



Dear Assumption Family,

The Assumption High School Athletic Department will host a sports information and registration night for all Middle and High School athletes on **Wednesday, August 9, 2018 at 6:00pm** in the high school gymnasium. This registration night will be geared more towards fall athletes but if you would like to fill out information or pay athletic fees for all seasons, please feel free to do so.

Attendance by athletes and at least one parent/guardian is required at this meeting at which all forms will be completed and the \$50 (MS), \$75 (HS) per-student sport fee will be payable. Fall coaches will be available to discuss their upcoming seasons and to answer any and all questions.

This meeting should not take more than an half an hour of your time. Discussion will consist of correct forms to be filled out, sports fee, and schedules. Subsequent form for winter and spring sports will be sent home in the Wednesday folders.

Enclosed you will find an (emergency permission form, cautionary statement, concussion form, and the code for athletes - combined) to be completed and bring to the meeting. Please take the time to read this with your student/athlete about our procedures. Also, enclosed is a letter explaining the procedure for ordering season tickets for your entire family. Please look over and fill out the correct form for season passes.

Sports we offer in the Fall: Cross Country (Boys & Girls), Football, Tennis (Girls),
Volleyball
Winter: Basketball (Boys & Girls), Dance, Wrestling,
Hockey (Boys & Girls)
Spring: Baseball, Golf, Soccer (Girls), Softball,
Track (Boys & Girls)

Reminder, that the student/athlete must have a physical card or an alternate year card on file, plus the athletic code for the upcoming school year, before he/she can begin practice (athletic forms – physical or alternate year cards can be picked up in the athletic office or front office). Any questions, please call (715) 422-0915. If your child does not participate in a fall sport, we will still accept all forms for the winter and spring seasons.

Sincerely,

Joe Birkhauser
Athletic Director

prior to a student being declared eligible to practice and compete.



ASSUMPTION CATHOLIC SCHOOLS HIGH SCHOOL – CODE FOR ATHLETES

Dear Parent,

Your son/daughter has made the choice to become involved in interscholastic athletics at Assumption High School. Participation in high school athletics should be viewed as a privilege, not a right. A condition of that involvement is the requirement that your son/daughter adhere to certain rules. These rules prohibit the use and/or possession of drugs, alcohol, tobacco, anabolic steroids, attendance at social events, (other than those stipulated herein) at which controlled substances are being consumed or at which, alcoholic beverages are being consumed by underage individuals. Any conduct, which is detrimental to the community and Assumption High School, constitutes grounds for suspension. These rules apply on a year-round basis. The intent of these rules is to enhance the health and well-being of your son or daughter.

We know that you want what is best for your student/athlete and your support of our efforts to set regulations for your student's conduct can best be achieved if you understand these regulations and the reasoning behind them. Therefore, we ask that you and your child familiarize yourself with the CODE FOR ATHLETES, including the Code of Conduct, Code of Academics, Attendance Policy, Cautionary Statement (attached on reverse side), and the Rules and Regulations provided by the WIAA (attached to the Code for Athletes). Also, familiarize yourself with the Student Handbook

PARTICIPATION GUIDELINES

This handbook has been prepared for the benefit of the participants, the parents, and the coaches in an effort to make athletics a contributing and worthwhile part of the overall school program. It is the desire of all members of the athletic department that athletics should be an enriching and healthful experience in which physical, mental, and social growth is stimulated through interscholastic competition. A genuine understanding of the aims and objectives of the school sports program and of the training rules can be achieved by carefully reading this handbook.

GENERAL ELIGIBILITY RULES

Every student who desires to participate in the Assumption athletic program must:

1. Meet all WIAA and Assumption High School eligibility standards in the Student Handbook.
2. Have on file a physical examination card before the first day of practice.
3. Have on file an emergency form, cautionary statement, and athletic code signed by participating students and parents/guardians.
4. Be in compliance with all aspects of this Code for Athletes.

CODE OF CONDUCT

It is extremely rare to have a winner who is not disciplined. The development of talent and the nature of both practices and games require a high degree of control. With that in mind, an attempt is made to ensure that all rules are relevant, fair, and applicable to everyone. Any penalties established for violation of rules will be commensurate with the offense and will be imposed immediately.

The use of tobacco, alcohol, or other drugs is prohibited for several reasons, but most importantly because they are harmful to good health and physical conditioning. Sanctions for any violation will be determined by the Athletic Director and the head coach of the respective sport in consultation with the Principal, and may include determinations based on guilt by association. The cooperation and honesty of the athlete will be a significant factor in determining consequences. The code is enforced 12 months of the year including seasons in which the athlete may not be competing. Second and subsequent offenses are measured within a span of 12 months from the date of the first offense. Length of suspensions are carried over to the next sport season if necessary to fulfill the suspension requirements. During the time of athletic suspension, the athlete may not participate in any team contests, and may only attend the athletic event(s) as a spectator.

A student competing for Assumption voluntarily chooses to represent more than just himself/herself. For that reason a greater degree of attention to personal behavior and appearance is expected of the athletes than of non-participating students. In this regard the athlete is expected to be well-groomed and to present a neat appearance. Assumption athletes are to "dress up" on game day, especially when traveling to away contests. Inappropriate dress, as determined by the Athletic Department, is prohibited. Conduct determined detrimental to the school or team may result in probation or suspension for a specified period of time, depending on the nature of the infraction. This includes the use of profanity and other forms of unsportsmanlike behavior, attendance at out-of-school activities where alcohol or other drugs are present (by anyone in attendance, not necessarily the student-athlete), vandalism or theft, or activities at which the police or school administration are called. Student athletes have privileges and responsibilities greater than the "average" student; therefore, improper conduct in or out of school will be subject to disciplinary action, as outlined in the student/parent handbook. Any athlete who is assigned detentions or suspended from school will not participate until the detention or suspension is completed. Any athlete who knowingly attends practice and misses detention will not participate in the next scheduled event.

CODE OF ACADEMICS

Academic Eligibility:

1. Eligibility forms for extra-curricular activities will be processed after each grading period.
2. A student may be declared academically ineligible if he/she is failing a course. It is strongly recommended that a student already ineligible should not be absent for reasons other than illness. Such students, when applying for an Anticipated Absence for other reasons, are jeopardizing their academic progress.
3. Students may request grade updates from teachers on Mondays - Thursdays from 2:45 p.m. - 3:30 p.m. or by appointment.
4. Each ineligibility period should start on a Monday.
5. Administration reserves the right to make a student ineligible at any point throughout the school year based upon failing grades, missing work, and/or extreme behavior.
6. Criteria for Assumption High School Academic Eligibility is in the Student Handbook.

ATTENDANCE POLICY

Students must attend a full day of classes for the day in order to participate in a school-sponsored extracurricular activity or practice with the exceptions of faith or family events that are deemed by the administration to be absolutely necessary or any other activity, event or appointment that has been approved by administration and does not remove a student from school for more than three periods (2½ hours). Students are expected to be in school on the day following athletic events, with the exceptions of family emergency, medical, dental, clinical appointments or school-sponsored trips.

GENERAL TRAINING RULES

The use or possession of tobacco, alcohol, and illegal drugs will not be tolerated. If student-athletes arrive at a gathering where alcohol or illegal drugs are present, either the student-athlete or the illegal substances must leave immediately. Student-athletes may attend weddings, family gatherings, restaurants, etc. but the use of tobacco, alcohol, or illegal drugs is still prohibited. These rules apply to all athletes during the entire 12 months of the year.

CONSEQUENCES FOR VIOLATIONS OF TRAINING RULES

First offense: Athlete is suspended from a maximum of 33% of the season's contests. However, with honesty and cooperation, the penalty may be reduced to 25% of the season's contests. The student must submit a letter of

commitment and pledge of loyalty, apologize to the team verbally, and undergo counseling as arranged by the Athletic Director.

Second offense: The Athlete is suspended from a minimum of 50% or a maximum of 69% of the season's contests, and mandatory assessment and follow-through at the expense of the athlete is required. Game suspension continues until an assessment has been conducted and the athlete has fulfilled any and all treatment requirements.

Third offense: A third offense occurring within 12 months of the first incident results in a 12-month suspension from competition. The athlete may only be reinstated by permission of the Administration, Athletic Director, and the coach based on progress made in dealing with the problem.

UNEXCUSED ABSENCES

Any student who is truant, or who skips Mass, homeroom, class, or study hall will not be allowed to participate in an athletic event or practice that school day. This may also affect the adjoining days of school. An unexcused absence from practice will be disciplined by the coach of respective sport. If it is necessary to miss a practice, the athlete is responsible for informing his/her coach prior to the absence.

ILLNESS

Students who miss school during the day because of illness may not participate in athletic competition or practice later that day or in the evening. The student may participate in athletic competition on a Saturday or other non-school day if he/she has been absent from school due to illness the previous day.

TRIPS TO OTHER SCHOOLS FOR ATHLETIC CONTESTS

Transportation to and from all events will be in school-approved vehicles. A student athlete may return from competition with only his/her parent upon prior written notification. All student athletes must ride the bus to the competition to be eligible to play.

MAJOR/MINOR SPORT

Student athletes are allowed to play two different sports in the same season (fall, winter, spring). The student athlete must, however, determine which sport will be the major sport. For example, if a student athlete picks softball for a major sport and golf for the minor sport, the student athlete must adhere to all regulations set by the head coach of the major sport.

AWARDS

If a student athlete is to be awarded a varsity letter in any sport, that student athlete must participate in a minimum of 60% of the season's contests played. In the case of any discrepancy, the Head Coach of that sport, along with the Athletic Director, will determine the award.

MARAWOOD CONFERENCE

Individual Awards – To be nominated for an All-Conference honor (1st Team or 2nd Team, Honorable or Special Mention) to be voted on by coaches, athletes must satisfy their school's eligibility requirements concerning grades and code of conduct for all games, conference and non-conference, of the entire season involved. Nominees need not play, but must be eligible to play in each game. Excused absences do not disqualify athletes from nomination. Athletes involved in an ineligibility period which overlaps two seasons may be considered for nomination in the second season.

STATE TOURNAMENT POLICY

In the case of any team advancing to the State Tournament level these rules will apply:

Overnight stay – When a team advances and the contest is before 1:00 pm, overnight accommodations will be made if the trip is over 100 miles. All money that is assigned by the WIAA may or may not be used for that tournament series. A parent meeting will be held on the following Monday after the sectional final game. All concerns will be voiced at this meeting on the upcoming state tournament series.



WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

2018-2019 High School Athletic Eligibility Information Bulletin

To: Student-Athletes and Their Parents
From: Wisconsin Interscholastic Athletic Association and Assumption

Your high school is a member of the Wisconsin Interscholastic Athletic Association. The following rules and regulations are developed by the member schools of the WIAA and govern the participation by boys and girls in school athletics and in some instances, impact upon sports activities outside the school.

This information bulletin is a **summary** of the WIAA OFFICIAL HANDBOOK as it pertains to those rules and regulations. Both student-athletes and their parents should have an understanding of these requirements. Equally important is that student-athletes and/or parents talk to their principal or athletic director if they have any question about these regulations. For additional information on Rules of Eligibility see the WIAA Handbook, or visit the WIAA website at www.wiaawi.org.

This bulletin does not discuss specific penalties for all violations. The reason is that penalties vary depending upon the nature of the violation. In addition, schools often have established penalties or periods of ineligibility, which are greater than the minimum prescribed by WIAA rules.

There also are exceptions and other permissive provisions in some rules. Student-athletes and their parents should discuss all athletic eligibility related situations with the school principal or athletic director who, if necessary, will get a decision, interpretation, or opinion from the WIAA office.

Student-athletes, as well as parents are asked to read this bulletin, and then sign it and have their signature statement (attached) on file at their school prior to practicing and competing.

These are WIAA eligibility rules, which are **current for the 2018-2019 school year**:

AGE

A student shall be ineligible for interscholastic competition if he/she reaches his/her 19th birthday before August 1 of any given school year.

ACADEMICS

A student-athlete must meet school and DPI requirements defining a full-time student and have received no more than one failing grade (including incompletes) in the most recent school issued grade reporting period. Note: Some member schools adopt code and academic policies and other participation requirements which are more stringent than WIAA minimum requirements. In those instances, the school's requirements prevail and must be applied as written.

ATTENDANCE

A student-athlete is eligible for interscholastic competition at a member school if he/she is carried on the attendance rolls as a duly enrolled full-time Grade 9, 10, 11 or 12 student in that member school. (Subject to satisfying all other eligibility requirements.)

Note: A full-time student is further defined as one where the member school is responsible for programming 100% of the student's school day. The student is eligible for like or similar awards, privileges and services as all the other students and meets all obligations and responsibilities as other students, without exception.

- A. A student must complete eligibility in the four consecutive years starting with Grade 9 and the three consecutive years starting with Grade 10, unless there are documented extenuating circumstances and a waiver has been provided.
- B. A student is ineligible if he/she has graduated from a school offering studies through Grade 12 or its equivalent.
- C. A student who graduated in May or June retains eligibility for (a) any portion of a spring athletic schedule not completed by the end of the academic year and (b) the school's summer athletic schedule.
- D. A student is ineligible if he/she has not been enrolled in some school by the 17th day of a semester or trimester, except upon request of a school in special cases involving sickness, accident, military service, social services assignment, e.g.
- E. A student-athlete may not participate in school sports in more than four different years, and a student-athlete may not participate in the same sport more than one season each school year.

DETERMINING RESIDENCE FOR PUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only at the school within whose attendance boundaries his/her parents reside, within a given school district, with these additional provisions:

- A. Board of Education approved full-time student(s), paying their own tuition and residing full time with parents in their primary residence shall be afforded eligibility. Transfer students are subject to provisions outlined in the transfers section of this document and in the Senior High Handbook.
- B. The residence of a student's guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility, except in situations involving transfer after the fourth consecutive semester following entry into grade 9. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the transfer and/or waiver provisions as described in the WIAA HS Handbook.
- D. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state and is enrolled in a district approved program may be eligible at either school (first priority to school of residence) but (a) may not participate at both schools in the same year and (b) academic ineligibility accompanies student upon transfer. Transfer restrictions may also apply.
- E. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state or who is participating full time in a legislated open enrollment option must meet all statutory timeline requirements. This provision extends the opportunity to decline attendance at the new school and continue at his/her school of residence. If the student begins the school year at the new school and then transfers back to school of residence after attending one or more days of school or one or more athletic practices, he/she shall be subject to transfer provisions as outlined in the transfer Section of this document.
- F. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's attendance boundaries, provided enrollment is continuous (unbroken in that school).
- G. After a student-athlete has not participated and/or has had their eligibility restricted for one calendar year due to reasons relating to residence and/or transfer, he/she becomes eligible.
- H. A student-athlete will not be eligible if his/her attendance at a particular school resulted from undue influence (special consideration because of athletic ability) on the part of any person.
- I. A student-athlete who has been declared ineligible at a school for disciplinary reasons, academic reasons or due to another State Association's provision retains that ineligibility status if he/she transfers to another school.
- J. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student whose residence in a given district and attendance at a member school does not conform with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers. Transfer students are subject to transfer provisions as outlined in the transfer section of this document and in the Senior High Handbook.

DETERMINING RESIDENCE FOR NONPUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only if the student is residing full time with parents in their primary residence with these additional provisions:

- A. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility except in situations involving transfer after a student's fourth consecutive semester. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year'. Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the waiver provisions as described in the WIAA HS Handbook under Waivers. Transfer restrictions may also apply.
- B. Residing full time with guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's traditional attendance area, provided enrollment is continuous (unbroken in that school).
- D. A student who has been in attendance in a nonpublic, self-contained school (i.e. grades K-12 or 7-12) for at least one complete school year prior to reaching Grade 9 and has not broken enrollment during that time is eligible in that nonpublic school upon entering Grade 9.

- E. Except in situations involving mid-year transfer and/or transfer after the fourth consecutive semester students attending member residential schools shall be eligible at the member school provided they reside at the school or reside full time with parents in their primary residence.
- F. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student attending a nonpublic school but not residing in accordance with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers.

TRANSFERS

A full-time student may be afforded up to eight consecutive semesters of interscholastic eligibility upon entry into Grade 9. **Transferring schools at any time may result in restrictions being imposed on eligibility, or in some cases a denial of eligibility.** For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' These additional provisions relate to transfer cases:

- A. A student who transfers from any school into a member school after the sixth consecutive semester following entry into Grade 9 shall be ineligible for competition at any level for one calendar year, but may practice, unless the transfer is made necessary by a total and complete change in residence by parent(s). The calendar year (365 days) will be determined from a student's first day of attendance at the new school.
- B. Open enrolled and/or tuition paying students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met.
- C. Open enrolled and/or tuition paying students entering 11th grade are restricted to nonvarsity opportunities for one calendar year.
- D. Open enrolled and/or tuition paying students entering 12th grade as transfer students are ineligible to compete at any level for one calendar year, but may practice.
- E. 9th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for the remainder of the school year. Restrictions are removed upon entering 10th grade.
- F. 10th or 11th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school).
- G. In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice.
- H. District policies with respect to intra-district transfer do not supercede WIAA transfer rules in situations involving post-sixth semester transfers. Intra-district transfers occurring after the sixth consecutive semester following entry into grade 9 result in the student being ineligible for competition at any level for one calendar year (365 days beginning with first day of attendance at the new school), but may practice.
- I. Unless transfer, including an accompanying total and complete change of parents' residence, is effective at the outset of a semester, a student cannot establish eligibility at his/her new school until the fifth calendar day of such transfer.
- J. If within the first four consecutive semesters following entry into grade 9, a student who transfers more than once in any given school year shall be ineligible for all interscholastic competition for the remainder of that current school year and will be eligible for nonvarsity opportunities only for the balance of the calendar year. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice.
- K. A student may not have eligibility in more than one member school at the same time. A parent or parents who move from a primary residence within one school's attendance boundaries, to a secondary residence within another school's attendance boundaries, may be required by the Board of Control to provide evidence of a total and complete move.
- L. A student who transfers from any school, whether or not a member school, with a status of ineligibility for disciplinary reasons, academic reasons and/or as a result of another State Association's regulation or sanction, retains such status at his/her new school for the same period as decreed by the former school. A student who transfers due to expulsion or removal for disciplinary reason from the previous school is ineligible for the length of the expulsion as determined by the previous school's Board of Education.
- M. No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

PHYSICAL EXAMINATION and PARENT'S PERMISSION

A student-athlete whether an adult or not, must have written permission of parents to participate in school athletics, an emergency information form, and he/she must have a physical examination (signed by a licensed physician, physician's assistant or advanced practice nurse prescriber) every other school year.

A physical examination taken April 1 and thereafter is valid for the following two school years. Physical examination taken before April 1 is valid only for remainder of that school year and the following school year.

TRAINING and CONDUCT

A student-athlete must follow his/her school's code of conduct (training rules) on a year-round basis.

- A. A student-athlete who violates his/her school's code of conduct during the season of a sport (start of practice to final game) must be suspended from competition for a period of time specified in the code (minimum of one meet) if the violation involves (a) possession and/or use of alcohol, (b) possession and/or use of tobacco, including chewing tobacco and (c) use, possession, buying or selling of controlled substances, street drugs and performance enhancing substances (PES).
- B. The member school will determine minimum penalties for violation of any other provisions of its code of conduct, including out of season offenses and for any other unacceptable conduct contrary to the ideals, principals and standards of the school and this Association including but not limited to criminal behavior.
- C. A student-athlete who violates his/her school's code of conduct at times other than during the actual season of a sport must be disciplined by the school, the nature of such discipline to be determined by the school as indicated in its code of conduct.
- D. A student-athlete who violates any part of the school or WIAA's code of conduct resulting in suspension for any portion of WIAA-sponsored tournament competition must be immediately declared ineligible for the remainder of tournament series in that sport. During the WIAA Tournament, an ineligible athlete may not suit up.
- E. A student-athlete, disqualified from a contest for flagrant or unsportsmanlike conduct, is also suspended from the next competitive event.
- F. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.
- G. A school must provide an opportunity for the student to be heard prior to a penalty being enforced. If a student appeals a suspension, according to the schools appeal procedure, the student is ineligible during the appeal process.
- H. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

AMATEUR STATUS

A student-athlete must be an amateur in all recognized sports of this association in order to compete in any WIAA sport.

- A. A student-athlete may not accept, receive or direct to another, reimbursement in any form of salary, cash or share of game or season proceeds for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, e.g.
- B. A student-athlete may receive: a medal, cup, trophy or plaque from the sponsoring organization regardless of cost; school mementos valued not more than \$200; an award valued not more than \$100 retail for participation in an athletic contest in a WIAA recognized sport; and may retain non-school competition apparel worn by the student as part of the team uniform.
- C. A student-athlete may not receive compensation or benefit, directly or indirectly, for the use of name, picture, and/or personal appearance, as an athlete because of ability, potential and/or performance as an athlete.
- D. A student-athlete may not receive free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for any and all interested students.
- E. A student-athlete may not be identified (with or without permission) as an athlete, provide endorsement as an athlete or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan, or service.
- F. A student-athlete may not participate in school athletics or in sports activities outside the school under a name other than his/her own name.

SPORTS ACTIVITIES OUTSIDE OF SCHOOL

Athletes may compete in not more than two non-school competitions with school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Nonschool competition will not be allowed during the respective WIAA tournament series in a sport. Violation of this rule results in loss of eligibility for the remainder of the season (including the WIAA tournament series) and forfeiture of the two non-school opportunities.

- A. WIAA rules do not prevent athletes from practicing with nonschool teams or from receiving private skills instruction during the school season. However, they may not participate officially or unofficially (including "banditing") in more than two nonschool competitions or races, including scrimmages against other teams (with school approval).
- (1) This restriction applies to normal nonschool games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, e.g.), specific skill contests (punt, pass, and kick, shooting contests, free throws, 3 point, e.g.), fun runs, etc.
 - (2) During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3 point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply.
 - (3) A student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of practice in order to continue nonschool training and/or competition.
- B. During the school year before and/or after the school season of a sport and in the summertime, members of a school's team may voluntarily assemble with their teammates (without school and/or school coach involvement) at their own discretion.
- C. A student-athlete or his/her parents must pay 100% of the fee for specialized training or instruction such as camps, clinics, and similar programs.
- D. A student-athlete may not be instructed except during the school season of a sport and approved summer contact days by the person who will be his/her coach in that sport in the following school season. All sports except football are exempt from this rule, BUT only (a) during the summer months and (b) if the program involved is not limited to individuals who are likely to be candidates for the school team in that sport in the following season.
- E. A student-athlete must not participate in an all-star game or similar contest except for summertime activities (a) within the same league or program (e.g., softball game between divisions of same league) or (b) in which a team is selected to represent a league in post-season play (e.g., Babe Ruth league team). Some post-season all-star opportunities may be permitted for 12th graders who have completed high school eligibility in a particular sport. Check with your Athletic Director to be certain.
- F. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

USE OF STUDENT IMAGE

The participation of student-athletes in school and WIAA tournaments may result in the use of student-athlete images in promotion of school and WIAA events.

In order to facilitate good communication, all questions regarding athletic participation at your school should be addressed to your athletic administrator.

WIAA Concussion Information - When in Doubt, Sit Them Out!

1. Before a student may participate in practice or competition: At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.
2. An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.
3. A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

<p>These are some SIGNS concussion (what others can see in an injured athlete): Dazed or stunned appearance Change in the level of consciousness or awareness Confused about assignment Forgets plays</p>	<p>These are some of the more common SYMPTOMS of concussion (what an injured athlete feels): Headache Nausea Dizzy or unsteady Sensitive to light or noise</p>
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Unsure of score, game, opponent Clumsy Answers more slowly than usual Shows behavior changes Loss of consciousness Asks repetitive questions or memory concerns	Feeling mentally foggy Problems with concentration and memory Confused Slow
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Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. "When in doubt sit them out."

It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice (including weight lifting) or competition.

RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

STEP ONE: About 15 minutes of light exercise: stationary biking or jogging

STEP TWO: More strenuous running and sprinting in the gym or field without equipment

STEP THREE: Begin non-contact drills in full uniform. May also resume weight lifting

STEP FOUR: Full practice with contact

STEP FIVE: Full game clearance

118.293 Concussion and head injury.

(1) In this section:

(a) "Credential" means a license or certificate of certification issued by this state.

(b) "Health care provider" means a person to whom all of the following apply:

1. He or she holds a credential that authorizes the person to provide health care.
2. He or she is trained and has experience in evaluating and managing pediatric concussions and head injuries.
3. He or she is practicing within the scope of his or her credential.

(c) "Youth athletic activity" means an organized athletic activity in which the participants, a majority of whom are under 19 years of age, are engaged in an athletic game or competition against another team, club, or entity, or in practice or preparation for an organized athletic game or competition against another team, club, or entity. "Youth athletic activity" does not include a college or university activity or an activity that is incidental to a nonathletic program.

(2) In consultation with the Wisconsin Interscholastic Athletic Association, the department shall develop guidelines and other information for the purpose of educating athletic coaches and pupil athletes and their parents or guardians about the nature and risk of concussion and head injury in youth athletic activities.

(3) At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.

(4) (a) An athletic coach, or official involved in a youth athletic activity, or health care provider shall

remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

(b) A person who has been removed from a youth athletic activity under par. (a) may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

(5) (a) Any athletic coach, official involved in an athletic activity, or volunteer who fails to remove a person from a youth athletic activity under sub. (4) (a) is immune from civil liability for any injury resulting from that omission unless it constitutes gross negligence or willful or wanton misconduct.

(b) Any volunteer who authorizes a person to participate in a youth athletic activity under sub. (4) (b) is immune from civil liability for any injury resulting from that act unless the act constitutes gross negligence or willful or wanton misconduct.

(6) This section does not create any liability for, or a cause of action against, any person.

Dear Parent/Guardian,

Assumption High School is utilizing an innovative program for our student-athletes that will assist our athletic trainers and physicians in evaluating and treating mild traumatic brain injuries (e.g., concussion). In order to help these trained healthcare professionals better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country. This application is a tool to help trained healthcare professionals successfully diagnose and manage concussions. If an athlete is believed to have suffered a mild traumatic brain injury during competition, ImPACT is used to help determine the severity of the injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition every other year (typically freshman and junior year). This non-invasive test is set up in "video-game" type format and takes about 20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. There also are questions about the athlete's health history and current symptoms that he or she may be experiencing. The history and current symptoms allows healthcare providers to better understand the individual athlete's particular healthcare situation. ImPACT is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the test. The athlete's performance on the post-injury test will be compared to his or her performance on the baseline and any differences in performance will be evaluated by a trained healthcare provider (i.e. Athletic Trainer or ImPACT trained Physician). The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with consecutive, untreated concussions. The Assumption High School administration, coaching staff, and athletic training staff are striving to keep your child's health and safety at the forefront of the student athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program please feel free to contact me at 608-403-6744.

Sincerely,

Dani Kilps, Licensed Athletic Trainer

Funding for ImPACT Testing at Assumption High School Provided by:

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