



Guide For Student Athletes And Parents

General Standards and Forms for Participation in Interscholastic Athletics

The Purpose of this Guide

This *Athletic Guide* is designed to be useful to student athletes and parents. The intent is to condense that information which is necessary to effectively understand and participate in the athletic program in Anne Arundel County. **Athletic participation is a privilege, not a right.**

The guide includes a collection of information pertaining to state and county procedures and regulations.

There may be questions which arise that may not be covered in this guide. Remember, this is only a guide. Only open communications between coaching staff, athletic director, parents, students, and school administrators will insure an effective athletic program.

For complete guidelines and policy information view the state and county handbooks at www.aacps.org/athletics/ath_forms.asp.

The items described below are highlights from the Anne Arundel County Public Schools Athletic Handbook. Please refer to the handbook for a complete description of all guidelines, regulations, and policies that govern the athletic program.

I. General Standards for Eligibility

1. Enrollment

Students shall be officially registered and attending a member MPSSAA school. They may represent only the school in which they are registered and at which it is anticipated they will complete their graduation requirements.

2. Age

Students who are 19 years old or older as of August 31 are ineligible to participate in interscholastic athletics.

3. Physical Examination

A student shall be examined and certified to the high school principal as being physically fit to participate in any tryout, practice, or contest of a school team. The examination shall be performed by a qualified physician. Student physical examinations will cover one calendar year only. Verification of an examination must be submitted each year of participation, after June 1st of the subsequent year.

4. Athletic Insurance & Parental Permission

Every candidate for and participant on an interscholastic team must provide proof of parental permission and have insurance covering possible accident or injury in school-sponsored games, practice sessions and during travel to and from athletic contests. Such coverage may be provided through the purchase of scholastic accident insurance, or by providing proof of similar or superior insurance protection. Parents and/or guardians of athletes should anticipate the distinct possibility of incurring medical expenses for injuries related to participation in sports that will not be covered by insurance.

II. Scholastic Eligibility Code

1. Academic Eligibility

To be eligible to participate in interscholastic athletics or extracurricular activities, grades 9 through 12, a student must maintain a "C" average (2.0 grade point average or greater) as determined by existing county grading procedures in all courses taken in a given eligibility period. A student may earn a maximum of one "E," "I," or "U" grade in courses taken during that eligibility period.

2. Academic Eligibility Period

Academic eligibility period means the period of time during which a student may participate in interscholastic athletics and extracurricular activities. Academic eligibility periods are determined by the date of issuance of report cards reflecting grades earned during each marking period.

3. Academic Probation

Academic probation is the consequence that occurs when a student fails to maintain academic eligibility standards. Academic probation period is the period of time during which a student may participate in interscholastic athletic practices or extracurricular clubs, meetings or rehearsals, but will not participate in interscholastic athletic contests or extracurricular contests or performances. The academic probation period for each season starts on:

- Fall—Tuesday, August 23, 2016
- Winter—Tuesday, November 15, 2016
- Spring—Wednesday, March 1, 2017

Note: There are no "mid-season" academic probation opportunities. If a student is declared academically ineligible during the season, that student is removed from the team.

A high school student on academic probation:

- a. must attend academic assistance sessions monitored by the academic advisor.
- b. may only participate in interscholastic athletic practices or extracurricular clubs, meetings, or rehearsals.
- c. must attend a conference with the academic advisor to review their eligibility status on the 16th day of probation.

4. Failure to meet the Standard of Eligibility

- a. Students who are still not academically eligible at the conclusion of the 16th day of the academic probation period are ineligible to practice or play for the remainder of that sport season. Academic probation can not be extended.
- b. Any student who fails to meet the standards of eligibility at the end of the school year may attend summer school and remove the deficiencies. Fall eligibility will be computed by using the eight highest grades from the fourth marking period and summer school.

III. Attendance

1. Each athlete is required to attend all scheduled classes.
2. In the case of extenuating circumstances, the principal of the school may grant an exception for excused class absences.
3. Class Cutting is defined as unlawful absence from a class or school activity. As a result of administration verification of class cutting for any part of the school day, the student-athlete will be ineligible to compete in the next event. Once a student-athlete is given a warning for a first offense, administration verification of a second offense of class cutting during the same sports season will result in the removal of that student-athlete from the team for the remainder of the sport season.

IV. Squad Membership

1. The coach of each sport is responsible for the determination of squad membership. An athlete's playing time and position will be determined solely by the coaching staff.
2. Student athletes are subject to all rules beginning on the first day of try-outs at the start date of the specific sport season.
3. Once an athlete begins the try-out process for a sport, at any Anne Arundel County Public School, the athlete becomes ineligible to participate in that sport at another Anne Arundel County Public School for the remainder of the season. Families seeking an exception to the guidelines must submit their request in writing to the Coordinator of Athletics at Anne Arundel County Public Schools BOE (2644 Riva Rd, Annapolis, MD 21401).

V. Practice

Starting Dates for Practice

- Fall sports—Wednesday, August 10, 2016
- Winter sports—Tuesday, November 15, 2016
- Spring sports—Wednesday, March 1, 2017

Notification to Student Athletes & Parents

Students may be required to practice or compete off campus. Contact specific sport coaches at your school for additional information.

VI. Conduct of Student Athletes

1. Any conduct deemed detrimental to the student athlete, team and/or overall good of the school system, anytime, on and off campus, can result in penalties ranging from verbal reprimand to dismissal from the team as determined by the head coach.
2. A student athlete who has been suspended or expelled from school for violation of any Board of Education policy or regulation governing assaults by students, possession and use of weapons and dangerous implements by students), alcoholic beverages, controlled dangerous substances or other intoxicants, use of tobacco by students, or expelled for any other reason, will be prohibited from participating in interscholastic sports programs for at least the remainder of the season in which the infraction occurred, and may be subject to such other athletic sanctions as the principal deems appropriate.
3. Hazing is not permitted. Hazing is defined as an act which creates harm and is affiliated with initiation to a team. Hazing may involve an act committed against a student or a situation in which a student is coerced into committing an act.

Concussions

What is a concussion?

A concussion is a type of traumatic brain injury causing an immediate and, usually, short-lived change in mental status or an alteration of normal consciousness resulting from a bump, blow, jolt, shaking, or spinning of the head and body.

Warning signs of a concussion — For Immediate Attention, Call 911

Signs Observed by a Parent/Guardian

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Signs Reported by the Athlete

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

What Should You Do If You Think a Concussion Has Occurred?

1. Seek medical attention right away.

A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.

2. Keep your child out of play until medically cleared.

Concussions take time to heal. Don't let your child return to play until a health care professional says it's okay. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Inform all coaches about any recent concussions.

Coaches should know if your child has a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell them.

4. Helping your child return to school safely after a concussion. 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
- Reduce time spent reading, writing, or on the computer

Sudden Cardiac Arrest

What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is a condition in which the heart suddenly and unexpectedly stops beating.

Sudden Cardiac Arrest:

- Occurs suddenly and often without warning
- Is an malfunction in the heart's electrical system
- Causes the person to lose consciousness (passes out) and have no pulse
- **May cause death within minutes if not treated immediately**

Warning signs of Sudden Cardiac Arrest — For Immediate Attention, Call 911

Although SCA happens unexpectedly, some people may have signs and symptoms, such as:

- Fainting or seizures during exercise
- Unexplained shortness of breath
- Dizziness
- Extreme fatigue
- Chest pains
- Racing heart

Any of these symptoms/warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or game

Treatment for Sudden Cardiac Arrest

1. Call 911
2. Begin C.P.R.
3. Use an Automated External Defibrillator (A.E.D)

Removal from play/Return to play

Any student-athlete who shows signs and symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.

Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professional.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms.

- When the heart stops, oxygenated blood stops flowing to the brain and other vital organs.
- Death or permanent brain damage can occur in just a few minutes.
- **Most people who experience SCA die from it.**

Parents and student should keep this portion of the form and return the Authorization for Participation and signature portion to the school.



Authorization for Participation in Scholastic Athletics

School Year **2016-2017**

As parents or legal guardians of _____
(Printed Name of Student)

We hereby authorize and consent to our child's participation in interscholastic athletics and sports. We understand that the sport in which our child will be participating is potentially dangerous, and that physical injuries may occur to our child requiring emergency medical care and treatment.

In consideration of the acceptance of our child by the Anne Arundel County Public Schools in its athletic program, we agree to release and hold harmless the Board of Education of Anne Arundel County, its members, the Superintendent of Schools, the Principal, all coaches, and assistant coaches, and any and all other of their agents, servants, and/or employees and agree to indemnify each of them, from any and all claims, costs, suits, actions, judgments, and expenses, arising from our child's participation in interscholastic athletics and sports.

We hereby give our consent and authorize the Board of Education of Anne Arundel County and its agents, servants, and/or employees to consent on our behalf and on behalf of our child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.

We understand and agree that we will be responsible for all medical bills and costs that may be incurred as a result of medical care and treatment of our child, and agree to provide proof of insurance coverage of our child against accidents and injuries in school sponsored games, and practice sessions, and during travel to and from athletic contests.

Students who have made a decision to take part in the athletic program will be required to practice and participate in scheduled contests after school and possibly on non-school days. Supervision at practice, games, and travel will be provided by the school.

In addition, it is recognized that all students must comply with eligibility regulations that govern athletics in Anne Arundel County Public Schools as approved by the County Board of Education and the State Department of Education.

Every student trying out for, or participating on, an inter-scholastic team must be insured against possible accident or injury in school sponsored games, practice sessions, and during travel to and from athletic contests. Such coverage may be provided by the purchase of student accident insurance.

If a student is attending a high school without the benefit of residing (with parents or legal guardians) within the school's attendance area and/or without special permission of the Office of Pupil Services, the student in question is subject to disciplinary action which could result in loss of athletic eligibility for a period of time, ineligibility in a specified sport for the forthcoming year or penalties as may seem justified in the particular case. A student being taught by parental request at home (home instruction) is not enrolled in the Anne Arundel County Public Schools and cannot participate in athletics. The athlete's team and school will be penalized for failure to comply with MPSSAA regulations.

Printed Name of Parent/Legal Guardian

Signature of Parent/Legal Guardian

Date

(cut along dashed line and return to school)



Application to Participate in Athletics

School Year **2016-2017**

Failure to fully complete this application (including all signatures) and submit it to the coach or athletic director will result in exclusion from participation in the interscholastic athletic program of Anne Arundel County Public Schools.

1. Sports—Check the sport(s) you are trying out for this year (circle gender where applicable)

Fall Cheerleading Cross Country Field Hockey Football Golf Soccer Unified Tennis Volleyball

Winter Basketball (Boys | Girls) Cheerleading Indoor Track Swimming Unified Bowling Wrestling

Spring Baseball Lacrosse (Boys | Girls) Softball Tennis Track and Field Unified Bocce

2. Student Information

Name	Grade	Age	Birth Date
Street Address		Home Telephone Number	
City, State, ZIP Code		Emergency Telephone Number	
Parent/Legal Guardian Name(s)		Parent/Family Email	

3. Residency—If residency changes during the sport season, parents must notify the athletic director immediately and update this form.

Name of High School	Community of Development of Residence
---------------------	---------------------------------------

My child: Resides (with parents or legal guardians) within the above attendance area,
or Is attending the above school with special permission of the Office of Pupil Services of Anne Arundel County Public Schools.

4. Insurance—Your form will be returned if this section is not complete.

Does your son/daughter/ward, have insurance? Yes No

Insurance Provider	Policy Number
--------------------	---------------

Do you wish to purchase school insurance? Yes No If 'Yes,' you must provide proof of school insurance to the Athletic Director.

5. Sports History (grades 9-12 only)

Year	School Attended	Grade	Sports Played
Example: 2014-15	Pulford High School	9	Basketball (V), Track (JV)

6. Acknowledgement/Signatures—A parent/legal guardian must check the box next to each item and sign at the bottom.

Athletic Handbook	<input type="checkbox"/> I will abide by the 2016-17 Anne Arundel County Public Schools Athletic Handbook.
Athletic Guide	<input type="checkbox"/> I have read and understand the 2016-17 Guide for Student Athletes and Parents (including Concussion Awareness & Sudden Cardiac Arrest information).
Health Plan	<input type="checkbox"/> Yes Does your child currently have a Health Plan on file with the school nurse? <input type="checkbox"/> No—I am obligated to inform the athletic director if my child obtains a Health Plan during the sports season.
Media Release	<input type="checkbox"/> Yes Consent for images, audiovisual accounts, and artwork of child to be used in AACPS and other media ventures. <input type="checkbox"/> No
Permission	<input type="checkbox"/> My child has permission to participate in interscholastic athletics for the 2016-17 school year.

Student Signature	Date	Parent/Legal Guardian's Signature	Date
-------------------	------	-----------------------------------	------