

Important Information for 2010-2011 Athletes and their Parents

August 10th at 6:00 pm in the
St. Croix Falls High School Gymnasium

Please Note:

The School District of St. Croix Falls Activities Department has a **mandatory** parent/athlete meeting to discuss and sign all paperwork associated with athletics prior to the start of the 2010-2011 school year. There will be only one meeting this year for this purpose, please plan accordingly. A parent/guardian must attend with your student. This meeting is **mandatory for high school athletes and a parent.**

Start Dates for This Fall are as Follows:

	Football Cheer (as scheduled)
August 10	HS Girls' Golf
August 09	HS Football Equipment Handout
August 10	HS Football
August 16	HS Cross-Country
August 16	HS Volleyball
August 16	MS Football
August 23	MS Cross Country
August 23	MS Volleyball

Fall Dance Practice to be announced.

Athletes should have received starting information from their coach either in the spring or through the mail with more detailed information, ie; time, etc. If you have now decided to participate in a fall sport and had not previously signed up, we would be happy to help you contact the coach and get signed up. Please call 715-483-2507 ext. 1406

Athletic Fees

High School \$25 per activity

Middle School \$20 per activity

If this is a hardship for any family, please contact me and I will help you. Capped at \$100 per family.

Don't Wait Until the Last Minute!

PHYSICAL EXAM CARD * (green): Anyone who desires to participate in the Wisconsin Interscholastic Athletic Program (WIAA) must have their physical exam information card on file in the Activities Office prior to the first day of practice. A licensed physician must sign the appropriate form.

ALTERNATE YEAR CARD * (buff): Must be completed on the alternate year. Alternate year is the second year of a physical taken after April 1st.

Cards are available in the Activities Office or at your clinic.

If your child needs a physical and your family cannot afford it, please contact the office so we can help you fund a physical – 715-483-2507 ext. 1406.

We would like all of our students involved in extracurricular activities.

Please make every attempt to attend the orientation meeting!

Athletes and parents who miss the code-signing meeting must schedule a meeting with the activities directory to go over the athletic code.

What you must bring to this meeting:

1. Your athletic physical or parent permit card.
2. Your Student Information Card.
3. Your activity fee (\$25) made payable to SCF Schools. (Per activity)
4. Your High School Athletic Eligibility Information Bulletin; filled out and signed by parent and athlete.
5. Your signed Sportsmanship Pledge Form, signed by parents and athlete.

**Meeting Agenda
(August 10, 2010 at 6:00 pm)**

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| 6:00 pm | Introduction of coaching staff |
| 6:10 pm | Introduction of booster club contacts |
| 6:20 pm | Sportsmanship Pledge Forms |
| 6:25 pm | Code Orientation |
| 6:45 pm | Questions and Answers |
| | **Adjourn to assigned rooms to hand in: |
| | 1. Athletic Physical/Parent Permit |
| | 2. Signed Activities Code (parent/athlete) |
| | 3. Signed Student Information Card |
| | 4. \$15 Activity Fee |
| | 5. High School Athletic Eligibility Information Bulletin (parent/athlete) |
| | 6. Sportsmanship Pledge Form (parent/athlete) |

While in your individual sport meetings the head coach and assistants will discuss practice information, rules and team expectations, and other sport specific information.

If you are having financial difficulties, please contact me to help you with your child's sport physical. We have a \$25 cash option and I would be happy to help you arrange that. If the \$25 is an issue, PLEASE – still call me and I will work with you to help your child participate. This is handled confidentially and we truly want each and every student participating in extra curricular activities. Thanks, Kelly

**All forms you need for this meeting are available on the website at:
<http://www.scf.k12.wi.us/Athletics.asp> located midway down the page.**

****Break-out Meetings**

Football	Stays in the Gym	Cross Country	C177
Volleyball	Middle School Gym	Cheerleading/Dance	C178
Girls' Golf	Board Room	Out of Season	HS Commons

The WIAA is against the use of anabolic-androgenic steroids and other performance enhancing substances (PES). Drugs that are illegal or could be harmful if taken in excess amount:

Steroids	Androstenediol	Insulin	DHT
EPO	Ephedra	Ephedrine	Nor Androstenediol
DHEA	Pheromone	Diuretics	Pro Hormones

Other more common products that the schools may NOT provide and/or allow in connection with school's programs are as follows:

Creatine	Ginseng	HMB	Vivarin	No Doz
Co Enzyme Q	Pyruvate	AAKG	NO2	Protein Powders
L-Carnitine	CLA	Pyruvate	Amino Acids	Herbal Caffeine
Caffeine-enhanced products		Chromium Piconlinate		

Energy Drinks such as: Red Bull, Amp, Monster, Advance by Powerade, Code Blak

The above items may not be brought to school or any athletic contests.

A handout listing all products and warning signs will be available at the Mandatory Activities Meeting.

To help keep the lines of communication open, please check your sport's website. Coaches will be posting needed information to their sites. The websites can be found at www.scf.k12.wi.us. Once there, please go to the High School or Middle School pull-down menu, Activities/Athletics, your sport. The forms you need are also posted on this site. If you can think of other things that would be helpful to you, please call our office at 715-483-2507 ext. 1406 and let us know. Thanks

FALL COACHES

Cheerleading	Sarah Campbell Susie Jasperson
Cross Country	Tammi Braund
Girl's Golf	Terry Benoy
Football	Rod Sempf Grant Belisle Jake Meyer Ryan Humpal Rob Bullard Paul Gilbert
Volleyball	Stacie Hoff Angela Maternowsky Amanda Keopple

Do you have Grandmas and Grandpas that love to watch sports? We have senior citizen passes for free admission to all home games (excluding tournaments). Pick one up in the Activities Office.

We are currently preparing our fall season athletic posters to be posted throughout the community. If you would be interested in purchasing an ad on our poster, please contact the activities office at 715-483-2507 ext. 1406. Not only is your ad included on the poster, it is also printed on game programs. Reach a few hundred people a week with our ads. A GREAT DEAL! All money collected is spent on SCF students.

HEADS UP - PLAY IT SAFE

Each year, more than seven million high school students participate in interscholastic sports in the United States. For instance, there are 1.2 million high school football athletes, compared to 38,000 college and 1,700 professional football players. There are approximately 1.4 million sports injuries, according to a 2006 national sports injury survey.



The good news is that injury rates have dropped by half in the last decade as sports medicine techniques have improved, along with a growing awareness of the importance of preventing and treating injuries, said Dawn Comstock, an assistant professor at the Ohio State University College of Medicine. She administers the survey, which tracks sports-related injuries at 100 high schools throughout the country.

Coaches are instructed on how to spot a concussion, but having parents know the same information is important, as the kids go home with you.

The signs of concussion are not always well recognized. And because of that, teens may put themselves at risk for another injury. For example, players may return to a game before they should, thinking nothing's wrong. That's a problem, because if the brain hasn't healed properly from a concussion and someone gets another brain injury (even if it's with less force), it can be serious.

Repeated injury to the brain can lead to swelling, and sometimes people develop long-term disabilities, or even die, as a result of serious head injuries. So it's really important to recognize and understand the signals of a concussion.

Although we may think of a concussion as someone losing consciousness (passing out), a person can have a concussion and never lose consciousness.

Symptoms of a concussion may include:

- ✓ "seeing stars" and feeling dazed, dizzy, or lightheaded
- ✓ memory loss, such as trouble remembering things that happened right before and after the injury
- ✓ nausea or vomiting
- ✓ headaches
- ✓ blurred vision and sensitivity to light
- ✓ slurred speech or saying things that don't make sense
- ✓ difficulty concentrating, thinking, or making decisions
- ✓ difficulty with coordination or balance (such as being unable to catch a ball or other easy tasks)
- ✓ feeling anxious or irritable for no apparent reason
- ✓ feeling overly tired