love each player enough to keep them accountable and make them a better young man
- To build confidence and self-esteem and a feeling of contribution within each player
- Give every player a feeling of importance and pride in our program
- Teach players life skills that are learned through football
- Encourage open and honest communication between staff and players
- Focus on solutions rather than problems
- Create an environment for innovation and growth
- Believe in each and every one of our players

“On a team, what matters is not the strength of the individual players, but the strength of the of the unit and how they function together.”
Bill Belichick

Cherryvale Football Team Rules

• DO WHATS RIGHT

- Be On Time (Early= On Time, On Time= Late, Late= Consequences)
- Remember who you are and what you represent
- Be Honest
- Be Respectful to all people (Coaches, Teachers, bus drivers, etc.)
- No Excuses and No Complaining

Practice/ Games/ Equipment

- Players must be at practice every day- Missed practices results in missing game time and make up of practice missed.
- All players will be responsible for his equipment and pay for lost or damaged equipment
- Ineligible players must attend practice, but cannot play in games
- Injured players must attend practice and be in necessary gear, unless they are with a doctor

Playing time:

- 1) In all cases playing time is at the discretion of the coaches and ultimately the head coach
- 2) A player will play (Varsity) if:
 - a. He does what's right
 - b. He attends every practice and is healthy
 - c. He knows his assignments
 - d. He will help us win
- 3) All players must meet grade requirements in order to participate
- 4) All players that suit up JV games will play in the game. It is up to the player and coaches to determine the quantity of playing time.

CHARGERS FOOTBALL

Cherryvale Football Rules and Procedures

The following are rules set forth for any player wishing to participate in football. The requirements for breaking each rule is listed by the rule to make it clear for every player, coach, and parent the requirements for breaking each rule.

1. **Do right rule**

Athletes are expected to act in such a way as to bring a positive light on our school and program as well as for themselves. Doing what they know is right is expected.

2. **I.S.S. or O.S.S.**

Make-up and extra clean-up for each day missed

3. **Tardiness**

1st offense: Make-up of drills and teaching missed

2nd offense: Make-up of drills, teaching and conditioning missed

3rd offense: Make-up of drills, teaching and conditioning missed, and possible missing of playing time

4. **Stealing**

Consequences/ Possible dismissal from team

5. **Disrespecting a Teacher, Coach, or any staff member**

Extra conditioning after practice

CHARGERS FOOTBALL

Charger Football Parents Rules

1. Be Great Role Models for your Kids
2. Don't talk negatively about the School or Football Program in front of your kids
3. Promote Academic importance to the kids
4. Schedule a meeting with me in advance. Remember our decisions always come with the **TEAM** in mind first. My door will be opened and I will be open minded, please be the same way. When meeting with the parents I expect the child to be present as well.

What to expect from us

1. We will strive to treat each and every one of them like are our own son
2. Football is a tough, mental, emotional, and disciplined game and we will Coach it that way.
3. The **TEAM** will always come first in all of our decisions
4. We may require your child to be more disciplined that you do
5. A player is put in the best college- potential position only if it's the best for the **TEAM**
6. Evaluation of your child happens 24/7
7. Publicity of your child is used to promote our team, school, and communities

CHARGERS FOOTBALL

Cherryvale Football Social Media/ Keep up to date

Website: www.chargersfootball.org -- Up to date info/ calendar/ photos

Facebook: Chargers Football

Twitter: @Cherryvale_FB

Remind App: Send a Text to 81010

Text this Message @ea92f2

Add yourself as a parent

Contact me:

Travis Young

tyoung@usd447.org

CHARGERS FOOTBALL

Football Emergency Action Plan 2020

This plan is designed for a game (home or away or practices)

Aiding the athlete: Coach Mese, Coach Groff, and Coach Young will be in charge of aiding the injuries that occur. Their job will be to begin treatment of injuries until: 1) The EMS is on the scene.

Riding with injured athletes: If a parent/guardian is not present Coach Groff will go with the athlete to the hospital if needed.

Watching the team: Coach Moulin and Coach Charles will have the responsibility of staying with the team on the sideline and monitoring the athletes during a time of emergency.

Phone for directions/Assisting Medical personnel: Coach Groff will assist any medical personnel in giving directions or opening gates. He will make sure to wait for the truck to arrive on the scene if it is not already on campus.

Crowd Control: Coach Charles and Coach Moulin will assist in any crowd control during a time of emergency.

CHARGERS FOOTBALL

Eligibility

1. One of the values of activities is to teach responsibility, and this should apply to the care of equipment, uniforms, and other school property. Every student is expected to take pride in the equipment and facilities the taxpayers of U.S.D. 447 have provided.
2. The school district attempts to provide the best and safest equipment. Each student is expected to take proper care of all his/her equipment. This includes laundering of appropriate practice equipment.
3. The original equipment and/or uniform issued must be returned by the student at the close of the season or be paid for by the student.
4. If a student has not checked in equipment and/or uniform from a sport in which they have participated, the student will not be allowed to participate in another sport, other than practicing, until such equipment is returned or until the obligation is taken care of. This includes full payment for any equipment, uniforms, or accessories, such as those for cheerleading, which is purchased by the school but becomes the property of the student.

ELIGIBILITY RULES FOR EXTRA CURRICULAR ACTIVITIES:

The eligibility rules set up by the Kansas State High School Activities Association will apply to all extracurricular activities. This will include band and chorus performances, athletic contests, FFA contests, one-act plays, speech festivals and any other activities in which CMHS students take part. The eligibility rules are as follows:

You are Eligible:

1. If you are a bona fide undergraduate in good standing.
2. If you are not 19 years of age. (Consult your coach or principal regarding exceptions to this rule.)
3. If you have not completed 8 semesters of high school attendance. (This includes your total attendance beginning with the ninth grade.)
4. If you have not yet completed 8 semesters of competition or more than 4 seasons in one sport. (This includes grades nine to twelve.)
5. If you are passing in five subjects of unit weight.
6. If you passed in five subjects of unit weight your last semester in attendance. (The last two semesters of possible eligibility must be consecutive.)
7. If you do not engage in outside competition in which you represent your middle/high school. Consult your coach or principal before you participate in any game, training sessions, or try-out conducted by an outside organization.
8. If you have passed an adequate physical examination given by a physician and have written permission of a parent.
9. If you have met the requirements of the transfer rule.
10. If you have not competed under a false name or for money or merchandise of intrinsic value and have observed all other provisions of the amateur rule.
11. If your attendance is regular and your conduct and standard of sportsmanship is satisfactory.
12. A breathalyzer will be administered to all students before students are allowed to enter school sponsored dances. This will be carried out by a school administrator before entrance to the dance is allowed.

In addition to the K. S. H. S. A. A. standards:

USD 447 participants at the middle school level must be passing 6 of their 7 classes (only one failing grade is allowable) beginning the fourth week of every semester and every week thereafter. High

CHARGERS FOOTBALL

School participants must be passing all classes beginning the fourth week of each semester although will be allowed a one-week probation at any time during each semester in the event that the grade for one course falls below passing. Once the probationary week is used by a participant during the semester it does not become available again until the next semester. Two failing grades in any week would automatically result in an ineligible status for one full week or until the grades are raised and a weekly eligibility check is performed. Students who are found to be ineligible under this policy will be allowed to continue to practice.

For the 2020-21 School Year, students enrolled as a Remote Learning student shall be eligible for participation in extracurricular activities provided he/she attends the brick-and-mortar school at least part-time as demonstrated by successfully completing all assigned labs or other activities required by the teacher to be completed in a face-to-face setting. Students who have not completed such face-to-face requirements or the attendance requirements as per the district attendance policy shall not be eligible to participate. Students who are enrolled in a schedule which is not designed to include time spent in a brick-and-mortar building shall not be eligible to participate.

This eligibility rule shall also include the following activities:

1. All KSHSAA activities: Athletic events, band contests, vocal contests, judging contests, speech, debate, forensics contests, and scholars' bowl tournaments.
2. Senior College visitations away from CHS.
3. Any activity outside of a normal classroom activity during its normal meeting time, which involves competition and/or an evaluation upon which further participation is dependent. Should a student qualify for an event at an earlier date and then become ineligible preceding the actual event qualified for earlier, said student would be ineligible to participate at any time during the *week of ineligibility.

*Eligibility/ineligibility shall begin on the Monday following the weekly progress reports that are due each Thursday at 3:15 p.m. and run through the following Sunday.

DROP OUTS AND CHANGE OF SPORT:

Athletes who are engaged in a sport are encouraged to stay with that sport. Athletes who want to change sports in the middle of the season to go to another sport are discouraged from doing so. Athletes who want to quit a sport to lift weights are not encouraged. Any athlete who wishes to do so must have the approval of both coaches involved, and the permission of the athletic director.

SPORTS OVERLAPPING:

No sport is to start before another sport has finished unless the season has been extended due to playoffs. Meetings before the season starts must have Athletic Directors approval. You may start when the KSHSAA tells us the sport can start. Middle School wrestlers may go to basketball at the end of wrestling season.

DUAL SPORT PARTICIPATION:

The following process shall be followed when a student requests dual sports participation:

1. Requested by parent / student.
2. Joint meeting of Activities Director, parents, student, coaches / sponsors of both activities.
 - a. Choose primary / secondary activity
 - b. Discuss and/or arrange practice times

CHARGERS FOOTBALL

TRAVEL:

All school-sponsored trips must be approved by the principal's office. Students on school sponsored trips must leave and return in transportation designated by the building principal, unless prior approval has been granted following the process outlined below.

Travel to Events:

A student may travel to an event with their parents or guardian under the following conditions:

1. Complete the Athletic Trips and Contests form and return it to the building principal prior to departure for the trip (note that this provision is due to COVID-19 in an effort to provide social distancing on buses and will be rescinded when the pandemic ends).

Travel from Events:

A student may return from an event with their parents or guardian under the following conditions:

1. Complete the Athletic Trips and Contests form and return it to the building principal prior to departure for trip.

-
2. In emergency situations where the above-mentioned form could not be completed in advance, parents may contact the coach/sponsor with their request at the activity. In this case, the request shall be put in writing prior to release of the student.

CHARGERS FOOTBALL

ATTENTION! ATTENTION! ATTENTION! ATTENTION!

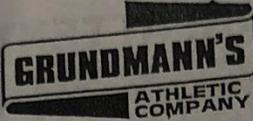
NIKE TEAM APPAREL WASH & CARE INSTRUCTIONS

1. **INSTRUCTIONS ARE PERMANENTLY AFFIXED TO THE INSIDE OF EACH GARMENT.** Follow the recommended care as labeled in each garment. The special fibers used to achieve performance characteristics in some Nike Team Uniform and fundamental garments require **COLD WATER WASH** to avoid colorfastness issues.
2. **SOME GARMENTS REQUIRE WASHING BEFORE WEARING.** See care instructions in each garment for specific recommended care.
3. **DO NOT DRY CLEAN OR PRESS GARMENTS.** Dry cleaning and ironing can discolor athletic uniform fabrics and can damage imprinting.
4. **UNIFORMS SHOULD BE LAUNDERED IMMEDIATELY AFTER THEY HAVE BEEN WORN.** Do not allow to lay on itself when wet.
5. **FASTEN HOOK & LOOP TAPES:** (ie. velcro® or similar) to avoid snagging garments in the wash.
6. **REMOVE BELTS & PADS FROM GARMENT BEFORE LAUNDERING** (if applicable/appropriate). Launder belts & pad separately from garments.
7. **DO NOT SOAK NYLON OR SPANDEX GARMENTS.**
8. **WASH WHITE GARMENTS SEPARATELY FROM COLORED GARMENTS.**
9. **DO NOT OVERLOAD MACHINE.** Make sure water level in machine is higher than garment level.
10. **USE MILD DETERGENT.** Detergent with pH under 10 is recommended for athletic uniforms.
11. **REMOVE GARMENTS FROM MACHINE IMMEDIATELY AFTER WASHING.** This will help avoid color bleeding particularly on color blocked garments.
12. **DO NOT USE CHLORINE BLEACH.**
13. **DO NOT USE FABRIC SOFTENERS.** Fabric softeners deteriorate garments with spandex, and they also restrict the effectiveness of Dri-FIT technology.
14. **LINE DRY TECHNICAL FABRICS.**
15. **BE SURE GARMENTS ARE COMPLETELY DRY BEFORE STORING.** Store in cool, dry place, away from direct sunlight & fluorescent light to prevent mildew or yellowing.

COMMUNICATE THE ABOVE CARE INSTRUCTIONS TO ALL OUTSIDE PARTIES THAT HANDLE OR LAUNDRY YOUR UNIFORMS.

ATTENTION! ATTENTION! ATTENTION! ATTENTION!

CHARGERS FOOTBALL



3018 Galleria Drive
Metairie, LA 70001
(504)833-6602 fax (504)833-6899

LAUNDERING AND CARE OF ATHLETIC GAME UNIFORMS

GRUNDMANN'S ATHLETIC COMPANY recommends the following cleaning and storing procedures:

LAUNDRY PREPARATION

1. Prior to laundering a load of new uniforms, a sample uniform should be washed according to label instructions.
2. All contrasting color items (e.g. belts) should be removed and washed separately.
3. Check for normal wear and tear so repairs can be made promptly to prevent further damage.
4. Launder uniforms immediately after each use.
5. Garments that can not be laundered promptly should be rinsed out in cold water and hung individually on rust proof hangers.
6. Perspiration fading can occur if uniforms are left wet in a pile or in a travel/laundry bag.

PRE-SOAK

1. Soak heavily soiled garments in cold water with a protein release agent for a maximum of 45 minutes.
2. Garments should be washed in normal cycle immediately after soaking.

WASHING

1. **DO NOT** wash whites and colors together.
2. Wash only in COLD water (30°C or 65°-86°F).
Be careful that water is NOT too cold (Below 30°C , 65°F) which can cause some dyes to run.
3. Wash with a mild detergent, ph under 10 (Ivory, Biz, etc.).
4. **DO NOT USE** chlorine bleach, or any form of bleaching agent, whitener, brightener, or laundry booster (excessive fading or color bleeding or weakening of fabric may result).
5. **DO NOT** use any fabric softener.
6. **DO NOT** over load washing machine.
7. Maintain a high water level in the machine to minimize the mechanical action.

DRYING

1. For best results, uniforms should be hung to dry on rust free (plastic) hangers. When tumble drying, use the LOWEST temperature AIR ONLY setting. Do not allow uniforms to sit in the dryer after cycle is completed.
2. If a tumbler dryer is used Jersey's should be dried with the reverse side out.

SPECIAL NOTE:

EXCESSIVE HEAT WILL CAUSE SHRINKAGE AND IRREPARABLE DAMAGE TO THE PRINTING ON THE GARMENT.
NEVER WASH OR DRY USING HIGH TEMPERATURE SETTINGS (over 120°F).

DRY CLEANING

DO NOT DRY CLEAN ANY UNIFORM.

STORAGE

Dry garments completely before storing. Store in cool dry area out of sunlight and fluorescent light.

IMPORTANT NOTE: The laundry and care instructions above are basic guidelines only. For specific uniform care, always refer to the garment label or contact the manufacturer.

FAILURE TO FOLLOW THE MANUFACTURER'S INSTRUCTIONS MAY VOID ANY AND ALL WARRANTIES.

For FREE Uniform Inventory Checklists and Budget Estimating Workbooks visit our website....www.grundmanns.com

CHARGERS FOOTBALL

National Federation of State
High School Associations



SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

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

Introduction

A concussion is a type of traumatic brain injury that impairs normal function of the brain. It occurs when the brain moves within the skull as a result of a blow to the head or body. What may appear to be only a mild jolt or blow to the head or body can result in a concussion.

The understanding of sports-related concussion continues to evolve. We now know that young athletes are particularly vulnerable to the effects of a concussion. Once considered little more than a “ding” on the head, it is now understood that a concussion has the potential to result in a variety of short- or long-term changes in brain function or, rarely, death.

What is a concussion?

You’ve probably heard the terms “ding” and “bell-ringer.” These terms were previously used to refer to “minor” head injuries and thought to be a normal part of collision sports. Research has shown that a concussion is a brain injury and by no means minor. Any suspected concussion must be taken seriously. The athlete does not have to be hit directly in the head to injure the brain. Any force that is transmitted to the head may cause the brain to bounce or twist within the skull, resulting in a concussion.

It was once believed that a person had to lose consciousness or be “knocked-out” to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 5% of athletes actually lose consciousness with a concussion.

What happens to the brain during a concussion is not completely understood. It is a very complex process, primarily affecting the function of the brain. The sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain. Once this injury occurs, the brain is vulnerable to further injury and very sensitive to any increased stress until it fully recovers.

Common sports injuries such as torn ligaments and broken bones are structural injuries that can be detected during an examination and seen on x-rays or MRI. A concussion, however, is an

CHARGERS FOOTBALL

injury that interferes with how the brain works and cannot be diagnosed by MRI or CT scans. Therefore, the brain looks normal on these tests, even though it has been injured.

Recognition and Management

If an athlete exhibits any signs, symptoms or behaviors that make you suspicious of a concussion, the athlete **must** be removed from play and closely observed. Sustaining another head injury after a concussion can lead to worsening concussion symptoms, increased risk for further injury and, rarely, death.

Parents/guardians and coaches are not expected to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, everyone involved in athletics must be aware of the signs, symptoms and behaviors associated with a concussion. If you suspect that an athlete may have a concussion, then the athlete must be **immediately removed** from all physical activity.

Signs Observed by Coaching Staff

- *Loss of consciousness (even if brief)
- *Seizure
- *Increasing sleepiness
- *Worsening headache
- *Persistent vomiting
- Dazed or stunned appearance
- Confusion about assignment or position
- Forgetful, for example, doesn't follow instructions
- Uncertainty of game, score or opponent
- Clumsy movements
- Slow response to questions
- Mood, behavior or personality changes
- Inability to recall events *prior* to hit or fall
- Inability to recall events *after* hit or fall

*RED FLAGS

Symptoms Reported by Athlete

- Headaches or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion

CHARGERS FOOTBALL

- Emotions of “not feeling right” or “feeling down”

When in doubt, sit them out!

When you suspect that a player has a concussion, follow the “Heads Up” 4-step Action Plan.

1. Remove the athlete from play.
2. Ensure the athlete is evaluated by an appropriate health-care professional. (RED FLAGS: If any red flag present, the athlete should go to the emergency department)
3. Inform the athlete’s parents/guardians about the possible concussion and give them information on concussion.
4. Keep the athlete out of play the day of the injury, and until an appropriate health-care professional says the athlete is symptom-free and gives the okay to return to activity.

The signs, symptoms and behaviors associated with a concussion are not always apparent immediately after a bump, blow or jolt to the head or body and may develop over a few hours or longer. An athlete should be closely watched following a suspected concussion and should never be left alone.

Athletes should never try to “tough out” a concussion. Teammates, parents/guardians and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery or courage to athletes who play despite having concussion signs and/or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

What to do in an Emergency

Although rare, there are some situations where you will need to call 911 and activate the Emergency Medical System (EMS). The following circumstances are medical emergencies:

1. Any time an athlete has a loss of consciousness of any duration. While loss of consciousness is not required for a concussion to occur, it may indicate more serious brain injury.
2. If an athlete exhibits any of the following:
 - Seizure
 - Increasing sleepiness
 - Worsening headache
 - Persistent vomiting

CHARGERS FOOTBALL

Rest

The first step in recovering from a concussion is rest. Rest is essential to help the brain heal. Athletes with a concussion need rest from physical and mental activities that require concentration and attention as these activities may worsen symptoms and delay recovery. Exposure to loud noises, bright lights, computers, video games, television and phones (including texting) all may worsen the symptoms of concussion. Athletes typically require 24-48 hours of rest, though some may require longer.

Return to Learn

Following a concussion, many athletes will have difficulty in school. These problems may last from days to weeks and often involve difficulties with short- and long-term memory, concentration and organization. In many cases, it is best to lessen the student's class load early on after the injury. This may include staying home from school during the short period of rest, followed by a lightened schedule for a few days, or longer, if necessary. Decreasing the stress to the brain in the early phase after a concussion may lessen symptoms and shorten the recovery time. Additional academic adjustments may include decreasing homework, allowing extra time for assignments/tests, and taking breaks during class. Such academic adjustments are best made in collaboration with teachers, counselors and school nurses.

Return to Play

After suffering a concussion, **no athlete should return to play or practice on that same day. An athlete should *never* be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional.**

Once an athlete no longer has signs or symptoms of a concussion **and is cleared to return to activity by an appropriate health-care professional**, he/she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day. **Below is an example of a return to physical activity program:**

Progressive Physical Activity Program (ideally under supervision)

- Step 1:* Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training or any other exercises.
- Step 2:* Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without equipment.
- Step 3:* Non-contact training drills in full uniform. May begin weightlifting, resistance training and other exercises.
- Step 4:* Full contact practice or training.
- Step 5:* Full game play.

CHARGERS FOOTBALL

If symptoms of a concussion recur, or if concussion signs and/or behaviors are observed at any time during the return-to-activity program, the athlete must discontinue all activity immediately. Depending on previous instructions, the athlete may need to be re-evaluated by the health-care provider, or may have to return to the previous step of the return-to-activity program.

Summary of Suggested Concussion Management

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

References:

American Medical Society for Sports Medicine position statement: concussion in sport. Harmon KG, Drezner J, Gammons M, Guskiewicz K, Halstead M, Herring S, Kutcher J, Pana A, Putukian M, Roberts W; American Medical Society for Sports Medicine. *Clin J Sport Med.* 2013 Jan;23(1):1-18.

McCrary P, Meeuwisse WH, Aubry M, et al. Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012 *J Athl Train.* 2013 Jul-Aug;48(4):554-75.

Returning to Learning Following a Concussion. Halstead M, McAvoy K, Devore C, Carl R, Lee M, Logan K and Council on Sports Medicine and Fitness, and Council on School Health. *Pediatrics*, October 2013. American Academy of Pediatrics.

Additional Resources:

Brain 101 – The Concussion Playbook.

<http://brain101.orcasinc.com/5000/>

Concussion in Sports- What you need to know.

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

Heads Up: Concussion in High School Sports

http://www.cdc.gov/concussion/headsup/high_school.html

NFHS Sports Medicine Handbook, 4th Ed, 2011.

CHARGERS FOOTBALL

HEAT ACCLIMATIZATION

One of the most important factors in preventing heat illness is to follow a proper heat acclimatization progression

1. What is heat acclimatization?

Heat acclimatization is the process of the body adjusting to intense physical activity in elevated levels of heat and humidity. The body normally sweats to cool off, but if the heat and humidity (heat index) are too high, sweating may not be enough and the inner body (core) temperature may rise to a dangerous level. During acclimatization the body gradually adjusts and becomes more tolerant to the elevated heat/humidity levels. This takes place through several physiologic mechanisms including increased sweat rate, lower heart rate, and better blood flow to the entire body. With the proper progression, the body can safely adjust to intense physical activity in hot/humid environments over a period of approximately 7 to 14 days. Most research on proper heat acclimatization indicates the first 5 days of the preseason is the most important period of the acclimatization process.

2. Who needs to do go through heat acclimatization?

Every athlete is susceptible to heat illness and needs to acclimatize to the heat no matter their fitness level when they show up to the first day of practice. Even if athletes have been working out all summer their bodies may not be able to immediately adapt to the high temperatures and humidity often present in August in Kansas. In today's culture, we often spend many hours indoors during the summer with air conditioning which makes the body less tolerant to intense exercise in extreme heat and humidity.

3. KSHSAA heat acclimatization rules

KSHSAA Handbook rules 30-1-8 and 35-1-1 address required heat acclimatization rules for **all KSHSAA Fall sports**. Below are the components of these rules.

KSHSAA Preseason Heat Acclimatization Components		
KSHSAA Handbook Rule 30-1-8		
	Practice Days 1-5	Practice Days 6+
# Practices permitted per day	1	<ul style="list-style-type: none"> • 2 permitted every other day • Double practice days must be separated by a single practice or rest day
Length of practice allowed*	3 hours	<ul style="list-style-type: none"> • 3 hours single practice • 5 hours combined (double practice days)
Extra walkthrough time	1 hour (but must be separated from practice by at least 3 hours)	
*Warm-up, stretching, conditioning and weight-room activities are included as part of practice time		

Preseason Football equipment/contact progression (Rule 35-1-1):

- Days 1 & 2 of practice: Helmets only (Air and Bags only are permitted)
- Days 3 & 4 of practice: Helmets and shoulder pads are permitted (Day 3: Control permitted; Day 4: Thud permitted).
- Day 5 through Saturday of SCW #9 of practice: Full Contact (Air, Bags, Control, Thud and Live Action are permitted) may begin with the following guidelines: On any day involving multiple practices, only one practice may involve Thud and/or Live Action.

CHARGERS FOOTBALL

HYDRATION

In addition to acclimatization, proper hydration is another critical component to prevent heat illness.

1. How do you know if your athlete is hydrated? There are several methods to measure an athlete's hydration level:

a. Urine color

The volume and color of your urine is an excellent way of determining if you're well hydrated. Small amounts of dark urine mean that you need to drink more, while a "regular" amount of light-colored or nearly clear urine generally means you are well hydrated. (See urine chart-next page)

b. Weigh-in before and after practice

Athletes should be weighed before and after warm weather practices in dry clothes. They should drink appropriate amounts of fluid for the amount of weight lost. An athlete should not be allowed to participate if they are at a 2% or greater weight deficit from the beginning of their previous practice.

c. Sweat rate

You can calculate our own sweat rate. Knowing how much an athlete sweats per hour can help you calculate how much fluid to drink to replace your sweat loss and stay hydrated. See how to calculate an athlete's sweat rate on the Korey Stringer Institute website at <http://ksi.uconn.edu/wp-content/uploads/sites/1222/2015/04/Sweat-Rate-Calculator.pdf>.

2. There are many strategies to maintain proper hydration. The following are some basic hydration principles to follow:

- Appropriate hydration before, during and after exercise is important for maintaining peak athletic performance. Fluid losses of as little as 2% of body weight (less than 4 pounds in a 200-pound athlete) can impair performance by increasing fatigue. This is important because it's common for some athletes to lose between 5-8 pounds of sweat during a game or intense practice. So it's easy for athletes to become dehydrated if they don't drink enough to replace what is lost in sweat.
- Recognize and respond to early warning signs of dehydration.
- DRINK EARLY and DRINK OFTEN during activity. Do not let athletes rely on thirst. Schedule frequent fluid breaks for re-hydrating. If athletes wait until they are thirsty it may be too late.
- Encourage GOOD hydration choices: water, sport drinks with low sodium and carbohydrate levels, AVOID: energy drinks, soda, fruit juices, carbonated beverage, and caffeine.
- Encourage drinking fluids, not pouring them. Dumping fluid over the head won't help restore body fluids or lower body temperature.
- Provide easily accessible fluids during practice and games.

3. Hyponatremia Risk

Hyponatremia is a rare, but potentially deadly disorder resulting from the over-consumption of water or other low sodium fluid (including most sports drinks). It is most commonly seen during endurance events, such as marathons, when participants consume large amounts of water or other beverages over several hours, far exceeding fluid lost through sweating. The water in the blood and the sodium content of the blood is consequently diluted to dangerous levels. Affected individuals may exhibit disorientation, altered mental status, headache, lethargy and seizures. A confirmed diagnosis can only be made by testing blood sodium levels. Suspected hyponatremia is a medical emergency and EMS (Emergency Medical Services) must be activated. It is treated by administering intravenous fluids containing high levels of sodium.

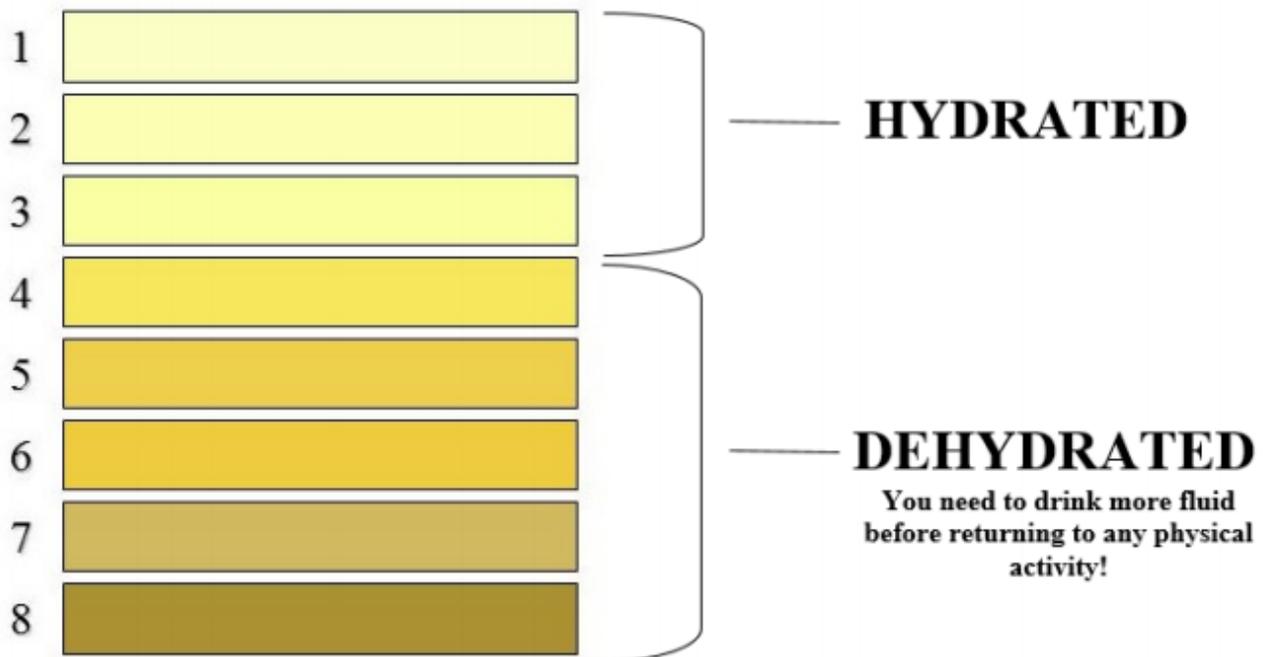
CHARGERS FOOTBALL

HYDRATION RECOMMENDATIONS

Before Exercise	Drink 16 oz. of fluid before activity/exercise (2 hours) Drink another 8-16 oz. of fluid 10-15 minutes before exercise
During Exercise	Drink 4 - 8 oz. of fluid every 15-20 minutes
After Exercise	Drink 16-20 oz. of fluid for every (one) pound lost during exercise to achieve normal fluid state and not begin the next practice dehydrated. Rehydration should take place over a safe and comfortable period of time. Excessive fluid intake over a short amount of time can be dangerous (see hyponatremia information below).
Fluid counter	 24 oz. of fluid = 1 ½ of water bottle 16 oz. of fluid = 1 full water bottle 7 oz. of fluid = ½ full water bottle or 10 BIG gulps of water 4 oz. of fluid = ¼ full water bottle or 5 BIG gulps of water

URINE COLOR CHART

This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.



Be Aware! If you are taking vitamin supplements they can change the color of your urine for a few hours, making it bright yellow or discolored.

CHARGERS FOOTBALL

COVID-19

The risk of coronavirus transmission will still be present to some degree as school activities begin

- 1) Anyone with symptoms or a fever needs to stay home
 - 2) Hand washing will be required when arriving to the locker room
 - 3) Temperature Checked/ screening prior to each practice
 - 4) Cleansing Cart/ Station- (Hand Sanitizer, Disinfectant Spray, Cleaning Footballs, Individual towels (If needed, gloves, extra mouth pieces)
 - 5) Individual water bottles (Athlete will hold water bottle when need filled and Manager (with glove) will fill water with water cart)
 - 6) Mouthpieces will only be worn in contact situations (Decrease saliva transfer between athletes)
 - 7) Equipment will be continuously sanitized throughout practice
 - 8) Hand Sanitizer breaks as well as water breaks will be held multiple times during practice
 - 9) Mask will be worn when not in drills and when 6 ft cannot be attained (Mask will be worn in the locker room)
 - 10) Participants should wash hands, shower, change, and launder workout clothing as soon as possible after an activity.
 - 11) Locker room will be cleaned and sanitized before and after practice
 - 12) A lot is unknown still about the virus, we don't have all of the answers
- 6) When a situation occurs we will lean on the Montgomery County Health Department for guidance, we are all learning and going through this together



UNITED STATES
OLYMPIC & PARALYMPIC
COMMITTEE

Signs and Symptoms of COVID-19

Most Common Symptoms



Fever
(> 100.4)



Cough



Shortness
of breath

Less Common Symptoms



Sore throat
Congestion



Headache
Chills



Muscle and
Joint Pain



Nausea or
Vomiting



Loss of sense
of Smell



Diarrhea

CHARGERS FOOTBALL



UNITED STATES
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COMMITTEE

INFECTION PREVENTION RECOMMENDATIONS



Stay more than 6 feet away from people who appear sick

Avoid touching your face



Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren't soiled



Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing



Frequently clean commonly touched surfaces (ie: doorknobs, keyboards) with antiseptic cleanser



Wear a facemask when you are outside of your home or if you have symptoms of a respiratory illness such as a cough, runny nose, or shortness of breath



Stay home if you are sick and call your healthcare provider for further recommendations

CHARGERS FOOTBALL

Parents Contact Info:

Athletes Name _____

Athletes Cell phone # _____

Parents/ Guardian Names _____

Father/ Guardian Contact phone #: _____

Father/ Guardian Contact e-mail: _____

Mother/ Guardian Contact phone #: _____

Mother/ Guardian Contact e-mail: _____

Any questions or concerns that you have: _____

CHARGERS FOOTBALL

Publicity Form
(Football Website, Social Media Accounts)

Dear Parents or Guardians:

Student- Athlete Name

I, as a parent or guardian, of (_____). I fully authorize and grant the Cherryvale Football Program, the right to print, photograph, Video, and edit as desired, The name, image, likeness, and/or voice of the above named pupil on audio, video, photograph, or any other electronic and printed formats, such as the football website, Facebook, Twitter, and other promotional site for the purpose of promoting the School, Program, and Communities.

Parent/ Guardian Signature: _____

Date: _____

Student Athlete Signature: _____