



2019-2020



Swallow School Activity Sign-Up
5th-8th Boys' and Girls' Track

Dear Parent/Guardian:

Swallow School's boys' and girls' track will begin practice the week of **March 30th, 2020**. The activity fee will be **\$50** per participating student. Included in the cost will be a Swallow Track T-Shirt. Please fill out the attached form and return it to the Swallow School office, along with payment, by **Friday, March 20th, 2020**.

Please make checks payable to Swallow School

_____, in ____th grade has my permission to participate in boys' or girls' track for the 2020 season.

I am interested in a coaching position. Yes NO (circle one)

If interested please leave your email address or phone number _____

_____ Parent/Guardian Signature

Please circle the size of the T-shirt you would like to order.

YM

YL

AS

AM

AL

XL

Name on back of T-Shirt _____

Swallow School District Athletic Health Form

Name: _____
Grade: _____ Age: _____ Date of Birth: _____
Address: _____
Home phone #: _____ Parents cell phone#: _____
Personal Physician _____ Phone # _____

In Case of Emergency, contact information:

Name: _____ Phone #: _____
Cell #: _____
Insurance carrier: _____ Policy # _____

Swallow School Staff/Parent Coaches, and any of the aforementioned individuals, have the right to release/seek medical attention in the event of an emergency situation.

Parents/Guardian signature: _____ Date: _____

Health Information:

1. Has a doctor ever denied or restricted your participation in sports for any reason?
Yes No
2. Do you have any ongoing medical condition (like diabetes or asthma)?
Yes No
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?
Yes No
4. Do you have allergies to medicines, pollens, foods or stinging insects?
Yes No
5. Have you ever passed out or nearly passed out DURING exercise?
Yes No
6. Have you ever passed out or nearly passed out AFTER exercise?
Yes No
7. Do you cough, wheeze, or have difficulty breathing during or after exercise?
Yes No
8. Have you ever used an inhaler or taken asthma medicine?
Yes No
9. Do you have any problems with bones, joints, ligaments or tendons?
Yes No
10. Do you have any heart related problems/defects/symptoms?
Yes No

11. Do you see a doctor for a chronic or ongoing medical problem?

Yes

No

12. Have you been diagnosed with a skin infection within the past year?

Yes

No

If you have answered "yes" to any of the above questions, please explain your answers in detail. Remember this information is pertinent to pass on to EMT's in the event of an emergency situation, so please be specific.

If you have a doctor's order to take any emergency medication such as Epi pens, inhalers, or seizure medication, (etc.) you will need to provide a written physician order for such, and provide the above medication to be kept in the coach's first aid kit. (Which will travel with the player for away games.) (Medications will be returned at the close of the season). The following is a list of medications my child will be keeping in the coaches first aid kit along with a physician's order with directions on how and when to use.

If the aforementioned physician is different from the physician ordering the emergency medication please include their name and number:

If you have any other pertinent family medical history to provide or any other information that might keep the players safe and the coaches informed, please include that information here.

I understand that the school's insurance does not cover any injuries that may occur from this activity.

I agree the above information is accurate and complete and release Swallow School District from any accident/injury/illness related liability.

Parents/Guardian signature: _____ Date: _____

PARENT & ATHLETE ATHLETIC HANDBOOK/CONCUSSION AGREEMENT

As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury. *This form must be completed for every sports season and every youth athletic organization the athlete is involved with.*

Parent Agreement:

I _____ have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

I have read, understand, and agree to abide by the mission, requirements, and responsibilities for participation in athletics at Swallow School.

Parent/Guardian Signature _____ Date _____

Athlete Agreement:

I _____ have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused.

I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play.

I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

I have read, understand, and agree to abide by the mission, requirements, and responsibilities for participation in athletics at Swallow School.

Athlete Signature _____ Date _____

Swallow School



Athletic Handbook

Table of Contents

| | |
|---|---|
| Swallow School Mission Statement..... | 2 |
| Athletic Mission Statement..... | 2 |
| Goals of Athletic Department..... | 2 |
| Expectations for Student Athletes..... | 3 |
| Expectations for Parents of Student Athletes..... | 3 |
| Expectations for Athletic Coaches..... | 4 |
| Expectations for Fans..... | 4 |
| Athletic Programs offered at Swallow School..... | 4 |
| Criteria for Team Selection..... | 5 |
| Playing Time..... | 5 |
| Conference Affiliation..... | 6 |
| Transportation..... | 6 |
| Eligibility Requirements..... | 6 |
| Detentions/Suspensions..... | 6 |
| Concussions..... | 7 |
| Uniforms..... | 7 |
| Out of School Conduct..... | 7 |
| Lines of Communication..... | 7 |
| Parent/Athlete Concussion/Handbook Agreement..... | 8 |
| Coach Concussion/Handbook Agreement..... | 9 |

Swallow School Athletic Handbook

Swallow School Mission Statement

The Swallow School District, with families and community, will inspire every child to achieve maximum potential for future success as a self-directed, problem-solving, responsible, life-long learner.

Athletic Mission Statement

The mission of the Athletic Department at Swallow School is to aid in the academic, emotional, physical, and fundamental skill development of our students through the promotion of teamwork, sportsmanship and athletic competition. The athletic program at Swallow School is believed to be a valuable asset to the total educational process; therefore, the program operates within the same objectives and goals of the overall educational program. Athletics at the middle school level has been shown, to help foster team building skills, problem solving skills, self-discipline, and self-confidence. Through the development of these skills it is believed that our student athletes will become confident, contributing members of the school community.

Goals of the Athletic Department

- To develop the positive values of athletics, including sportsmanship, teamwork, cooperation, and competition.
- To foster academic and athletic achievement in students by emphasizing the importance of self-discipline, sacrifice, and dedication to achieving goals.
- To develop in students emotional control, dependability, and respect for rules, property and authority.
- To provide students the opportunity to work as a member of a team in order to achieve a goal, and in the process, learn the importance of cooperation, teamwork and good sportsmanship.
- To develop fundamental sport skills by maximizing participation and focusing on instruction.
- To provide as many students as possible the opportunity to participate in activities they enjoy.
- To provide students with experiences which require problem solving, decision making, and critical thinking skills.
- To provide students the opportunity to pursue physical fitness as a means of mental well-being.
- To develop in students a sense of school loyalty, and generate school spirit.

Expectations for Student Athletes

Swallow School holds its athletes to high standards. Student athletes are seen as representatives of both their school and their community. As a representative of Swallow School student athletes are expected to adhere to all school and athletic department rules.

All athletes are expected to:

- Remain academically eligible.
- Act in a responsible manner, realizing at all times, athletes represent their school and community.
- Attend and arrive on time for all practices and games.
- Remain alcohol, tobacco and substance free.
- Refrain from using profanity or obscene language or gestures.
- Show good sportsmanship and respect for officials, coaches and fellow athletes.
- Care for all athletic equipment issued throughout the season.
- Win with humility and lose with grace.
- Play fair, play hard and put forth their best effort in practice and in competition.
- Make certain all personal belongings are accounted for before leaving an athletic event.

Athletes who fail to comply with these expectations may face disciplinary actions, including but not limited to dismissal from the team.

Expectations for Parents of Student Athletes

Parents are encouraged to support their children's athletic endeavors and recognize the importance of athletics in their children's lives regardless of ability level.

All parents are expected to:

- Understand that academics are a priority over athletics and emphasize successful classroom performance.
- Support and be enthusiastic about their child's chosen sport and encourage fair play.
- Be positive, helping their child understand the benefits of athletic participation regardless of contest results or individual performance.
- Insist their child abide by expectations of the athletic department and by team rules.
- Avoid "coaching" or "refereeing" from the stands or sidelines during both games and practices.
- Ensure their child attends all practices and contests, and are picked up at designated times.
- All parents are expected to volunteer 2 hours of their time during a tournament in which their son/daughter is involved in.

Expectations for Athletic Coaches

Coaches have the privilege of working with our student athletes first hand. Just as the players, coaches are also held to high standards and are required to adhere to the expectations set forth by the Swallow athletic department.

All coaches are expected to:

- Act in a responsible manner, realizing that at all times, coaches represent their school and community.
- Attend and arrive on time for all practices and games.
- Refrain from using profanity or obscene language or gestures.
- Show good sportsmanship and respect for officials, fellow coaches and all players.
- Coach athletes with respect to what good sportsmanship means and looks like.
- Provide all players with the fundamental skills necessary to be successful and confident when in a practice or game situation.
- Create a fun and safe environment for all players.
- Win with humility and lose with grace.
- Make certain all equipment is picked up and all gyms are cleaned after each event or practice.
- Attend all AMSAC coaches meetings for their specific sport, every other year.
- Direct all questions or concerns to the athletic director.
- Abide by all the team selection and participant playing time expectations.

Expectations for Fans

Fans play an integral part in the athletic environment of each contest whether at home or on the road. All fans are asked to show sportsmanship and understand that they are also a representative of Swallow School.

All fans are expected to:

- Keep their comments positive at all times.
- Leave the refereeing to the referees.
- Leave the coaching to the coaches.
- Leave the playing to the players.
- Clean up their belongings and garbage following events.

Athletic Programs Offered at Swallow

Fall: September-December

- Girls Basketball

Winter: January-March

- Boys Basketball

Spring: March-June

- Boys/Girls Volleyball
- Boys/Girls Track and Field
- Boys/Girls Intramural Golf

Criteria for Team Selection

Swallow School operates under a no cut policy. All players interested in participating will be given the opportunity to play. In grades 5th-7th all teams will be even split, meaning all players will be put through an evaluation period after which, the teams will be decided. At the 8th grade level the teams will be split into “A” – “B” teams which is based on their performance during the evaluation period.

The following criteria will be used when splitting teams:

- Teams will be split based on the following number of players
 - 6-15 players (1 team)
 - 16-23 players (2 teams)
 - 24+ players (3 teams)
- Two evaluation periods will be scheduled and held prior to the beginning of the sports season.
- The coaches and athletic director will create all even split teams.
- Teams will be final the first day of practice. No student may join the sport after the first day of practice.

Playing Time

Swallow School believes that all participants should be given the opportunity to play in all sporting events. Coaches are expected to adhere to the following playing time criteria.

Basketball: Regular Season

- All players must play a minimum of 6 minutes each game with no player playing over 20 minutes.

Basketball: Tournaments

- When in tournament play the goal is to keep the season going or have the opportunity to play as many games as possible, because of this some players may receive reduced playing time compared to the regular season.
- Every player must play in every game but there are no restrictions on time.

Volleyball: Regular Season

- All players must play a minimum of 1 game per match. (1 game consists of 20 points/ team.)

Volleyball: Tournaments

- When in tournament play the goal is to keep the season going or have the opportunity to play as many games as possible, because of this some players may receive reduced playing time compared to the regular season.
- All players must play in every match.

A-Teams

- Playing time will be based on the coach’s discretion with the understanding that every student will play.

Conference Affiliation

Swallow School is a member of the Arrowhead Middle School Athletic Conference (AMSAC). The conference consists of the following teams: Erin, Friess Lake, Lake Country, Merton, North Lake, North Shore, Richmond, and Stone Bank.

Transportation

Parents are responsible for all transportation to and from all athletic events. Swallow School does not offer a transportation service for athletic events.

Eligibility Requirements

In order to participate in the athletic programs offered at Swallow School, students must meet the following criteria. Students may come to the Athletic Director prior to the beginning of the sport season to verify their eligibility to participate in athletics. The specific requirements are as follows:

Students are not allowed to practice or participate in games unless the following criteria are met:

- Have a read, signed, and turned in concussion/athletic handbook form
- Have paid all financial obligations to the school*
- Attend at least the last 50% of the school day (11:40 a.m.-3:15 p.m.)
- Have a signed parent permission slip turned in
- Have an athletic health form turned in

Students are allowed to practice but not allowed to participate in games unless the following criteria are met:

- The above criteria.
- Have no more than (1) "F" or a GPA of less than 2.0
- Have paid the \$75 Athletic Fee per sport*

Exceptions will be made on fees for families on free or reduced lunch

Detentions/Suspensions

Students suspended from school, in-school or out of school, are not permitted to participate in or attend any athletic events during the period of their suspension. This includes team practices. Students assigned classroom detentions will not be able to attend practices or games at the discretion of the athletic director and administration.

Concussions

The law requires all youth athletic organizations to educate coaches, athletes, and parents on the risks of concussions and head injuries and prohibits participation in a youth activity until the athlete and parent or guardian have returned a signed agreement indicating they have reviewed the concussion and head injury information materials. The law requires immediate removal of an individual from a youth athletic activity if symptoms indicate a possible concussion has been sustained. A person who has been removed from a youth athletic activity because of a determined or suspected concussion or head injury may not participate again until he or she is evaluated by a health care provider and receives written clearance from the health care provider to return to the activity. Coaches must also return a signed concussion information agreement.

Uniforms

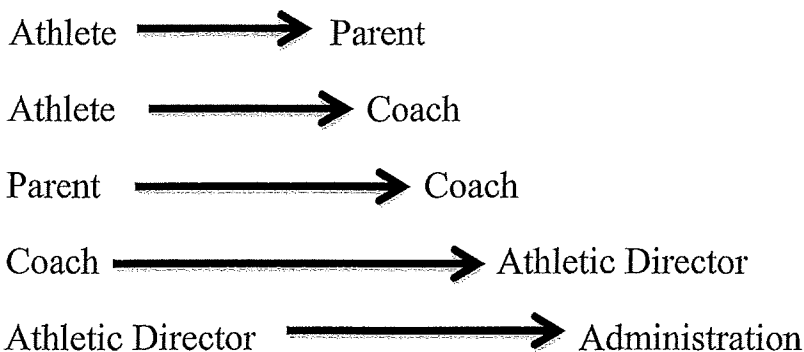
All uniforms issued to athletes are the property of the school and must be properly cared for by the student and parents. All uniforms must be returned, properly cleaned, at the conclusion of the season. Lost or damaged uniforms will become the financial obligation of the student. Game uniforms may be worn only on the day of a scheduled contest.

Out of School Conduct

Student-athletes at Swallow School are expected to act in a legal and responsible manner, realizing that at all times, they are representing their school and team. Conduct out of school which discredits or embarrasses Swallow School, the athletic department or any sport may result in athletic department disciplinary action up to and including dismissal from the team. Further disciplinary action may also be taken if deemed appropriate by the school administration.

Lines of Communication

Swallow School views communication as a key component in all activities. If you feel there is a concern that needs to be addressed we ask that you follow the following lines of communication. We also ask that you please allow **24 hours** between the occurrence/incident and the initiation of communication. Lines of communication are as follows:



If there is a concern regarding another school or official or if you feel that the communication you have had with a coach was not successful please contact the Athletic Director.