

A large, faint, circular watermark logo for the West Ada District is visible in the background. The logo features the words "WEST ADA" at the top, "DISTRICT" at the bottom, and "EST. 1950" at the bottom. In the center is a large "WA" monogram. The background of the slide is a dark blue gradient.

FALL SPORTS MEETING

GENERAL INTRODUCTION

CONTACT

- Activities Director – Troy Rice
rice.troy@westada.org 350-4358
- Jake Chandler – Assistant AD
- Jason Warr - District AD
- Athletic Trainer – Kelsey Craig
craig.kelsey@westada.org

INFORMATION

Eligibility

- Transfer, home school, and non-Rocky students:

- Parents - please email AD immediately to ensure individual eligibility if one of these pertain to your child.

rice.troy@westada.org

- Practice Time:

- 10 days of practice are required before a student-participant can compete.

Attendance

- Student-participants must be in attendance the entire day of an activity, or they cannot compete or perform.
- Exceptions: doctor appointment, court, or funeral with documentation
- Attendance reports will be sent to coaches on competition/performance days so they know who was absent.

Grades

- Must pass 6 of 8 spring semester classes to be eligible to participate this spring.
- Grades are checked throughout the season and may impact ability to participate:
 - No failing grades in season
 - An F-list is sent every Monday to coaches for monitoring

PLAYING TIME

- **NO GUARANTEES** - playing time varies for everyone.
- Making the team does not equate to a certain amount of playing time.
- Discussion of playing time with parents is the discretion of the head coach. We will always communicate with your child on what they need to improve.

PLAYER EXPECTATIONS

- Be where you're supposed to be & do what you're supposed to do.
- Social Media – be smart about what you post.
Don't bring negative attention to yourself or your team.
- **Sportsmanship**
 - Represent yourself, your team, Rocky and West Ada in a respectful manner
- **Effort**
 - Give your best effort in the classroom, practices, and games
- Take care of equipment, the facilities and your fellow student-athletes.
- Respect officials.
- Listen and communicate with your coaches.
 - Advocate for yourself and others in a respectful manner
 - Listen and respect the decisions of your coaching staff

PARENT EXPECTATIONS

- **Keep us informed of**
 - Injury/illness status of your child
 - **Follow the Chain of Communication when issues arise** — resolve problems at their lowest level
 - Teach your child self advocacy
- **Sportsmanship**
 - Be respectful & set the example for your children and others.
- **Expectations**
 - Be reasonable regarding playing time & wins/losses.

COACH EXPECTATIONS

- Provide a **positive** and **safe** environment
- Model **sportsmanship**
- Provide a **competitive** environment
- Provide **clear** and **positive communication**
- Develop **character, work ethic** and **accountability**
- Hold and maintain required **coaching certifications**:

1st Aid, CPR, Concussion, NFHS Sudden Cardiac Arrest, NFHS Student Mental Health/Suicide Prevention

COSTS

- **Pay to Participate**

- Amount - \$110
- Due Friday, March 7th

- **Activity Card Required**

- Amount – \$44.50 (tax included)
- Due Friday, March 7th

- Fees can be paid in person to our bookkeeper or online at www.myschoolfees.com

FUNDRAISING

- May be necessary to help cover the costs of the program.
 - Fundraised money is not refundable.
- Our goal is to be reasonable and not excessive but the reality is athletics are not fully funded so we need your help so we can provide a quality program.

SPORTSMANSHIP

- Everyone's responsibility!
- Fair and generous of treatment of others.
- Gracious in winning or losing.
- Respect for one's opponent, officials, spectators and fellow student-athletes.

CONFLICT RESOLUTION & CHAIN OF COMMUNICATION

- Listen to your student-participant
 - Is there a real problem or are they just venting?
- 24-hour cooling off – don't contact coaches immediately after a game.
- Attend practices – to observe first-hand
- PLEASE FOLLOW THESE STEPS:
 - Encourage your student-participant to talk to their coach
 - Schedule a meeting with the team head coach
 - Schedule a meeting with the program head coach if it's a different person
 - Schedule a meeting with the AD and program head coach.
 - Communication to District AD

FIGHT SONG

Rocky Mountain, purple and white
Press on Grizzlies, with all our might.
Strong with courage, united we are
So, rise and shout the Griz are out
R! M! H! S!
Victory's ours tonight!

IN CLOSING

- Program Meetings to Follow:

- Football – auditorium
- Girls Soccer – library
- Boys soccer – stadium

WHO IS OUR ATHLETIC TRAINING STAFF?

Head Athletic Trainer: Kelsey Craig ATC



Assistant Athletic Trainer: Crystal Castro ATC



PRN Athletic Trainer: Jessica Regnier ATC

WHO IS OUR ATHLETIC TRAINING STAFF?

Team Physician: Dr. Andy Curran D.O.



Assisting Team Physician: Dr. Angie Pellant M.D.



Physical Therapy:



SERVICES PROVIDED

- Team Physician evaluations in the athletic training clinic
- Team Physician at Football games
- Evaluations, Treatments, & Physical Therapy
- Quick and Efficient referral process & communication

ROLE OF ATHLETIC TRAINER

- To provide healthcare services, treatment and prevention of athletic injuries.
- Physical therapy
- Diagnosis
- Efficient return-to-play
- Preventative medicine and conditioning guidance
- Responsible for all in-season athletic injuries

***Note:** Athletic Training is recognized by the American Medical Association as a health care profession

WE ARE HERE TO HELP

Athletic Training Clinic

- Location: Corner of the school building by the entrance to the stadium
- Clinic Rules:
 - Will be greeted and checked in by a Student AT when entering
 - Treat all ATs and Student ATs with respect
 - Please leave bags, cleats, etc outside of the AT clinic
 - Ice baths- must be supervised by an AT or a coach at all times. Pick up after yourself. ABSOLUTELY NO adding ice to the baths- temp is set.
 - Continue checking in, as outlined by the AT

HEALTH & SAFETY ISSUES PROTOCOL

- Please communicate **all** health and safety issues to the Head Coach, Athletic Trainer and Building AD
 - Prior to start of practice/cuts
 - During season – if new/ongoing situation and updates
- Athletic Trainers are actively involved in student-participant health and safety as well as clearance for participation
 - School Nurse will be involved if an athletic-involved injury impacts the classroom setting.
- Health and safety considerations shall override the desire to win and to participate
 - Medical clearance will be required
- No intentional injury to any other student-participant
- Air Quality & Environmental considerations
- Concussion Protocol

Sudden Cardiac Arrest

- Symptoms can include: fainting, seizures during exercise, dizzy, chest pain, shortness of breath, racing heart rate or unexplained fatigue
- Any student-athlete that passes out or faints during athletic participation must be removed from practice or competition
 - Parents/guardians must be notified
- If a student-athlete is removed due to concerns of a cardiac condition may not return to activity until cleared by an appropriate medical professional

Concussion Protocol

- A concussion is a bump, blow, or jolt to the head or body that causes any symptoms including headache, nausea, dizziness, confusion, balance issues, or loss of consciousness.
- Baseline testing for high risk of contact sports.
- Any athlete suspected of a concussion will be removed from competition/practice until evaluated by a healthcare professional with training in concussion recognition and evaluation.
- "Return to Learn" must occur before "Return to Play" protocol, and completion of "6-Step Return to Play" before competition.
- Evaluation will be completed by building athletic trainer, MD, DO, PA or NP and clearance must be communicated with the 6 step "Return to Play" completed by the athletic trainer before full competition is allowed.

6 STEP RETURN-TO-PLAY

- **STEP 1: DAILY CHECK-INS/ACTIVITIES OF DAILY LIVING**
 - Progression of returning to school and activities
- **STEP 2: AEROBIC ACTIVITY**
 - Light to moderate exercise (stationary bike and walking to jogging)
- **STEP 3: SPORT-SPECIFIC EXERCISE**
 - Individual drills away from team drills, running, change of direction
- **STEP 4: NON-CONTACT PRACTICE**
 - Progression to team environment with drills and high intensity
- **STEP 5: CONTACT PRACTICE**
 - Full practice, no restrictions
- **STEP 6: RETURN TO PLAY**
 - No restrictions in school or sport competitions

*Must remain symptom free for 24 hours to progress to the next step

*Steps are NOT DAYS