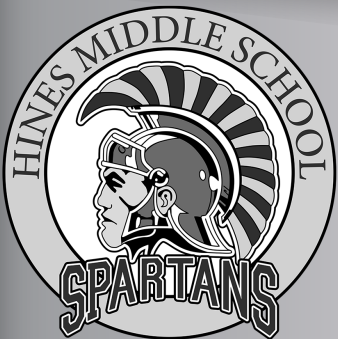


2019 - 2020

MIDDLE SCHOOL PARENT-ATHLETE Handbook



ACHIEVABLE DREAM • CRITTENDEN • DOZIER • GILDERSLEEVE
HINES • HUNTINGTON • PASSAGE • B.T. WASHINGTON



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College, Career and Citizen-Ready!

NNPS 2019-2020

SCHOOL CALENDAR



Newport News Public Schools • 12465 Warwick Blvd., Newport News, VA 23606 • (757) 591-4500 • www.nnschools.org

July 2019						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

4 Independence Day
5 12, 19, 26 Summer Hours

August 2019						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2, 9, 16 Summer Hours
12 New Teachers Report
22 All Teachers & Teacher Assts. Report
24 SAT Testing

September 2019						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

3 Labor Day
All Students Report

October 2019						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

4 Half Day Dismissal - Family Conferences (held throughout the week)
5 SAT Testing
16/19/30 PSAT Testing

November 2019						
S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

5 Teacher Work Day (Election Day)
Students do not report
27 Schools Closed, Half Day for Offices
28-29 Thanksgiving Observance
Schools & Offices Closed
2 SAT Testing

December 2019						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

23-31 Winter Break - Schools & Offices Closed
7 SAT Testing

January 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1-3 Winter Break (12 month employees to use 1/2 day leave each day for Jan. 2-3)
Schools reopen
6 Martin Luther King Day
20-23 Exam Dates - 1/2 day high schools
24 Teacher Work Day - Students do not report
27 Regional Prof. Development Day
28 Second Semester begins

February 2020						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

17 President's Day - Schools Closed, Offices Open

March 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

6 Half Day Dismissal - Family Conferences (held throughout the week)
14 SAT Testing

April 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

3 Teacher Work Day - Students Half Day Dismissal
6-10 Spring Break (annually 1st week of April for Peninsula school divisions) - Schools & Offices Closed (12 month employees to use 1/2 day leave each day from April 6-7)

May 2020						
S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

25 Memorial Day
2 SAT Testing

June 2020						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

6-7 High School Graduations (Tentative)
ECC, Elementary & Middle - Early Dismissal
11-15 High School - Half Day Dismissal
15 Last Student Day
16 Last Teacher Day
6 SAT Testing

9 Weeks Report Cards			
Period	Ends	# of Days	Reports Issued
1	Nov. 4	45	Nov. 13
2	Jan. 23	43	Feb. 4
3	Apr. 3	48	Apr. 21
4	June 15	45	June 15

Religious observances occurring on 2019-2020 student school days:

Ashura - Sept. 10 Ash Wednesday - Feb. 26
Rosh Hashanah - Sept. 30 Ramadan - April 24
Yom Kippur - Oct. 9 Ascension Day - May 21
Sukkot - Oct. 14 Shavuot - May 29

181 Pupil Days (includes one (1) inclement weather day)

*All schools need to schedule at least one evening conference period, preferably in the fall.

NOTE: If make-up days are necessary, they will be made up, at the superintendent's direction. For example, President's Day may be designated as a make-up day. If the emergency day scheduled in the 2019-2020 calendar is not used, June 15, 2020 will be a student holiday and teacher workday.

VHSL First Day of Practice for Sports

Fall Season- August 5th

Winter Season- November 11

Spring Season- February 24

- ★ First Day of School
- Schools & Offices Closed
- Half Day Dismissal
- Early Dismissal
- Schools Closed, Offices Open
- ⋯ Schools Closed, Half Day Offices Only
- Key Dates

NEWPORT NEWS MIDDLE SCHOOLS
 SCHOOLS, SPORTS and
 ASSISTANT PRINCIPALS and/or ATHLETIC DIRECTORS
 IN CHARGE OF ATHLETICS

North Schools: Dozier, Gildersleeve, Hines and Passage

SOUTH SCHOOLS: An Achievable Dream, BT Washington, Crittenden and Huntington

FALL – TRACK

WINTER – VOLLEYBALL

SPRING - BASKETBALL

SCHOOL	NAME OF AP/AD	PHONE NUMBER
Achievable Dream	Ramona Palmer Judi Overbey	283-7820
Crittenden	William Huffstetler	591-4900
Dozier	Stephen Arrington	888-3300
Gildersleeve	Dr. Victor Guisao	591-4862
Hines	Jose Petteway	591-4878
Huntington	Courtney Mompont	928-6846
Passage	Anthony Mungin	886-7600
Washington	Dr. Arva Davidson	928-6860

Central Office Athletic Department

Michael Nichols
 Program Administrator for Youth Development
 591-4647

Kristie Croft
 Student Athletic
 Specialist
 591-4601
 591-4683/fax

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Athletic Statement

Participation in athletics is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since participation is a privilege and not a right, those who choose to participate shall be expected to follow the rules established by the Athletic Department and other specific coaches' rules for their sport. Each student-athlete represents their school and student body. It is the student-athlete's duty to conduct themselves in a respectful manner that represents favorably the student-athlete, their family, Newport News Public Schools and the community.

Sportsmanship

The following policy statement from the National Federation of State High School Associations expresses the concept of sportsmanship as follows:

The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

One of the main goals of the athletic program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches and spectators.

Good sportsmanship includes showing courtesy and kindness towards your opponent as well as fellow team members. The contest is judged by the effort of the participants and not by putting down your opponent.

Winning is exciting, but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.

The Fundamentals of Sportsmanship

Gain an understanding and appreciation for the rules of the contest. The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conformance to a rule's intent as well as to the letter of a given rule.

Exercise representative behavior at all times. A prerequisite to GOOD SPORTSMANSHIP requires one to understand his/her prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

Recognize and appreciate skilled performances regardless of affiliation. Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but reflects a true awareness of the game by recognizing and acknowledging quality.

Exhibit respect for the officials. The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all involved in the contest are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

Display openly a respect for the opponent at all times. Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team or family.

Display pride in your actions at every opportunity. Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, athlete, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

**SPORTSMANSHIP:
THE ONLY MISSING PIECE IS YOU!**

Value of Athletics

What benefit will a player derive from participation in athletics?

Physical Well-Being

The nation is becoming more conscious of the inadequacy of our youth in physical fitness. Through athletics, a foundation is built that can correct this situation.

The Release of Physical Energy

Someway, somehow students will find a way to release their physical energy. Athletics offer a wholesome medium for this purpose.

Recognition

Through guidance, players can learn to accept recognition in a proper manner. They learn that the praises they receive are not due to their effort alone.

Understanding

Players working together for a common cause learn to accept victory or defeat in a mature manner. Team members soon learn how to understand each other and to make adjustments for the good of the team.

Emotional Control

“When the going gets tough, the tough gets going.” The athlete learns to get going, by tackling the task at hand. Emotional blow-ups only hamper him.

Discipline

We hear the cry that young people need to learn discipline. Athletics teach self-discipline, vital to a successful adult life.

Perseverance

Athletes learn to stay with the job and not give up until the contest is over.

Thinking under Pressure

The accomplished businessman can attribute much of his success to this factor. Athletes learn it early in their career and use this ability the rest of their lives.

Loyalty

Being faithful to a team, a group, a cause, is an important lesson of athletics. A person will not fail himself when he has learned the lesson of being true to others.

Taking part in athletics is one of the most important parts of our educational system. There is no other course in our schools today, which can offer all the above benefits.

Track – General Information

Day of Activity	Monday and Wednesday
Time of Practice	After School
Meet Times	After School – North (Monday) 4:30 South (Wednesday) 4:30
Admission	\$1.00 All City Meet ONLY
Supplies/Uniforms	Supplied by the athletic department
Buses	Request buses through transportation
Timers/Starter	Coaches at the Meet – (starter supplies are in Athletic Office)
Score Recorder	One person from each school recording your teams' scores
Spikes	NO spikes will be worn for track practices or meets

The Meet

- Open to all students in GOOD standing (grades, attendance, attitude, conduct, sportsmanship, etc.)
- Permission/Emergency Card must be completed for every athlete
- **Sectional Competition Events will be in the same order as the All-City Meet events listed below**
- During Sectional competition, schools may enter 4 individuals and 1 relay per event. There will be 2 heats run as finals for 100m, 200m and 400m events. Winners of each event will be determined by times. Each school will have a maximum of 2 participants per heat. There is a final (only) for the relay events. The 800m and 1600m will start with 'waterfall' starts and will also be final events.
- There are a total of **28 possible running 'slots'** (scoring) per sectional meet (boys and girls each). There are an additional 16 slots for 6th grade exhibitions. The identification of students slotted in scoring events by grade level is no longer in effect. Teams are still urged to carry all grade levels on their rosters.
- Sectional meets are comprised of either North or South Schools.
- **All 6th grade rules (below) will be in effect in the sectional meets as well as the city meet.**
- **ALL-CITY MEET (In Event Order): 100m (6th grade), 100m (7th/8th), 1600m (7th/8th), 4x100m Relay (6th grade), 4x100m Relay (7th/8th), 400m (7th/8th), 800m (6th), 800m (7th/8th), 200m (6th), 200m (7th/8th), 4x400m Relay (7th/8th)**
- All-City Meet is comprised of all 8 middle schools
- During the All-City Meet, schools may enter 3 individuals and 1 relay per event. There are a total of 23 possible running slots (boys and girls each) for the "regular" events and another 13 slots for the 6th graders. The following standards must be maintained for the All-City Meet:
- **Students may participate in up to three events with at least one being a relay (Sectional and City)**
 - A student may participate in 1 relay and 2 individual or 2 relays and 1 individual. Students may not participate in 3 individual events. This rule is in effect for all student grade levels and includes the 6th grade in non-scoring events. Example: A 6th grader could run an exhibition 100, exhibition 200 and run in the open (for score) 4x100 (constituting 2 non-scoring events and 1 scoring event).
 - All 6th grade events are considered "non-scoring" events and are treated as exhibition events
 - A 6th grader may be entered in both scoring and non-scoring events, but must adhere to the 3 event rule (as stated above). A 6th grader may NOT be entered in the same event for both scoring and non-scoring (i.e., entered in both the open 200 as well as the 6th grade exhibition 200).
- There will be 3 heats with times identifying places (no finals heat) for 100m, 200m and 400m events. There is a final (only) for the relay events. The 800 and 1600 will start with 'waterfall' starts and are also run as finals.
- In the All-City Meet, all submitted times will be seeded according to times with the fastest grouped in the same heat. Any student entering, whose times were not submitted by their coaches in a timely manner, will be drawn by lot for the remaining openings in heats. It is the coach's responsibility to submit times prior to established deadlines.
- The All-City Meet will be scored through 8 places with points awarded as follows (10 – 8 – 6 – 5 – 4 – 3 – 2 – 1) for placing 1st through 8th.

Volleyball – General Information

Day of Activity	Monday and Wednesday
Time of Practice	After School
Match Times	4:30 pm
Admission	\$1.00
Supplies/Uniforms	Supplied by the athletic department
Buses	Request buses through transportation
Timer	\$20.00 per date (boys and girls)
VHSL Rules	VHSL Volleyball Rules will apply

The Matches

- Open to all students in GOOD standing (grades, attendance, attitude, conduct, sportsmanship, etc.)
- Permission/Emergency Card must be completed for every athlete
- All matches will be best 2 of 3 to 25 points win by two, rally scoring system.
 - ***Must use*** minimum of 2 - 6th grade participants, 4 -7th grade participants and 6 - 8th grade participants on a 12-15 person squad.
- Regular season matches are comprised of either North or South Schools.
- Each division will play 6 games- 3 home & 3 away, scheduled within their division in the regular season.
- The top two teams from each division will advance to the City-wide play-off.
- Ties will be broken comparing head-head, then # games won-lost % in head to head games, then won-lost % in all games in the division and finally by the beginning of the season draw .
- During the All-City Play-off, the North #1 seed will play the South #4 seed for each of the girls and boys teams and the South #1 seed will play the North #4 seed for each of the boys and girls teams. Likewise, the #2 seed from North and South will play the opposite #3 seed. The winners of each will advance to a semi-final contest followed by a final.
- If a student is wearing glasses, they are required to have a sports band. They will be asked to leave the court and not return until properly equipped.

Revised August 2018

Basketball – General Information

Day of Activity	Monday and Wednesday
Game Times	4:30 pm
Admission	\$1.00
Supplies/Uniforms	Supplied by the athletic department
Cheerleaders	Yes – up to each school

The Game

- Open to all students in GOOD standing (grades, attendance, attitude, conduct, sportsmanship, etc.) – (based on administrators/coaches decision).
- Permission /Emergency Card – when playing away games, coaches should take these cards with them (in handbook).
- Eight (8) minute quarters.
- Running clock except for: foul shooting, time outs and the last minute of each quarter – the clock will stop on all whistles. The change will be effective for regular season as well as playoff games.
- Full court press - NO full court pressing anytime during the game when a team is up by 20 points.
- 2nd Half – running clock if a team is up by 20 points; clock will stop for time outs.
- Four (4) time-outs per game: two (2) - 1 minute and two (2) - 30 second timeouts.
- Ten (10) minute half-time.
- Three (3) minute overtime. The last 30 seconds of overtime, the clock will stop on all whistles.
- Should teams be playing all players? Administrators/coaches determine playing time.
- Should high school JV players be allowed to play? Yes.
- Ties – will be determined by draw (tournament) highest number wins draw
- Draw will be done beginning of each school year (at the 1st meeting) and will be in effect for both basketball and volleyball for that particular school year.
- If a student is wearing glasses, they are required to have a sports band. They will be asked to leave the court and not return until properly equipped.
- Suggestion for minimum team membership – 6-8th graders; 4-7th graders; 2-6th graders - Teams may have more than 12 members.

Revised February 2018

Parent/Coach Communication

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 and provide greater benefit to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach

- Philosophy of the coach.
- Expectations the coach has for your child as well as all the players on the squad.
- Locations and times of all practices and contests.
- Team requirements, i.e. fees, special equipment, off-season conditioning.
- Procedure should your child be injured during participation.
- Discipline that may result in the denial of your child's participation.

Communication coaches expect from parents

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the program, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches

- The treatment of your child; mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is difficult to accept that your child is not playing as much as you would hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain areas can be and should be discussed with your child's coach. Other areas, such as those listed later, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches

- Team strategy.
- Play calling.
- Playing time.
- Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern to discuss with a coach, the procedure you should follow is:

- Call to set up an appointment.
- If the coach cannot be reached, call the Athletic Director. He or she will set up the meeting for you.
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call and set up an appointment with the school's Athletic Director to discuss the situation.
- At this meeting, the appropriate next step can be determined.

Revised July 2013

School Closing

Early Dismissal of Students

All after-school activities will be cancelled when the students are sent home during the day due to inclement weather.

Schools Closed

When schools have closed due to inclement weather, all games, practices and activities will be cancelled and rescheduled for a later date. No students should be allowed in the building during the time schools are closed.

Team practices may be held if approved by the building principal with appropriate authorization from central administration. These practices would be voluntary as no required practices can be called.

There will be no city school buses available when schools are closed or when schools close early due to inclement weather. This includes city activity buses.

Revised July 2014

Magnet School/8th Graders – General Information

All eighth grade students who wish to participate in VHSL activities must attend their attendance-zone school.

Magnet Program Deselection Procedures – Voluntary and Involuntary

A student who has been selected for a magnet program or deselected from a magnet program for any reason and who has officially practiced or participated in a VHSL activity, during the scheduled season, is ineligible to participate in that activity in another school for the remainder of that academic year.

Appeals to this process can be made in writing to the Program Administrator for Youth Development.

Revised July 2019

Participation Physical Examination

Approved April 4, 2016

Be it enacted by the General Assembly of Virginia:

**1. That the Code of Virginia is amended by adding a section numbered 22.1-271.7 as follows:
§ 22.1-271.7. *Public middle school student-athletes; pre-participation physical examination.***

No public middle school student shall be a participant on or try out for any school athletic team or squad with a predetermined roster, regular practices, and scheduled competitions with other middle schools unless such student has submitted to the school principal a signed report from a licensed physician, a licensed nurse practitioner practicing in accordance with his practice agreement, or a licensed physician assistant acting under the supervision of a licensed physician attesting that such student has been examined, within the preceding 12 months, and found to be physically fit for athletic competition.

Concussion Management

JLCG-P - PROCEDURES: Concussion Management

These procedures address the identification and handling of suspected concussions in student athletes, the school division's activities to prevent concussions, the requirements for assessment of student athletes suspected of having concussions and follow-up assessments, and the school division's concussion management training activities. These procedures also include a return to learn protocol applicable to all students.

Definitions:

1. A concussion is a “traumatically induced transient disturbance of brain function caused by a complex physiological process”. In other words: A brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head (i.e., a helmet to the head, being knocked to the ground). A concussion can occur with or without a loss of consciousness.
2. Appropriate licensed health care provider means a physician, physician assistant, osteopath or athletic trainer licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing, who has special training in the management of concussions.
3. *Return to play* means participate in a non-medically supervised practice or athletic competition.
4. *Return to learn* refers to instructional modifications that support a controlled, progressive increase in cognitive activities while the student recovers from a brain injury allowing the student to participate in classroom activities and learn without worsening symptoms and potentially delaying healing.
5. “At risk” athletes include students who have suffered a previous concussion and all students participating in the following sports: football, soccer, wrestling, and cheerleading.

Identification and Handling of Students Suspected of Having a Concussion; Follow-up:

A. Identification and Handling:

1. A student athlete suspected by that student athlete's coach, athletic trainer, or team physician of sustaining a concussion or brain injury in a practice or game shall be removed from the activity at that time.
2. Any student suspected by the student's teacher or other school building staff of sustaining a concussion, or any student for whom an appropriate license health care provider has provided information to the student's school that the student has sustained a concussion, will be assessed and treated according to guidelines issued by the school division's director of health services or like official. The return to learn protocol will apply to such students.
3. A student athlete who has been removed from play, evaluated, and suspected to have a concussion or brain injury shall not return to play that same day nor until (i) evaluated and cleared by an appropriately licensed health care provider as determined by the Board of Education and (ii) in receipt of written clearance to return to play from such licensed health care provider. The licensed health care provider evaluating student athletes suspected of having a concussion or brain injury may be a volunteer with appropriate licensure.

4. Appropriate licensed health care providers or properly trained individuals evaluating student athletes at the time of injury may utilize the Concussion Vital Signs Neurocognitive Assessment.
5. Protocol for *return to play*
 - a. No member of a school athletic team shall participate in any athletic event or practice the same day he or she is injured and:
 - exhibits signs, symptoms or behaviors attributable to a concussion; or
 - has been diagnosed with a concussion.
 - b. No member of a school athletic team shall return to participate in an athletic event or training after he/she experiences a concussion unless all of the following conditions have been met:
 - the student no longer exhibits signs, symptoms or behaviors consistent with a concussion, at rest or with exertion;
 - the student is asymptomatic during, or following periods of supervised exercise that is gradually intensifying over a number of days (Return to Play Protocol) and
 - the student receives a written medical release from an appropriate licensed health care provider.
 - c. If an athlete is evaluated by a community physician and the physician provides a return-to-play date, school division Certified Athletic Trainers will not allow an athlete to play or participate for the period specified; provided, however, that Certified Athletic Trainer has the discretion to hold an athlete longer than the physician–provided return-to-play date.

6. Protocol for return to learn

The school leadership shall be alert to cognitive and academic issues that may be experienced by a student athlete who has suffered a concussion or other head injury including: difficulty with concentration, organization, and long-term and short-term memory; sensitivity to bright lights and sounds; and, short-term problems with speech and language, reasoning, planning, and problem solving.

A student recovering from a brain injury may need total rest with a gradual return to school while others will be able to continue doing academic work with minimal instructional modifications. The school leadership, including the school nurse and the Certified Athletic Trainer, shall accommodate the gradual return to full participation in academic activities by a student athlete who has suffered a concussion or other head injury based on the recommendation of the student’s licensed health care provider. The coordination of the student’s return to the classroom will also address the student’s participation in physical education activities, as appropriate.

Prevention:

A standardized concussion education program will be presented by the Certified Athletic Trainer as part of the Athletic Department's player/coach/parent meeting at all high schools each season for all sports.

1. A concussion fact sheet and a letter to all middle school and high school parents outlining the NNPS Concussion Policy will be distributed and require a signature prior to the athlete participating in practice or competition.
2. All "at-risk" athletes will be Concussion Vital Signs Neurocognitive Assessment baseline tested annually. All other athletes will be baseline tested upon request.
3. All coaches, including volunteers, are required to take the online NFHS concussion education program mandated by the VHSL prior to first day of practice.
4. Each school division athletic trainer will keep statistics regarding head injuries for the purpose of improving care and prevention. This will include the number of concussions per sport per season so that the percentage of athletes sustaining concussions may be calculated.
5. This policy and return to play guidelines will be available on the Newport News Public School web site in addition to each high school's website.
6. This information will also be shared with the coaches and Assistant Principals for all middle school sports prior to the beginning of practice for each season. It will be the responsibility of the Assistant Principals and coaches to communicate the information to the parents.
7. Helmet Replacement and Reconditioning policies and procedures.
 - a. Helmets must be National Operating Committee on Standards for Athletic Equipment (NOCSAE) certified by the manufacturer
 - b. Reconditioned helmets must be NOCSAE recertified.

Assessment:

1. If an athlete suffers a concussion during practice or competition they will **NOT** be allowed to return to activity the day the injury was sustained.
2. If an athlete suffers a concussion at practice or competition the athlete will undergo a clinical evaluation utilizing the Concussion Vital Signs Neurocognitive Assessment by a Certified Athletic Trainer and other medical professional as necessary prior to returning to any physical activity.
3. The athlete must be evaluated by an appropriate Licensed Health Care Provider to determine the status of return to play.
4. If an athlete is evaluated by a community physician and the physician provides a return-to play date, school division Certified Athletic Trainers will not allow an athlete to play or participate for the period specified; provided, however, that Certified Athletic Trainer has the discretion to hold an athlete longer than the physician-provided return-to-play date.
5. Once an athlete is asymptomatic and cleared by an appropriate Licensed Health Care Provider trained in current concussion management guidelines, they can begin the graduated return to play protocol.

Training and Policy and Procedures Review:

1. The Superintendent will appoint a concussion management policy team. This team will ensure that the concussion management policy and procedures remain appropriate and up-to-date. The concussion management policy team shall ensure training for coaches and health care professionals is current and consistent with best practice protocols.

2. The concussion management policy team will maintain a tracking system to ensure compliance with the annual training requirement.
3. Annual training on concussion management will be required for all coaches and volunteers through the National Federation of State High School Associations' (NFHS) online coach education program – *Concussion in Sports – What You Need to Know*.

Community Involvement

Non-interscholastic youth sports programs utilizing School Board property shall establish policies and procedures regarding the identification and handling of suspected concussions in student athletes, consistent with the school division's procedures. The school division will provide its guidelines to organizations sponsoring athletic activities for students on School Board property as a part of the facility use agreement. In accordance with the state code, the school division shall not be required to enforce the organizations' compliance with such guidelines.

Reviewed: June 21, 2011, March 19, 2013, Revised July 2018

NNPS Graduated Return to Sport (RTS) Protocol

Stage	Aim	Activity	Goal of each step
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate
3	Sport-specific exercise	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills, eg, passing drills. May start progressive resistance training	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

- NOTE: An initial period of 24–48 hours of both relative physical rest and cognitive rest is recommended before beginning the RTS progression.
- There should be at least 24 hours (or longer) for each step of the progression. If any symptoms worsen during exercise, the athlete should go back to the previous step. Resistance training should be added only in the later stages (stage 3 or 4 at the earliest). If symptoms are persistent (eg, more than 10–14 days in adults or more than 1 month in children), the athlete should be referred to a healthcare professional who is an expert in the management of concussion.

Revised June 2018

JLCG-E



Athletics & Driver Education

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Dear Newport News Athletic Parent/Guardian:

According to the Children’s Hospital of the King’s Daughter about one in ten local athletes in contact sports will sustain a concussion during a sports season. Many athletes, coaches, and parents do not know how serious the effects of a seemingly mild concussion can be. The lack of awareness may result in allowing an athlete to return to play too soon following an injury, placing him or her at risk of more serious injuries. In Newport News Public Schools, our biggest concern is the safety and wellness of these young school-age athletes.

Timely and accurate diagnosis is critical for reducing injury and long-term consequences to athletic, cognitive, and academic success. Most athletes will recover from a concussion completely and can return to play following an appropriate period of recovery. It is crucial to know when it is safe to return to play to avoid serious brain injury. The certified athletic trainer at each school will have the final authority to release your child back to activity.

Frequently, return to play decisions are made without appropriate testing and a clinical evaluation and are based solely on the player’s report of symptoms. Newport News Public Schools provides a baseline assessment with the Concussion Vitals Neurocognitive Assessment to all athletes. Any athlete who then sustains a concussion will be evaluated by a school athletic trainer and possibly another medical professional experienced in treating concussions and may be re-tested for comparison to identify deficits resulting from the concussion.

Since your child has chosen to participate in our athletic program, it is important for you to be aware of our policy on concussion management. Attached, you will find the Newport News Concussion Policy and Return to Play Protocol along with a list of short and long term side effects of concussions. Once you have reviewed all the information, please sign and date the acknowledgment form and return it to the school’s athletic trainer prior to the athlete’s involvement in practice and competition.

Best Regards,

NNPS High School Athletic Trainers

Revised June 2018

Concussion Fact Sheet

Short Term Side Effects:

- Headache
- Dazed and stunned
- Confused
- Balance problems (moves clumsily)
- Sensitivity to light
- Sensitivity to noise
- Double or blurry vision
- Concentration or memory problems
- Behavior and personality changes
- Nausea or vomiting
- Loss of consciousness

Not all symptoms must be present for the athlete to have sustained a concussion

If any of these symptoms worsen following the injury, it is advised you seek further medical evaluation

Long Term Side Effects:

- Chronic headaches
- Sleep difficulties
- Impaired sensation (touch, taste, smell, etc.)
- Language impairment (communication, expression, and understanding)
- Anxiety
- Depression
- Personality changes
- Aggression

Repeated concussions can lead to long-term memory loss, psychiatric disorders, and other neurologic problems. If you have had a number of concussions, your physician will likely advise you to avoid the activities that may put you at risk for future head injuries and to discontinue contact sports.



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