

**WELCOME TO THE  
ATHLETIC CODE  
MEETING**



# Athletic Training Services

Amy Hagen, MS, LAT

Athletic Trainer

Aurora Health Care- Aurora Medical Center Manitowoc County

C: 920-639-9355



*Aurora Sports Health*

# What is an Athletic Trainer?

- ▶ Athletic Trainers (ATs) are health care professionals who collaborate with and work under the direction of physicians.
- ▶ Services provided: prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions
- ▶ Specialize in patient education and injury prevention
- ▶ Gap communication between physician, coaches, parents, school personnel
- ▶ TR Athletic Trainer- coverage of all home games and practices; travel with Varsity football and various sports during playoffs; winter and summer weight room programs

# Sports Related Concussion

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# Signs and symptoms (following hit to the head)

- ▶ Headache
- ▶ Dizziness
- ▶ Nausea
- ▶ Confusion
- ▶ Vision changes- blurred, sensitivity to light
- ▶ Difficulty concentrating or remembering
- ▶ Feeling mentally foggy or slowed down
- ▶ Nervousness or anxiousness
- ▶ Fatigue or low energy; drowsy
- ▶ Balance problems
- ▶ Sensitivity to noise
- ▶ Emotional changes- irritability, sadness

Signs Observed by Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none"><li>• Appears dazed or stunned</li><li>• Is confused about assignment or position</li><li>• Forgets an instruction</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily</li><li>• Answers questions slowly</li><li>• Loses consciousness (even briefly)</li><li>• Shows mood, behavior, or personality changes</li><li>• Can't recall events <i>prior</i> to hit or fall</li><li>• Can't recall events <i>after</i> hit or fall</li></ul>	<ul style="list-style-type: none"><li>• Headache or "pressure" in head</li><li>• Nausea or vomiting</li><li>• Balance problems or dizziness</li><li>• Double or blurry vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish, hazy, foggy, or groggy</li><li>• Concentration or memory problems</li><li>• Confusion</li><li>• Just not "feeling right" or "feeling down"</li></ul>

# Evaluation

- ▶ All athletes that sustain a hit to the head must be evaluated by a health care professional trained in concussion care (MD, Athletic Trainer, NP, PA) before re-entering activity
  - ▶ Sideline or clinic
    - Signs & symptoms
    - Memory
    - Cognitive screen
    - Concentration
    - Balance
    - Neurological
  
- ▶ Immediate referral to EMS if:
  - ▶ Pupils unevenly dilated
  - ▶ Loss of consciousness
  - ▶ Seizure or paralysis of limb
  - ▶ Slurred speech
  - ▶ Status worsening quickly
  
- ▶ Delayed referral made if symptoms are worsening or do not resolve in 10-14 days.

# Treatment

- ▶ Follow step by step program monitored by LAT daily
  - ▶ Return to Learn-Minimize mental stimulation
  - ▶ Return to Play- minimize physical activity and risk for re-injury
    - ▶ Mandated by WIAA
- ▶ Must return to full academic activity (complete Return to Learn) before starting the return to play program
- ▶ May be able to begin light aerobic activity under supervision of LAT before completing the Return to Learn program
- ▶ Physical Therapy can be an option for prolonged symptoms

# ImPACT Testing

- ▶ Collection of neurocognitive assessments administered online
- ▶ Baseline and post-injury testing provided
- ▶ Baseline testing every other year, all sports
- ▶ Used in conjunction to determine if a patient can safely return to an activity



## SECOND IMPACT SYNDROME

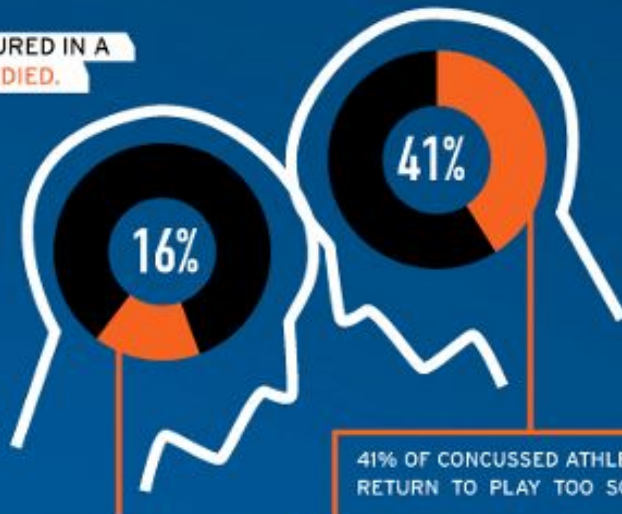
Second-impact syndrome (SIS) is a condition in which the brain swells rapidly and catastrophically after a person suffers a second concussion before symptoms from an earlier one have subsided.

SUFFERING A SECOND CONCUSSION WHILE STILL HAVING SYMPTOMS FROM A PREVIOUS CONCUSSION CAN BE LETHAL.



OF ALL ATHLETES INJURED IN A SECOND IMPACT HAVE **DIED**.

ONCE A CONCUSSION HAS OCCURRED, THE PLAYER BECOMES AS MUCH AS **4 TO 6 TIMES** MORE LIKELY TO SUSTAIN A SECOND CONCUSSION.



16% OF HIGH SCHOOL FOOTBALL PLAYERS WHO LOST CONSCIOUSNESS DURING A CONCUSSION RETURNED TO THE FIELD THE SAME DAY.

41% OF CONCUSSED ATHLETES RETURN TO PLAY TOO SOON.

# Return to Learn

## Two Rivers Public Schools Concussion Protocol



### Recovery Day at Home

#### Guidelines to Follow

- Rest and Sleep
- Minimize mental stimulation
- Use over-the counter acetaminophen instead of ibuprofen if needed
- Eat healthy foods
- Stay hydrated

#### Activities to Avoid

- Physical activity
- Television
- Reading
- Driving
- Cell phone use
- Video games
- Computer/Internet
- Work
- Extra-curricular activities
- Homework
- Tests or quizzes

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- Physical activity
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- Work
- Extra-curricular activities
- Homework
- Tests or quizzes

### Half Day of School with Limitations

#### Guidelines to Follow

- Rest and sleep at home
- Limited mental stimulation
- Eat healthy foods
- Stay hydrated
- Written instructions for homework
- Allow extra time for homework

#### Activities to Limit

- Physical activity
- Computer classes
- Television
- Reading
- Homework
- Cell phone use
- Video games

#### Activities to Avoid

- Tests or quizzes
- Physical Education
- Band/Orchestra/Choir
- Technology Education
- Lunchroom
- Extra-curricular activities

#### Guidelines to Follow

- Rest and sleep at home
- Limited mental stimulation
- Allow extra time for tests and/or quizzes
- Written instructions for homework
- Allow extra time for homework

#### Activities to Limit

- Physical activity
- Computer classes
- Television
- Reading
- Tests and/or quizzes
- Homework
- Cell phone use
- Video games

#### Activities to Avoid

- Physical Education
- Band/Orchestra/Choir
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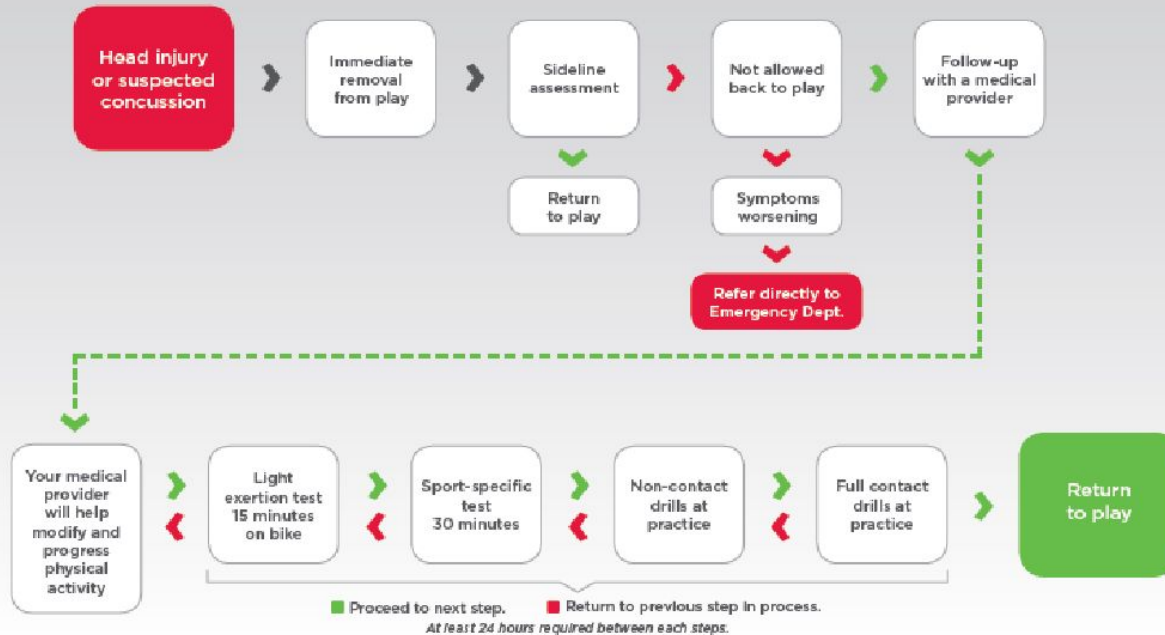
### Full Day of School without Limitations

#### Guidelines to Follow

- May need extra time to take tests and quizzes
- May need accommodations for Physical Education class

- This process is guided by your healthcare provider. Refer to your individual plan for specific recommendations.
- Any student receiving school credit outside the normal classroom schedule, may be limited or restricted from participating by the district.

# Return-to-Play Concussion Protocol Guidelines



Return-to-play decisions are based on the athlete:

- Being symptom free
- Successfully passing cognitive and other special testing
- Successfully completing return-to-learn and return-to-play guidelines
- Receiving a return-to-play recommendation from a medical provider



# Role of the Athletic Trainer

- ▶ Immediate concussion evaluation, observation, and referral if needed
- ▶ Develop treatment plan, sometimes in conjunction with MD
- ▶ Bridge communication between medical care and coaches, school administration, teachers
  - ▶ Provide updates to staff/admin regarding Return to Learn protocol accommodations
- ▶ Provide family and school with concussion care plan
- ▶ Provide student-athlete with daily direction of concussion management

# Nutrition for the Athlete

Information provided by Aurora BayCare Medical Center Nutrition Program

# Nutrition for the Athlete

- ▶ Benefits of well balanced diet for an athlete
  - ▶ Help to achieve peak performance
- ▶ Macronutrients
  - ▶ Carbohydrates- 45-65% total energy intake
    - ▶ Provide the primary source of energy for working muscles
  - ▶ Protein- 10-30% total energy intake
    - ▶ Builds and repairs muscle
    - ▶ A common misconception is that greater protein intake will lead to increased muscle mass. However, the only way to increase muscle mass is with muscle training and with increasing calories as part of a balanced diet.
  - ▶ Fat- 25-35% total energy intake
    - ▶ body's primary fuel for exercises of longer duration and moderate intensity
- ▶ Fluids
  - ▶ Necessary to cool the body and are quickly lost through sweating
  - ▶ Average fluid intake per day- 64-80 oz

# Nutrient Timing

- ▶ Before activity
  - ▶ Carbohydrate rich; small amount of protein; low in fat
  - ▶ Experiment with foods and drinks in practice to determine the best timing and your tolerance for pre-exercise foods
- ▶ During activity
  - ▶ Fluids, carbohydrate, and electrolyte to replenish sweat loss
- ▶ After activity (consume in 1-2 hours)
  - ▶ Restore fluid and electrolyte lost in sweat
  - ▶ Replace muscle fuel utilized during exercise- carbs
  - ▶ Repair damaged muscle tissue- protein

# Sleep and Athletes

Article provided by Gatorade Sports Science Institute

&

Shona L. Halson, PhD | Australian Institute of Sport | Australia



# Sleep and Athletes

- ▶ Key findings:
  - ▶ Adolescents require 9-10 hours of sleep
  - ▶ Decreased sleep quality can impair performance in the class room and on “on the field”; enhancing sleep may enhance performance
- ▶ Consequences of reduced sleep
  - ▶ Significant effect of sleep loss on maximal bench press, leg press and dead lifts
  - ▶ Faster sprint time and increased free-throw accuracy was observed at the end of the sleep extension period. Mood was also significantly improved, with increased vigor and decreased fatigue

# SPORT OFFERINGS - GIRLS

## FALL

Cross Country

Tennis (Co-op w/Roncalli)

Volleyball

Swimming (Co-op w/Roncalli)

Dance

## WINTER

Basketball

Dance

## Spring

Track & Field

Soccer

Softball

# SPORT OFFERINGS - BOYS

## FALL

Cross Country

Football

Soccer

(Co-op w/Roncalli)

## WINTER

Basketball

Wrestling

Swimming

(Co-op w/Roncalli)

## Spring

Track & Field

Tennis

Baseball

Golf (Co-op w/Mishicot)

# COACHES INFORMATION

Football	Kevin Shillcox	<a href="mailto:kevin.shillcox@trschoools.k12.wi.us">kevin.shillcox@trschoools.k12.wi.us</a>
Tennis (Girls) w/Roncalli	Amanda Kudick	<a href="mailto:amanda.kudick@roncallicatholicschools.org">amanda.kudick@roncallicatholicschools.org</a>
Tennis (Boys)		
Swimming (Girls & Boys) w/Roncalli	Michele Foss	<a href="mailto:michele.foss@trschoools.k12.wi.us">michele.foss@trschoools.k12.wi.us</a>
Cross Country (Girls & Boys)	Amy Gallagher	<a href="mailto:amy.gallagher@trschoools.k12.wi.us">amy.gallagher@trschoools.k12.wi.us</a>
Basketball (Girls)	Derek Slickman	<a href="mailto:derek.slickman@trschoools.k12.wi.us">derek.slickman@trschoools.k12.wi.us</a>
Basketball (Boys)	Nick Spencer	<a href="mailto:nicholas.spencer@trschoools.k12.wi.us">nicholas.spencer@trschoools.k12.wi.us</a>
Wrestling (co-coaches)	Ryan Hansen	<a href="mailto:ryan.hansen@trschoools.k12.wi.us">ryan.hansen@trschoools.k12.wi.us</a>
	Scott Peltier	<a href="mailto:scott.peltier@trschoools.k12.wi.us">scott.peltier@trschoools.k12.wi.us</a>
Track (Girls)	Amy Gallagher	<a href="mailto:amy.gallagher@trschoools.k12.wi.us">amy.gallagher@trschoools.k12.wi.us</a>
Track (Boys)	Scott Helling	<a href="mailto:scott.helling@trschoools.k12.wi.us">scott.helling@trschoools.k12.wi.us</a>
Softball	Kyle Feest	<a href="mailto:kyle.feest@ironwood.com">kyle.feest@ironwood.com</a>
Soccer (Girls)	Angie Havlichek	<a href="mailto:angie.havlichek@trschoools.k12.wi.us">angie.havlichek@trschoools.k12.wi.us</a>
Soccer (Boys) w/Roncalli	Chris Corrao	<a href="mailto:chris.corrao@fisglobal.com">chris.corrao@fisglobal.com</a>
Golf (Boys) w/Mishicot	Steve Rezachek	<a href="mailto:steve.rezachek@gmail.com">steve.rezachek@gmail.com</a>
Baseball	Spencer Feest	<a href="mailto:spencer.feest@trschoools.k12.wi.us">spencer.feest@trschoools.k12.wi.us</a>
Volleyball	Jeremy Otte	<a href="mailto:jeremy.otte@trschoools.k12.wi.us">jeremy.otte@trschoools.k12.wi.us</a>

# FALL SPORT START DATE AND TIMES

**Football - Tuesday 9/8**

**Tennis - Monday 8/17 - Parent/Athlete meeting Tuesday 8/11 6:00 @ RHS**

**Swimming - Monday 8/17 - 9:00-11:00 @ TRHS**

**Volleyball - Tuesday 9/8 - 3:30-5:30 @ TRHS**

**Cross Country - Monday 8/17 - 4:00 @ TRHS**

**Soccer - Tuesday 9/8 - Parent/Athlete meeting Tuesday 8/11 6:00 @ RHS**

# ATHLETE ELIGIBILITY

- 1. Enrollment in the TR Public School District as a full-time student or a local resident who is homeschooled.**
- 2. A current physical exam form or alternate year card.**
- 3. An emergency medical form must be completed each year.**
- 4. Parent/Guardian and athlete viewing of the athletic code meeting.**
- 5. A signed Student and Parent Athlete Contract acknowledging understanding and agreement to all school and WIAA rules.**
- 6. A signed parent and athlete concussion education agreement.**
- 7. A signed Parent Expectations agreement.**
- 8. Payment of any applicable fees.**

# TWO RIVERS HIGH SCHOOL ATHLETIC HANDBOOK

- 1. Academic Eligibility - Two or more Fs on a report card means an athlete is ineligible.**
- 2. Attendance at school - Unexcused absences or any excused absence that does not include, school-sponsored activity, family emergencies, doctor/dentist appointments, or other absences deemed appropriate by administration, will result in that athlete being ineligible for that day's activities.**
- 3. Transportation - All athletes are expected to ride the bus to and from competitions. Athletes may ride home with a parent/guardian with a signed permission slip that is given to his/her coach.**
- 4. Penalties for Code Violations**

# ATHLETE EXPECTATIONS

1. **STUDENT/Athlete - You are a STUDENT first and an athlete second.**
2. **If an athlete is unable to attend practice, it is their responsibility to directly contact their coach to let them know. Do not tell another athlete to relay the message.**
3. **You are a representative of Two Rivers High School at ALL times.**
4. **Play with CHARACTER, PRIDE and TOUGHNESS.**
5. **“It doesn’t matter what you’re trying to accomplish. It’s all a matter of discipline.” - Wilma Rudolph**



# FANSMANSHIP

**Video produced by Appleton West HS**

<https://youtu.be/LW7Ibl76dzA>

# PARENT EXPECTATIONS

## How I Can Help My Child's Athletic Experience

1. Athletes mature at different ages
2. Improving skills and attitude are important
3. Don't compete with the coach
4. An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged. Encourage the athlete to do their best regardless of family or friends who may have been outstanding players.

# PARENT EXPECTATIONS

## I Am Ready For The Game

- 1. Cheer for our team and players. Opponents and referees deserve respect. Realize that players and officials will make mistakes. Your support is needed when things aren't going well.**
- 2. Conduct that draws unwanted attention to oneself usually leads to embarrassment for your child. Please keep their well-being in mind at all times. Don't jeopardize losing the opportunity to watch your child participate.**

# PARENT EXPECTATIONS

## How Do I Communicate The Right Way

1. **Appropriate concerns to discuss with coaches**
  - a. **Items directly related to your child**
2. **Issues that are not appropriate to discuss with coaches or athletic director**
  - a. **Other student-athletes or team strategy**

# **PROCEDURES TO FOLLOW IF THERE IS A CONCERN TO DISCUSS WITH A COACH**

- 1. Your child should speak to the coach about an issue first**
- 2. Contact the coach to set up an appointment**
- 3. If a meeting with the coach did not provide a satisfactory resolution, call to schedule an appointment with the athletic director to discuss the situation**

**The 24-Hour Rule will be utilized to any in-season communication with the coaching staff. Exceptions would be reporting an injury, illness or emergency situation.**

# GOOD SPORTSMANSHIP

- 1. Gain an understanding and appreciation for the rules of the game**
- 2. Exercise positive behavior at all times**
- 3. Recognize and appreciate skilled performances regardless of affiliation**
- 4. Exhibit respect for the opponents and officials at all times**
- 5. Openly display pride in your actions at every opportunity**

# UNACCEPTABLE BEHAVIOR

- 1. Insubordination of referees, coaches, or other school personnel supervising the activity**
- 2. Fighting, intimidation of, or attempt to intimidate, or taunting of referees, coaches, players, participants, or spectators**
- 3. Throwing debris or littering the playing field or facility**
- 4. Verbal abuse or use of profane or obscene words or gestures during a game or activity**
- 5. Disruptive behavior or conduct**

# **VIOLATIONS**

- 1. Immediate removal from the contest or activity**
- 2. Possible suspension from activities for a period up to one year depending upon the severity of the infraction**
- 3. Any suspension will be honored at all Two Rivers School activities**



## MY CONTACT INFORMATION

Brian Gallagher

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Phone - 793-7173