



**Salam School Athletic
Handbook
2017-18**

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Salam School Athletics Mission Statement

The Salam School athletic program prepares students to participate in various sports with confidence and enthusiasm. The aim of the athletic program is to improve student athletes both as individuals and collectively as teams. Athletes must meet their academic responsibilities and their behavior must reflect positively on themselves and the school. Sportsmanship is a non-negotiable expectation. Individuals need to win and lose with dignity and pride. Athletes learn cooperation, commitment, and their role on a team while developing individual skills.

Athletics at Salam School are intended to be an enriching and healthful experience by which physical, mental and social growth is stimulated through interscholastic competition. Salam School maintains a full-participation policy. This means every student has the opportunity to be on a team. However, this policy may not guarantee the right to suit up, play, or letter. The school promotes athletic excellence and encourages an athlete to achieve his or her best and to be a positive, contributing member of a team.

To compete on a team is a privilege. Players not only represent themselves, but also their parents, school, and community. This responsibility should not be taken lightly. Salam School, WIAA rules and regulations govern play and the way players live their lives. Coaches, athletes and parents must comply with rules and regulations.

The athletic program will:

1. Provide a sound educational experience in a safe environment.
2. Provide practices that offer the opportunity for the athlete to develop.
3. Instill within the athletes team responsibility and an understanding of their roles on the team.
4. Reflect the mission of the school.

2017-18 School Year Sports and Fees

Non-refundable participation fees are due on or by the first day of practice with checks made payable to Salam School. Fees include the expense to the school with regard to equipment & transportation provided to the student athlete. Participation fees also cover coach's salary, referees and rental fees to provide practice and/or game/match/meet facilities.

High School Falls Sports

Boys & Girls Cross Country: \$200

Boys Soccer: \$200

Girls Volleyball: \$200

Middle School Falls Sports

Boys Soccer: \$50

Girls Volleyball: \$100

High School Winter Sports

Boys & Girls Basketball: \$200 if first sport and \$100 if second sport

Middle School Winter Sports

Boys Basketball \$125

Girls Basketball \$125

High School Spring Sports

Boys & Girls Club Track \$75

Girls Club Soccer \$100

Middle School Spring Sports

Boys Soccer: \$50

Girls Volleyball: \$25 (Skill development)

Boys & Girls Runners Club \$25

Salam School Athletic Code

Salam School encourages participation in sports and extracurricular activities. Students must remain in good academic standing and behavior. Salam School expects a student-athlete to honor one's academic commitment first, superseding any practice or game. A student-athlete needs to follow rigorous discipline to manage homework and tests. Coaches expect student-athletes to budget their time and make every effort to be at practice and a game on time.

The Salam School Athletic Code is a part of the Salam School Student Code of Conduct, which is included in the Parent and Student Handbook that is published on the Salam School website.

Academics

- A student athlete automatically becomes **ineligible for athletic competition** if **he /she is put on Academic Probation.**

Eligibility may be regained at the next quarter progress report time if the student has a GPA of 2.0 and above and has no failing grades.

- A student athlete **will become ineligible for competition at mid-quarter** if he/she has **two or more failing grades.** Eligibility may be regained when he/she is passing **all** classes.
- A student may earn a semester worth (0.25) physical education credit for participation in a sport if he/she attends all practices, competitions and has no behavior infractions.
- Athletes must report to the **after School Success** program if they are on academic probation even if it involves missing a game or practice. The respective coach may assign an additional penalty for missing practice.

Behavior

Salam School expects a student-athlete to adhere to the behavioral codes of the school and to comply with Salam School Discipline Code and the Salam School Athletic Code.

- A student athlete automatically becomes **ineligible for athletic competition if he/she is put on Behavior Probation.**
- Any school penalty that a student-athlete incurs **takes precedence** over any other athletic obligation.
- Athletes must report to **after School Detention** when assigned even if it involves missing a game or practice.
- Penalties that occur in the off-season or summer **will be carried over** into the athlete's next sport season.
- Multiple offenses may jeopardize a student athlete's eligibility to participate in athletics at Salam School.
- A student athlete **may become ineligible for competition at any time** if he/she commits a **class B** offense based on the Salam School discipline code.
- A student athlete automatically **becomes ineligible for athletic competition** if he/she commits a **class C or class D** offense based on the Salam School discipline code.
- While participating in WIAA tournament competition, each athlete must observe the WIAA Code. Violation of this code will result in **immediate disqualification** for the remainder of the tournament series in that sport.
- A Salam School student athlete should, at **all** times, be courteous to members of opposing teams and demonstrate respect for self, team, officials, school and community. Any athlete who does not demonstrate this type of positive behavior may be suspended or dismissed from the team.
- **A student suspended from school is also suspended from athletic practices and competitions during the time period of the suspens**

Attendance

- A student athlete must be in school for the entire day or until the team is released from school for off-campus matches except with a valid excuse.
- An Athlete is expected to be at a Friday practice for a Saturday game.

- An athlete is also expected to be in school the day after an event unless hospitalized or injured.
- Each athlete has a responsibility to be in school and in class on time and to behave while being there.
- A Salam School student-athlete is required to respect the integrity of the athletic program. Athletes must understand that their commitment to the school team has a significant impact on other members of his or her team.
- A Salam School coach expects a student-athlete to attend all practices and games. An unexcused absence from a practice or a game will lead to a penalty.
- Salam School expects its athletes to meet their athletic commitment to the school team as their first extracurricular priority.
- If a coach determines that a player's commitment to the other co-curricular activity interferes with the performance of the team, a disciplinary action may result which could include dismissal from the team. Student athletes that miss practices or competitions may not be granted extra-curricular credits.

Salam School Athletic Probation

- A student athlete may be put on Athletic Probation if his/her behavior has been unacceptable and in violation of one or any of the rules and expectations of Salam School Athletic code.
- **The decision to put a student athlete on Athletic Probation** will be taken in consultation with the Principal or whomever he deposes (i.e.: Assistant Principal, School Counselor and Athletic Director)
- **The decision to take a student athlete off Athletic Probation** will be taken in consultation with the Principal or whomever he deposes (i.e.: Assistant Principal, School Counselor and Athletic Director) A review will be conducted at the beginning of each new athletic season the student athlete wishes to participate in, and will be initiated by Athletic Director. The student athlete's complete academic, behavior and attendance record will be audited.

Uniforms

- An athlete is responsible for all uniforms issued to him. All **uniforms must be washed and returned within one week at the end of the respective sports season**. Failure to do so will result in a fine of \$ 5.00 per day after the date uniforms are due.

Physical Exam /Health Insurance/Risk of injury

- Each athlete must submit a **valid physical examination** and parent consent form with the athletic department **before the first practice begins**. Physical examinations after April 1 of a given year are good for two school years.

<https://www.wiaawi.org/Portals/0/PDF/Forms/physicalcard.pdf>

<https://www.wiaawi.org/Portals/0/PDF/Forms/alternateyearcard.pdf>

- Student athletes participating in interscholastic athletics or competitive club sports must have health insurance. All athletes must be protected with personal health insurance in case of injury. Salam School does not provide health insurance coverage for athletes.
- Participating in any sports activities assumes a risk of injury. Injuries to organs, paralysis and even death may occur. Students without health insurance may not practice or compete in any sport.

Parent Informed Consent

Injuries

Salam School's Athletic Department makes every effort to insure the safety and health of the child. However, no matter how careful athletes and coaches are, athletic injuries do occur. The process by which the Athletic Director and Coaches handle an emergency or injury is as follows:

- Immediate action is taken to prevent further injuries (removal from play, ice, elevation and immobilization).
- Parents are notified in person or by phone.

- If needed the family is referred to a physician for additional treatment and the resulting report must be submitted to the Salam School office.
- The coach and student athlete will work with the physician to develop a rehabilitation program for the athlete. The athlete returns to action with approval of parents, coach and physician.
- An athlete under a physician's care must have a return to play permission letter from his/her physician in order to return to action.
- Participation in athletics may result in serious injury and sometimes even death. To assist the Athletic Department in caring for our student athletes, communication within our staff is very important.
- Please know that medical information shared between medical providers, coaches and school officials is confidential information and will not be shared to those outside the Athletic Department.

It is mandatory to read and sign the **Parent/Athlete Informed Consent Form**. By completing the authorization/consent form, you are authorizing the Athletic Director of Salam School to discuss information regarding your son/daughter's injury or illness with other staff members of the Athletic Department that may affect your son's or daughter's ability to participate in a particular sport.

Photography/Video /Publications

- Salam School will use the student athlete's name, photographs, video, and sports statistics and achievements in suitable publications as needed.

Athletic Awards

Salam School recognizes the efforts and dedication of every single student athlete. Student athletes are recognized and honored at the Athletic Award ceremony at the end of the season in the presence of parents, family and friends.

Varsity Letter

A student athlete is awarded a letter for substantial contribution to their Salam School Varsity sports team based on the following criteria:

- **Volleyball:** Student athlete must play in 75% of all Varsity matches.
- **Soccer:** Student athlete must play in 75% of all Varsity games/minutes.
- **Cross Country:** Student athlete must score in Salam School's top five in at least three Varsity meets.
- **Basketball:** Student athlete must play in 75% of all Varsity games.
- **Seniors:** All senior Student athletes will letter if they attend 100% of all Varsity games and practices.

First time letter winner receives:

- Chenille S
- Numerals of year of graduation
- Sport-specific metal insert/pin
- One service bar

Second or more time letter winner in the same sport receives:

- One service bar

Letter winner in a different sport receives:

- Sport-specific metal insert/pin
- One service bar

Student Athlete of the Year Award

- Is a junior or senior
- Is a letter winner
- Has the highest cumulative GPA for all his/her high school career.

Most Valuable Player (MVP) of the Year Award

- Determined by the respective coach.

Coach's Award

- Determined by the criteria set by the coach of the sport.

Character Award

Salam School adopts a school-wide commitment to nurturing student athletes in sports as well as in character and morals. The Character Award is presented to the student athlete who:

- Represents and embodies the mission of Salam School
- Exemplifies outstanding values, behavior and commitment
- Displays outstanding leadership

Transportation/Parent Responsibility

The school provides transportation to all athletic events for high school only. Students must travel by the school van or school vehicles to and from all away events.

- Athletes are encouraged to return to school with their team.
- When a parent/guardian provides transportation to their son/daughter to or from a scheduled event, the parent/guardian shall assume all resulting liability, and Salam School shall assume no liability.
- A parent may not transport another student athlete that is not their child to or from an event.

WIAA High School Athletic Eligibility Information Bulletin

The Wisconsin Interscholastic Athletic Association (WIAA) is a voluntary, unincorporated and non-profit organization. Its rules and regulations govern the membership's athletic programs in the State of Wisconsin. The governing body of the WIAA is the Board of Control, which consists of 10 administrators from the senior high membership and one representative of the Wisconsin Association of School Boards. The Board of Control is elected by the membership and represents

the geographical districts of the state, genders and ethnic minority representation. Operation of the WIAA is the responsibility of the Executive Director and the executive staff at the WIAA headquarters in Stevens Point, Wisconsin. The WIAA maintains a public website at www.wiaawi.org.

Salam School athletes and their parents **must read, understand, and agree with all WIAA terms**. An athlete and a parent must initial WIAA Athletic Eligibility Information to be eligible for participation.

CONCUSSION (U.S. Department of Health and Human Services Centers for Disease Control & Prevention)

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and needs to be addressed correctly.

What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if he/she just "doesn't feel right". Most concussions occur without loss of consciousness.

If your child or teen reports one or more of the symptoms listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion

Signs observed by Parents or Guardians:

- The student athlete appears dazed or stunned
- Is confused about events
- Answers questions slowly

- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

Symptom reported by your child or teen:

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Sleep: *

- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

*Only ask about sleep symptoms if the injury occurred on a prior day.

Children and teens with a concussion should **NEVER** return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion states they are symptom-free and it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games, or
- Other physical activities.

What should I do if my child or teen has a concussion?

- Seek medical attention right away. A health care professional experienced in evaluating concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).
- Help them take time to get better. If your child or teen has a concussion, his or her brain needs time to heal. Your child or teen may need to limit activities while they are recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities - such as concentration and learning- should be carefully managed and monitored by a health care professional.

Wisconsin Law regarding concussion in youth sports.

Wisconsin Act 172 was implemented to address concussion and head injuries in youth sports. It

provides requirements on proper management of concussions when they occur, as well as the requirement to educate athletes, parents, and coaches about the signs, symptoms, and dangers of concussion as they relate to youth sports. This information sheet has been provided for the purpose of educating you and your athlete(s) on concussion signs, symptoms, and proper management of concussion when they do occur.

CONCUSSION: STATEMENT OF ACKNOWLEDGEMENT

In order to comply with all aspects of Wisconsin Act 172, statement of acknowledgement of concussion information must be signed and returned.

Salam School Athletic Program Consent Form



Name of Student Athlete _____

Gender (circle one) Male Female

Grade (circle one) 4 5 6 7 8 9 10 11 12

| Parent Initials | Student Initials | Page #'s | Handbook Item |
|-----------------|------------------|------------|---|
| | | 5, 6, 7, 8 | Salam School Athletic Code: Academic, Behavior, Attendance , Uniform , Athletic Probation |
| | | 8 | Physical Exam, Health Insurance, Risk of Injury |
| | | 12,13 | Concussion |
| | | 8 | Parent Informed Consent |
| | | 11 | Transportation /Parent Responsibility |
| | | 11 | WIAA Athletic Eligibility Information |

By signing and initialing this I acknowledge that I have knowledge, understanding and agreement of all the information in the Salam School Athletic Handbook. I am also aware that any violation on the part of my child, legal ward or myself, to any of these standards shall result in the consequences contained in the Salam School Athletic policy.

Parent/Guardian Signature _____ Date _____

Parent/Guardian cell phone # _____

Parent/Guardian email address _____

Student Athlete Signature _____ Date _____

Student Athlete cell phone # _____

Salam School Athletic Program Consent Form

| | | | | | | | | | | | |
|-------------------------|-------|---|---|---|---|--------|----|----|----|--|--|
| Name of Student Athlete | _____ | | | | | | | | | | |
| Gender (circle one) | Male | | | | | Female | | | | | |
| Grade (circle one) | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | |

Concussion Information 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.

Parent/Guardian Signature _____ **Date** _____

Concussion Information 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.

Athlete Signature _____ **Date** _____

Informed Consent Parent Agreement

I have read, understand and agree to the informed consent information below in case my son/daughter has a medical emergency.

- Immediate action is taken to prevent further injuries (removal from play, ice, elevation and immobilization).
- Participation in athletics may result in serious injury and sometimes even death. Please know that medical information shared between medical providers, coaches and school officials is confidential information and will not be shared to those outside the Athletic Department.
- The Athletic Director of Salam School is authorized to discuss information regarding my son/daughter's injury or illness with other staff members of the Athletic Department that may affect my son's or daughter's ability to participate in a particular sport.

I understand and agree that Salam School will use my child's name, photographs, video, and sports statistics and achievements in suitable publications as needed.

Parent/Guardian Signature _____ **Date** _____



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