

PARENT AND ATHLETE HANDBOOK



Table of Contents:

Introduction

Message from Athletic Director, Matt Hoppe

Clarksville Academy Mission Statement

Clarksville Academy Athletic Mission Statement

American Development Model

TSSAA Rules and Regulations

Coach/Athlete/Parent Expectations

Practices and Games

Practice Policy

Playing Time

Communication

Sportsmanship

Cost Per Sport

Social Media

Tryouts

District/Region Opponents

Student Eligibility

Coaching Staff Contact Information

Acknowledgement Form



Welcome to Clarksville Academy Athletics, home of the Cougars.

CA is a Division II, Class A, Middle Region, independent school where athletics are appropriately blended with academics in a diverse and inclusive culture, in line with our school's mission.

Athletics are an integral part of the CA experience, and we pride ourselves on our student-athlete experience while always holding academics as our top priority. We are made up of 30 middle and upper school athletic teams. We feel our student-athletes learn many qualities and traits while participating in our sports programs, such as teamwork, work ethic, dedication, responsibility, and accountability. We also strive for our athletics program to serve as a rallying point and source of pride for our institution's community.

We are proud of our athletic program, and we look forward to you participating in CA Athletics.

Go Cougars!

Matt Hoppe
Athletic Director

Clarksville Academy Mission Statement:

To promote academic excellence, moral integrity, physical growth and civic responsibility.

Clarksville Academy Athletic Mission Statement:

The Athletic Department serves as an integral part of Clarksville Academy and its mission to educate the whole person. Each coach is considered an educator who aids in the physical, social, intellectual, and emotional growth of each student. Each player learns the importance of commitment, responsibility, self-sacrifice, and teamwork through one of our 30 Middle and Upper School sports.

American Development Model

We adopt an approach that honors the American Development Model's 5 Stages to a Better Sport Experience. This model considers the physical, mental and emotional development of children at different ages.

(https://www.ncaa.org/sites/default/files/Athlete%20Development%20Model%20Brochure%202016_20160823.pdf)

STAGE 1: Discover, Learn and Play (Ages 0-12)

This is the first step to being involved with sports at a young age (0-12) or when first introduced to a new sport. Discovery of key concepts and motor skills of the sport/activity is critical in order to learn how the sport is played. Many skills are transferable between sports. Programs should accommodate athletes that participate in multiple sports. This early stage requires coaching that will allow fun and enjoyment through discovery and exploration.

ATHLETE

- Learning basic rules and sport techniques
- Play multiple sports to accelerate motor skill development
- Emphasize skill development, sport education and age-appropriate play
- Emphasize practice over competition; if competing, not beyond local or regional levels
- Encourage deliberate play

DISCOVER

- Have fun
- Sample multiple sports through unstructured play
- Develop motor skills that transfer from sport to sport
- Cultivate a passion for sport and an active lifestyle
- Socialize with others
- Utilize free or spontaneous play for discovery of the sport and new skills

LEARN

- Core fundamental movements
- How to use size and age-appropriate equipment, and playing surfaces
- Rules of the game

PLAY

- Physical education class
- Open gym
- Free/spontaneous play
- Basic organized play
- Everyone has an equal chance to play in competition

STAGE 2: Develop and Challenge (Ages 10-16)

The second stage of the development process occurs after an athlete has been engaged in a sport and wants to explore more organized training options. This stage focuses on refining the skills needed to be successful in the activity or sport, and then furthering skill development through challenges, such as recreational competition, organized sport programs or club participation.

Athlete readiness and motivation determine the choice to pursue the next level in sport. The second stage may begin earlier for some athletes who are quick to develop physically and mentally. Fun and socialization are still key areas of emphasis in order to encourage future participation and avoid burnout.

ATHLETE

- Understand rules and techniques of the sport
- Participate in multiple sports for continued motor and physical development
- Participate in a fun, structured and ongoing training program (as opposed to participating in open gym)
- Compete at local and regional levels
- Emphasize practice and skill development over competing
- Understand the impact on performance due to different maturation rates

DEVELOP

- Physical: Core movement fundamentals, increasing requirements for speed, agility, balance, endurance, strength and coordination
- Psychological and social: interpersonal skills, teamwork, communication skills and adapting to the growing challenges of sport development
- Technical skills: Identify personal strengths and areas to improve with a continued emphasis on proper movement mechanics
- Tactical: Institute age-appropriate times for practice and competition to enhance both team and individual skill development.

CHALLENGE

- Recreational competition at local and regional levels
- Organized league play

STAGE 3: Train and Compete (Ages 13-19)

At stage three, athletes begin to train and compete in a program that matches their personal interests, goals, and developmental needs. Competitions become more clearly defined in this process with potential for new experiences in team selection. Maximizing potential becomes an option for athletes as they start to grasp the commitment necessary for certain sports, and the

skill sets needed to excel at the next competitive level. Technical, tactical, physical, and psycho-social development becomes increasingly more important for the athlete at this time. This is also the stage to increase sport-specific training. Recreation and multi-sport play can continue to be used in a cross-training capacity to allow athletes the opportunity to more fully develop.

ATHLETE

- Begin to focus on particular sports
- Use multiple-sport play for cross-sport development
- Participate in a fun, structured, and continuous training program
- Compete in more challenging situations
- Improve skills at the local, regional, and/or national levels

TRAIN

- Seek opportunities to further develop skills
- Focus training through coaching
- Follow a consistent training schedule
- Increase sport-specific training
- Emphasize competition skills
- Utilize more sport-science related information such as nutrition and sport psychology
- Participate in developmental camps

COMPETE

- Club competition
- Middle and Upper School competitions
- Local, regional, and national competitions

Tennessee Secondary School Athletic Association (TSSAA)

As a member of the TSSAA, we adhere to the rules and regulations set forth in the bylaws of the TSSAA. Bylaws can be found online at

<https://cms-files.tssaa.org/documents/tssaa/2023-24/handbook/2023-24TSSAABylaws.pdf>.

Although not a member of the Tennessee Middle School Athletic Association (TMSAA), our middle school teams will follow the same rules and regulations as the upper school program.

If you have any questions regarding the bylaws of the TSSAA, please contact

mhoppe@clarksvilleacademy.com.

EXPECTATIONS:

All student athletes must complete a sports physical prior to participation (including practice) with any sport.

All student athletes and their parents must sign the concussion and sudden cardiac arrest paperwork (found below).

All student athletes and their parents must sign this pre-participation player/parent checklist.

Practices:

- While practices are being held, please respect the field/court time of the players, coaches, and remain outside of the field/court.

We want to give our coaches and student-athletes the best opportunity to coach, learn, communicate, and build team chemistry within their teams. We believe the best way to give our coaches and players this opportunity is to have “closed practices” which means coaches and players only. We understand the support and love for your children; we also want you to believe in the philosophy of having closed practices. Our coaches are hired because they are the best for the job. We trust their coaching and management of their teams. Oftentimes, players are looking to the stands for parental guidance instead of their coaches. Parents are welcome to encourage and discuss strategies and game play within their home. Our coaches will follow a practice schedule and families will be aware of beginning and ending practice times. Please allow time for your child to visit the locker room after practice. We appreciate your cooperation during the athletic seasons and our closed practice policy.

- All practices are mandatory; disciplinary actions are understood for missing practices.

Games:

- Playing time is determined by the coach and the evaluation of the player's performance, attitude, conduct, execution, and skill level in practice and games. Academic performance is also evaluated throughout the season and grades must remain satisfactory to participate. Personal stats, playing time, and position will not be discussed with parents. Players with questions may schedule a time with the coach to discuss their concerns.
- Any student-athlete wishing to participate in two or more athletic extracurricular activities during the same season must receive approval from the Athletic Director and coaches.
- All games are mandatory, including games over holidays.

Expectations of Parents and Other Fans:

- Support the team and coaches. Respect the team and coaches' decisions.
- Respect decisions made by officials/referees. They make mistakes. ***Do not speak to them; do not taunt them.***

- Respect opposing fans, coaches, administration, and participants. Per the TSSAA, for any fan that comes on to the floor/field during an incident, the school will be fined \$250. Furthermore, for any fan that is ejected during a contest, the school will be fined \$250.

Parents will be expected to reimburse Clarksville Academy within three business days for this fine incurred due to personal behavior/actions.

- *Anyone failing to meet these expectations will be removed from athletic contests.*

Communications Parents/Players Should Expect from the Coach:

- Philosophy and goals of the program
- Coach's expectations for individual players and the team
- Location and times of practices and games
- Team rules and guidelines
- Procedures to be followed if a player is injured during participation. EX: Any child exhibiting signs of a concussion- nausea, dizziness, etc. will not remain or return to the game. **A note is required from his/her doctor clearing them for participation in future practices and games.** No exceptions!

Communications Coaches Should Expect from Parents:

- Notification of any schedule conflicts in advance
- Notification of illness or injury as soon as possible

Issues Not Appropriate for Discussion with the Coaches:

It is important for parents to understand coaches have been hired to make decisions based on what we believe to be best for the team as a whole and for all players involved in our athletic programs. With this understood, we will be available to discuss parental concerns with the following exceptions, which we consider either inappropriate or counter-productive to team leadership:

- Personal stats, playing time and position
- Tactical training and team strategies
- Concerns about what level they will be playing

While the coaches are committed to open communication with parents, there is a certain process that should be observed. In particular, the time before, during, or immediately after a game is dedicated to the players. It is not appropriate for a parent to approach a coach to discuss game or individual player concerns at this time. Student athletes should discuss the concern with the coach first. If the issue is not resolved by the player-coach meeting, the coach will be available to set up a meeting/phone call (no text messages) to

address parent concerns at a time that will not interfere with the attention required by the team players. An exception to this request is an incident when a player is injured.

Sportsmanship:

Sportsmanship Code - Independent-school interscholastic athletic events must be conducted in such a manner that good sportsmanship prevails at all times. It is necessary that administrators and coaches be individually and collectively responsible for taking every possible step to provide the physical arrangements necessary to conduct such events and to promote good sportsmanship at every interscholastic event. These steps must include the provision of such things as safe and adequate facilities for participants, spectators, and officials; the best possible officials for the events; and adequate control of spectators, players, and pre-game and post-game activities. Every effort must be made to promote a climate of wholesome competition.

The Players:

- They play hard within the rules of the game.
- They win with humility and lose without excuses.
- They respect officials and accept their decisions.
- They never play with intent to injure an opponent.
- They never forget that they represent their schools, coaches, and families as well as themselves.
- They respect the property and facilities of their opponents.

The Coaches:

- They inspire in their players a love for the game and the desire to win.
- They teach that it is better to lose fairly than to win unfairly.
- They show restraint and respect when dealing with officials.
- They serve as positive role models for their players.
- They hold their players accountable for unsportsmanlike behavior.

Miscellaneous:

Cost Per Sport:

Clarksville Academy athletics asks athletes to pay a “team fee”. Team fees include (but are not limited to) practice apparel, team travel attire, shoes, hats, uniforms, necessary team equipment, meal tickets (for travel meals), post season get-together, and team trophies. We will make every effort to keep team fees at approximately \$300 for Upper School teams and \$150 for Middle School. However, some sports may require a higher team fee, such as football, dance, and cheer.

All team fees can be paid through Tuition Management on BlackBaud. Each coach will give each family a breakdown of what the team fee covers and what the expectation is for the family to pay (amount, deadline, etc). Once a player has committed to play for a team, and the player fee form has been signed, there will not be a refund for the player fee if that player quits.

Social Media:

Coaches and players are permitted to use social media. However, Clarksville Academy student athletes, coaches, faculty, and staff should not be misrepresented in any negative connotation. Please be responsible and use sound judgment when placing information and pictures on social media. Misuse of social media may lead to immediate dismissal.

Tryouts:

Most athletic teams will conduct evaluations/tryouts when the quantity of students desiring to be on the team is excessive. Participation in athletics at CA is a privilege, not a right. When team tryouts are held, coaches will give sufficient notice on dates of when the tryouts will be held, and will keep their records on evaluation forms. Tryout evaluations will be detailed and explained to athletic administrators before conducting the tryout. Players will be made aware of details on evaluations and tryouts.

In this circumstance, there will be individuals that are released from the team due to low performance evaluations from coaches and staff. Individual contact will be made by the coach to the student-athlete who does not make the team, and a coach will provide information for improvement.

Clarksville Academy is a Division II Class A Independent School

District/Region Opponents:

Football Class A West Region:

Clarksville Academy (Clarksville, TN)

Columbia Academy (Columbia, TN)

Donelson Christian Academy (Nashville, TN)

Grace Christian Academy (Franklin, TN)

Mt Juliet Christian Academy (Mt Juliet, TN)

Nashville Christian School (Nashville, TN)

Bowling and Wrestling West Region- One Classification Across the State for DII

All Other Sports Class A (District 4) Middle Region

District 3

Battle Ground Academy (Franklin, TN)

Columbia Academy (Columbia, TN)

Franklin Road Academy (Nashville, TN)

Grace Christian Academy - Franklin (Franklin, TN)

Middle Tennessee Christian School (Murfreesboro, TN)

Providence Christian Academy (Murfreesboro, TN)

The Webb School (Bell Buckle, TN)

University School of Nashville (Nashville, TN)

Zion Christian Academy (Columbia, TN)

District 4

Clarksville Academy (Clarksville, TN)

Davidson Academy (Nashville, TN)

Donelson Christian Academy (Nashville, TN)

Ezell Harding Christian School (Antioch, TN)

Friendship Christian School (Lebanon, TN)

Goodpasture Christian School (Madison, TN)

Mt. Juliet Christian Academy (Mt. Juliet, TN)

Nashville Christian School (Nashville, TN)

Student Eligibility:

To be eligible, students shall be enrolled, in regular attendance, and enrolled in at least five full courses or the equivalent. A student is eligible to participate in football, volleyball, cross country, golf, and girls' soccer prior to the beginning of school if the student is enrolled at the school and meets all other eligibility requirements. Under specific circumstances, an eighth-grade student may be eligible to participate with an Upper School team if he/she is enrolled at Clarksville Academy.

Students below the eighth grade are not eligible to practice or participate with any Upper School team. Any student repeating the sixth through eighth grade shall not be eligible for athletic participation during the year the student is repeating, unless they choose to participate during the year they are repeating. They would become ineligible for varsity athletics during their 9th grade year. Participation as an eighth grader shall not reduce the number of semesters a student is allowed to participate after enrolling in the ninth grade. This is per TSSAA Bylaws.

No student shall be permitted to participate in practice sessions or in athletic contests until we have on file with the Athletic Trainer, a pre-participation medical evaluation form signed by a doctor of medicine, osteopathic physician, physician assistant, or certified nurse practitioner stating that the student has passed a physical examination, not prior to April 15. In their opinion, the student is physically fit to participate in interscholastic athletics.

No student shall be permitted to participate in practice sessions or in athletic contests until there is on file with the Head of School, or her designee, a parental consent certificate signed by a parent or legal guardian stating that the student has the consent of his/her parent(s) or legal guardian to participate. The student must also be in good financial standing with the school to participate in athletics (practice and games).

Transfer Students- A transfer student is any student changing schools for any reason other than having completed the highest, or terminal, grade at another school. A student who must change schools because he/she has completed the highest grade at his/her previous school is not considered a transfer student and is eligible to participate.

TSSAA Hardship Waiver- With valid and exceptional reasons the school may decide to fill out the TSSAA Hardship Waiver Form. This form is completed by Clarksville Academy administration when we feel a student-athlete deserves the right to participate in athletics without having to “sit-out” a year due to TSSAA transfer situations.

Students are expected to maintain satisfactory academic and disciplinary standards in order to participate in extracurricular activities. Clarksville Academy follows TSSAA rules in regard to athletics. Cheerleaders and dance team members follow the rules as stipulated by the sponsors and their constitutional rules. In addition, any student involved in these activities, who is failing one or more classes, will be assigned to additional tutoring during study hall or before school.

Academic Policy- Academics is a priority for our student-athletes. Balancing athletics with academics can be a challenging task. We monitor grades throughout the year. In the Upper School, if we find that a student has an F, that student will be placed on academic probation. When on academic probation the student is ineligible to participate in games, practices, or

workouts. ***Students will not be allowed to participate in athletics if they are on academic probation and it is mandatory that they attend study hall each day at 2:15.*** Improvement is defined as raising the failing grade to a passing grade. A student-athlete will be allowed to return to play after a conference with the divisional Head of School, the AD, and the Head Coach.

In Middle School, if a student has two D's or ANY F's, the student will be on Academic Probation. When on Academic Probation, the student ***will not be allowed to participate in practices, games, or workouts until the grades improve.*** Improvement is defined as raising the failing grade to a passing grade or raising the multiple D's.

Coaching Staff Contact Information:

US Baseball	Dustin Smith	Head Coach	dsmith1@clarksvilleacademy.com
MS Baseball	<i>TBA</i>	Head Coach	
US Boys Basketball	Matt Hoppe	Head Coach	mhoppe@clarksvilleacademy.com
US Girls Basketball	Charles Clark	Head Coach	cclark1@clarksvilleacademy.com
MS Boys Basketball	DeeDee Smith	Head Coach	dsmith@clarksvilleacademy.com
MS Girls Basketball	Victoria Dye	Head Coach	vdye@clarksvilleacademy.com
Bowling	Amy Hotchkin	Head Coach	ahotchkin@clarksvilleacademy.com
US Cheer	Diana Samuels	Head Coach	dsamuels@clarksvilleacademy.com
MS Cheer	Rebecca Perantoni Hailey Dowell	Co-Head Coaches	ms_cheer@clarksvilleacademy.com
Clay Target	Marty Moore Chad Byard	Co-Head Coaches	claytarget1@clarksvilleacademy.com claytarget@clarksvilleacademy.com
US Cross Country	Shaine Walker	Head Coach	swalker@clarksvilleacademy.com
MS Cross Country	Doug Catellier	Head Coach	catellier@clarksvilleacademy.com
US Dance	Taylor Price	Head Coach	dance@clarksvilleacademy.com
US Football	Steadman Bell	Head Coach	sbell@clarksvilleacademy.com
MS Football	Eddie Carasquillo	Head Coach	ms_football@clarksvilleacademy.com
US Golf	Adam Welch	Head Coach	awelch@clarksvilleacademy.com
US Boys Soccer	Tony Sonnabend	Head Coach	gsoccer@clarksvilleacademy.com

US Girls Soccer	Tony Sonnabend	Head Coach	gsoccer@clarksvilleacademy.com
MS CoEd Soccer	Doug Catellier	Head Coach	catellier@clarksvilleacademy.com
US Softball	Todd Kurtz	Head Coach	softball@clarksvilleacademy.com
MS Softball	Gene Rose	Head Coach	softballms@clarksvilleacademy.com
US Tennis	Ken Adams	Head Coach	tennis@clarksvilleacademy.com
US Track	Shaine Walker	Head Coach	swalker@clarksvilleacademy.com
US Volleyball	Amanda Marshall	Head Coach	volleyball@clarksvilleacademy.com
MS Volleyball	Kristen Johnson	Head Coach	kjohnson@clarksvilleacademy.com
Wrestling	Nick Williamson	Head Coach	nwilliamson@clarksvilleacademy.com

Clarksville Academy Parent and Athlete Handbook Acknowledgement Form

By signing this document, you understand all player and parent expectations of the Clarksville Academy Athletic Department, along with rules and policies stated in the Clarksville Academy *Parent and Athlete Handbook*. Additionally, your signature is a pledge to abide by the expectations, policies, and rules communicated herein.

Player Name (Print):

Player signature:

 Date

Parent/Guardian signature:

 Date

This page must be printed, signed by all required parties, and submitted to a Clarksville Academy staff member by the published deadline, which can be found on the GoCACougars.com Athletic website.

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR STUDENT-ATHLETES & PARENTS/LEGAL GUARDIANS

(Adapted from CDC “Heads Up Concussion in Youth Sports”)

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion/head injury.

Read and keep this page.

Sign and return the signature page.

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider* says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness, even briefly	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

**Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training*

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow or jolt to the head or body if s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT HIS OR HER SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. *They can even be fatal.*

Remember:

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider* says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

* Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

Student-athlete & Parent/Legal Guardian Concussion Statement

Must be **signed and returned** to school or community youth athletic activity prior to participation in practice or play.

Student-Athlete Name: _____

Parent/Legal Guardian Name(s): _____

After reading the information sheet, I am aware of the following information:

Student-Athlete initials		Parent/Legal Guardian initials
	A concussion is a brain injury which should be reported to my parents, my coach(es) or a medical professional if one is available.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a <i>health care provider</i> * to return to play or practice after a concussion.	
	Most concussions take days or weeks to get better. A more serious concussion can last for months or longer.	
	After a bump, blow or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away.	
	Sometimes repeat concussion can cause serious and long-lasting problems and even death.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

* *Health care provider* means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training

Signature of Student-Athlete

Date

Signature of Parent/Legal guardian

Date

Sudden Cardiac Arrest

Symptoms and Warning Signs

What is Sudden Cardiac Arrest (SCA)?

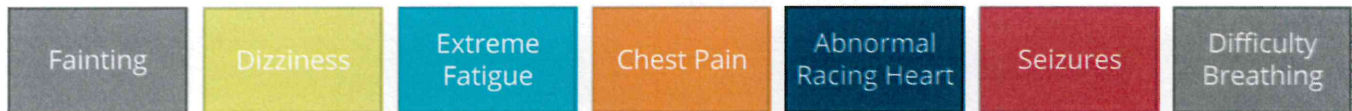
SCA is a life-threatening emergency that occurs when the heart suddenly and unexpectedly stops beating. This causes blood and oxygen to stop flowing to the rest of the body. The individual will not have a pulse. It can happen without warning and can lead to death within minutes if the person does not receive immediate help. Only **1 in 10** survives SCA. If Cardiopulmonary Resuscitation (CPR) is given and an Automatic External Defibrillator (AED) is administered early, **5 in 10** could survive.



SCA is NOT a heart attack, which is caused by reduced or blocked blood flow to the heart. However, a heart attack can increase the risk for SCA.

Watch for Warning Signs

SCA usually happens without warning. SCA can happen in young people who don't know they have a heart problem, and it may be the first sign of a heart problem. When there are warning signs, the person may experience:



If any of these warning signs are present, it's important to talk with a health care provider. There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops due to SCA, blood stops flowing to the brain and other body organs. Death or permanent brain damage can occur in minutes.

Electrocardiogram (EKG) Testing

EKG is a noninvasive, quick, and painless test that looks at the heart's electrical activity. Small electrodes attached to the skin of the arms, legs, and chest capture the heartbeat as it moves through the heart.

An EKG can detect some heart problems that may lead to an increased risk of SCA. Routine EKG testing is not currently recommended by national medical organizations, such as the American Academy of Pediatrics and the American College of Cardiology, unless the pre-participation physical exam reveals an indication for this test. The student or parent may request, from the student's health care provider, an EKG be administered in addition to the student's pre-participation physical exam, at a cost to be incurred by the student or the student's parent.



Limitations of EKG Testing

- An EKG may be expensive and cannot detect all conditions that predispose an individual to SCA.

- False positives (abnormalities identified during EKG testing that turn out to have no medical significance) may lead to unnecessary stress, additional testing, and unnecessary restriction from athletic participation.
- Accurate EKG interpretation requires adequate training.

I have reviewed and understand the symptoms and warning signs of SCA.

Signature of Student-Athlete

Print Student-Athlete's Name

Date

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date