

Sheridan County School District Number Two
1056 Long Dr.
Sheridan, WY 82801
(307)672-2495

"Success for all through Activities"

The purpose of this letter is to inform you of the potential for injury to your child during athletic practice and competition. The coaches in our district take great precaution to protect the athletes from injury, however, injuries still can occur. You should also be aware that Sheridan County School District Number Two does not carry insurance to cover your child in case of injury. The exception to this is for catastrophic injuries.

If you have any questions, you are urged to contact your high school principal, activities director, or your child's coach.

Sincerely,

Don Julian
Activities Director



Sheridan County School District #2
Release, Waiver and Hold Harmless Agreement

I consent and choose to allow my daughter/son/ward (print child's name)

_____ (hereinafter called "child") to participate in
_____ (hereinafter called "the activity"). I understand that involvement in the activity has certain inherent risks and other risks of injury to the child and property that may arise from participation in the activity. In consideration for the child being allowed to participate in the activity, I/we accept and assume these risks and hereby waive any claims arising from the child's participation in the activity and release all claims for injuries, damages, demands, or causes of action that may arise from participation in the activity, including without limitation, claims arising from the acts or negligence of the School District or its employees, agents, and representatives. Furthermore, I/we hereby agree to defend, indemnify and hold harmless the School District and its employees, agents and representatives from any such claims, causes of action, liabilities, judgments, and damages whether made by me, the child or the child's parents or guardians that result or stem from the child's participation in the activity.

I/we hereby warrant that I/we are the legal parent(s) and/or guardian of the child and have the authority to execute this document..

Printed name – Mother or Legal Guardian

Printed Name- Father or Legal Guardian

Date

Date

Signature – Mother or Legal Guardian

Signature – Father or Legal Guardian

**Sheridan High School
Medical Consent Form
Sheridan, WY 82801**

Name of Student: _____ **Birthdate:** _____

I (We), _____

Check one: _____ **Parent(s);** _____ **Legal Guardian;** _____ **Other person who assumes responsibility for child, hereby consent for school personnel of School District No. 2 to arrange for or provide the following health services for this child.**

- 1. Emergency medical care for accident or illness, including non-surgical procedure that can not be deferred without endangering the child's health or life.**
- 2. Transport of child to and from Health Facilities in case of emergency.**

Items concerning the student's medical history, including allergies, medications being taken, and any physical impairment to which a physician should be alerted:

In case of an emergency a parent/guardian can be reached at:

Mother Work: _____ **Father Work:** _____

Home: _____ **Other:** _____

Athletic Insurance Waiver

School District #2 does not provide athletic insurance for students' participation in interscholastic athletics. Families are expected to provide their own health insurance or agree to be responsible for any medical expenses incurred.

Name of Insurance Company **Policy Number**

Please sign, indicating that your child is covered, or that you accept financial responsibility, and that School District #2 is not responsible for any medical expenses incurred as a result of athletic injury.

Date

Signature of parent/guardian

Training Policy for Sheridan High School Athletics and Activities

Scholastic Eligibility Athletics and Activities

Previous Semester Record: Must have passed at least five classes (at least 2.5 credit hours) during the previous semester.

Current Semester Record: Do passing work in five credit classes during the present semester. Grades will be checked every Thursday. If a student-athlete is not passing five classes at the grade check, he/she will be ineligible to compete the next week of competition, and will stay ineligible until he/she is passing five classes, at which time eligibility will be reinstated.

NCAA Requirements for Scholarship and participation

In order to practice and play as a freshman at a NCAA Division I and Division II College, the student-athlete must satisfy the requirements of NCAA.

Student-athletes must have eligibility for practice and competition in the freshman year certified by the NCAA Initial-eligibility clearinghouse. Informational brochures/forms have been made available to every high school.

If a student/athlete is considering Division I or Division II athletics, check with your counselor early in your high school career.

Activities Drug and Alcohol Policy

Students who volunteer to participate in the Sheridan County School District #2 activities programs do so with the understanding that they must observe some regulations that are more restrictive than those relating to the general student community. Participation in SCSD activity programs is both an Honor and a Responsibility. Activity participants earn recognition for their achievements as representatives of their school and its ideals. Those students who are selected for the privilege of membership on teams should conduct themselves at all times in such a manner as to be a credit to their parents or guardians, the school and their community. This exemplary conduct is expected throughout the year, in or out of season, in or out of uniform, whether on campus or off. Each student and his or her parent(s)/guardian(s) hereby consent and agree that the School Resource Officer or any other law enforcement personnel may disclose to SCSD#2 any involvement that the student has with drugs, alcohol, tobacco and/or any criminal activity that the student is involved with and all details and circumstances surrounding the student's involvement in said matters.

I. Conduct of Student Participant:

The community, school administrators and the activities staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of activities. The welfare of the student is our major consideration and transcends any other consideration. A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the activities department. Offenses of the Activity Code of Conduct are cumulative from activity to activity and from year to year.

All participants in the school activities program shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the student, the team or the school will not be tolerated.

Unacceptable conduct includes, but is not limited to:

- A. Acts of unsportsmanlike conduct such as cheating, fighting, or verbal abuse of officials, contestants, coaches or spectators.
- B. Theft or vandalism of private or public property.
- C. Any acts of disrespect or insubordination to the school staff, the Sheridan High School Discipline Procedures, or violations of the law.

- D. Any hazing activity, whether by an individual or by a group. Hazing is defined as any activity that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation, membership, or affiliation with any athletic team.
- E. Cyber Image Guidelines. It is contrary to SCSD No. 2 guidelines for a student-athlete to participate in any way in any identifiable image, photo or video which implicates the student-athlete to have been in possession of or in the presences of drugs, tobacco, alcohol, out of character behavior, or any crime. These acts include but are not limited to typed communications, emails, text messages, blogs, social media, and other forms of electronic communications including photographs. Since there is no way to establish a time frame for when or the location of where the image was taken, the student-athlete must assume the responsibility of avoiding these situations. It must also be noted that there may be persons who would attempt to implicate an athlete by taking images to place them in situations where they might be in violation of this standard.
- F. Presence of drugs, alcohol, or tobacco. The more a student has access to and/or is familiar with tobacco, alcohol, and drugs, the greater the likelihood that he or she will use those substances. Similarly, the more often a student is in the presence of others using tobacco, alcohol, or drugs, the greater the likelihood that he or she may be accused, rightly or wrongly, of the use of these substances. Therefore, if a student attends a party or gathering of any kind, or is in a vehicle or any other place, where tobacco, alcohol or drugs are being illegally dispensed or used, the student must leave the situation and/or place and report his or her attendance to the athletic director or coach before the end of the next school day. If the party or gathering occurs over the summer, the student has seventy-two (72) hours to report to the athletic director or coach. Leaving a detailed e-mail addressed to the Athletic Director or coach is considered a report. Failure to adhere to these guidelines will constitute unacceptable conduct.

Disciplinary action for misconduct may include probation, suspension from the next contest or more than one contest, dismissal from the team, other action that reasonably fits the seriousness of the violation, or other disciplinary action as set forth herein.

II. Conduct regarding Tobacco/nicotine products, Alcohol, Drugs, or controlled substances:

- A. No use of alcohol, tobacco/nicotine, drugs, or performance enhancing drugs. Students who volunteer to participate in any extra-curricular activity will not possess, sell, distribute, be under the influence of, or use of alcohol, tobacco/nicotine, or other drugs, unauthorized medication, performance enhancing drugs, look-alike drugs, or drug related paraphernalia. This policy remains in effect year round throughout their activity career. All suspected violations are to be reported to the Activities Director. The preliminary investigation will be conducted by the head coach/sponsor. Disciplinary action for violations of this policy shall be as follows:

First offense:

Suspension from participation in extra-curricular activities for 25% of the games/contests scheduled for the extra-curricular activity that the student is participating in. The student must also attend the SHS Insight Counseling Service for a period of time as required by the Activities Director, attend all scheduled meetings, and adhere to all recommendations set forth by the counseling service. In the alternative, the student may obtain counseling from an alternate professional service provided the counseling is approved by the Athletic Director and the student's parents/guardians pay for all costs and expenses of the alternate counseling. The student may practice during the suspension at the discretion of the coach, but may not travel, suit up for or participate in contests. If the season finishes before the student completes the suspension, the suspension shall continue into the next extra-curricular activity that the student-athlete participates in. If the student quits the extra-curricular activity or does not comply with all of the terms of the suspension before completing the suspension, the suspension shall start over and must be satisfied completely before the student may participate in any other extra-curricular activity. All disputes

concerning the number of games/contests of the suspension shall be determined by the Activities Director.

Second offense:

Suspension from participation in extra-curricular activities for 50% of the games/contests scheduled for the extra-curricular activity that the student is participating in. The student must also attend the SHS Insight Counseling Service for a period of time as required by the Activities Director, attend all scheduled meetings, and adhere to all recommendations set forth by the counseling service. In the alternative, the student may obtain counseling from an alternate professional service provided the counseling is approved by the Athletic Director and the student's parents/guardians pay for all costs and expenses of the alternate counseling. The student may practice during the suspension at the discretion of the coach, but may not travel, suit up for or participate in contests. If the season finishes before the student completes the suspension, the suspension shall continue into the next extra-curricular activity that the student-athlete participates in. If the student quits the extra-curricular activity or does not comply with all of the terms of the suspension before completing the suspension, the suspension shall start over and must be satisfied completely before the student may participate in any other extra-curricular activity. All disputes concerning number of games/contests of the suspension shall be determined by the Activities Director.

Third offense:

The student will be dismissed from all extra-curricular activities for the remainder of his/her high school career.

Broadcasting of School Activities

Each student and his or her parent(s)/guardian(s) hereby acknowledge that SCSD#2 activities may be broadcast to the public via radio, television, internet, live video programming or other means of transmission. Each student and his or her Parent(s)/guardian(s) hereby consents and agrees to such broadcasting and grants permission to SCSD#2 and its assigns to utilize the student's image, likeness, actions and statements in any live or recorded audio, video, or photographic display or other transmission, exhibition, publication or reproduction made of, or at, SCSD#2 activities without further authorization.

Concussion Information

By signing below, each student and his or her Parent(s)/guardian(s) hereby acknowledges that they have read the included information concerning concussions.

Athletic Training Policy

Training rules for each individual activity will be distributed by the sponsor or coach of that activity. This form must be signed by the student and parent/guardian and returned to the sponsor.

By signing this document, I _____ parent/guardian, indicate that I have knowledge, understanding and agreement to the standards set forth in order for my son/daughter _____ to be afforded the privilege of representing Sheridan County School District No. 2 as a student-athlete. I also agree that any violation on the part of my child, to any of these standards, shall result in the consequences contained within this policy.

Parent's signature _____ Student's signature _____

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Please continue.

-continued-

10. ASSUMED NAME (6.1.6, 5.0.3)

Competing under a false or assumed name will cause you to become ineligible.

Your name must be certified by your principal on a standard form to the opposing school or schools for each contest in which you are to compete.

11. UNDUE INFLUENCE (4.1.0)

Transferring from one school to another because of being influenced by any person to do so will make you ineligible for one full year.

***12. INDEPENDENT TEAMS (5.8.0)**

Playing on an independent team while a member of your high school competing squad in the same sport or activity is not allowed. Should you do so, you would forfeit your eligibility.

13. SPECIALIZED SPORTS CAMPS (5.4.0)

A coach or school representative may not directly or by implication direct you to attend camps/clinics, open gym sessions, or weight room training as a condition to practicing, participating or otherwise influencing your opportunity to participate in any school interscholastic program.

You may not participate in a specialized sports camp/clinic teaching individual skills for a period greater than two calendar weeks during any calendar year in which any of your coaches or high school faculty members are involved.

Students going to summer camps will not be covered by school or WHSAA catastrophic insurance.

Please ask your principal or activities director if you have questions about these rules.

*Fine Arts & Vocational participants need only meet these requirements.



Educational Excellence
Through Activities

Join the RIDE!



Sportsmanship

How to Protect Your Eligibility for High School Activities 2014 – 2015

Eligibility Rules Review Sign-Off
We have reviewed the summary of WHSAA Eligibility Rules

Student's Name _____
(Print)

Student's Signature _____

Parent/Legal Guardian's Signature _____

Date _____

-----Please sign, detach, and return to principal-----

Any student wanting to attend an NCAA or NAIA college or university on an athletic scholarship should meet with their counselor as soon as possible to determine their eligibility for financial aid under the rules established by the NCAA and NAIA. Failure to do this may make you ineligible for an athletic scholarship.



Published by the
Wyoming High School Activities Association
6571 East 2nd Street
Casper, WY 82609
(307) 577-0614

YOUR HIGH SCHOOL ELIGIBILITY

The purpose of this pamphlet is to help you protect your eligibility because the WHSAA believes that you should know the rules that determine your eligibility. Most pupils who find themselves ineligible do so for one of two reasons: (1) They do not know the eligibility rules, or (2) They disregard these rules with the hope that no one will discover the violation. The rules of the Wyoming High School Activities Association are explained in the following paragraphs. Please understand that this pamphlet contains only a summary of the rules. You should read them carefully so that you understand them, and abide by them so that you are eligible to enjoy the privilege of interscholastic competition. Since this pamphlet is only a summary of the rules, please contact your principal or athletic director for exact copy and meaning of any rules you are unsure about.

These eligibility rules were not developed by chance, but have been developed gradually over a period of years by necessity to protect the welfare of youth and to ensure that interschool activities provide experiences of educational value to pupils. Only when activities provide such experience can they be justified as part of the total educational program. All of these rules have been voted on by the member schools of the WHSAA.

Eligibility to participate in interscholastic contests is a privilege to be attained by meeting the standards set forth by your school and by the WHSAA. Because your school is a member of the Wyoming High School Activities Association, it adopts the rules of this Association as minimum eligibility rules. Your school board, superintendent, and principal have the authority to establish any additional rules which they feel are beneficial to your school. Furthermore, coaches and sponsors may adopt training rules they deem advisable in the best interests of individual pupils and the team, so long as they are not in violation of the policies of the local school board. By abiding by these rules you can be eligible to take part in any interscholastic activity.

A complete copy of the WHSAA Rules Handbook can be found on the WHSAA Web Site <www.whsaa.org>. Following each rule in () is the WHSAA Handbook reference number for that rule.

What Are These Rules?

*1. STUDENT IN GOOD STANDING (6.1.0)

You must be a regularly enrolled student in good standing carrying not less than twenty (20) class hours of work per week. Good standing implies that you be a creditable school citizen whose conduct in and out of school is such that it will not reflect discredit upon your school.

You will become ineligible if you are under suspension from school by your principal or superintendent for any reason.

*2. GRADES AND CREDITS (6.2.0)

You must currently be passing in five (5) solid subjects, and you must have passed in five (5) solid subjects during the immediate preceding semester. Upon school district approval, deficiencies, including incompletes, conditions, and failures for the previous semester may be made up during a subsequent semester, summer session, night school, or tutoring for meeting eligibility requirements. Special education students must meet the educational goals set for them.

3. TRANSFER OR CHANGE OF SCHOOLS (6.4.0)

If you transfer from one school to another without a corresponding change of residence on the part of your parents, you will be ineligible for one year from the date of enrollment for varsity competition in the sports in which you competed in the previous twelve months. If this transfer is made with a corresponding move on your parent's/legal guardian's part, you will be just as eligible in this new school as you were in the former. Only that legal guardianship which has been established at least 12 months prior to the student's moving is recognized by the WHSAA.

Before you are eligible to represent the new school in either of the foregoing cases, the principal must submit the completed transfer form to the Association office attesting your move and your eligibility.

To understand the exception to this rule, please ask your principal.

*4. NUMBER OF SEMESTERS OF COMPETITION (6.5.0)

You are limited to competing for no more than four (4) fall and four (4) spring semesters for a total of eight (8) semesters. These 8 semesters shall be consecutive and begin once you start the ninth grade.

5. AGE LIMIT (6.3.0)

You must be under twenty years of age on August 1 for fall sports, November 1 for winter sports, and March 1 for spring sports.

6. PHYSICAL EXAMINATION AND IMMUNIZATION (6.6.0)

Before you are eligible to compete or practice in any sport within the current school year, you must have on file a certificate of physical fitness issued by qualified medical personnel and a statement of permission signed by your parent or guardian. Physical examination must be prior to first practice, but not before May 1 of this year.

You must also have on file proof of immunization.

7. AMATEUR STANDING (5.7.0)

You must be an amateur, that is, a person who has never used and is not now using his/her athletic skill for gain as a participant in athletic contests. For gain means accepting money or other monetary compensation as a result of athletic competition.

8. NUMBER OF PRACTICE DAYS (5.10.1)

You must participate in the required number of practices in your sport before you can compete. Check with your coach to find out the number of days required for your sport.

9. AWARDS (5.6.0)

You will be declared ineligible if you receive awards valued at more than \$250 or any amount of cash because of athletic involvement. Golf will follow the USGA rule.

HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR PARENTS

What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just “not feeling right” or “feeling down” 	<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes

How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?

SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:
Don’t assess it yourself. Take him/her out of play.
Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.





When is a Head Injury More than a Concussion?

Most athletes recover relatively quickly from injury. However, the physician or other health professional should be aware of the warning signs of more severe injury. Obviously, any penetrating injury to the skull signifies a more severe head injury and should lead to immediate transport to a hospital by ambulance. Any loss of consciousness should also prompt an evaluation in an emergency room. In addition, although headache is common following concussion, a very severe headache that continues to increase in intensity should prompt a visit to an emergency room and consideration of a CT scan to rule out a bleed or brain swelling. Similarly, a pronounced decline in mental status in the minutes to hours following injury should warrant immediate transport to a hospital for further evaluation. Finally, sensory or motor loss in the limbs may be an indicator of spinal injury or of a subdural or epidural hematoma and should be evaluated immediately.

What Symptoms Indicate that an Athlete has Experienced a Concussion?

The diagnosis of cerebral concussion can be tricky under the best of circumstances. There may be no direct trauma to the head and the concussed athlete is often not rendered unconscious. The athlete may be unaware that he or she has been injured immediately after the injury and may not show any obvious signs of concussion such as clumsiness, gross confusion or obvious amnesia. To complicate this situation, athletes at all levels of competition may minimize or hide symptoms in an attempt to prevent their removal from the game, thus creating the potential for additional injury.

Initial Sideline Signs and Symptoms: Evaluation and Return to Play

It should be stressed that sideline presentation may vary widely from athlete to athlete, depending on the biomechanical forces involved, the traumatized brain areas, the athlete's prior history of injury and numerous other factors. In reviewing the common signs and symptoms of concussion, it is imperative to note that an athlete may present with as few as one symptom of injury or a constellation of symptoms. A thorough assessment of all common signs and symptoms associated with concussion should be conducted with every concussed athlete.

	Headache Nausea Vomiting Balance Problems Dizziness Visual Problems	Fatigue Sensitivity to Light Sensitivity to Noise Numbness/Tingling Dazed or Stunned
	Feeling mentally foggy Feeling slowed down Difficulty concentrating Difficulty remembering	Forgetful of recent information or conversation Confused about recent events Answers questions slowly Repeats questions
	Irritability Sadness More Emotional Nervousness	
	Drowsiness Sleeping less than usual Sleeping more than usual Trouble falling asleep	



Sheridan High School Booster Club Sponsorship Opportunities



Annual SHS Booster Club Golf Shootout

- Funds raised are primarily used for the SHS Athletic Training Program
- Hole Sponsorship levels-All hole sponsors will be listed in the football and basketball game programs

Levels-\$100=8.5" X 11" sign \$200=11" X 17" sign \$400=20" X 30" sign

Athletic Schedule Poster Calendars

- Distributed in fall and winter/spring for display in community businesses
- Fall poster includes sponsors and fall sport schedules
- Winter/spring distribution includes sponsors with winter and spring sport schedules

Levels-\$225= Small Ad \$300=Medium Ad \$400=Large Ad

Sponsorship Indoor and Outdoor Banners

- Outdoor banners are 8' X 4' and hang at Homer Scott Field during the fall and spring sport seasons
- Indoor Banners are 4' X 2' and hang year round in the SHS Gymnasium
- Banner sponsors will be listed in the football and basketball game programs

Cost per banner is \$500 per year, the sponsor supplies the logo and the booster club has the banner made

Membership

- Cost of membership is \$20 annually for individual or family
- Season family pass available with membership for additional \$50
- Lifetime membership is \$100 for parents whose children are no longer at SHS

SHS Booster Club Membership and Renewal

Name: _____ Volunteer to Help? ___yes ___no

Address: _____

Email Address: _____ City/State/Zip _____

Home Phone: _____ Business Phone _____

Children Attending SHS _____

Membership: \$20.00 Family Membership + season pass \$70 \$100.00 Lifetime

Questions concerning passes may be directed to Deb at SHS. For family passes please provide all family members names on this form. Season passes will be mailed to you.

The SHS booster club is a 501©3 charity. Tax ID # is 83-0296749
Mail to: Sheridan Booster Club, PO Box 368 Sheridan, WY 82801