



2020-2021  
**ATHLETIC  
HANDBOOK**

Southwest Licking Local School District

# Southwest Licking Local School District

Administrative Offices

927-A South Street

Pataskala OH 43062

740-927-3941

<http://www.swl.k12.oh.us>

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Dan Davis, Director of Student Services

Richard Jones, Treasurer

## Southwest Licking Athletics

Athletic Director: Jacob Perkins

8868 Watkins Road

Pataskala OH 43062

740-927-3846

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# **Introduction**

## **Athletic Mission Statement**

The athletic program should provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

The interscholastic athletic program shall be conducted in accordance with existing OHSAA and Board of Education policies, rules and regulations. At all times the athletic program must be conducted in such a way so as to justify it as an educational activity.

## **Athletic Objectives**

The student shall learn teamwork, self-discipline, respect for authority and the spirit of hard work and sacrifice. Students must place the team and its objectives higher than personal desires.

## General Information

### Responsibilities of a Southwest Licking Student-Athlete

Participation in athletics is a privilege, not a right. Being a member of a Watkins Memorial athletic team carries a certain set of responsibilities.

- Reputation: Student-athletes represent their school as well as themselves when wearing Black and Gold and should compete to the best of their ability.
- Character: Student-athletes should broaden themselves and develop strength of character.
- Leadership: Student-athletes should set good examples for younger athletes. Judge our school by our conduct and attitudes, on and off the field.
- Home/Community: Student-athletes represent their communities.

### Student Hazing

NO student shall perform any act or coerce another person, to perform any act of initiation into any organization that creates a substantial risk of causing mental or physical harm to any person. Hazing may result in a denial of participation.

### Sportsmanship

The OHSAA, LCL, and athletic department believe in basic sportsmanship principles.

Students should:

- Believe participation is more important than winning
- Participate to their best ability with honor
- Display respect for athletic opponents, their schools and officials
- Respect the rules and strive to maintain self-control
- Accept the responsibility and privilege of representing the school and community

Responsibilities of Coaches, Participants and Parents (Spectators)

- Demonstrate the fundamentals of sportsmanship
- Exercise self-control.
- Never argue or make gestures
- Accept both victory and defeat with pride and compassion
- Practice positive cheers and encourage our own team without demeaning the opponent
- Never attempt to distract opposing players or interfere with the performance

Examples of Inappropriate Behavior (not limited to)

- Use of profanity
- Berating officials, players, coaches, or spectators including signs, chants or cheers
- Inciting other spectators or players to inappropriate behavior
- Theft / Damage / Destruction of school property
- Interruption of the contest or other disruptive behavior
- Involvement in criminal related activities

## Possible Consequences

- Conference/hearing with a school official
- Possible suspension/termination as participant, coach or spectator
- Removal from contest/premises
- Denied attendance at contests
- School Suspensions/Expulsions for students violating school rules
- Restitution

Note: Consequences for spectators, parents, or coaches who violate the above may also be enforced at the SWL youth and recreation league level, and vice-versa.

Communication when such action is taken will be expected between those leagues involved and the AD.

## **Ejection of Coaches or Participants from Athletic Contests**

Per the OHSAA rules, the ejected coach or participant shall NOT participate for the remainder of that day nor the next two contests (one in football). Suspensions may carry over into the next sport. Further violations can result in permanent suspension or termination.

# Athletic / Activities Code of Conduct

## General Statement

Students are expected to display proper behavior at all times. There are consequences for students who display inappropriate behavior. The policies governing the Athletic/Activities Code of Conduct are in effect during the **entire calendar year (including summers)** for students in grades 7 through 12. This begins with the first day of the first sport in which a student-athlete participates in at Watkins Memorial High School or Watkins Middle School and continues throughout the student athlete's career whether sports participation is continuous or not.

Any conduct which may be a violation of state, local or federal criminal or juvenile law may cause the participant to be declared ineligible by the administration.

Any athlete **hosting or attending** (as confirmed by a law enforcement agency or school district employee) a party where alcohol or other drugs are consumed shall also be prohibited.

## Code of Conduct

- **Performance Enhancing Drugs** - Athletes found using illegal performance-enhancing drugs (including but not limited to steroids and illegal stimulants) shall be immediately deemed ineligible for interscholastic competition until medical evidence can be presented that the student's system is free of PED per OHSAA rules/regulations
- **Conduct Unbecoming of a Student-Athlete** - Watkins Memorial student-athletes are representatives of either Watkins Memorial High School or Watkins Middle School. Their conduct reflects on their team and their school. Engaging or participating in illegal or criminal activities, engaging or participating in bullying, racial, sexual, or ethnic "hate" activities (including electronic activities); or acting in other ways that brings disrepute to the team or the school may result in disciplinary action which may include suspension or removal of the privilege of athletic participation.
- **Use of Alcohol** - Student-Athletes shall not use or possess alcohol in any form
  - 1st offense - up to a three-game/contest denial of participation - up to 20 percent
  - 2nd offense - up to ten weeks denial of participation - up to 50 percent
  - 3rd offense - denial of participation for one calendar year
- **Use of Illegal Drugs, which includes Vaping** - Student-Athletes shall not use or possess vape pens or the like
  - 1st offense - up to five game/contest denial of participation - up to 25 percent
  - 2nd offense - up to 12 weeks denial of participation- up to 50 percent
  - 3rd offense - denial of participation for one calendar year
- **Use of Tobacco or Tobacco Products** - Student-Athletes shall not use or possess tobacco or tobacco products
  - 1st offense - up to two-game/contest denial of participation - up to 10 percent
  - 2nd offense - up to five games/contests denial of participation - up to 50 percent
  - 3rd offense - denial of participation for one calendar year



Notes:

Scrimmages do not count as athletic contests for the purposes of penalties imposed due to the above infractions.

A cancelled or postponed game/contest does not count for the purposes of penalties imposed due to the above infractions.

### Code of Conduct Notations

- **OHSAA Unsporting Behavior Misconduct** - Athletes who receive any penalty imposed by an OHSAA contest official may receive additional penalty imposed by the coach or administration. More serious conduct violations will be reviewed by the administration and may cause the participant to be declared ineligible to participate.
- **Violation of Student Code of Conduct** - Student-Athletes referred to the school administrative office for a school rule violation may be subject to both school and athletic sanctions depending on the severity of the infraction.
- **Completion of Game Suspension Penalties** - If a student-athlete does not complete the contest suspension penalties above prior to the completion of that season, then those penalties will be carried over to the next sport season the student-athlete participates in.
- **Specific Team Regulations** - Coaches will have specific regulations for their team (in consultation with the Athletic Director) which may have additional disciplinary consequences in addition to the Athletic Department's policy.
- **Period of Athlete Conduct Regulation** - The above regulations are enforced throughout the calendar year, beginning with the first day of the first sport in which a student-athlete participates at Watkins Memorial High School or Watkins Middle School, and continuing throughout the student athlete's career whether sports participation is continuous or not.
- **Self-Referral by Student-Athletes** - Student-Athletes may take advantage of "one time" self-referral procedure. Voluntary self-referrals do not carry any loss of the current season. Self-referrals are subject to the following guidelines:
  - Allowed one (1) time in a student's middle school and high school career, for a total of six years.
  - Must follow through and complete a school accepted referral and treatment program
  - Voluntary referral must be made by the athlete or with the athlete's parent/guardian
  - Cannot be used by student-athletes as a method to avoid consequences once a Code of Conduct rule is violated and a student has been identified as having violated one of the Code of Conduct Rules
  - Must appear in-person to a coach, athletic director, teacher, administrator, or guidance counselor prior to any type of official report (which includes a police report) or an investigation by school officials into the matter

*Any further offense after a self-referral is made will constitute a "second" offense.*

## Making a Team

### General Statement

The most frequent issues players and parents express about coaches are playing time and cuts. Here are some guidelines in order to understand how and why these are determined.

Please keep in mind that:

- The coach determines criteria and procedures for making the team
- All students are given the same opportunity
- Coaches are solely responsible for determining playing time and cuts
- A coach can determine these issues utilizing a combination of objective and subjective procedures

### Requirements for Participation

All athletes must have a physical examination, signed by a physician prior to participating in any sport. Physical forms must be submitted to the athletic office and are current for one calendar year. Athletes must have health/accident insurance from a parental policy or they may purchase school insurance. Information regarding school insurance purchase may be found on the SWL website. (OHSAA has a lifetime catastrophic insurance which covers athletes involved in sponsored events)

Eligibility to participate begins when all the following items have been completed on Final Forms by both the athlete and parent. The following forms must be signed off on in Final Forms.

- Contact Information Form
- Emergency Medical Form
- Athletic Handbook Acknowledgement Form which includes Code of Conduct
- Acknowledgment of Risk
- OHSAA Pre-Season Meeting Acknowledgement Form
- Sudden Cardiac Arrest Acknowledgement
- OHSAA Eligibility Authorization form
- Physical examination form completed and on file in the athletic office
- Acknowledgment form of insurance responsibilities
- Concussion Acknowledgement Forms
- OHSAA Authorization Form
- All academic eligibility requirements have been satisfied
- Pay to Participate fees are paid in full

### Ohio High School Athletic Association Standards

A student must receive passing grades in 5 half or full credits during the preceding grading period, excluding Physical Education. When dropping and/or adding a class, it is the responsibility of the student and parent to review all requirements for extracurricular eligibility, class rank, and fulfilling the requirement for graduation. The parents and students are encouraged to check with a counselor, coach, or athletic director prior to submitting a Drop/Add Request.

## **Southwest Licking Standards**

A student must receive a minimum 9 week GPA of 1.5 during the preceding grading period.

### **Academic Appeals**

An athlete who is declared ineligible to participate due to not meeting the SWLS scholastic eligibility requirements may appeal the decision. The Appeals Process begins with the student submitting, in writing, the reasons that may have contributed to the level of achievement attained. This appeal must be made no more than 5 days after grade cards are issued. The Appeals Committee will convene and will render a decision on whether to reinstate his/her athletic eligibility. The Athletic Director and or Principal will meet with the student and or his/her parents to reveal the decision of the Appeals Committee. The Appeals Committee consists of the Principal, the Athletic Director, the Administrative Intern, a Guidance Counselor, a coach and a teacher. The decision of the Appeals Committee shall be final. During the time the appeal is pending, the student shall remain academically ineligible to participate in any contests.

### **Disciplinary Appeals**

An athlete who has lost their athletic privileges due to violating the SWLS Athletic Code of Conduct may appeal the decision. The Appeals process begins with the student submitting, in writing, any extenuating circumstances or evidence that he/she believes could affect the consequences of violating the Athletic Code of Conduct. The appeal should be directed to the Athletic Director or the Principal. This appeal must be made no more than 48 hours after being informed by the Athletic Director of the consequences of his/her actions. The Appeals Committee will convene and will render a decision on whether to reinstate his/her athletic privileges. The Appeals Committee will convene and render their decision within 3 days after receiving the written request. The Athletic Director and or Principal will meet with the student and or his/her parents to reveal the decision of the Appeals Committee. The Appeals Committee consists of the Principal, the Athletic Director, the Administrative Intern, a Guidance Counselor, a coach and a teacher. The decision of the Appeals Committee shall be final.

During the time the appeal is pending, the student may NOT participate in any practices and or athletic contests.

### **Physical Education Exemption**

Students may be exempt from the high school P.E. requirement by participating in two seasons of a board recognized sport.

- You must finish the season as determined by the athletic department
- Any injured players that finish the season may receive the waiver if in good standing and receiving awards at the end of the season as determined by the athletic department
- Waivers for participation in sports from a previous high school will be determined on a case-by-case basis as approved by the principal or Athletic Director

## **Home School Students**

District home-schooled students grades 7-12 may participate in athletics provided they meet all residential, academic and non-academic eligibility standards and financial requirements. Students must provide evidence of meeting the eligibility standards per OHSAA By-Law 4-3-1 prior to participation. Students and parents must meet with the Athletic Director prior to beginning participation.

## **Grade Checks**

In addition to the SWL Standards, individual sport coaches may require grade checks during the 9-week grading period. This would be an individual sport rule as addressed in this handbook.

## **Age Limitation: Per OHSAA Rules / Regulations**

Once a student attains the age of 20, the student shall be ineligible to participate in high school athletics. Students age 15 prior to August 1 shall be ineligible to participate in middle school athletics. They can, however, participate at the high school if age 15 prior to August 1 regardless of grade. School records shall be final in determining age.

## **Residence Requirements**

Per OHSAA Rules/Regulations an athlete's parents or legal guardian must live in the school district. Questions on residence requirements should be referred to the AD or principal.

## **Transfers**

Transfer students must meet OHSAA By-Law 4-7: <https://www.ohsaa.org/Eligibility/Transfer>

## **Attendance**

A student-athlete should attend school at least 1/2 day (before/after 10:44 a.m.) to be eligible to participate in a contest or practice that day. If an approved excuse is presented in advance, the student-athlete may participate in practices or contests. If an absence from school is not approved in advance, the student-athlete may be held out of participation on that date.

A student-athlete on an Out of School Suspension or an In-School Suspension cannot attend practices or events during the suspension.

## **Team Captains**

Coaches may have expectations for captains beyond other athlete expectations. Failure to comply with these may result in revoked captainship.

## **Individual Sport Rules**

Coaches may establish additional rules and regulations for their respective sports. Penalties will be decided by the coaches. Participants and parents will be informed in writing before the season.

# Athletic Department Policies

## Admissions

Admission tickets are sold to attend events in order to purchase needs for the athletes in the programs. Student-athletes must pay admissions when attending other sports. Middle school athletes are to pay admissions unless there is a middle school recognition night.

## Ticket Prices

	Adult	Student/Senior Citizen
Varsity / JV / 9th	\$6.00	\$4.00
Junior Varsity (only)	\$5.00	\$3.00
Freshman (only)	\$5.00	\$3.00
Middle School	\$5.00	\$3.00

## Athletic Passes

Athletic passes will be available for sale in the HS Athletic Department.

## Pass Prices

Family Pass: \$225.00 Individual Adult: \$85.00 Student Pass: \$40.00

## SWL Senior Citizen Discount

All SWL Senior Citizens 60 years of age or older can receive a pass to be admitted to all home SWL athletic events free of charge. This pass may be picked up at the athletic office and seniors must provide proof of age. Any senior citizen without a pass will be charged the student admission rate.

## Dropping or Transferring Sports

If there is good reason to quit a sport, then students should:

- Talk to the head coach
- Report your situation to the athletic director
- Check-in all equipment issued

Athletes wishing to change sports during a season must:

- Receive approval of both coaches (Cannot recruit from other teams)
- Receive approval of the athletic director
- Athletes may not start practicing another sport until the current season is complete

## Uniforms

In several sports, the athlete may be required to purchase a portion of the game uniform. All items purchased will become the student's property.

## Equipment

All athletes are responsible for the proper care and security of equipment and uniforms issued to them. All equipment and uniforms not returned in good condition at the end of the season will be subject to financial penalty and replacement cost.

- All equipment issued to players will be worn only at practice or scheduled events involving that specific sport. The coach must approve exceptions.
- Before any item is attached, added to, removed from or worn with a uniform, the athlete must secure permission from the coach.
- SWL and Watkins Memorial are not responsible for lost or stolen items. Students should use locks on lockers.
- All athletic equipment is the property of the Board of Education and the athletic department. School equipment may not be taken from the school building for personal use or other organizations. The athletic director must approve exceptions.

## Missing Practices

An athlete should consult the coach before missing practice. Missing practice or a game without good reason will be dealt with by the individual's coach in accordance with their sport rules.

## Vacation Policy

Athlete vacations during a season are strongly discouraged. When an absence due to a vacation is unavoidable, an athlete must:

- Be accompanied by his parents or guardians while on vacation.
- Contact the head coach **prior** to the vacation.
- Accept the consequences of missing practices or events.

## Transportation

- All team members must travel to and from an event on the bus. Athletes are responsible to see that the bus is clean after returning from an event.
- The only exception to this rule is if a completed signed travel release form is turned in 24 hours before the event. The form must be signed by the parents, the head coach and the AD. This form will only be approved in situations such as family events, ACT testing, etc.
- Athletes on any trip are under school jurisdiction from the time they enter school property until they leave school property after returning from the trip or until released to their parents. Athletes on a team staying overnight are considered under school jurisdiction until returning to school and are liable for any rule violation during that time.

## Collegiate Signings

Individual signings will be conducted for **Division I & II Signees only.** Athletes must be receiving an athletic scholarship in order to conduct a college signing. Parents will need to call the athletic office to schedule the signing. The student is allowed to invite the team members of the sport in which they are signing, plus a maximum of 15 other students. Division I and Division II signings may be held during or after the school day, with permission from the building principal. In order to conduct a college signing a National Letter of Intent must be provided to the Athletic Director along with a letter showing that the athlete is receiving a monetary athletic scholarship.

Division III/NAIA and JUCO athletes will be recognized at group awards assembly in May.

## Conflicts in Extra-Curricular Activities

An individual student who attempts to participate in too many extracurricular activities will be in a position of conflicting obligations. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities.

- Students are responsible to avoid a continuous conflict, including belonging to too many activities. Students should notify coaches/sponsors involved immediately when conflicts arise. Coach/sponsors will meet to work out solutions. If there is not a solution then the administration will make the decision based on the following:
  - The relative importance of each event
  - The relative contribution the student can make
  - How long each event has been scheduled
  - Talk with parents/guardian

## Awards

Middle School:

- Each MS participant is awarded a certificate
- Other awards may be presented for MS as well in some cases

High School:

- Season Awards
  - Each Participant Certificate
  - Freshman Numerals
  - Junior Varsity Certificate
  - First Letter Chenille W Sport Pin
  - Second Letter Small Plaque Bar Pin
  - Third Letter Large Plaque Bar Pin
  - Fourth Letter Large Plaque Bar Pin
  - Captain of a Varsity Team Captain Pin
  - Statistician Stat pin
  - Manager Manager Pin

Athletic Letters



- Each coach determines who letters with the following guidelines:
  - The coach will provide written criteria to participants and parents prior to the first contest.
  - Coaches can award injured athletes a letter if the athlete received injuries after the start of the season and the coach feels the athlete would have lettered. Coaches **may** award varsity managers/statisticians a letter.
  - For lettering fall and winter, cheerleading may be considered separate sports.
  - An athlete must finish the season in good standing in order to receive an athletic letter.

Most Improved - Each high school sport is allowed (not required) to give a Most Improved Athlete. The coach determines the selection process.

Most Valuable - Each high school sport is allowed (not required) to give a Most Valuable Athlete. The coach determines the selection process.

Coaches can substitute another Award for MVP and/or MIP., but no more than two special awards shall be purchased by the athletic department.

Other Team Awards - Any high school coach wishing to give more than Most Valuable and Most Improved Awards must pick up the expense and have it approved by the athletic director.

Championship Awards - All team members that have earned a varsity letter and were part of a team that wins a league, district, or regional championship will receive a 4" chenille emblem of that sport indicating the championship.

State Awards - Any athlete qualifying for the OHSAA state championship as an individual or team, will receive a 4" chenille emblem of the state indicating tournament qualification or state placement.

## **Cheerleaders**

Cheerleaders are considered athletes and therefore, are required to adhere to all rules and regulations of the athletic department.

## **Watkins Memorial Athletic Association**

The athletic association consists of parents and community members who fundraise for and promote Watkins Memorial High and Middle School Sports programs. Meetings are held the second Monday of each month at WMHS ***starting at 7:00 p.m.***

Any and all interested stakeholders are encouraged to attend.

# Watkins Memorial SALT Scholar-Athlete Leadership Team

## Requirements

- 3.0 Cumulative GPA
- Must display leadership qualities and/or leadership -potential High Character and Self-Motivated
- Desire to be a Role Model
- Nominated by Head Coach, Athletic Director or Principal
- Students must maintain a 3.0 GPA and represent Watkins Memorial High School in a positive manner. Failure to do so could result in dismissal from the council
- Attend meetings led by the Athletic Director
- Perform Community Service activities (decided upon by the team members)

## Composition

- Varsity sports can be represented by sophomore, juniors and or seniors
- The team will meet with District Athletic Director to focus on leadership training, discussion of athletic issues, and act as a sounding board and liaison between student-athletes and athletic department
- Each spring, coaches will nominate student-athletes that meet requirements to fill open spots of graduated members

## Purpose

- Liaison between athletic department and student-athletes
- Sounding board on policies and program goals
- Communication and support between different sports raise visibility of athletic programs
- Provide leadership training to student-athletes Provide community service opportunities
- Promote athletics at feeder schools and athletic awareness to younger students in the district

# Athletic Communication Guide

## Goal

This communication guide has been developed to help coaches, parents, administrators and athletes communicate more effectively. A goal of the Athletic Department is to provide our student-athletes with the best possible sports environment. We believe that this goal may not be realized without appropriate lines of communication among all parties involved.

## Parent / Coach Relationship

Both parenting and coaching can be extremely challenging. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

## Communication

### Coach to Parent:

- Expectations the coach has for your child and the team.
- Location and times of all practices and contests.
- Team requirements: fees, special equipment, eligibility, attendance, off-season conditioning, and requirements to earn a letter.
- Athletic policies and additional rules that may affect your child's participation, including guidelines for cutting participants from the program.

### Parent to Coach

- Notify the coach of the special needs of your child. IE: a physical limitation that may not be obvious.
- Notification of any schedule conflicts well in advance.
- The treatment of your child both mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

As a student becomes involved in the athletic program of the school, it is the hope of the coaches and administration that he/she will experience some of the most rewarding moments of his/her life. It is important to understand that things may not always go as a parent or a child wishes. At these times, discussion with the coach may be desirable and is encouraged, to clear up any issues and avoid misunderstandings.

## Issues Not Appropriate to Discuss with Coaches

Our coaches make decisions based on what they believe to be best for ALL student-athletes involved under the circumstances. There are topics that are inappropriate to discuss with the head coach. These include:

- Playing time/position assignments
- Team strategy/play-calling
- Matters concerning other student-athletes

## Procedure for Proper Communication

There are situations that may require a conference between the coach and a parent. It is important that both parties have a clear understanding of the other person's position. To help promote a resolution to the issue, each party should be willing to listen. If you have a concern to discuss with a coach:

- A message can be left for any coach who is employed by the Southwest Licking School District

**IMPORTANT:** Please DO NOT attempt to confront a coach before or after a contest or practice session...These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution, and in fact, often escalate the issue.

## Chain of Command

Please follow the order of this line of communication if you elect to pursue any athletic concern:

- Head Coach - include assistant if applicable

After speaking with the head coach, if you are not satisfied or need additional information contact:

- Athletic Director - anonymous e-mails, voicemails, and calls will be disregarded.

If you still desire further communication, the Athletic Director will determine the next appropriate step and arrange for another meeting with:

- Building Administration
- District Administration
- Each meeting should include the athlete as well as all participants from the previous meeting. Respect and honest communication are essential.

## Important Phone Numbers

Watkins Memorial High School-740-927-3846

Watkins Middle School-740- 927-5767

Watkins Memorial Athletic Office - 740-927- 3417

# Warrior Sports Medicine - Athletic Injury Policies and Procedures

## Nationwide Children's Sports Medicine

Thomas L. Pommering, DO  
Amy Valasek, MD  
Anastasia N. Fischer, MD  
Drew Duerson, MD

Steven C. Cuff, MD  
Jonathan Napolitano, MD  
James MacDonald, MC

Richard Rodenberg, MD  
Reno Ravindram, MD  
Kevin E. Klingele, MD

[www.nationwidechildrens.org/sportsmedicine](http://www.nationwidechildrens.org/sportsmedicine)

614-355-6003

Jesse Parthemore, ATC  
Certified Athletic Trainer  
Phone: 614-355-6053

[jesse.parthemore@nationwidechildrens.org](mailto:jesse.parthemore@nationwidechildrens.org)

Chelsea Sweeney  
Certified Athletic Trainer  
Phone: 614-335-6053

Caleb Mosley  
Sports Medicine Specialist  
[caleb.mosley@nationwidechildrens.org](mailto:caleb.mosley@nationwidechildrens.org)

## Reporting an Injury

1. Athletes must report all injuries to the Athletic Trainer at the time of the injury, or as soon as possible. The Athletic Trainer will activate the medical referral system.
2. In the absence of the Athletic Trainer, the coach will initiate first-aid care. The coach must notify the Athletic Trainer of all injuries within 24 hours of the injury.
3. Injured athletes are expected to continue to attend practice and games during the treatment and recovery of the injury unless instructed not to by the Athletic Trainer or treating Physician. All athletes missing practices/games due to injury or illness must notify the coach prior to that practice/game.
4. Parents are encouraged to contact the Athletic Trainer at any time with any questions or concerns related to the athlete's injury.

## Medical Referral for Injuries

1. Upon injury, the Athletic Trainer will perform an evaluation to determine if a referral to a physician is necessary for further evaluation and treatment.
2. If the Athletic Trainer feels the injury needs to be referred to a physician the parent will be contacted by phone. If seen by a physician, a note needs to be turned in to the Athletic Trainer. In the event of self referral to a physician, the athlete must provide a note from the physician stating the injury, treatment recommendations, and participation status.

3. Athletes who experience signs or symptoms of a concussion may not return to practice and/or competition the same day of the injury. All head injuries must be evaluated and cleared by the Team Physician and/or Athletic Trainer prior to the athlete returning to participation.
4. The Athletic Trainer will be able to assist in the referral to a physician, but the final discretion of the healthcare provider and medical referral is left to the parents.

### Modalities Policy

1. Modalities such as Ultrasound and Electric Stimulation will only be administered when there is a current prescription from a physician on file for the specific injury.
2. Modalities will only be administered by the Athletic Trainer.
3. The Athletic Trainer has final discretion in the use of modalities.

### Team Physician

The role of the team physician is to provide medical care for athletes to safely participate in their sports. This includes managing and treating injuries, providing proper preparation for a safe return to participation, and educating and counseling athletes, coaches and parents.

### Return to Activity Following an Injury

1. All athletes who have been removed from activity and have seen a physician **MUST** provide a note from the consulting physician for clearance before returning to activity.
2. A physician's note stating "full-go" is recognized as a gradual progression back to activity. This progression is so that the injury may be monitored for complications and to ensure a safe return to full activity.
3. Athletes are expected to continue a rehabilitation and/or strength training maintenance program on the injured area following return to play to avoid re-injury. These programs will be coordinated through the Athletic Trainer.
4. The athlete may be removed from participation if it is considered to be in the best interest of the athlete's health. The athlete, athlete's parent, coach, Athletic Trainer, or physician may initiate this removal.
5. Any time an athlete is removed from an activity they have to see the Athletic Trainer before returning to any practice, game, or conditioning.

### Taping / Bracing Policy

- Taping will be made available to athletes who have either a documented injury as evaluated by the Athletic Trainer or as prescribed by a physician. The Athletic Trainer will only apply tape when it is deemed appropriate.
- "Sparring" of the shoes will NOT be done.
- The Athletic Trainer can advise and direct parents, coaches, and athletes in the purchase and use of bracing, splinting and supportive devices that will be beneficial in the care and prevention of injuries.

## **Athletic Trainer Room Rules**

- All athletes will be seen on a first come first serve basis. In season practice athletes have priority. Appropriate clothing, including shoes, must be worn in the training room. Please change into your workout clothes before coming in.
- The Athletic Training Room is not your locker room. Do not leave your personal belongings unattended or in the training room.
- Clean up after yourself.
- The Athletic Training Room is not an excuse for you not to attend practice. If you are injured, please inform the Athletic Trainer before practice not during.
- Show courtesy and politeness to everyone while in the Athletic Training Room. Yelling and profanity will not be tolerated.
- Please ask before taking or using an item. The Athletic Training Room is also an office.
- The Athletic Trainer reserves the right to ask you to leave the Athletic Training Room if you are not following the rules.

## **Administration of Medications**

The regulation and administration of over the counter and prescription medications will be handled by the school nurse. The Athletic Trainer should be notified of all prescription medications on the Emergency Medical Forms. If the athlete begins taking prescription medication during the season/school year, this information needs to be given to the Athletic Trainer in writing. The Athletic Trainer cannot and will not distribute Tylenol, Advil, Aleve, and any other type of pain medications to the student-athletes as per the state law.