"TAKING ADVANTAGE OF OPPORTUNITIES"

The Gilbert School
Yellowjacket Athletics Department
Fall Athletics - 9.01.16
Introductions

Alan Strauss - Principal
Fall Coaches
Bob Snyder - Athletic Trainer
Charley Harbach - MS A.D.
Patrick Cooke - Dean of Students, 10-12 and A.D.
Welcome to the Hive!!

Overview of the night

- What is the role of athletics in the experience of a Gilbert student-athlete?
- Creating leaders and future members of our community.
- Hot Topics
2016.17 Student-athlete/Parent Handbook

CiACSports.com
Enroll to get instant updates on schedule changes and scores. At the bottom of the main page, click on E-Mail & SMS Updates and follow the prompts.

Sportsmanship
Please take a moment and watch this video to better understand the expectations of the parent's role in high school sports.

Parenting your Student-Athlete - Video
Parenting your Student-Athlete - Supplement
NFHS - The Role of the Parent in Sports

Eligibility
Student-Athlete Eligibility Policy

IMPORTANT Forms
Instruction Letter for Family ID
Yellowjackets Code of Conduct for Student-Athletes 7-12

• Student-athletes shall conform to the behavioral norms of the school and act in a responsible manner with regards to the policies set forth in The Gilbert School Student Handbook.

• Student-athletes shall get proper amounts of sleep and rest, both of which are recognized as essential performance & effectiveness in athletics.

• Student-athletes shall maintain a proper, well-balanced and nutritious diet in order for the expectations of practice and competitive performance.

• Student-athletes shall abstain from using those substances - drugs, alcohol, steroids, and tobacco - that are deemed harmful to one’s athletic performance, health, and general well-being.

• Student-athletes may not participate on another "same-sport" team while in season.

• Student-athletes shall, at all times, exhibit sound judgment and conduct themselves in a manner that exhibits sound moral character and exemplifies good sportsmanship. Such behavior shall consider the safety and well-being of team members, opponents, officials, spectators, and the community.
Nike
ACADEMIC & CIAC ELIGIBILITY REQUIREMENTS

In accordance with the CIAC and The Gilbert School policies, you are NOT ELIGIBLE:

- if you are not taking at least five (5) units of work;
- 2.0 GPA and no F's
- if you have reached your 20th birthday; a student will not be allowed to start a season, or compete during a season in which his/her 20th birthday falls;
- if you have changed schools without a legal change of residence; (19 transfer)
- if you have been in attendance for more than eight (8) semesters, from the date of entry into the 9th grade;
- If you do not have a valid, up to date physical (13 months)
- if you play or practice with an outside team in the same sport while a member of the school team
- if you are not in school for the entire school day. Exceptions will be made for those with legitimate parent or medical excuses. These excused absences and tardies will be reviewed with the discretion of the coach, the Director of Athletics and school administration;
Substance Abuse / Social Media

• 1st Offense - possible 2 week suspension from the team

• 2nd offense - begin to look at place in the program. Coach/Parents/Student-athlete/Admin/counselor.

• Social Media
Bullying and Hazing

• Team Requirement
  - Group discussion with coach and sign off sheet

• Concerns - call A.D. asap.
Transportation

- Activity Bus - 2:45 p.m.
- Picking up students
Schedules and updates

www.CIACSports.com
Valuables
Varsity Letter Requirements

High School - Varsity Letter Requirements

In order for a high school student to earn a varsity letter in an individual sport they must reach the requirements for each sport individually as well as the requirements for the athletics department as a whole.

Athletic department requirements:

2 Acts of Community Service - non-negotiable
Must be academically eligible for the entire season
Attendance at 95% of Practices - excludes school related events and medical and legal absences.
Attendance at 100% of Contests - excludes school related events and medical and legal absences.
Good standing in the Gilbert community - no chronic suspensions ISS or OSS
Communication

• cookep@gilbertschool.org

• (860) 379-3721

• REMIND

• CIACSports.com
Chain of Command with Concerns

- Student-athletes to Captains
- Captains to Coaches
- Student-athletes to Coaches
- Parents to Coaches
- Student-athletes to AD
- Parents to AD
- Parents to Administration
New!!! - Leadership Council

Positive Coaches Alliance
Leadership Contract
Training through the year
  - Weekly Meetings
  - National Guard
Concussion Law and Sudden Cardiac Arrest Education

- July 1, 2010 / 2015 - state law
- Multiple ways of educating
- Concussion Education Consent form and Sudden Cardiac Arrest Consent form
- Online - Concussion Central - CIACSports.com
- Bob Snyder, ATC, Gilbert trainer
- Impact Testing
Welcome to CIAC Concussion Central

During the 2014 legislative session the Connecticut Legislature modified the laws regarding concussion education to include a plan that would educate student-athletes and parents, as well as require each parent and athlete to sign an informed consent form.

Even though most of the changes go into effect beginning July 1st of 2015, the CIAC Board of Control took action and is requiring all CIAC member schools (including private and parochial schools not covered by the law) to develop a plan and begin implementation in the 2014-15 school year.
CONCUSSIONS,

SUDDEN CARDIAC ARREST,

&

SPORTS SUPPLEMENTS

Presented by Charlotte Hungerford Sports Medicine and Athletic Training
WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury caused by a blow to the head or a hit to the body that causes the head and brain to move rapidly back and forth. This rapid motion will cause the brain to violently contact the skull.

A concussion is an injury that occurs at a cellular level / there are chemical changes in the brain when an athlete suffers a concussion.

A concussion can cause immediate but temporary impairment of brain functions, such as thinking, vision, equilibrium, and consciousness.
During a concussive injury, Potassium ions (K+) exit the neuron, while Calcium ions (Ca) rush into the cell. When Calcium enters, it causes the blood vessels to constrict, resulting in decreased blood supply to the brain. This diminished cerebral blood flow causes the increased demand for energy, hence the “energy crisis.”

The nerve cell is extremely vulnerable in this condition, and further injury or stress while impaired may cause cell death or serious cell damage.
A CONCUSSION IS A FUNCTIONAL INJURY NOT A STRUCTURAL INJURY

STRUCTURAL INJURY (seen)

FUNCTIONAL INJURY/CONCUSSION (unseen)
SYMPTOMS OF A CONCUSSION

- HEADACHE
- DIZZINESS
- NAUSEA OR VOMITING
- SENSITIVITY TO LIGHT
- SENSITIVITY TO NOISE
- DOUBLE OR BLURRY VISION
- CONFUSION
- CONCENTRATION OR MEMORY PROBLEMS
- DOES NOT “feel right”
SIGNS OF A CONCUSSION

- Confused about position or play
- Unsure of game, score, or opponent
- Answers questions slowly
- Appearing dazed or stunned
- Forgets an instruction
- Loses consciousness (even briefly)
- Can’t recall events prior to the incident (retrograde amnesia)
- Can’t recall events after the incident (anterograde amnesia)
MANAGEMENT OF SPORTS RELATED CONCUSSION

RECOGNIZE that a concussion may have occurred.
* Be attentive and ask questions about how an athlete feels after they take a hit or blow.
* If they report signs or symptoms after a hit that were not present prior to the hit, a concussion may have occurred.

WHEN IN DOUBT, SIT THEM OUT!!
MANAGEMENT OF SPORTS-RELATED CONCUSSION

**REMOVE** the athlete immediately from practice or competition.

* It is very dangerous to allow an athlete with symptoms to sustain another hit or blow.

**CALL 911 if:**

* deterioration of symptoms
* loss of consciousness
* direct neck pain associated with the injury
MANAGEMENT OF SPORTS RELATED CONCUSSION

REFER the athlete for medical care.

* It is critical that proper medical attention be given to an athlete with a concussion immediately to ensure the correct treatment is executed.
MANAGEMENT OF SPORTS RELATED CONCUSSION

REST, both physical and cognitive, is the only treatment for concussions.

Again, a concussion is a functional injury and for the brain to heal properly any exertion that causes symptoms must be avoided.
Athletes should be able to tolerate all cognitive activities prior to returning to physical activity.

Evaluation of cognitive function includes ability to handle full school days without symptoms, athlete is receiving normal grades on tests and quizzes, work is completed in reasonable amount of time and neurocognitive testing is normal or back to baseline.

The ImPACT computer program is used by The Gilbert School for neurocognitive testing.
RETURN TO SPORT

After an athlete is medically cleared to return to sport following a concussion a graded return back to physical activity is required prior to the athlete participating in a game or contest.

5 DAY RETURN TO PLAY PROTOCOL

* All athletes MUST successfully complete the 5 day return to play protocol before returning to full practice and games.
RETURN TO PLAY

RTPP DAY 1

Stationary bike x 20-30 minutes.

GOAL: Increase athletes heart rate

If athlete develops symptoms on the bike, exercise is stopped.
RETURN TO PLAY

RTPP DAY 2

Treadmill/Track x 20-30 minutes.

GOAL: Introduce impact stress to the body while increasing heart rate.

If athlete develops symptoms, exercise is stopped.
RTTP DAY 3

Functional running and agility program.

GOAL: increase heart rate, impact, and now adding movement.

NO HEAD IMPACT ACTIVITIES
RTTP DAY 4

Practice non contact

GOAL: increase coordination and cognitive load.

AGAIN, IT’S IMPORTANT NOT TO PUT THE ATHLETE IN A DRILL THAT HEAD CONTACT IS POSSIBLE.
RETURN TO PLAY

RTTP DAY 5

Practice full contact

GOAL: restore confidence and assess functional skills by Athletic Trainer and coaching staff.

If asymptomatic (symptom free) after finishing day 5, athlete can return to games the following day.
RETURN TO PLAY PROTOCOL - REVIEW POINTS

• The athlete should continue to proceed to the next level if asymptomatic at the current level.
• If an athlete develops symptoms during a stage, the stage is stopped and started again the following day. Athlete must be asymptomatic to begin a stage.
• Generally, each stage should take 24 hours so that an athlete would take approximately 1 week to complete the protocol when symptoms do not re-occur.
• If any symptoms re-occur during the protocol, the athlete returns to the previous step after an additional 24 hours of rest and progresses accordingly.
• 2 stages are never performed during the same day even if an athlete is asymptomatic after completing 1 stage.
WHY SO CONSERVATIVE WITH OUR CONCUSSION PROTOCOL?

SECOND IMPACT SYNDROME: What is it?

Second impact syndrome occurs when an athlete returns to sport too early after suffering from an initial concussion. The athlete does not need to receive a strong blow to the head to set the effects in motion.

Because the brain is vulnerable and susceptible to injury after an initial brain injury it only takes minimal force to cause irreversible damage.

The brain's ability to self-regulate the amount of blood volume to the brain is damaged resulting in increased cerebral blood volume which can result in brainstem herniation and death.
SUDDEN CARDIAC ARREST (SCA)

Sudden Cardiac Arrest is a condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs.

SCA USUALLY CAUSES DEATH IF IT’S NOT TREATED WITHIN MINUTES
Sudden Cardiac Arrest

SCA is different from a heart attack, which occurs when blood flow to a portion of the heart is blocked. The heart can continue to beat with a heart attack.

The Heart Stops Beating with Sudden Cardiac Arrest
SUDDEN CARDIAC ARREST

SIGNS AND SYMPTOMS:
• Usually the first sign of SCA is loss of consciousness.

Symptoms:
• Racing / rapid heartbeat
• Feeling dizzy or lightheaded
• Chest pain
• Shortness of breath
• Nausea / vomiting

SUDDEN CARDIAC ARREST OFTEN OCCURS WITH NO WARNING
SUDDEN CARDIAC ARREST

WHAT TO DO

When any athlete experiences SCA, the following 3 actions should be taken immediately:

• CALL 911
• Start CPR
• Get the nearest AED, attach it and follow the directions
SUDDEN CARDIAC ARREST

AED: Automated External Defibrillator

Charlotte Hungerford Hospital
REHABILITATION & SPORTS MEDICINE
SUDDEN CARDIAC ARREST

OUTCOMES
• Only CPR and AED use have been proven to help a person get out of cardiac arrest.
• For every minute a athlete does not receive a shock, the chance of survival goes down by 10% per minute.
SUDDEN CARDIAC ARREST

RETURN TO PLAY

• The athlete must be evaluated by a licensed medical provider
• Written clearance, signed by the licensed medical provider, must be given prior to the student-athlete engaging in ANY athletic activity
SPORTS SUPPLEMENTS

WHAT ARE THEY:
• Products used to enhance athletic performance that may include vitamins, minerals, amino acids, and herbs.
• These products are generally available over the counter without a prescription.

IMPORTANT FACTS TO REMEMBER:
• Sports supplements are considered dietary supplements and do not require the US Food and Drug Administration approval before they come on the market.
• The FDA is responsible for taking action if a product is found to be unsafe AFTER it has gone on the market.
  * In other words, usually something detrimental to the athletes health has to happen before the FDA gets involved.
IMPORTANT FACTS continued:

- FDA does not regulate the labeling of nutritional products and this leaves the millions of athletes who regularly consume sports supplements essentially in the dark about their content.
- There is no way of knowing if the products actually contain what the label says because there are no established standards in their manufacture.
SPORTS SUPPLEMENTS

• Whether you hear about sports supplements from your teammates in the locker room, sales clerk at the vitamin store, chances are you’re not getting the whole story about how the supplements work, if they are really effective, and the **RISKS** you take by using them.
SPORTS SUPPLEMENTS: Muscle building steroids

Androstenedione (commonly known as Andro) and DHEA (dehydroepiandrosterone) used to be available over the counter, but now require a prescription. Why........

Possible side effects:
• Risk of developing cancer
• Increase risk of heart disease
• Risk of stroke
• Teens who use Andro while they are still growing may not reach their full adult height
• May increase cholesterol levels
SPORTS SUPPLEMENTS

CREATINE
- Organic acid produced in the liver that helps supply energy to cells in the body, especially muscle cells.
- It also occurs naturally in foods such as meat and fish.
- Creatine can also be made in a laboratory and sold as a supplement over the counter.
- Research in adults found creatine is most effective for athletes doing intermittent high intensity exercise with short recovery intervals such as sprinting, football, baseball, and power lifting.

Athletes who take creatine usually take it to improve strength, but LONG-TERM and SHORT-TERM effects of creatine use haven’t been studied in TEENS and KIDS.
SPORTS SUPPLEMENTS

**CREATINE:** Most Common Side Effects
- Abdominal pain
- Muscle cramps
- Diarrhea
- Creatine causes the muscles to draw water from the rest of your body and this can lead to dehydration.

There is the possibility of creatine doing harm to the kidney, liver, or heart function.
WILL SPORTS SUPPLEMENTS MAKE YOU A BETTER ATHLETE?

Sports supplements haven’t been tested on teens and kids but studies on adults show that the claims made by many supplements are weak at best.

Most won’t make you any stronger and none will make you any faster or more skillful.

Many factors go into your ability as an athlete:
• Diet
• Sleep
• Genetics and Heredity
• Training programs

INSTEAD OF TURNING TO SUPPLEMENTS TO IMPROVE PERFORMANCE, CONCENTRATE ON NUTRITION AND TRAINING, INCLUDING STRENGTH AND CONDITIONING PROGRAMS.
Any questions regarding this presentation, please contact Robert Snyder ATC, L-AT

860-480-5423
rsnyder@hungerford.org
Gilbert Blue & Gold

Saturday, May 6th, 2017 - Golf Fundraiser
Sunday, May 7th, 2017 - 5K Fun Run
Breakout Rooms

- MS Sports - 2nd Floor - 205
- Cheer - Room 317
- Boys Soccer - Room 303
- Volleyball - Health Room
- Cross Country - Gym bleachers
- Girls Soccer - Chorus Room