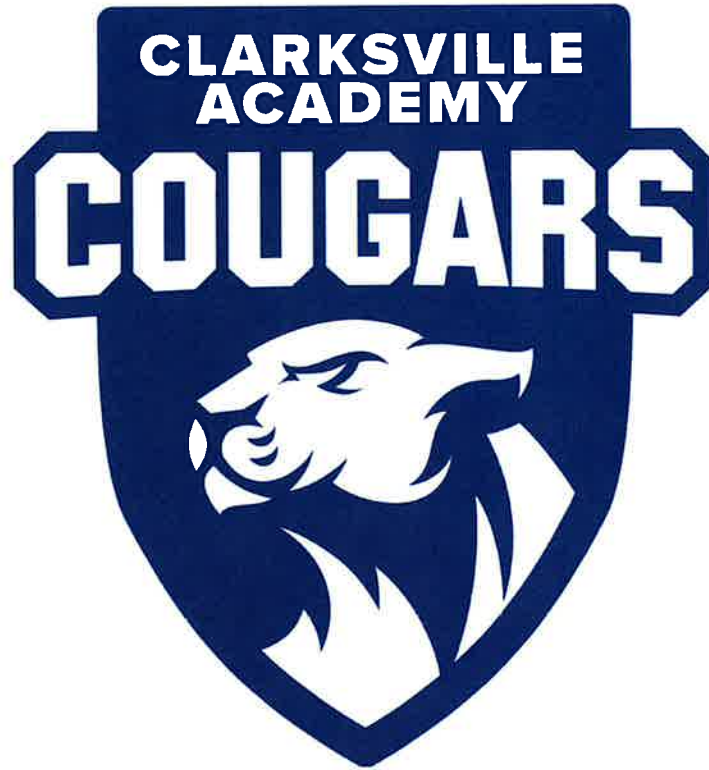


Clarksville Academy Athletics
Participation Handbook



Parents & Student-Athletes 2024-2025

Sean Wilson, Athletic Director

Charles Clark, MS Athletic Coordinator

931-647-6311

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CLARKSVILLE ACADEMY

COUGARS

Welcome to Clarksville Academy Athletics, home of the Cougars!

The information in this handbook is very important. Please take the time to read this document carefully as all student-athletes and their families will be expected to adhere to these guidelines. Under our membership in the Tennessee Secondary Schools Athletic Association, Clarksville Academy competes as 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. 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 school community.

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. However, athletic participation is a privilege, not a right. Once a student elects to participate, student-athletes and parents must be prepared to make commitments to the chosen team. Additionally, all participants must agree to accept and abide by the policies and procedures outlined in this handbook, as well as the policies and procedures required by the TSSAA and Clarksville Academy for all students.

We are proud of our athletic program, and we look forward to you participating in CA Athletics. If you have any questions about the information in this document, please do not hesitate to call me in the Athletic Office. I will be glad to provide you with any assistance you need.

Go Cougars!

Sean Wilson

M. Sean Wilson
Athletic Director
931-647-6311 ext 160

Clarksville Academy Athletic Department CONTACT INFORMATION:

<u>Coach</u>	<u>Position</u>	<u>Work Phone</u>	<u>Email</u>
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	MS Softball	647-6311	
Jamie Hardesty	MS Volleyball	647-6311	jamiefdees@gmail.com

Clarksville Academy Mission Statement:

Clarksville Academy's mission is to promote academic excellence, moral integrity, physical growth and civic responsibility.

Clarksville Academy Athletic Mission Statement:

The CA Athletic Department's mission is to cultivate a community where athletics harmonize with CA's core values, preparing students to excel on and off the field.

The Athletic Department serves as an integral part of Clarksville Academy and its mission to educate the whole person. Each coach is an educator who aids in the physical, social, intellectual, and emotional growth of each student. Each student-athlete learns the importance of disciplined training, unwavering sportsmanship, and a competitive spirit.

American Development Model

Clarksville Academy has adopted 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.

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.

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.

Athletic Department Philosophy

The Clarksville Academy Athletic Department is dedicated to the development of the whole person. The CA athletic staff is aware of the developmental needs of the individual student-athlete, as well as the social implications and importance of creating a positive environment where individuals learn to contribute to a team. Along with the privilege of participation, CA provides committed student-athletes with an opportunity, through extensive training and quality instruction, to set attainable team and individual goals while striving to maximize each athlete's own growth.

Goals and Objectives

Every athletic activity should provide every participant and coach an opportunity:

1. To be responsible and contributing members of the Clarksville Academy community.
2. To work with others to reach common goals.
3. To overcome obstacles through hard work and determination.
4. To play and live by the rules of the game.
5. To show appreciation and respect for the efforts of teammates and opponents.
6. To keep athletics in the proper perspective.

Objectives of Sports Participation

1. To promote athletics as an integral part of the overall educational experience at Clarksville Academy.
2. To develop an understanding of the value of athletics within the context of the overall educational experience.
3. To promote participation in multiple team settings.
4. To teach students to strive for excellence in all things.
5. To promote the self-discipline and maturity required to make decisions under pressure.
6. To create an environment that provides natural opportunities for:
 - a. Physical, mental and emotional growth of student-athletes.
 - b. Identification and enhancement of the skills needed for team and individual success.
 - c. Promotion of team play and the character traits of loyalty, cooperation, and fair play.
 - d. Setting team and personal goals.
 - e. Educating student-athletes regarding the benefits of lifelong fitness.

Athletic Department Rules & Expectations of Student-athletes

1. Student-athletes must abide by all school and TSSAA rules.
2. Student-athletes must show good sportsmanship, appropriate behavior, care for school equipment, and respect for public and private property at all times.
3. Student-athletes must abide by the guidelines of the CA Alcohol, Drug, and Tobacco policies at all times.
4. Student-athletes must be on time for all practices, meetings, and games.
5. Student-athletes must obey dress code, curfew, and other rules as provided by an individual coach.
6. All student-athletes must submit an up-to-date sports physical prior to participation (including practice) with any sport.
7. All student-athletes and their parents must sign the Concussion and Sudden Cardiac Arrest paperwork (*found below*).
8. All student athletes and their parents must sign the pre-participation player/parent checklist (*found below*).

Tennessee Secondary School Athletic Association (TSSAA) & Eligibility

As a member of the TSSAA, we adhere to the rules and regulations set forth in the bylaws of the TSSAA. Bylaws for 2024-2025 can be found online using this [link](#).

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 Sean Wilson. swilson1@clarksvilleacademy.com

Statement of Hazards in Athletic Participation

Playing, practicing to play, helping with, or participating in any manner in any sport can be a dangerous activity involving many risks of injury. The dangers and risks of playing, practicing to play, helping with, or participating in sports include, but are not limited to, the following: death; serious head, neck, or spinal cord injuries that could cause complete or partial paralysis; brain damage; serious injury to virtually all internal organs; serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other parts of the musculoskeletal system; and serious injury or impairment to other aspects of the body, general health, and overall well-being.

Medical Insurance

Clarksville Academy carries supplemental insurance for all athletes while practicing for, traveling to and from, and competing in contests as representatives of the school. This insurance policy is subject to specific limitations and exclusions. This policy meets the TSSAA requirement for insurance of sports participants. In the event of injury, student-athletes should report directly to the head coach, who will coordinate with the Certified Athletic Trainer to complete an Accident Report. That document will be shared to the Athletic Director and the Divisional Head of School, who will review it. In the event of a possible claim, the Accident Report will be sent to the Business Office, and a representative will file a claim with the insurance company. The insurance carrier will contact you directly, and all future communication will be between you and the insurance carrier.

Athletic Department Policies

Responsibility for Equipment

All student-athletes are expected to take reasonable care of the equipment and uniform pieces issued to them by the school. If a participant loses or damages equipment or uniform pieces due to carelessness or misuse, then a replacement cost will be charged to families through Blackbaud.

Academic Policy

The primary purpose of Clarksville Academy is to promote academic achievement. Therefore, if you are engaged in any of the co-curricular programs/athletics, which make significant demands on your time, you must perform satisfactorily in the classroom to continue participation in that activity. All students are encouraged to participate in vigorous physical activities on a daily basis. The athletic program provides opportunities for interested students to participate as members of interscholastic teams.

Once a student begins a varsity sport, he or she is committed to the team. Withdrawal from the team prior to the end of the season should occur only when there is common agreement among the student, parents, and coach. Any student who is removed, or who elects to withdraw from a team, shall not participate in any subsequent sports season without improving one's academic standing and participating in a pre-season meeting with coaches, the Head of School, and the Athletic Director to clarify expectations. In some instances, student-athletes may be required to complete certain steps identified by the head coach in order to earn back the privilege of participation.

Academic and behavioral progress will also be a determining factor in eligibility to participate. Any student who is failing a class will not be permitted to participate in athletics until that grade improves to a passing grade.

Hazing Policy

Students must understand they will be subject to disciplinary action any time their behavior is disruptive, illegal, or inconsiderate of others. Guidelines are imposed to encourage proper habits, enabling the student to become self-disciplined. Clear and concise guidelines are presented to the student by their coaches. Student-athletes violating school rules inside school or at school activities will be subject to disciplinary action. Disciplinary action for persistent or serious infractions can include, but is not limited to, loss of privileges, detention, Saturday School, behavioral probation, suspension, or expulsion. Parents are asked to partner with the school in assisting students in adhering to school policies.

There are three infraction levels in the *Student and Families Handbook* for the Upper School. Level II or Level III infractions will be referred to the Divisional Head of School. Bullying/Intimidation/Harassment/Hazing are in the Level III tier and will result in serious consequences.

Alcohol, Drugs, and Tobacco/e-cigarette Policy

The use, possession, or distribution of alcohol, drugs, or tobacco/e-cigarette products is strictly prohibited. Any student-athlete found in violation of this policy will face immediate disciplinary action, which may include suspension or dismissal from a sport.

Sportsmanship

Sportsmanship - the quality exhibited by one who abides by the rules of a contest and graciously accepts both victory and defeat.

The ideals of good sportsmanship, ethical behavior, and integrity must permeate every aspect of the CA athletic program. The ethic of fair play must be present in both perception and practice. The fact that sports are training grounds for good citizenship and high behavioral standards is well-established. Further, student-athletes must be aware that their behaviors and attitudes have an impact on those of their teammates and opponents. The demonstration of good sportsmanship by athletes, coaches, and fans is non-negotiable and an expectation of CA Athletics.

Independent-school interscholastic athletic events must be conducted in such a manner that good sportsmanship prevails at all times. The responsibility for developing sportsmanship involves many different people. Unfortunately in recent years, the ideal of sportsmanship has faced a societal attitude wherein winning at all costs has become the norm rather than the exception. As a result, interscholastic athletics now faces the challenge of restoring sportsmanship to its appropriate place within the overall educational experience.

One response to this lack of sportsmanship comes from the TSSAA. For fans ejected for unsportsmanlike conduct during a contest, the school will be fined a minimum of \$250.00. In addition, other non-monetary disciplinary action may occur, including but not limited to probation and/or restrictive probation for the entire athletic program. For any CA-affiliated fan who is ejected, the fine amount will be charged to the family via Blackbaud.

Chain of Command

The CA athletic experience is one that we hope provides satisfaction for all participants and their parents. It, however, is inevitable that individuals may have questions or concerns during the course of a season. When issues or concerns arise, coaches, students, and parents are to follow the following procedure to address such issues. When a student is having difficulties in practice or games, cannot make a practice, or has other issues that relate to participation in the program, he or she is to speak directly to the coach as the first step in the communication process. By accepting responsibility and communicating directly with the coach, the student-athlete has an opportunity to demonstrate ownership of his or her participation on the TEAM. The “chain of command” is simple:

Step 1 - Player talks to coach.

Step 2 - If the problem is not resolved, parents request a meeting with the player and coach.

Step 3 - If no improvement, parents request a meeting with the Athletic Director, player, and coach.

Step 4 - Situation still not addressed, then parents request a meeting with the Head of School, Athletic Director, player, and coach.

Coach/Athlete/Parent Expectations

Parent/Coach Communication Guide

*Both parenting and coaching are difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and to provide greater benefit to student-athletes. As parents, when your child becomes involved in athletics, you have a right to understand the expectations placed on your child. This understanding begins with clear communication from the coach. Additionally, there are situations that require a conference. **We do ask all parents to respect a “24-hour” rule, which means that communications should happen not less than 24 hours AFTER a competition.***

Communication Parents Should Expect from Coaches

1. The coach’s philosophy
2. The coach’s expectations for team & child
3. Locations/times for practices and games
4. Team requirements (fees, equipment, &c.)
5. Response to player injury
6. Discipline that impacts participation

Communication Coaches Should Expect from Parents

1. Concerns expressed directly to the coach
2. Advanced notification of schedule conflicts
3. Specific concerns regarding philosophy or expectations

Appropriate Concerns to Discuss with Coaches

1. The physical/mental treatment of your child
2. Ways for your child to improve
3. Concerns about your child’s behavior

Concerns That are Not Appropriate to Discuss with Coaches

1. Playing time
2. Team strategy/play-calling
3. Other student-athletes

Practices and Games

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 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. However, we understand your support and love for your child. Our coaches are hired because they are the best for the job, and we trust their coaching and management of their teams. Therefore, if a coach chooses to allow parents to visit practice, please be sure that your presence does not inhibit the practice session. We appreciate your cooperation during the athletic seasons and with our practice policy.

All practices are mandatory; disciplinary actions are understood as a mitigating factor for missing practices. All games are mandatory, including games over holidays.

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.

Expectations of Parents and Other Fans:

Support the team and coaches. Respect the team and coaches' decisions. Respect decisions made by officials/referees— they are human and make mistakes. Respect opposing fans, coaches, administration, and participants. *Anyone failing to meet these expectations will be removed from athletic contests.*

Per TSSAA rule, 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. Furthermore, the TSSAA reserves the right to impose additional penalties against the team or Clarksville Academy. Parents who are ejected will reimburse the TSSAA fine to Clarksville Academy via a Blackbaud charge.

Sportsmanship Expectations

Student-athletes will:

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

All coaches will:

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

Miscellaneous Topics

Cost Per Sport

Clarksville Academy makes budgetary contributions to all athletic teams, but almost every team asks athletes to pay a “team fee.” Team fees include (but are not limited to) practice apparel, team travel attire, shoes, hats, some uniform pieces, necessary team equipment, team meals, post season get-together, and team awards. We will make every effort to keep team fees at an appropriate amount for both Upper School and Middle School teams. However, some sports may require a higher team fee. 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. Be especially careful of wear CA uniforms or branded apparel in any post. Misuse of social media that slanders others, dishonors Clarksville Academy, and/or engages in cyberbullying will be deemed a violation of the CA Code of Conduct and 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 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)

Middle School Sports: Tennessee Independent Athletic Association (TIAA)

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)

Middle Tennessee Christian School (Murfreesboro, TN)

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

Nashville Christian School (Nashville, TN)

Providence Christian Academy (Murfreesboro, TN)

The Webb School (Bell Buckle, 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.*** 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.

Information for College-Bound Student-athlete

The athletic program at Clarksville Academy has been very fortunate in the last several years to have a number of students who have had the opportunity to participate in college-level athletics. For those interested in playing after high school, Clarksville Academy has identified two staff members to assist families with that process.

- Steadman Bell, Admissions Assistant and US Football Coach
- Sarah Perry, College Counselor

These individuals are available to assist families at your convenience.

Additionally, the CA Athletic Department recommends the [NCAA website](http://www.ncaa.org) as the best starting to familiarize yourself with the recruiting process. From that webpage, click on the ***Student-Athletes*** tab; from the screen that open, you will be able to access a ton of information for the prospective student-athlete.

NCAA www.ncaa.org
NCAA Eligibility Center
PO Box 7136
Indianapolis, IN 46207
877-262-1492

*** Click this hyperlink for a [Quick Reference](#) Guide to Education Resources and NCAA Eligibility.

Students desiring to participate in athletics for an NAIA institution must follow a similar process. The NAIA has an initial eligibility process that is now required for all prospective student-athletes. Specific information is available on the NAIA website.

NAIA www.PlayNAIA.org
Contact: Ruth Stein
ecinfo@naia.org

48 Ways to a Better Athletic Experience at Clarksville Academy

1. Persistence is more important than talent.
2. There is a reason that “student” come first in “student-athlete.”
3. Respect the game. Love the game.
4. Tuck in your shirt. Tie your shoes.
5. It does not take any talent to hustle. Practice hard every day.
6. Be a student of the game. Learn the game. Study its history.
7. Help your team win whether you play or not.
8. Keep a daily diary of the things you do in practice. This will help you see your progress.
9. Never argue with an official.
10. Athletics provides you with an opportunity to reveal your character.
11. Let your coaches coach you.
12. Do not be too hard on yourself, but do not give yourself a free ride.
13. Maintain grades that are better than the minimum needed to remain eligible.
14. Set high standards for yourself and your team.
15. Be the first one out for practice.
16. Your parents love you very much, but they do not know more than your coaches do. Neither do you.
17. Do not make excuses for yourself. Do not let anyone make excuses for you.
18. Life is not fair.
19. Be passionate about your teammates and about your team.
20. When you do a drill, do it right every time.
21. Learn to appreciate routine play done to perfection.
22. Strive to win, but do not be afraid to lose.
23. Keep your locker room clean.
24. Learn your role. Accept it.
25. Treat managers and trainers with respect always. They are not your servants.
26. Tell people thank you. Mean it.
27. Body language screams. It never whispers.
28. Coaches owe you honesty. Be honest with them.
29. Do the right thing even when no one is watching.
30. Cheer for your teammates.
31. Learn from mistakes.
32. Games are supposed to be fun. Hard work does not change that. Winning and losing does not change that.
33. You do not have to be a great athlete to be a good player.
34. When you jog to warm up, finish first.
35. Accept criticism as an opportunity to improve.
36. Be willing to do whatever it takes to help the team succeed. Believe that your teammates will do the same.
37. Strive to get better at what you do worst every day.
38. Make eye contact when your coaches are talking.
39. Compete.
40. Play the game. Do not play to the fans.
41. Be a leader in words and action but be a follower when appropriate.
42. Learn the difference between a *right* and a *privilege*.
43. Respect your opponents.
44. Be enthusiastic.
45. Watch tape with a purpose. There is always something to learn.
46. You cannot change what you did yesterday, but you can change what you are going to do today.
47. Learn to be humble. The spotlight is never too small to share.
48. Be thankful for your gifts, talents, and opportunities every day.

33 Ways to a Better Experience as a Parent of an Athlete at CA

1. There is a reason that “student” comes first in “student-athlete”.
2. Respect the game.
3. Encourage your child.
4. Be a student of the game. Learn the game. Study its history.
5. Never verbally abuse an official, another fan, or participant.
6. Being a spectator at an athletic event provides you with an opportunity to reveal your character.
7. Let your child’s coaches coach.
8. Do not be too hard on your child, but do not let him or her have a free ride.
9. Encourage your child’s teammates – even if your child does not play.
10. Always tell the truth.
11. You love your child very much, but he does not know more than his coaches do. Neither do you.
12. Do not make excuses for your student-athlete. Do not let your child make excuses.
13. Life is not fair.
14. Be passionate about your child’s TEAM.
15. Love the game.
16. Learn to appreciate routine play done to perfection.
17. Show your student-athlete how to strive to win within the rules of the game.
18. Help your child accept his or her role on the TEAM.
19. Show your child how to say thank you.
20. Body language screams. It never whispers.
21. Coaches owe you honesty. Be honest with them.
22. Encourage your player to hustle. It does not take any talent to hustle.
23. Show your child how you learn from mistakes.
24. Games are supposed to be fun. Hard work does not change that. Winning and losing does not change that.
25. Your son or daughter does not have to be a great athlete to be a good player.
26. Let your child have his or her own life. It is not your team or your game.
27. Show your child how to compete appropriately.
28. Encourage your child to play the game rather than play to the fans.
29. Learn the difference between a *right* and a *privilege*. Teach the difference to your student-athlete.
30. Show respect for opponents.
31. Be enthusiastic.
32. You cannot change what you did yesterday, but you can change what you are going to do today.
33. Teach your child humility. The spotlight is never too small to share.

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 Participation 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.

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

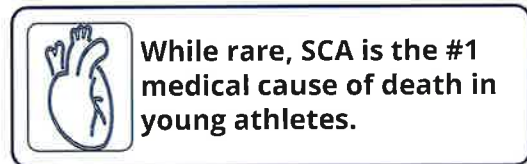
SCA usually happens without warning. SCA can happen in young people who don't know they have a heart problem, and it may be the first sign of a heart problem. When there are warning signs, the person may experience:



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.



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

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