

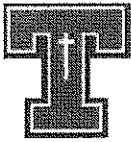
**TRINITY**  
**High School**

**ATHLETICS HANDBOOK**  
**2020-2021**

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(270)-233-5405

Principal:  
Emily Hernandez  
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This document contains includes many required documents; athletes and parents should read the handbook in its entirety, discuss the material, and sign and return the acknowledgement / acceptance form included at the end. Athletes will not be eligible for practice or play until the athletic director receives the signed acknowledgement form.



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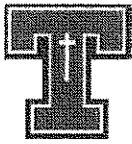
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## *Handbook*

The rules and policies contained herein are not intended to hinder an athlete in any way, but rather to make him/her more responsible to self and school. Participation in sports is a privilege and expectations of student-athletes are higher than traditional students. School administration reserves the right to amend this handbook with just cause. Coaches will be notified of any changes. It is the coaches' responsibility to inform student-athletes of any team-specific rules not covered in this handbook.

### *Mission Statement*

The purpose of Trinity High School Athletics is to seek excellence by preparing our student-athletes physically, mentally, and emotionally while enhancing their educational and spiritual development. Through this holistic growth, our program will build lasting relationships, committing our student-athletes to use their individual talents for the benefit of their athletic team.

### *Athletic Eligibility*

Prior to any practice or competition, the student-athlete must be eligible according to KHSAA rules concerning transfer, age, academics and enrollment affect eligibility. Eligibility will be monitored by the athletic director, and the athletic director is responsible for communicating issues with respective coaches.

In addition to the required forms the following rules affect an athlete's eligibility:

1. Weekly grade check: Grades of athletes are checked Friday of each week. As of late November 2019, an athlete must be passing at least six of eight subjects, including religion, to be academically eligible to compete. Student-athletes ineligible may not practice or play starting the subsequent week (Monday through Sunday period) and through the next opportunity to examine grades in this manner. The Athletic Office will notify the coach who will notify the player. An email from the counselor will be sent to the parent.
2. Grade Level: To be eligible for athletic competition in the state of Kentucky, a student must be at his/her proper grade level. Students not at grade level on the first day of the school year are ineligible for the entire year. The student-athlete and coaches of their respective sports will be notified by the athletic director.
3. Tuition Paid: To be eligible for athletic competition, Trinity student-athletes' tuition must be current (within two months); student-athletes whose tuition is more than two months delinquent will be deemed ineligible, and they will not be allowed to participate in practice or in competition. This is a KHSAA requirement.



## ***Attendance***

Students who are not in school at least 2 full periods will not be permitted to participate in extracurricular activities after school. Student-athletes and/or parent/guardian may submit an appeal to the athletic director to address special circumstances.

### ***Below Grade 9 Athletes***

Playing up by students below grade 9 is not allowed unless the high school coach requests specific permission of the high school and middle school principals and athletic directors. The principals, athletic directors, and coaches shall set the conditions under which students may play up. The parents of any student playing up shall be informed of the conditions and may then allow or not allow their son or daughter to play up.

Students playing up must set which team is their priority to resolve conflicting events. For example, if a 7<sup>th</sup> grader at St. Mary is playing middle school and varsity basketball, and a middle school game and varsity game are scheduled on the same night, s/he will be required to go to the team s/he has deemed as her/his priority.

## ***Communication***

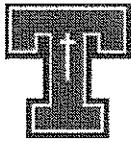
Throughout the school year or competition seasons there may be questions or concerns that come about. The student-athlete and/or parent should first speak with the immediate coach or head coach first. If this communication does not satisfy these parties, the concerns should be referred to the athletic director. The chain of command is as follows: immediate coach → head coach → athletic director → principal.

**24-Hour Rule: Parents/guardians must wait 24 hours after the conclusion of an athletic event to speak with a coach about an issue they would like to discuss.**

In all communication, maintaining a respectful and Christian attitude toward one another is vital. We are, after all, on the same team.

## ***Disciplinary Procedures***

Participation in athletics does not excuse a student from serving any disciplinary consequences at school. If a student receives a demerit, he/she will receive at least a 3-game suspension and will appear at the next available Saturday School.



## ***Equipment & Inventory***

Student-athletes are responsible for all equipment issued to them and are to pay for equipment damaged or lost due to negligence. The student-athlete will be put on probation if equipment is lost or damaged resulting in not receiving awards, recognition, or graduation ceremonies, if applicable. Coaches are to inform the athletic director of any equipment lost or damaged by student-athletes.

Student-athletes are responsible for cleaning up after themselves on the buses. Upon return to the school, the athletes should make sure not to leave their trash or personal belongings behind. The bus should be swept of any dirt, if necessary, and the windows should be closed.

## ***Fees***

The Horn Center Athletic Fee is required of the following: Students in 5<sup>th</sup> – 8<sup>th</sup> grade who play SMWS softball, volleyball, basketball, baseball, or who cheer; students in 7<sup>th</sup> – 12<sup>th</sup> grade who play THS volleyball, basketball, baseball, or softball, who compete on the archery team, cheer, or wrestle. (Horn Center Fees are NOT required of students who compete solely in cross country, golf, in the Catholic Youth League, in the THS March volleyball league, or as a Little Raider.) Note: If a student plays multiple sports or plays for both the high school and grade school, the fee is only required once per year.

### Program Rules:

1. Child / Children are not allowed to play in the sports program without health/hospital/major medical insurance.
2. Any damage to equipment and / or the building will be replaced or repaired at the parents' expense.
3. Parents are required to work gate and concession stand.
4. Checks should be made to the Horn Community Center.

## ***Injury***

Athletes must report all athletic injuries to their coach. If the injury requires medical attention, the coach is to refer the student-athlete to the appropriate physician. Once seen by a physician, the athlete must obtain the doctor's permission to return to activity and present the permission form to the coach.



## Insurance

All student-athletes are required by the KHSAA to have insurance coverage. If the student-athlete's parents/legal guardian does not have insurance coverage, Trinity High School offers a School Insurance Plan to ensure coverage.

If the student-athlete does not participate in the KHSAA-governed activity (archery), the student-athlete must still maintain insurance coverage and show proof of insurance with the school.

## Multi-Sport Participation

Student-athletes are prohibited from multi-sport participation, unless the head coaches from each sport have discussed and agreed upon the conditions set for that student-athlete's participation.

## Prohibited Activity Days

**Days not to schedule:** There are specific days throughout the calendar year on which activities (practices / competitions) are prohibited:

1. Assumption of Mary (8/15/20)
2. All Saints Day (11/1/20)
3. Thanksgiving Day (11/26/20)
4. Immaculate Conception (12/8/20)
5. Christmas Eve (12/24/20)
6. Christmas Day (12/25/20)
7. New Year's Eve \*(12/31/20)
8. Solemnity of Mary (1/1/21)
9. Ash Wednesday (2/17/21)
10. During any church missions\*\* (3/22-24/21)
11. Palm Sunday (3/28/21)
12. Holy Thursday (4/1/21)
13. Good Friday (4/2/21)
14. Holy Saturday (4/3/21)
15. Easter Sunday (4/4/21)
16. KHSAA Dead Period (6/25/20 – 7/9/20)

**Other dates to note for 2020-2021:**

10/5-9/20: Fall Break

11/7/20: First Reconciliation

4/5 – 10/21: Spring Break

4/17/21: Confirmation Retreat

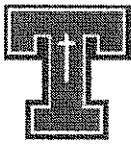
4/18/21: Confirmation

5/2/21: First Communion

5/8/21: Prom

As dates get closer, be aware of (check with the school): 8<sup>th</sup> grade trip, senior class trip, 8<sup>th</sup> grade graduation, Trinity's baccalaureate / graduation.

**Saturday:** Games scheduled for Saturday mornings / afternoons should end by 2:00. Games can also be scheduled starting after 5:30. The parking lot must be cleared of game-goers between 2:00 and 5:00 in order to guarantee space for those seeking reconciliation and / or wishing to attend weekly mass.



Sunday: No student activities may be scheduled on Sundays unless the team has a competition on the following Monday. In the event that a team practices on Sunday, the coach must notify the athletic director, and the practice must be in the time window between 1:00 – and 4:00 (preferred, per Father Brian May 2020). Requests for exemptions to this rule must be made to the athletic director, who will consult with the principal and the priest who will consider allowing practice if a district or tournament game is scheduled for the following day. Teams traveling on Sunday must arrange to attend Mass while on the road.

School Cancellations: If school is cancelled due to inclement weather, conditions will be evaluated by 10 o'clock to determine a team's ability to practice and/or compete. Coaches will be notified upon evaluation. Any practices on those days must be between the hours of 12:00 and 4:00, when the weather is generally the warmest.

## ***Required Forms***

Every student-athlete must complete certain forms before being allowed to try out, practice, or play. The head coach shall submit a copy of her/his roster prior to the first official practice. The following completed forms must be submitted:

KHSAA Physical Form

Acknowledgment of the THS Athletic Handbook, which includes the THS Social Media Contract and the Owensboro Diocese Good Sportsman documents

Diocesan Activity Form A (Emergency and Medical Information)

Diocesan Activity Form C (Activity Information Form)

Diocesan Activity Form D (Code of Conduct Form)

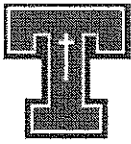
(Forms A, C, & D are collected with registration documents.)

## ***Snow Day Policy***

In the event a practice is approved on a snow day, attendance at the practice is not mandatory but is at the discretion of the parent(s).

## ***Social Media***

The Department of Athletics does not prohibit student-athlete involvement with internet-based social networking communities. However, if parents or student-athletes choose to utilize social media they must abide by the rules set forth by the THS Social Media Contract, included in this handbook.



## ***Student-Athlete Dress Code***

Student-athletes are expected to present themselves in a professional manner at all times. This includes traveling to and from games, holiday/summer tournaments, and day-to-day activities. Student-athletes are expected to wear gear issued or requested by the coaches of their respective sports. All student-athletes are required to have a shirt on at all times.

Should a student-athlete have a tattoo, it should be covered with a bandage, shirt, etc., so it is hidden during competition and (at the discretion of the coach) during practice.

## ***Ten-Practice Rule***

Any athlete who quits a sport after 10 scheduled practice days is ineligible to practice for any other sport until his/her original sport season is completed. Athletes wishing to drop a sport should immediately return any equipment issued to them. Student-athletes must be granted permission from the athletic director to begin participating in another sport before the previous sport's season is completed. If an athlete is cut from a sport this rule is nullified. If an athlete is dropped from a team for disciplinary reasons, he/she is ineligible until that original sport's season concludes.

## ***THS Alcohol, Drug, and Tobacco Policy***

Trinity High School believes that the use of any drugs which may alter behavior or state of mind, or may in any way interfere with one's normal consciousness, is both seriously dangerous to one's physical and mental health and counter-productive to a meaningful school/church community life and effective education.

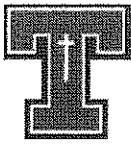
In addition, Trinity High School respects the laws of the State of Kentucky and the United States. Thus, the use, possession, or sale of any illegal or unauthorized drugs (including alcohol) or drug-related paraphernalia on school campus or on a school sponsored off-campus activity may result in immediate dismissal from Trinity High School.

To avoid any misunderstanding, students are required to register all prescription drugs and all medications with the office immediately upon arrival at school. Office staff is authorized to hold all medications of students for dispensing during the school day.

### **Penalties**

- a) The possession and/or use of Tobacco or Tobacco-Like products is prohibited at Trinity High School (Effective 8/95 per THS School Board). Violations lead to serious consequences, which may include referrals and demerits, which must be worked off before practice or play can resume.





- b) First Offense (Alcohol/Drug)--Participating Season: Suspension for one third of the scheduled contests during the entirety of the season and probation for the remainder of the school year. The athlete may be required to attend practice during the suspension. The student-athlete must finish all service hours and/or other assignments prior to returning to practice/play.
- c) First Offense (Alcohol/Drug)--Non-participating Season: The student will be placed on probation for the remainder of the school year. The student-athlete must finish all service hours and/or other assignments prior to returning to practice/play.
- d) Second Offense (Alcohol/Drug)--A second offense, whether during a participating season or non-participating season, will result in the exclusion of the student from all sports for the remainder of the school year.

## ***Transfer Students***

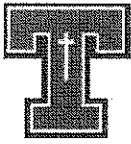
Student-athletes who transfer to Trinity High School must meet with the athletic director immediately to begin the transfer paperwork. These student-athletes are deemed ineligible until the KHSAA declares their decision. Student-athletes may not practice or compete until a final ruling is made.

Trinity High School cannot submit any request (Application for Athletic Ability) to KHSAA until the student-athlete has officially enrolled at Trinity High School.

## ***Transportation***

Student-athletes are provided transportation to all scheduled competitions or games. Student-athletes are to ride with their teams to and from contests unless their parents/guardians have signed a release stating Trinity High School has no responsibility for the student-athletes and their safety back to Trinity High School. Student-athletes should never drive themselves or other students to games.

Trinity High School will avoid parents transporting athletes in personal vehicles as much as possible, but circumstances could make this our only option. In this case, the driver must fill out the Volunteer Driver Permission Form and give it to the athletic director. The car holder's insurance is primary when driving personal vehicles.



## *The Profile of the Ideal Parent/Guardian*

- Attend the pre-season parents' meeting and read the Trinity Athletic Handbook.
- Support your child and attend as many contests as possible.
- Avoid putting pressure on your child to start, score, or be the star of the team.
- Support the coaching staff at all times.
- Avoid speaking negatively about the coach in front of your child as it may create a major barrier in the child's hope for improvement in the sport.
- Serve as good role models for the students, athletes, and other fans.
- Contribute as members of the booster club and assist with fundraising and other special events put on by the Raider Athletics Department.
- Appreciate the educational opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coach and his/her staff.
- Serve as beacons of good sportsmanship.
- Show respect to everyone involved in high school athletics, including coaches, athletes, fans, officials, and administrators.
- Follow the chain of command at Trinity High School when you have a concern: immediate coach » head coach » athletic director » principal.
- Express concerns and questions in a courteous and civil manner, and do it at the right time and in the proper setting.
- Abide by the 24-hour rules when it comes to addressing coaches with any concerns.
- Avoid constant and chronic complaining.
- Abide by all the policies, regulations, and procedures for our athletic program.
- Understand that the goals of the team and athletic program are more important than the hopes and dreams you have for your child.
- Remember that we are all on the same team, trying to work together to do what's best for our program and our student-athletes. We need to work as a team in order to succeed.



BETTER ATHLETES  
BETTER PEOPLE



## Student-Athlete Social Media Agreement



Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Recognizing the above:

I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.

I will not degrade my opponents before, during, or after games.

I will post only positive things about my teammates, coaches, opponents and officials.

I will use social media to purposefully promote abilities, team, community, and social values.

I will consider "Is this the me I want you to see?" before I post anything online.

I will ignore any negative comments about me and will not retaliate.

If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.

I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.



Thanks to PCA's National Student Athlete Advisory Board for helping produce this agreement.

For more Resources, visit: [www.PCADevZone.org](http://www.PCADevZone.org)

For more information on Positive Coaching Alliance, visit: [www.PositiveCoach.org](http://www.PositiveCoach.org)

## Levels of Participation In Athletics

### Instructional

A league in which all athletes should be taught and have the opportunity to learn the rules of a game and to learn and practice the skills of that game. In the instructional leagues, it is expected that all students receive quality playing time, according to their league rules. In-structional generally applies to K-4 athletics.

### Transitional

A league in which all athletes continue to learn more about the game, have the opportunity to improve their skills, and begin to participate at a more competitive level. Fifth and sixth grade leagues are considered transitional. Minimum playing time requirements may apply, depending on local league rules.

### Competitive

A level at which athletes are placed on teams according to skill levels for varsity and reserve. Athletes in this league should expect that stronger skilled athletes may get more playing time. Athletes should NOT expect more playing time based ONLY on skill level if effort, attitude, and sportsmanship are not also displayed on a consistent basis. Athletics for Grade 7 through high school are considered competitive.

## The GOOD SPORTS Concept

It is our intention to state our expectations for behaviors and attitudes that should be displayed by all invested parties regarding appropriate Christian sportsmanship. We look forward to providing opportunities for appropriate athletic competition where students can learn athletic skills and life skills; where students, coaches, and parents/fans will appreciate the gifts and talents of others as well as the opportunities to compete, win or lose. Our Good Sports program allows each of us to model, practice, and learn respect, gratitude, and responsibility among many other core values, through Christian athletic competition.

We intend for our Good Sports program to complement the guidelines described in the **Diocese of Owensboro Handbook for Catholic Schools (policy #416.)**

Diocese of  
Owensboro  
Catholic  
Schools

Good Sports

### Mission Statement

The Mission of the Catholic Schools of the Diocese of Owensboro is to share in the Church's mission, to proclaim the message of Jesus Christ as lived out in the Catholic Church which creates a worshipping community of believers whose service is a witness of their Christian love.

**Parents' & Fans' Expectations**

Show respect

- Cheer for a team, not against a team.
- Celebrate talents and accomplishments of all athletes.
- Respect all athletes, coaches, officials, and other fans.
- Do not approach officials, your coach, other coaches or fans before, during, or after practice or competition with negativity.
- Speak in a positive way about your athlete, other athletes, coaches, officials, and your school.
- Keep all things in perspective.

Show gratitude and appreciation

- Appreciate the time and effort of volunteer coaches and officials.
- Appreciate efforts and talents of all the athletes.
- Be positive before, during, and after the game with your athlete and others.
- Appreciate the opportunities athletes have to participate.
- Be grateful for the support and investment of time, talent, and treasure of others and the school.
- Keep all things in perspective.

Show responsibility

- Communicate with and about athletes, coaches, and other parents/fans in a positive and appropriate way.
- Be on time.
- Encourage team over individuals.
- Do not leave siblings unsupervised.

**Coaches' Expectations**

Model and teach respect

- Appreciate levels of abilities of all team members.
- Show respect for other coaches.
- Teach leadership and teamwork.
- Emphasize helping others become better.
- Respect officials and their calls.
- Speak positively to and about your athletes and their school.
- Shake hands of officials and coaches, win or lose.
- Emphasize school spirit and community.

Model and teach gratitude and appreciation

- Begin and end practices and games with prayer.
- Appreciate efforts of all your athletes.
- Appreciate effort, investment, and support of parents and school.
- Appreciate the game and teach athletes to be grateful for their talents and opportunities.

Model and teach responsibility

- Follow through and hold students accountable for behavior.
- Be on time.
- Communicate with athletes and parents.
- Give all athletes opportunities to grow and improve.
- Be positive.
- Build self esteem in athletes.
- Be a positive Christian role model.
- Teach athletes to be gracious winners and losers.

**Athletes' Expectations**

Show respect

- Accept the call of the officials.
- Listen to the coach.
- Show courtesy to fellow athletes.
- Appreciate levels of abilities of all athletes.
- Care for equipment and space.
- Commit to participating in practice.
- Compete your best.
- Commit to school team.

Show gratitude and appreciation

- Show gratitude for each other's gifts and talents.
- Shake officials' hands.
- Thank coaches after practices and games.
- Thank parents for support, driving, helping.
- Congratulate other team and your own teammates.
- Show school spirit.

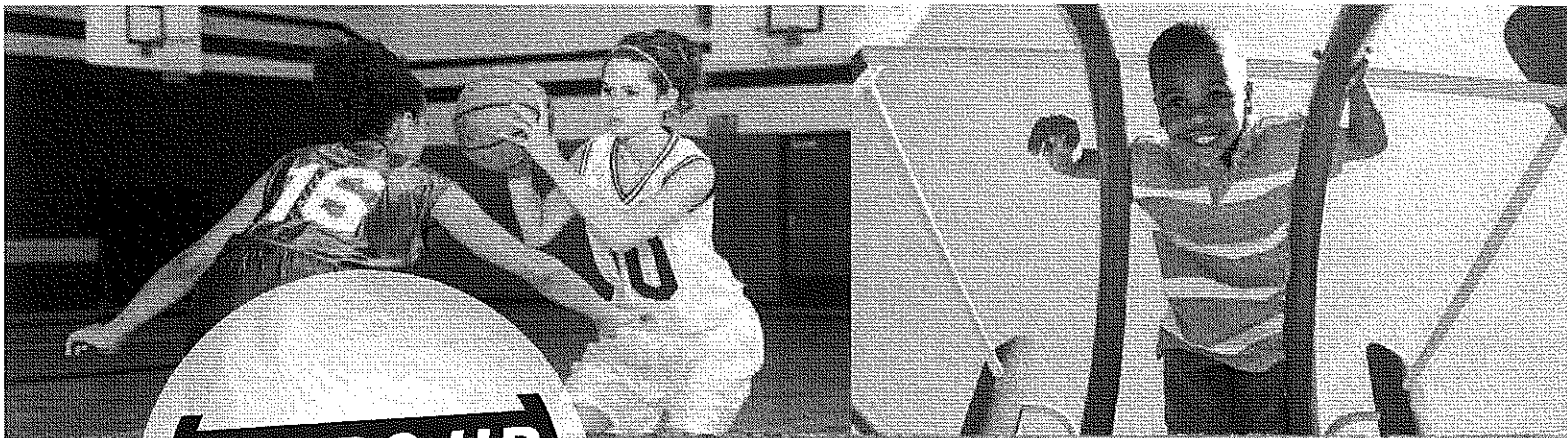
Show responsibility

- Show commitment to school team.
- Communicate with coach.
- Be on time.
- Take care of equipment.
- Make grades and behavior in and out of school a priority.
- Come prepared to cooperate and work hard.



2020 - 2021

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## A Fact Sheet for Parents

### What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

### What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports *one or more* of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

### SIGNS AND SYMPTOMS OF A CONCUSSION

#### SIGNS OBSERVED BY PARENTS OR GUARDIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to the hit, bump, or fall
- Can't recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

#### SYMPTOMS REPORTED BY YOUR CHILD OR TEEN

- |   |  |
|---|--|
| <p><b>Thinking/Remembering:</b></p> <ul style="list-style-type: none"> <li>• Difficulty thinking clearly</li> <li>• Difficulty concentrating or remembering</li> <li>• Feeling more slowed down</li> <li>• Feeling sluggish, hazy, foggy, or groggy</li> </ul> <p><b>Physical:</b></p> <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>• Fatigue or feeling tired</li> <li>• Blurry or double vision</li> <li>• Sensitivity to light or noise</li> <li>• Numbness or tingling</li> <li>• Does not "feel right"</li> </ul> | <p><b>Emotional:</b></p> <ul style="list-style-type: none"> <li>• Irritable</li> <li>• Sad</li> <li>• More emotional than usual</li> <li>• Nervous</li> </ul> <p><b>Sleep*:</b></p> <ul style="list-style-type: none"> <li>• Drowsy</li> <li>• Sleeps <i>less</i> than usual</li> <li>• Sleeps <i>more</i> than usual</li> <li>• Has trouble falling asleep</li> </ul> <p><i>*Only ask about sleep symptoms if the injury occurred on a prior day.</i></p> |
|---|--|

To download this fact sheet in Spanish, please visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion). Para obtener una copia electrónica de esta hoja de información en español, por favor visite: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).





## DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a concussion should **NEVER** return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion says they are symptom-free and it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports practices or games, or
- Physical activity at recess.

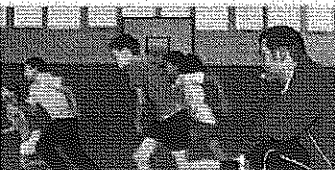
### What should I do if my child or teen has a concussion?

1. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).
2. **Help them take time to get better.** If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen may need to limit activities while s/he is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities—such as concentration and learning—should be carefully managed and monitored by a health care professional.
3. **Together with your child or teen, learn more about concussions.** Talk about the potential long-term effects of concussion and the dangers of returning too soon to normal activities (especially physical activity and learning/concentration). For more information about concussion and free resources, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

### How can I help my child return to school safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because s/he cannot return to recreation and sports right away, or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent reading, writing, or on the computer.



\*To learn more about concussion and to order materials **FREE-OF-CHARGE**, go to: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion) or call 1.800.CDC.INFO.





2020 - 2021

# Student-Athlete and Parent/Guardian Consent

Student Name: \_\_\_\_\_ Grade (2020-21): \_\_\_\_\_

Parent / Guardian Name(s): \_\_\_\_\_

Telephone number(s) \_\_\_\_\_

I acknowledge receipt of this handbook for participation in the athletic programs of Trinity High School. I have read and understand all expectations expressed, including the social media form and Diocesan Good Sports form. I agree to abide by these rules and those of the Kentucky High School Athletic Association, in addition to any rules set forth by an individual sport or a member of the coaching staff.

Athlete signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent signature: \_\_\_\_\_ Date \_\_\_\_\_

### Horn Center Acknowledgement:

The above named individual has my / our permission to participate in the athletic program. I/We understand that no insurance is provided by the individual's school athletic department or any individual connected with the program. I/We agree to release from responsibility and liability and hold blameless Trinity High School / The Horn Center / St. Mary Gym and / or any individual who is assisting in the sports program for any injuries or sicknesses resulting from participation in the sports program. By signing below, I/we hereby acknowledge and agree to the program rules and waiver clause.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

If your child participates in 5<sup>th</sup> – 8<sup>th</sup> grade SMWS archery, softball, volleyball, basketball, or cheerleading, or 9<sup>th</sup> – 12<sup>th</sup> grade THS volleyball, basketball, baseball, softball, archery, tennis, cheerleading, or wrestling, please submit payment for the Horn Center Fee, at \$25 per athlete (\$75 max, per family, only once per school year).

Office Use Only:

Horn Center Fee \$25.00      Cash or check (#) \_\_\_\_\_      Date \_\_\_\_\_