

## Welcome

Welcome to Shiloh Middle School (SMS). This handbook is not intended to answer every question or situation concerning athletics here at Shiloh Middle School, but it is merely to serve as a quick reference, a guide with answers to some of your questions. Some areas are covered in more depth while others are only mentioned. If you have a specific question or problem, feel free to contact the Athletic Director or the Principal.

## SMS Mission Statement

In partnership with the home and community, Shiloh Village School District 85's mission is to provide an extraordinary education to stimulate each individual's adventure of learning, growth, and success.

SMS strives to support this mission statement by developing a well – rounded athletic program designed to enhance each student's athletic opportunities.

Superintendent  
Principal  
Athletic Director

Dale Sauer  
Jeffery Alt  
Jessica Seger

## SMS Athletic Programs, Coaches/Sponsors, and Time Frames

### Fall Sports

Softball  
Baseball  
Coed Soccer

### Coach/Sponsor

Mandy Dill  
Josh Sterns  
Allison Rueter

### Dates of Season

August 1-September 30  
August 1-September 30  
August 1-September 30

### Winter Sports

Boys' Basketball(A)  
Boys' Basketball(B)  
Girls' Basketball(A)  
Girls' Basketball(B)  
Cheerleading/Pompon  
Girls' Volleyball

TBD  
TBD  
Jason VanAusdall  
Cari Brunner  
Ashley Albrecht  
Brooke Sterns/Jodi Manley

October 12-January 31  
October 12-January 31  
October 5-December 20  
October 5-December 20  
September 30-December 20  
January 11-March 28

Boys' Volleyball

TBD

January 18-March 28

### Spring Sports

Girls' Track  
Boys' Track

TBD  
Josh Sterns

End of March through May  
End of March through May

## **Belle – Fair Conference**

SMS is a member of the Belle-Fair Conference. The conference consists of Central Junior High and West Junior High in Belleville, Wolf Branch, Emge, Belle Valley, Pontiac, Grant, Signal Hill, Whiteside, High Mount, Joseph Arthur, and Shiloh. Our conference is a very competitive conference.

## **Informational Meetings**

SMS will be hosting an informational meeting for all parents and athletes prior to the start of each season, fall, winter, and spring. At these meetings, each coach will outline the rules and expectations associated with the respective sport. Time will also be allotted for a question and answer session. Attendance at the informational meetings is pertinent to the success of the athletic program here at SMS. Please make every effort to attend the meetings. If you are unable to attend a scheduled meeting, please contact Mrs. Seger.

Softball, Baseball, and Soccer Meeting - Thursday, August 4 at 4:30

Cheerleading/Pompon - Monday, October 3 at 5:00pm

Boys' & Girls' Basketball Meeting - Thursday, October 13 at 5:00pm

Girls' & Boys' Volleyball Meeting - Monday, January 23 at 5:00

Track Meeting-Girls and Boys - TBD

\*All meetings will be held at the SMS Media Center and coincide with the SMS Booster Club meetings. Meeting dates and times are subject to change.

## **Eligibility/Grade Check**

As a member of a sports program team, students are required to maintain a "C" average over all subjects and not be failing any one subject. In the event a student does not maintain these standards they will be considered ineligible. If a student becomes ineligible during the season, he/she will receive a two week (10 school days) probation in which to raise the grade. During the probationary period, the student will not be allowed to attend or participate in any scheduled games but will be expected to attend practice. Parents who wish to make other arrangements during the probationary period must speak with the coach. If at the end of the probation the student has not regained his/her eligibility, he/she will be ineligible for the remainder of the particular season and must turn in all equipment and uniforms cleaned within one week of being declared ineligible for the season.

## Activity Fees

The Board of Education has established the following fee structure for participation in extra-curricular, co-curricular, and athletic activities. Fees listed are per each new activity.

Competitive Conference Activities  
\$35 (Maximum of \$100/yr.)  
\$7 (Reduced Rate)

Fees are only paid after a student is selected for the final roster. **Please recognize that students will not be able to participate in any club or activity until fees are paid in full.**

## School Attendance

It is expected that student athletes be in attendance on the day of an extra-curricular activity. If the student athlete must be tardy, he/she must arrive at school by 11:00 in order to participate in the extra-curricular activity. If the student athlete arrives after 11:00, he/she will not be permitted to participate.

If a student athlete is absent from school on the day of an extra-curricular activity, he/she will not be eligible for the extra-curricular activity with the following exceptions:

- Absence due to death in family
- Absence due to a doctor/dental appointment
- Absence due to school – sponsored field trip
- Approval by the principal

Absence due to illness is NOT an exception. If a student is too ill to attend school, he or she should not, on the same day, participate in or attend an extra-curricular activity.

If a student is unable to participate in P.E. due to an injury, not having proper clothing, shoes or other school-related behavioral issues, the student will not be eligible to participate in any extra-curricular activities that evening.

## Excused Absences from Extra-Curricular Activity

It is up to the discretion of each coach to determine his/her excused absence policy. Keep in mind that regardless of the reason, excused absences will only be granted if 24 hours notice has been given to the coach. If extenuating circumstances should arise, please contact the coach.

## **Unexcused Absence from a Practice or a Game**

If a student makes a team, he/she is expected to come to all practices and extra-curricular activities. If any student athlete chooses not to attend a practice or a game, he/she will have the following consequences:

- **1<sup>st</sup> Offense** – One game suspension\*
- **2<sup>nd</sup> Offense** – Two game suspension\*
- **3<sup>rd</sup> Offense** – Suspension for the remainder of the season

Before any suspension due to an unexcused absence takes effect, the student athlete will be verbally advised by the athletic director or school administration of the alleged violation, and the student athlete will have an opportunity to explain/or justify his/her action.

**\*When serving a suspension due to an unexcused absence, the student athlete will be required to sit on the bench in street clothes.**

**\*The student athlete must serve the suspension before participating in another game.**

## **Temperature Clause**

Shiloh Middle School adheres to an extreme temperature protocol. All outdoor activities will be moved inside or postponed when:

- the air temperature or heat index reaches or exceeds 100 degrees
- the air temperature or wind chill reaches or falls below 32 degrees

## **Behavior in School**

**After School Detention:** If a student athlete is issued an after school detention, on the day the detention is issued by the administration the student athlete will not be permitted to attend or participate in any school-related extra-curricular activities.

**All Day Suspension:** If a student athlete is issued an all day suspension, on the day the suspension is issued by the administration the student athlete will not be permitted to attend or participate in any school-related extra-curricular activities.

**Out-of-School Suspension:** If a student athlete is issued an out-of-school suspension, he/she will be barred from participating or attending any extra-curricular activities from the day the suspension is issued through the entire suspension period. In the event that the suspension results

in the student missing five or more days of the activity they will be removed from the activity for the remainder of the season.

\*The prior listed consequences are the minimum. Coaches may hold higher standards and additional consequences.

### **Behavior at Extra-Curricular Functions**

Student athletes are expected to represent Shiloh Middle School with pride. If a student athlete chooses to conduct himself or herself in an inappropriate manner (i.e. theft or malicious destruction) at an extra-curricular activity, he/she will receive at a minimum the following consequences:

- **1<sup>st</sup> Offense** – Suspension for up to 5 days (Includes both practices and games)
- **2<sup>nd</sup> Offense** – Suspension for the remainder of the season

Before any suspension takes effect, the student athlete will be verbally advised by the athletic director or school administration of the alleged violation, and the student athlete will have an opportunity to explain or justify his/her action.

Extreme misbehavior during an extra-curricular function may also be cause for punishment up to and including suspension and expulsion from school. Disciplinary consequences will be determined by the administration.

### **Belle-Fair Conference Rules and Guidelines**

The below listed rules were developed by the Belle-Fair Conference. All students, parents, coaches, and fans are kindly asked to abide by and enforce these rules.

1. Appropriate behavior is expected at all extra-curricular activities. Poor sportsmanship or other inappropriate behavior will not be tolerated. Anyone exhibiting inappropriate behavior will be removed.
2. Students must be picked up within 15 minutes after the scheduled extra-curricular activity, or they may forfeit the right to attend future extra-curricular activities.
3. Fans may not bring drinks into the gym.
4. Lower-grade students must be accompanied and supervised by an adult.
5. All guests must remain seated in the gym when a game is in progress.
6. Clothing should be appropriate for a school extra-curricular activity.

7. Guests must stay off the court at all times.
8. Guests may not loiter outside the building.
9. Doors will be open to visitors 30 minutes prior to the scheduled extra-curricular activity.

## Physicals

All students participating in sports at SMS must have an annual sports physical. The **IHSA Pre-participation Examination** form is the recommended form. You may download this form from the district website or ask the office for a copy. The sports physical is valid for 13 months from the date it was completed. In order to participate in the sport, the sports physical must be valid through the entire season. A sports physical completed on May 17, 2016, would enable the student to participate in sports through June 16, 2017. The required sixth grade school physical is acceptable as long as it is valid throughout the entire season.

## Try Outs

Each athlete must attend all days of tryouts to be considered for the team. Exceptions will only be made due to an illness or family emergency. A family emergency is an event/activity that could not otherwise be rescheduled. Examples are funeral, family member surgery, etc. In the event that an athlete was a member of the team the prior year and cannot attend tryouts due to the illness or family emergency, the coach may judge them on their performance from the prior season or request a separate tryout. In the case of a new student to the program or a 5th grader who cannot attend tryouts due to the aforementioned reasons, a separate tryout must be arranged at the coach's discretion. Vacations are not a reason to miss tryouts; therefore, in order for families to plan events around tryouts, the tryout dates will be disseminated/shared/posted, 9-12 months in advance in the white envelope and on the district website. All students are required to have successfully completed a physical and that physical must be turned in to the school prior to trying out. In the event a student does not have their physical they are still required to attend the first day of tryouts and observe. The athlete will NOT be given an extra day. In the event the student does not have a physical by the second day of tryouts they will not be eligible to tryout. In addition to be eligible to try out for an SMS sports program, a student must hold a passing average.

- A signed permission slip listing the above information, tryout dates and times, as well as any specific coaches expectations shall be completed by a parent or guardian.

### Fall Sports

Softball	Aug. 1 & Aug. 2	8:00-10:00 am
Baseball	Aug. 1 & Aug. 2	8:00-10:00 am
Coed Soccer	Aug. 1 & Aug. 2	6:30-8:30 pm

### **Winter Sports**

Boys' Basketball	Oct. 12 & Oct. 13	3:10-5:10 pm
Girls' Basketball	Oct. 5 & Oct. 6	5:30-7:30 pm
Cheerleading/Pompon	Sept. 26, 27, & 30	5:30-7:30 pm
Girls' Volleyball	Jan. 11 & Jan. 12	3:10-5:10 pm
Boys' Volleyball	Jan. 18 & Jan. 19	5:30-7:30 pm

### **Spring Sports**

Girls' Track	Mar. 20 & Mar. 21	3:10-5:10 pm
Boys' Track	Mar. 20 & Mar. 21	3:10-5:10 pm

**All tryouts are closed to observers.**

### **Booster Club**

Shiloh Middle School's Booster Club supports all competitive extra-curricular activities. It is highly encouraged that all parents are involved in the Booster Club. You may support the Booster Club in the following ways:

- Participate in fundraisers
- Volunteer to work at the concession stand during games
- This year's booster club meetings and times are as follows:
  - August 4 @ 4:30 p.m.
  - October 13 @ 5:00 p.m.
  - January 23 @ 5:00 p.m.
  - TBD-Track

### **Uniforms**

Student athletes will be issued a uniform at the beginning of the season. The student athletes are responsible for these uniforms, and it is expected that these uniforms are cared for and returned clean to the coach within two weeks after the last game. If the uniform is ruined or lost it will be the responsibility of the student athlete to pay for a new uniform at the current price. This also will be expected within two weeks after the last game. Eighth grade student athletes must turn in all uniforms or moneys owed for a uniform prior to participation in the graduation ceremony.

### **Transportation**

SMS provides transportation to all away games. Student athletes will be expected to ride the bus to an away game unless permission has been granted by the athletic director or school administration prior to the game. Student athletes will also be expected to ride the bus home unless a parent/guardian is present at the game and has completed the sign-out sheet. If a child is going home with someone other than his or her own parent, the student athlete's parent must send a note to the coach granting permission.

Student athletes are expected to be picked up within 15 minutes after the conclusion of practice or a game. Please understand that if a student athlete is picked up late after the conclusion of sporting events the following procedures will be used by the coach to handle this situation:

- 1<sup>st</sup> late pick up incident is a verbal reminder to the student and parent
- 2<sup>nd</sup> late pick up incident is a letter home to the parent(s) from the coach
- 3<sup>rd</sup> late pick up incident is a meeting between the parent(s), coach, athletic director, and principal
- 4<sup>th</sup> late pick up incident is a one game suspension
- 5<sup>th</sup> late pick up incident is suspension for the remainder of the season

### **Player/Parent/Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other party and provide the greatest benefit to the athlete. As parents, you have the right to understand what is to be expected of your son/daughter and this begins with clear communication between all involved parties.

#### **This is what you should expect from every coach:**

- Philosophy of the coach
- Expectations the coach has of all athletes
- Locations and times of practices/contests
- Procedures should your child be injured
- Discipline procedures
- Fairness and communication

#### **This is what coaches should expect from parents:**

- Concerns expressed directly to the coach
- Notification of any schedule conflicts in advance
- Support of son/daughter in all related extra-curricular activities
- Sportsmanship at all contests
- Understanding that there are always two sides to every story
- Sign athlete out if riding home with you after an extra-curricular activity.

While student athletes at SMS will participate in many rewarding experiences, there will be times when things do not go the way you or your son/daughter wishes. At these times, discussion with the coach is encouraged.

#### **The following are appropriate concerns to discuss with the coaches:**

- The treatment of your son/daughter, mentally and physically
- Ways to help your son/daughter improve

- Concerns about your son's/daughter's behavior
- Concerns about academics

Sometimes it is very difficult to accept your son's/daughter's playing time or role on the team. Please remember that coaches are professionals and make judgments based on what they believe is best for all team members. Certain issues should not be discussed and must be left to the discretion of the coach.

**Issues not appropriate to discuss with the coaches:**

- Playing time of all team members
- Team strategy
- Play calling
- Other student athletes on the team

There are situations that may require a conference between the coach and a parent. **THIS IS ENCOURAGED.** It is important that both parties have a clear understanding of each other's position. **When a conference is necessary the following procedures shall be followed:**

- UNDERSTAND THAT YOU DO NOT CONFRONT A COACH AFTER A CONTEST OR PRACTICE.
- Call to set up an appointment to see the coach.
- If the coach cannot be reached, contact the principal's office, who will in turn set up a meeting.
- Profanity has no place in this discussion.

**If this meeting does not provide a satisfactory resolution, then the following procedures shall be followed:**

- Call and set up an appointment with the Principal. UNDERSTAND that the principal will insist that you speak with the coach before a meeting will be set with the Principal.
- At this meeting the discussion will only deal with your son/daughter.
- An appropriate next step will be determined.

Research has indicated that students involved in junior high sports have a greater chance for success during high school and adulthood; consequently, these programs have been established. It is our hope that both you and your son/daughter have many wonderful memories to share after junior high.

**Volunteers**

There may be times that a coach would like assistance from parents, former players, or other individuals knowledgeable about the sport. If you are interested in being a volunteer, please ask the office, athletic director, or the coach for a copy of the Volunteer Guidelines. Be sure to carefully read the volunteer information and guidelines included with the packet. All volunteers must have prior permission from the principal or athletic director prior to contact with students. In the event

the volunteer will be assisting on a regular basis (more than 1-3 practices) or working with students without direct supervision of the coach, the volunteer will be required to be approved by the Board of Education.

To help ensure the safety of all Shiloh District #85 students, all volunteers, including field trip chaperones, will be required to provide a valid driver's license, state-issued ID, or military ID upon entry into the building which will be scanned and returned. Any person that cannot provide one of these forms of ID must contact the office 24 hours in advance of the planned visit. Once the scan is successfully completed a badge will be printed to identify that the volunteer has been approved for the school day. Any individual that cannot meet this requirement or does not receive a successful scan will not be allowed to volunteer until this requirement can be met.

## **Sportsmanship**

Shiloh Middle School expects all participants who participate or attend any extra-curricular activity to show great sportsmanship. This includes:

- Never boo a player, coach or official.
- Appreciate a good play, regardless of who makes it.
- Know the school gets blame or praise for your conduct.
- Recognize the need for more good sports and fewer bad sports.
- Always cheer for SMS and not against the opposing team.

## **Athletic Awards**

Shiloh Middle School presents the following athletic awards:

- |                                      |   |
|--------------------------------------|---|
| • First sport or activity            | 5" S and a pin representing the sport or activity                         |
| • Every sport or activity thereafter | Pin representing the sport or activity                                    |
| • Scholar Athlete Award              | Attain a 4.5 gpa or higher during the season the athlete participates in. |

Each individual coach may also present special additional awards. The athletic director will also present the Athlete of the Year Award. It is the athletic director's and coach's discretion whether these awards are presented and who will receive these awards.

## **Steroid Information**

Shiloh Village School District 85 does not permit any type of drug use including any drug that would be used to attempt to improve athletic performance. As many students are beginning their athletic experiences in schools, they may consider using a performance enhancing drug. It is very

important to us that we begin educating our students about these types of drugs. The coaches and athletic director will review this information with your child, but we would encourage the parents to talk with their child as well.

The following information was taken from the American Academy of Pediatrics, [www.aap.org](http://www.aap.org).

Athletes, whether they are young or old, professional or amateur, are always looking to gain an advantage over their opponents. The desire for an "edge" exists in all sports, at all levels of play. Successful athletes rely on practice and hard work to increase their skill, speed, power, and ability. However, some athletes resort to drugs to improve their performance on the field or the court.

Some high school and even middle school students are using steroids to gain an edge, improve their skill level, or become more athletic. Steroid use is not limited to males. More and more females are putting themselves at risk by using these drugs. It is important to know that using anabolic steroids not only is illegal, but it also can have serious side effects.

### **What are steroids?**

You may have heard them called 'roids, juice, hype, or pump. Anabolic steroids are powerful drugs that many people take in high doses to boost athletic performance. Anabolic means "building body tissue." Anabolic steroids help build muscle tissue and increase body mass by acting like the body's natural male hormone, testosterone.

Lower doses of anabolic steroids sometimes are used to treat a handful of very serious medical conditions. They should not be confused with *corticosteroids*, which are used to treat common medical conditions such as asthma and arthritis. Corticosteroids are strong medications, but do not have muscle-building effects. Anabolic steroids are the ones abused by athletes and others who want a shortcut to becoming bigger and stronger.

### **Who uses steroids?**

In the past, steroid use was seen mostly in college, Olympic, and professional sports. Today, steroids are being used by athletes as well as non-athletes, in high schools and middle schools. Most major professional and amateur athletic organizations have banned steroids for use by their athletes. These organizations include the International Olympic Committee, National Collegiate Athletic Association (NCAA), and the National Football League (NFL).

Most commonly, steroid use can be found among the following groups:

- Athletes involved in sports that rely on strength and size, like football, wrestling, or baseball
- Endurance athletes, such as those involved in track-and-field and swimming
- Athletes involved in weight training or bodybuilding
- Anyone interested in building and defining muscles

### **How are steroids used?**

Steroids can be taken in the following two ways:

- By mouth (pills)
- Injected with a needle (Athletes who share needles to inject steroids also are at risk for serious infections including Hepatitis B and HIV, the AIDS virus.)

Some athletes take even higher doses, called "megadoses," to produce faster results. Others gradually increase the amount they take over time, which is called "pyramiding." Taking different kinds of anabolic steroids, possibly along with other drugs, is a particularly dangerous practice known as "stacking."

### **Will steroids make me a better athlete?**

No. Steroids *cannot* improve an athlete's agility or skill. Many factors help determine athletic ability, including genetics, body size, age, sex, diet, and how hard the athlete trains. It is clear that the medical dangers of steroid use far outweigh the advantage of gains in strength or muscle mass.

### **What are the side effects of steroids?**

Steroids can cause serious health problems. Many changes take place inside the body and may not be noticed until it is too late. Some of the effects will go away when steroid use stops, but some may not.

### **For both sexes**

Possible side effects for males and females include the following:

- High blood pressure and heart disease
- Liver damage and cancers
- Stroke and blood clots
- Urinary and bowel problems, such as diarrhea
- Headaches, aching joints, and muscle cramps
- Nausea and vomiting
- Sleep problems
- Increased risk of ligament and tendon injuries
- Severe acne, especially on face and back
- Baldness

### **A special danger to adolescents**

High school and middle school students and athletes need to be aware of the effect steroids have on growth. Anabolic steroids, even in small doses, have been shown to stop growth too soon. Adolescents also may be at risk for becoming dependent on steroids. Adolescents who use steroids are also more likely to use other addictive drugs and alcohol.

### **Males**

One of the more disturbing effects of steroid use for males is that the body begins to produce less of its own testosterone. As a result, the testicles may begin to shrink. Following is a list of some of the other effects of steroid use for males:

- Reduced sperm count

- Impotence
- Increase in nipple and breast size (gynecomastia)
- Enlarged prostate (gland that mixes fluid with sperm to form semen)

## **Females**

Since steroids act as a male hormone, females may experience the following side effects:

- Reduced breast size
- Enlarged clitoris (a very sensitive part of the genitals)
- Increase in facial and body hair
- Deepened voice
- Menstrual problems

## **Emotional effects**

Steroids also can have the following effects on the mind and behavior:

- "Roid rage" - severe, aggressive behavior that may result in violence, such as fighting or destroying property
- Severe mood swings
- Hallucinations - seeing or hearing things that are not really there
- Paranoia - extreme feelings of mistrust and fear
- Anxiety and panic attacks
- Depression and thoughts of suicide
- An angry, hostile, or irritable mood

## **A word about... Supplements**

Over-the-counter supplements such as creatine and androstenedione ("andro") are gaining popularity. Though these supplements are not steroids, manufacturers claim they can build muscles, and improve strength and stamina, without the side effects of steroids.

It is important to know that these substances are not regulated by the Food and Drug Administration (FDA) and are not held to the same strict standards as drugs. Like steroids, they are also banned by the NFL, NCAA, and International Olympic Committee.

Although both creatine and androstenedione occur naturally in foods, there are serious concerns about the long-term effects of using them as supplements. These products may be unsafe. Remember, there is no replacement for a healthy diet, proper training, and practice.

## **Play safe, play fair**

Success in sports takes talent, skill, and most of all, practice and hard work. Using steroids is a form of cheating and interferes with fair competition. More importantly, they are dangerous to your health. There are many healthy ways to increase your strength or improve your appearance. If you are serious about your sport and your health, keep the following tips in mind:

- Train safely, without using drugs.
- Eat a healthy diet.

- Get plenty of rest.
- Set realistic goals and be proud of yourself when you reach them.
- Seek out training supervision, coaching, and advice from a reliable professional.
- Avoid injuries by playing safely and using protective gear.
- Talk to your pediatrician about nutrition, your health, preventing injury, and safe ways to gain strength.

If you, your friends, or teammates are using steroids, get help. Share this information with friends and teammates. Take a stand against the use of steroids and other drugs. Truly successful athletes combine their natural abilities with hard work to win. There is no quick and easy way to become the best.

**For more information, contact the following organizations:**

National Institute on Drug Abuse (NIDA)

888/644-6432

Web site: <http://www.nida.nih.gov/>

National Clearinghouse for Alcohol and Drug Information (NCADI)

800/729-6686

Web site: <http://ncadi.samhsa.gov/>

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

## Concussion Information

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

<ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> </ul>	<ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> </ul>
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<ul style="list-style-type: none"> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul>
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<p><b>Signs observed by teammates, parents and coaches include:</b></p> <ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays lack of coordination</li> <li>• Answers questions slowly</li> <li>• Slurred speech</li> <li>• Shows behavior or personality changes</li> <li>• Can't recall events prior to hit</li> <li>• Can't recall events after hit</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul>
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**What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

**If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

## Address of Belle-Fair Conference Sports/Activities Opponents

Joseph Arthur  
160 St. Ellen Mine Road  
O'Fallon, IL 62269  
618-622-9685

- Baseball, softball, and soccer held at Joseph Arthur Middle School.
- Basketball and Volleyball held at Central Elementary School.

Central Junior High-Belleville  
1801 Central School Road  
Belleville, IL 62220  
618-233-5377

- All sporting events except track are held at the school. Track meets are held at Westhaven Elementary School.

Emge Junior High  
7401 Westchester Drive  
Belleville, IL 62223  
618-397-8444

- Soccer, volleyball, basketball held at school
- Baseball and softball held at West End Khourey

Belle Valley School District  
2465 Amann Drive  
Belleville, IL 62220  
618-234-7723

- All sporting events held at school.

Grant Middle School  
10110 Lincoln Trail  
Fairview Heights, IL 62208  
618-398-5577

- Baseball, softball and soccer held at Holy Trinity's Fields
- All other sporting events held at school

High Mount  
1721 Boul Avenue  
Swansea, IL 62226  
618-233-1054

- Baseball/Softball/Soccer held at Melvin Price Park, Swansea.
- All other sporting events held at school

Pontiac Junior High  
400 Ashland Drive  
Fairview Heights, IL 62282  
618-233-2320

- All sporting events held at school

Signal Hill  
40 Signal Hill Place  
Belleville, IL 62223  
618-397-0325

- All sporting events held at school

Whiteside Junior High  
111 Warrior Way  
Belleville, IL 62221  
618-239-0000

- All sporting events held at school

Wolf Branch  
125 Huntwood Road  
Swansea, IL 62226  
618-277-9786

- All sporting events held at school

West Junior High - Belleville  
840 Royal Heights Road  
Belleville, IL 62226  
618-234-8200

- All sporting events held at school

**SHILOH VILLAGE SCHOOL DISTRICT #85**

**Agreement to Participate:**

Student: \_\_\_\_\_ Grade: \_\_\_\_\_

***TO BE COMPLETED BY THE STUDENT-PARTICIPANT BEFORE PARTICIPATING IN A SPORT OR ACTIVITY EACH YEAR.***

In consideration of the Shiloh School District permitting me to participate in sports or activities, I agree as follows:

1. I have read, understand, and agree to the information provided in the athletic handbook and I will abide by all conduct rules of Shiloh Middle School.
2. I will follow the coach/sponsor's instructions, playing techniques, training schedule and safety rules.
3. I acknowledge that I am aware that participation in sports or activities may involve MANY RISKS OF INJURY. A serious injury may result in physical impairment or even death. I hereby assume all the risks associated with participation and agree to hold the Shiloh School District, its employees, agent, coaches, School Board members, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in the above sport(s) or activity. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignee, and for all members of my family.
4. I acknowledge that I have read the information regarding the signs and symptoms of concussions.

Date \_\_\_\_\_, 20\_\_\_\_\_ \_\_\_\_\_  
Signature of Student

***TO BE COMPLETED BY THE PARENT/GUARDIAN***

I, \_\_\_\_\_, am the parent(s)/guardians(s) of the above named student. I have read the athletic handbook, the above agreement to participate and understand its terms. I understand that all sports can involve many RISKS OF INJURY. In consideration of the School District permitting my child/ward to participate in the above sport(s) or activity, I agree to hold the Shiloh School District, its employees, agent, coaches, School Board members, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with the participation of my child/ward in the above sport(s) or activity. I assume all responsibility and certify that my child is in good physical health and is capable of participation in school sports and activities.

Date \_\_\_\_\_, 20\_\_\_\_\_ \_\_\_\_\_  
Signature of Parent(s)/Guardian(s)

Contact Phone Number \_\_\_\_\_ Contact email address \_\_\_\_\_