



We are proud to offer several sports at GA. Please see the list below for seasonal sport information. Due to varying interest in each sport, all sports may not be offered every school year. Please read through the entire packet carefully so the appropriate forms are completed in a timely manner and the expectations understood.

Fall: Boys Soccer, Girls Volleyball, Cross Country (Co-Ed).

Winter: Girls and Boys Basketball, Cheerleading

Spring: Girls Soccer, Baseball (dependent upon -interest), and Track (co-ed)

Congratulations! Your child has been selected to participate in a GA team sport! Please read the information below **VERY CAREFULLY AND RETURN THE LAST PAGE ASAP**. Students who do not return forms and/or pay fees will not be allowed to participate in games/meets. Fees will be determined before the start of each season. Fees include game/meet costs and a team t-shirt.

Communication for games/practices and team information will be done via team snap. Please download this app to your phone so you are notified immediately regarding team updates and other changes in schedules, etc.

Student/Parent Athlete Information

Sportsmanship:

All Student-Athletes, Coaches, Parents, and Spectators are expected to exemplify "high moral character" at games. Positive encouragement of all athletes on the field of competition is expected. Respecting the decisions of coaches and officials in the game is a must. All officials' decisions are final. No parent, student or fan is permitted at any time to approach, confront, or otherwise engage an official concerning a call in any manner other than a positive one. If a student is ejected from a game, there will be a 2-week suspension period beginning the day of the ejection. Any coach who is ejected from the game will meet with administration and may be removed from their position. Any other concerns should be brought to the attention of the Athletics Director.

Athletics Uniforms:

A uniform replacement agreement statement must be signed at the bottom of the student/parent athlete contract by a parent/guardian. This agreement indicates understanding that if a school-issued uniform is damaged or lost, the parent/guardian will pay the replacement cost.

All uniforms must be cleaned in cold water, gentle cycle — hang dried. **Uniforms are due back to the middle school dean within two weeks of the completion of the season.** The returned uniform needs to be cleaned, placed in a one-gallon, clear plastic bag with the athlete's name on the outside.

If a uniform is lost or damaged, and payment has not been received by the end of the school year, as with other school property, records will be held until payment is received.

Student Athlete Responsibilities:

Being-a member of an athletic team is important, but it is only one part of the responsibilities of the student athlete. The mission of NHA is based on education and family participation. There may be times when the student athlete has conflicts of responsibility. We suggest the athlete follow the prioritized list below when determining his/her prime responsibility.

1. Family responsibility
2. Academic responsibility
3. Athletic responsibility
4. Other school/social responsibilities

Despite all scheduling efforts by the administration, conflicts will develop between extracurricular activities. If a conflict should arise, it is the student athlete's responsibility to report the conflict to his/her coach. The coach will determine the specific rules regarding missed practices as they relate to playing time and membership on the team.

Eligibility Requirements:

Students participating on sports teams must meet the following eligibility requirements:

- 1) The athlete's grades must be at or above a 70% in all classes in order to participate in competition. To try out for a sport, students must have a 70% or higher in all classes on the most recent report card issued prior to try outs. Grades will be reviewed by the dean at each Progress Report and Report Card. Students receiving substandard grades at these times will be placed on two-week (10 school-day) automatic suspension from all competition. After the two-week period, the middle school dean will contact the teachers in the subjects of concern regarding the student's grade in class. The dean will then have a conference with the student and notify parent(s) of a status-change with the team. The student may practice with the team during suspension from play but may be excused by coach to work on academics instead.
- 2) An athlete must be in attendance at school for at least half a day (must be present until 11:30 am) to be eligible to play.
- 3) An athlete must maintain behavior that is acceptable to all staff members, peers, coaches, opponents and players.
- 4) An athlete is expected to demonstrate a good attitude at all times on and off the court.
- 5) Student Athletes of GA must also recognize that they represent their team and school when commenting on social media platforms. (Particularly when the subject encompasses a GA athletic events) Comments posted on a student athlete's social media account must reflect the high moral code Greensboro Academy.
- 6) An athlete is expected to demonstrate good sportsmanship towards teammates, opponents, coaches and players.
- 7) An athlete is expected to have a parent pick the athlete up-at appropriate time after all games and practices. If a student is not picked up on time, they will be removed from the team after the 3rd occurrence.
- 8) An athlete is expected to respect that playing time is up to the coach. You will not be guaranteed to play every game and encouraged to cheer and support your team even if you are sitting on the bench.
- 9) Coaches, after consulting school administration, have the prerogative to remove students from competition for the following reasons: unsportsmanlike conduct, poor work ethic, unexcused absences from games or practices.

Consequences for Not Abiding by Eligibility Requirements:

Ineligible Grades - Athlete will not play in any competition until cleared by the middle school dean as described above.

Behavior - 5 or more blue/red incidents during a season receives the same consequence¹ as substandard grades.

Behavior - any violation of the social media expectations listed above. Administration, AD, and coaches will meet to confer and determine the student athletes' consequences and eligibility.

In or Out of School Suspension - Administration will meet with the AD and the Coach to confer about the student-athlete's eligibility.

Disrespecting peers, coaches, teachers and opponents - removal from team.

Missed practices - Coach's discretion.

Constantly being picked up late – conference with parent, coach and athlete. Removal from the team after 3 occurrences.

STUDENT/PARENT ATHLETIC CONTRACT

(Please complete and return this page and the concussion form only)

I have read the Student/Parent Athletic Information and I am willing to abide by the conditions therein for the current school year, I realize that being a participant of the athletic program is a privilege and I will distance myself from any activities that would negatively impact Greensboro Academy and myself.

Uniform Agreement:

I understand that if my child's school-issued athletic uniform is damaged or lost and not returned by the turn-in date, I will be responsible-for replacement costs associated with that uniform.

Parent email address:

Best phone # to be reached:

Student's t-shirt size:

Student athlete signature:

Date:

Parent signature:

Date:

GFELLER – WALLER NCHSAA STUDENT – ATHLETE & PARENT/LEGAL CUSTODIAN CONCUSSION INFORMATION SHEET

What is a concussion? A concussion is an injury to the brain caused by a direct or-indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to-black out or pass out. It can happen to you from. a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping-more than usual
Taking longer to figure things-out	Fuzzy or blurry vision	Sadness	Sleeping less than- usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up Dizziness Balance problems Sensitivity to noise or light	Feeling nervous or worried Crying more	Feeling tired

Table is adapted from- the Centers for Disease Control and Prevention. (<http://www.cdc.gov/concussion/>)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach-or teacher know right away so they can get you the help you need before things get any-worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion you are more likely to have another concussion.

How do know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

**This Information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North .Carolina High School Athletic Association.*

GFELLER – WALLER NCHSAA STUDENT – ATHLETE & PARENT/LEGAL CUSTODIAN CONCUSSION STATEMENT FORM

Instructions: The student athlete and his/her parent or legal custodian, must initial beside each statement acknowledging that they have read and understand the corresponding statement. The student-athlete should initial in the left column and the parent or legal custodian should initial in the right column. Some statements are applicable only to the student-athlete and should only be initialed by the student-athlete. This form must be completed for each student-athlete, even if there are multiple student-athletes in the household.

Student-Athlete Name: (please print) _____

Parent/Legal Custodian Name(s): (please print) _____

<i>Student-Athlete Initials</i>		<i>Parent/Legal Custodian(s) Initials</i>
	A concussion is a brain -injury, which should be reported to my parent(s) or legal custodian(s), my or my child's coach(es), a medical professional if one is available.	
	A concussion cannot be seen. Some signs and symptoms might be seen immediately; however, other symptoms can appear hours or days after the injury.	
	I will tell my parents, my coach and/or a medical professional about my injury and illnesses.	
	I think my teammate has a concussion. I should tell my coach(es), parent(s)/legal custodian(s) or medical professional about the concussion.	
	I, or my child, will not return to play in a game or practice if a hit to my, or my child's, head or body causes concussion-related symptoms.	
	I, or my child, will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion might not go away right away. I realize that resolution from a concussion is a process that may take more than one medical visit.	
	I realize that ER/Urgent Care physicians will not provide clearance to return to play or practice, if seen immediately or shortly after the injury.	
	After a concussion, the brain needs time to heal. I understand that I or my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms listed on the Student-Athlete & Parent Legal Custodian Concussion Information Sheet.	
	I have asked an adult and/or medical professional to explain any information contained in the Student-Athlete & Parent Concussion Statement Form or Information Sheet that I do not understand.	

By signing below, we agree that we have read and understand the information contained in the Student-Athlete & Parent/Legal Custodian Concussion Statement Form, and have initialed appropriately beside each statement.

Signature of Student-Athlete

Date

Signature of Parent/Legal Custodian

Date