



SAINT MARY'S HIGH SCHOOL

51 Clapham Avenue, Manhasset, NY 11030

Athletic Department

Mr. Michael Ryan, Athletic Director

Mr. Paul Nussbaum, Assistant Athletic Director

Brother Kenneth Robert, Assistant Athletic Director

IF YOU ARE PLANNING TO PARTICIPATE ON A ST. MARY'S SPORTS TEAM(S), the following forms must be filled out and signed by the parents/guardians:

1. Athletic Department Permission Form
2. Guidelines for Athletes
3. Physical Form*

*Please note:

Physicals are required by New York State for all students entering 9th and 11th grade. Students entering 10th and 12th grade need a physical exam if they are participating in sports.

Physical exams must be done within ninety (90) days prior to September 1, 2018.

An updated physical exam is also required from all students with pre-existing conditions.

Please check St. Mary's web site for Fall Sports start dates.

*If you (your child) becomes a member of any sports team, a **\$175 Athletic Participation Fee (non-refundable)** will be added to your tuition account.*

You must have a current physical on file or bring the physical form and Athletic Department Permission to the nurse(s) to obtain the white "Permission to Play Card" before you will be allowed to try-out for a sport.

If you have any questions, please call the Athletic Department at (516) 627-2711 ex 1169.



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Guidelines & Expectations for Student Athletes

Participating in extra-curricular activities is a privilege, especially in athletics. It should be understood by all participants and parents that all school policies apply to student athletes while participating in their respective sport. Participation in team sports is an extension of the school's goals in helping to enhance a student's overall development as a person. The opportunity to participate in interscholastic athletics in school has proven to enhance students' opportunity in the workplace and in personal relationships. The concepts of teamwork, self discipline, commitment and passion to compete are skills required to succeed in life. Saint Mary's athletics demand that these concepts, as well as others, be understood by students and their parents who wish to be a part of our program. When practiced, these concepts will lead to success on the field and on the court. We are priding ourselves on winning in more ways than one and your enthusiasm to do so will make our programs and yourselves excel.

Please note the following:

- If you/your child becomes a member of any sports team, a **\$175 Athletic Participation Fee (non-refundable)** will be added to your tuition account.
- Playing time cannot be one's primary concern. The team is the priority and our coaches will do what is best to enhance the success of his/her team and the Saint Mary's Athletic Program. The athletes will earn all they get based on their level of personal commitment. The concept of team comes first.
- **Commitment:** Students and their parents are expected to make a full commitment to the school and the team they successfully become a part of. Attendance is mandatory per the expectations of the coach with regard to practice and games. Student athletes and their parents should be prepared to sacrifice "vacation days" in order to attend the required team practices and games. If unwilling to do so, the student should not try out for or become part of a team.
- ***If awarded the opportunity to participate on a team, each student athlete is expected to conduct him/herself accordingly. Displays of poor sportsmanship, poor language, negative body language and negative attitude that is deemed detrimental to the program and the school will be dealt with accordingly.***
- The Head Coach of the varsity team within each sport is responsible for that program and its lower levels. He/she will maintain the program's team rules and expectations in addition to those prescribed by the school's general policies of behavior & expectations.
- For students who may participate in athletics in multiple seasons, he/she must fulfill the commitment of the current season before participating in the next season. He/she will not lose out on the opportunity to try out for the next season's sport.
- The school's academic policy states that *any participating student athlete who fails 2 or more subjects may be suspended from their current team and/or will not be permitted to try out for the next season until improvement is made per the Office of Academics.*
- Student athletes who have discipline problems in school will be subject to suspension or dismissal from any sport.
- The school will provide transportation to and from "away" athletic games/matches. Students may go home from an "away" game/match with a parent, provided they inform the coach.

- Serious injuries must be reported to the athlete's coach. Coaches will then inform the Athletic Director and school nurse.
- If an athlete requires medical attention following an on field/court incident or accident outside of school, the athlete/parent must inform the coach, Athletic Director and school nurse. Clearance to continue playing must be granted by the school nurse per the athlete's doctor who performed treatment or evaluation.
- A deposit may be required by the athlete/parent when team uniforms are distributed at the beginning of the season. The deposit will be held by the school until the return of the uniform upon completion of each season.
- In some sports, the athletes' purchase of the uniform may be required.

Medical Requirements for Participation:

In order for a student to try out for and participate in an interscholastic sport, the following procedure must be followed:

1. A current (valid) physical for the student must be on file with the school nurse in order for a student to try out for a sport. (Per the nurse's office guidelines a physical must be done within ninety (90) days prior to September 1, 2018.)
2. Students must turn in to the school nurse the permission to participate form signed by the student's parent. This form may be down loaded from the school website.
3. The school nurse will then provide the student with a "white card" that clears him/her to participate in try outs. **The student will turn this card in to the coach** of the team before tryouts.
4. ***Any student who is out of school with a sports injury must be cleared by a physician before returning to school and sports.***

I have read all of the above policies & concepts and agree to abide by them.

Student Name: _____ Grade: _____

Student Signature: _____

Parent's/Guardian's Signature: _____



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Your son/daughter has expressed a desire to join the _____ team. This form must be signed and returned to the school nurse before the first practice session. We want to make it very clear that being on this team is a definite privilege for your son/daughter and along with this privilege there are some added responsibilities. Aside from the normal school regulations with which your son/daughter are familiar, we would like to point out a few particulars at this time:

1. St. Mary's considers academic success more important than participation on any team. Any student who cannot do both will be dropped from his/her team.
2. The white "Permission to Play Card" from the nurse and two yellow "Medical Release Cards" must be given to the coach before any participation.
3. Any student who is removed from a team by the school, by his/her parent/guardian, or by himself/herself – regardless of the reason – may not rejoin that team until his/her status has been reviewed by the board.
4. All athletes are expected to attend all practices, scrimmages and games unless excused by the coach.
5. When your child becomes a member of any sports team, a **\$175 Athletic Participation Fee (non-refundable)** will be added to your tuition account.
6. ***Any student who is out of school with a sports injury must be cleared by a physician before returning to school and sports.***

Student's Name: _____ Grade: _____

Sport _____

I, the undersigned, agree that participation in the above mentioned sport has its risks and I further agree that medical insurance coverage for my son/daughter on this sport at St. Mary's High School will be provided by me. (The policy covering all students is an "excess" policy.) I further agree that St. Mary's High School, its agents, and employees shall not be liable to me for any injury or damage resulting directly or indirectly from my participation in this sport. I also agree that I will not sue, arrest, attach, or prosecute its agents and employees from all actions, claims and demands I may have for any injury or damage.

Student's Signature

Parent's/Guardian's Signature

Date

MOST IMPORTANT: Please have your parents fill out both sides of this form and return it to the NURSE. A current doctor's physical report is necessary in order to obtain a WHITE "Permission to Play Card" which must be given to the coach before any participation.

MEDICAL EXAMINATION UPDATE FOR SPORTS PARTICIPATION

In addition to an approved medical examination, students wishing to qualify for sports participation must also submit an update prior to the start of each athletic season. Parent(s)/Guardian(s) are asked to answer the following questions. A YES answer to a question does not mean automatic disqualification from athletic activity.

HISTORY SINCE YOUR LAST MEDICAL EXAMINATION:

Please answer the following questions, and if your answer is YES to any item, please explain the circumstances in the space provided below. These forms will be kept in the Health Office and will be kept strictly confidential.

1. Allergies – bee sting / medications / food / latex / etc.	<input type="checkbox"/> No	<input type="checkbox"/> Yes
2. Does the student carry an Epi-pen for a life-threatening allergy?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
3. Asthma: does the student carry an inhaler?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
4. Concussion / head injury / seizures	<input type="checkbox"/> No	<input type="checkbox"/> Yes
5. Recent injury that requires medical attention or protective equipment?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
6. Recent illness lasting longer than one week (i.e. mono)?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
7. Currently taking medication under a doctor's care?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
8. Diabetes / hypoglycemia?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
9. Heart / blood pressure problems?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
10. Heat exhaustion or stroke?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
11. Bleeding tendency / anemia?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
12. Recent surgery, fractures, or joint injuries?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
13. Contact lenses, glasses or hearing issues?	<input type="checkbox"/> No	<input type="checkbox"/> Yes

Describe the condition or situation that caused any question to be answered YES.

PARENTAL PERMISSION:

I, the undersigned, clearly understand these questions are asked in order to decide if my child can safely participate on an interscholastic athletic team. The answers are correct as of this date and my child has my permission to participate.

All athletic events (including non-contact sports) carry some risk of participants sustaining an impact of their head. This could result in a mild traumatic brain injury, commonly referred to as a concussion. This can be potentially serious condition with significant health implications. Any student athlete exhibiting its signs and symptoms should receive immediate medical attention. Parents and legal guardians are encouraged to visit the New York State Department of Health's website for further information regarding mild traumatic brain injuries (MTBI) www.health.ny.gov/publications/3278.pdf. Information for the Return to Play Protocol can be obtained at St. Mary's website – www.stmary.ws/highschool.

Student's Name

Grade

Student's Signature

Parent's Name (Please Print)

Parent's Signature

Date

To be completed by the school nurse

Approved Referred Date of last physical: _____ Date: _____



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RETURN TO PLAY PROTOCOL FOLLOWING A CONCUSSION

The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sport, Prague 2004.

It has been further reviewed and revised in accordance with the Manhasset District Physician.

When an athlete shows **ANY** signs or symptoms of a concussion:

1. The athlete will not be allowed to return to play in the current game or practice.
2. The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
3. The athlete should be medically evaluated following the injury.
4. Return to play must follow a medically supervised stepwise process.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport. The program is broken down into six steps in which only one step is covered a day, *with the possibility of 24 hour regression if symptomatic (drop back to previous level)*. The six steps involve the following:

1. No exertional activity until asymptomatic for seven consecutive days.
2. *Mandate clearance only after seven consecutive days of rest by a neurologist before resuming any athletic activity. If symptomatic, the athlete would drop back to step one.*
3. Light aerobic exercise such as walking or stationary bike, etc. No resistance training.
4. Sport specific exercise such as skating, running, etc. Progressive addition of resistance training may begin.
5. Non-contact training/skill drills.
6. Full contact training in practice setting.

Return To Competition

If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest.

The student-athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.