

CAPSTONE ATHLETICS



LIABILITY FOR INJURY: Playing in any sport may be dangerous and there may be a chance for an injury to take place. **Neither National Heritage Academies (NHA) nor Capstone Academy, nor any party affiliated with them will be liable** for any injury sustained during the normal course of the sports activity.

COMMITMENT: Participating in sports at Capstone is a commitment. The student-athlete's coach will provide game and practice schedules. Players must be present at five (5) practices before their first contest. **Team members are committing to attend all practices and games.** If it is unavoidable to miss a practice or game, **the coach must be contacted in advance.**

PAY TO PLAY: **\$120 pay to play fee** (per student per sport). If this fee is not turned in before the first game, the student-athlete will be deemed "ineligible" until the fee is taken care of. This could mean the loss of practice and/or game time. The fee is not refunded if an athlete is removed from a team, or he/she decides to leave the team.

TRANSPORTATION: Parents are committing to picking up and/or arranging rides for their child to and from all games/practices in a timely fashion. Coaches are not permitted to give athletes rides to or from games. Additionally, if team members ride with drivers other than their parent or guardian and an accident occurs, neither the driver, Capstone Academy, nor NHA will be liable.

ELIGIBILITY: At Capstone, academics are more important than athletics. Grade checks are done once a week during each season, this is done by students getting signatures from their teachers on an eligibility sheet and turned in every Friday during the season by 3:45pm. These sheets are picked up and turned in at Coach Dommermuth's office. A student will be deemed ineligible if he/she:

- 1.) **Receives two input behaviors in one week.**
- 2.) **Two or more missing assignments.**
- 3.) **Two grades below a 1.5 in a class (5th) or two cumulative grades below a 70 in a class (6th)**
- 4.) **Does not turn in weekly eligibility sheet.**

When a student is ineligible, they will miss the first game/contest of the following week. The student will continue to be ineligible for remaining games or until he/she has corrected the academic issue/concern. Students and parents will be notified of ineligibility.

If the student is ineligible for three games in one season, he/she will be removed from the team.

PHILOSOPHY: The athletics program is voluntary and extra-curricular. Team membership is earned through excellence in athletics, academics, and sportsmanship. Participation in middle

school activities is a privilege and not a right. With this privilege, it is the responsibility of the participant to uphold the standards established by Capstone Academy. Those standards are based on the fundamental premise that the participant is in a position of leadership, and he/she should represent sport, the school, and the community in the highest manner. Each athlete should strive to compete at the highest level in practices and in events. High moral values, sportsmanship, preparation (both athletically and academically) and maximum effort are the keys to success at Academy.

GENERAL RULES APPLICABLE TO ALL TEAMS:

- A student must be academically eligible to participate in tryouts or begin a season. This would be using our eligibility requirements that use scores, missing assignments, and behavior.
- To participate in a contest or practice on a given day, a participant must be in school for the entire day unless excused for medical appointments or other school authorized reasons.
- Team uniforms may be worn only for participation in the sport for which it is issued. Uniform tops may be worn during the day of an event. Students and their parents are financially responsible for all uniforms and equipment issued to them. Any student who has not completed his/her payment obligations at the close of the season will not be permitted to compete in any further competition until the obligation is met. All uniforms must be returned to the team's coach at the end of the season.

SPORTSMANSHIP: We expect each student to always conduct him/herself properly during the season. This includes conduct during travels, at practices and at games. We will not condone improper language or behavior. We ask that you encourage your child to keep that in mind. Sportsmanship is the responsibility of all spectators also. Please remember that our opponents are our guests and that the officials are trained in their profession and are doing their best to officiate the events according to established rules.

COMMUNICATION: Communication between coaches and parents is necessary for a successful season. Constant communication will ensure that decisions affecting athletes are made by coaches and by parents using all available information. This communication can be initiated at the pre-season Coaches'/Parents' meeting and can be enhanced through phone calls or personal contact, as necessary. Concerns should not be given to the coaching staff directly after a game; rather parents should wait a minimum of 24 hours and schedule an appointment with the coach. If you still have concerns after meeting with the coach, you may contact the Athletic Director to discuss the situation.

SUPPORT: Please support your child by attending as many of their activities as possible! Please remember that all middle school athletes try their best; sometimes they are successful and sometimes they are not. They all deserve your positive support.

The below portion needs to be signed and turned into Coach Dommermuth within the first week of making a school team. This will only need to be completed one time during the academic school year.

----- **PLEASE SIGN AND RETURN** -----

By signing below, I am stating that I have read and fully understand all the information above relating to

- 1) Liability for injury*
- 2) Commitment to attend games and practices*
- 3) Being picked up from practices on time*
- 4) Transportation*
- 5) Academic and behavioral eligibility.*

Student-Athlete Printed Name _____

Student-Athlete Signature _____

Student-Athlete Grade ☐ 5 ☐ 6

Parent/Guardian Printed Name _____

Parent/Guardian Signature _____

Parent Contact Info: *Email:* _____

Preferred Phone (____) _____ - _____

PLEASE ATTACH A SPORTS PHYSICAL

Any Physician form will be accepted.

CONCUSSION AWARENESS
EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM
2023-2024

By my name and signature below, I acknowledge that I have received and reviewed the Concussion Fact Sheet for Student Athletes and the Concussion Fact Sheet for Parents provided by Capstone Academy.

Parent Name – Printed

Student Name – Printed

Parent Name – Signature

Student Name – Signature

Date: _____

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

**CONCUSSIONS AFFECT
EACH CHILD AND TEEN
DIFFERENTLY.**

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon-while the brain is still healing-have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

☐ I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

☐ I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____

Revised January 2019

Parents,

As we embark on our first year of our athletics program, it is our goal to be role models and demonstrate positive behaviors for our student athletes. We try our best to hold the student athletes to high standards while competing, in school, and in their everyday lives.

The purpose of this letter is to emphasize the importance of what we want to accomplish as members of the Capstone Wildcat Family. It is crucial for the success of our student athletes and our programs that there is continuous positivity and support. Our children and players are a direct reflection of us and how we act. To ensure that our program is one that is safe and fosters a culture of great commitment, sportsmanship, attitude, and success, below are a few policies we have in place:

- Positively support the student athletes, coaches, officials, and anyone involved with the games.
- No one is getting a scholarship today; it is just a game where student athletes are trying to be the best versions of themselves and have fun.
- Serve as a role model for our student athletes, talking politely and acting courteously toward coaches, officials, opposing players, other parents, visiting team parents, and spectators at practices, games, and meetings.
- Student athletes need to be eligible and present for all practices and games. Coaches need to be notified when a student athlete misses a practice or game. Unexcused absences will result in a loss of playing time and/or not playing in a game at all.
- If a student athlete is ineligible for practice or a game, they still need to attend that practice or game. They will be sitting on the side completing the unfinished work they have. Eligibility will be discussed at the parent/team meeting in the beginning of the season.
- Any questions about playing time should be brought up to the coach by the player. We would like students to begin advocating for themselves rather than a parent stepping in and taking control. After a game concludes, there will be a strict 24-hour no contact policy for any concerns.

I appreciate your attention to these policies of good sportsmanship and values throughout the athletic school year. Please have both (if possible) parents sign to acknowledge that they understand the above information and return to the coach or athletic director with your other paperwork. We expect all individuals attending athletic events to adhere to this agreement.

Thank You

GO Wildcats!!!

Will Dommermuth

Athletic Director/K-8 Physical Education

Capstone Academy

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Players Name(print)_____

Parent Signature_____