

Mitchell High School

PARENT INFORMATION

- Schedules
- Activity Passes
- Concussions
- Sportsmanship
- Life of an Athlete

Activity Schedules

1. Schedulestar.com
 - a. search box 69357
2. School page
 - a. under calendars
3. wearetigers.org

Mitchell Activity Passes

Family Pass

Immediate family

\$90.00

Individual Pass

\$30.00

Student Pass

K-12 student

\$20.00

Senior Citizen Pass

Over 65

FREE

Concussions

- LB260 – Nebraska Concussion Awareness Act
 - Concussion training for coaches
 - Educate parents on concussion information
 - Removal of athlete “reasonably suspected” of having a concussion
 - Evaluated by an appropriate licensed healthcare provider AND Certified Impact Consultant

What Parents Need To Know

- Signs and symptoms of a concussion
- Protocol for a concussed athlete
- What is ImPact Testing

How to identify a concussion

- ⦿ Signs observed by coach/parent/other:
 - Loss of consciousness, seizures, trouble remembering events, disoriented, confused, clumsy, dazed, answers slowly, repeats questions, easily distracted, inappropriate emotions, irritable, and behavior/personality changes

How to identify a concussion

- ⦿ Symptoms reported by Athletes
 - Headache, nausea, vomiting, dizziness, balance problems, fatigue, drowsy, “in a fog”, difficulty concentrating and remembering, sensitive to light or noise, problems with vision, trouble sleeping, nervousness, and sadness

Procedures for a concussion

1. Removal from activity
2. Major concussion – transported to hospital. Parents will be called.
3. Minor concussion – evaluated by coach or trainer. Parents will be called to determine how child will get home. Athlete will NOT be able to transport self home.
4. Athlete will follow recommended school protocol.

Returning to Play (RTP)

- Athlete must be sign and symptom free
- Athlete will follow procedures established by a licensed medical provider and Regional West Trainers
- Student must pass ImPact Post-Concussion testing conducted by a Credentialed NSCN Physician (list found on NSCN website) or by Regional West Trainers
- Regional West Trainers and Parents must give final approval for any athletes ready to RTP
 - Parents must send a note that a student can be cleared to participate.

Action Plan for Concussions

Severe

- a. Call emergency help immediately.
- b. Call parents immediately.
- c. Concussed student sent to a medical facility.
- d. Contact athletic director with incident.

- a. Student must be cleared from a licensed medical technician. Note turned into the athletic director.
- b. Parents must give written permission for return to play. Note turned into the athletic director.
- c. Athletic director will contact Regional West Trainer to confirm RTP are followed and student can fully participate.
- d. Athletic director will contact coach when concussed student is fully cleared.

Not - Severe

- a. Remove participant from the activity.
- b. Call parents immediately.
- c. Do not allow concussed student to drive home.
- d. Contact AD with incident.

What is ImPact Testing

- An on-line, computer based, neurocognitive exam specifically designed for the management of sports-related concussions.
- Objective measurement of brain function.
- Graphic comparison of pre-injury and post-injury composite score.

Who will be tested:

All Participants in high school Athletics

Who will initiate the ImPact testing

- Certified Test Administrator
 - Jayson Gregory
 - With support from coaching staff

Coaches Accountability

- Requirements

Have taken courses from the NFHS:

1. Sportsmanship course
2. Concussions in sports
3. Sudden cardiac arrest
4. Heat illness prevention

- Must follow all NSAA guidelines

What is sportsmanship

- **Gain an Understanding and Appreciation for the Rules of the Contest.**
- **Exercise Representative Behavior at All Times.**
- **Recognize and Appreciate Skilled Performances Regardless of Affiliation.**
- **Exhibit Respect for the Officials and coaches**
- **Display Openly a Respect for the Opponent at All Times.**
- **Display Pride in Your Actions at Every Opportunity.**

Why promote sportsmanship?

- All participants including the officials, coaches, & participants are doing their best.
- Change the culture – want to make enthusiastic and positive fans that are noticed in a positive way.

Have an attitude of excellence

- Act with Integrity
- Expect to be great
- Accept daily challenges and setbacks
- Think big picture
- Support each other
- Respect everyone