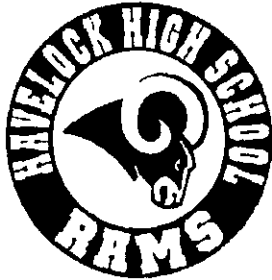


ATHLETE FIRST NAME & LAST NAME _____

2021-2022 Havelock Athletics Participation Forms Pack



**ALL PAGES MUST BE INTACT, ALL SIGNATURES COMPLETE, ELSE
PACKET WILL NOT BE ACCEPTED.**

My signature below indicates that I give permission for my child to participate in Havelock High School Athletics as a member of the circled activity in the given sport season.

2021-2022 School Year

Fall:

Football
Volleyball
Men's Soccer
Cheer
Cross County
Women's Tennis
Women's Golf

Winter:

Men's Basketball
Women's Basketball
Swimming
Wrestling
Cheer

Spring:

Baseball
Softball
Men's Lacrosse
Women's Lacrosse
Men's & Women's Track
Women's Soccer
Men's Tennis
Men's Golf

Date _____

Parent Signature

Date _____

Coach Signature

Gfeller-Waller NCHSAA Student-Athlete & Parent/Legal Custodian Concussion Information Sheet

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.

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Gfeller-Waller NCHSAA Student-Athlete & Parent/Legal Custodian Concussion Statement Form

Instructions: The student athlete and his/her parent or legal custodian, must initial beside each statement acknowledging that they have read and understand the corresponding statement. The student-athlete should initial in the left column and the parent or legal custodian should initial in the right column. Some statements are applicable only to the student-athlete and should only be initialed by the student-athlete. This form must be completed for each student-athlete, even if there are multiple student-athletes in the household.

Student-Athlete Name: (please print) _____

Parent/Legal Custodian Name(s): (please print) _____

Student-Athlete Initials		Parent/Legal Custodian(s) Initials
	A concussion is a brain injury, which should be reported to my parent(s) or legal custodian(s), my or my child's coach(es), or a medical professional if one is available.	
	A concussion cannot be "seen." Some signs and symptoms might be present immediately; however, other symptoms can appear hours or days after an injury.	
	I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.	Not Applicable
	If I think a teammate has a concussion, I should tell my coach(es), parent(s)/ legal custodian(s) or medical professional about the concussion.	Not Applicable
	I, or my child, will not return to play in a game or practice if a hit to my, or my child's, head or body causes any concussion-related symptoms.	
	I, or my child, will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away, right away. I realize that resolution from a concussion is a process that may require more than one medical visit.	
	I realize that ER/Urgent Care physicians will not provide clearance to return to play or practice, if seen immediately or shortly after the injury.	
	After a concussion, the brain needs time to heal. I understand that I or my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms listed on the Student-Athlete/ Parent Legal Custodian Concussion Information Sheet.	
	I have asked an adult and/or medical professional to explain any information contained in the Student-Athlete & Parent Concussion Statement Form or Information Sheet that I do not understand.	

By signing below, we agree that we have read and understand the information contained in the Student-Athlete & Parent/Legal Custodian Concussion Statement Form, and have initialed appropriately beside each statement.

Signature of Student-Athlete

Date

Signature of Parent/Legal Custodian

Date

SECTION 900

913.0501

INSTRUCTIONAL PROGRAM

POLICY

**CRAVEN COUNTY SCHOOLS
ATHLETIC CODE OF CONDUCT**

Participation in any extracurricular activity is an important part of the high school or middle school educational experience. Primary goals of these activities are to teach students character and self discipline skills which will enable them to develop to their highest potential academically, as well as athletically. Student athletes, who serve as role models for younger students, are held to a higher standard for their actions. Each student, parent, and coach shall understand the obligations of being part of the athletic program, the established consequences of violating the Code of Conduct, and that participation is a privilege and not a right.

Commitment Agreement

Each student, parent, and coach participating in an extracurricular activity shall sign the Craven County Athletic Code of Conduct. Any student athlete charged with a criminal offense, other than minor traffic violations, must make the coach or athletic director aware of the charge prior to the next practice or contest but no later than 48 hours after the charge. Any criminal offense within the previous twelve (12) months must be reported to the coach prior to the beginning of tryouts for any sport.

Consequences for violating the Code of Conduct will be as follows:

These consequences will be in addition to any consequences imposed by the school.

Any student charged with a crime classified as a felony under North Carolina or Federal law shall be suspended from participation until such charges are adjudicated. Once charges are adjudicated, if the student is not convicted of the charges, the principal will review the evidence regarding the incident, the student's discipline record, grades, and conduct to determine if the student will be eligible to participate.

Any student convicted of a crime classified as a felony under North Carolina or Federal law or is an adjudicated delinquent for an offense that would be a felony if committed by an adult is not eligible to participate in the North Carolina High School Athletic

Association Sports Program. Such ineligibility shall be immediate and shall prohibit participation in the NCHSAA sports program from the date of conviction or adjudication through the end of the student's high school career. Appellate or other post-conviction review of the conviction or adjudication of delinquency does not affect the student's immediate ineligibility.

If any student is charged or convicted of a lesser crime, the Principal, in consultation with the Athletic Director and Superintendent or designee will review the evidence regarding the incident, the student's discipline record, grades, and conduct to determine if the student will be eligible to participate. Failure to alert the coach or athletic director of the charge shall result in immediate ineligibility for athletic participation for 365 days from the date of the charge.

IN-SCHOOL AND OUT-OF SCHOOL SUSPENSION

1. If a participating student is assigned to in-school suspension, he/she will not be allowed to practice or participate in a game/activity on the day of suspension. Suspension will be carried out regardless of the game/activity days or events.
2. If a student is given out-of-school suspension for any reason, he/she will be subject to the following additional consequences:
 - a. **FIRST OFFENSE:** A student athlete will not be allowed to practice or play during the suspension period. If there is not a game during the suspension period, the student will not be permitted to play in the next game following the suspension period.
 - b. **SECOND OFFENSE:** The student will be removed from athletics for the remainder of that season.
 - c. **REPEATED OFFENSES:** If a student continues to be suspended from school for consistent disciplinary infractions, the principal may remove that student from athletics for the remainder of that student's school career.

Reference North Carolina High School Athletic Association Handbook

Adopted by Craven County Schools September 18, 2008, Reviewed October 15, 2009.
Reviewed July 19, 2011. Revised May 21, 2015.

Attachment

**CRAVEN COUNTY SCHOOLS
ATHLETIC CODE OF CONDUCT**

Interscholastic athletic competition should demonstrate a high standard of ethics and sportsmanship and promote the development of good character. Excellent sportsmanship is achieved when participants are committed to pursuing victory according to the following traits: Academic Excellence, Trustworthiness, Respect, Responsibility, Caring, Fairness, Citizenship, Perseverance, Courage, and Self-Discipline.

1. Academic Excellence – achieving academic success in all classes
2. Trustworthiness – having the inner strength to be fair and courteous during athletic events.
3. Respect – showing high regard for coaches, officials, opponents, fans, administrators, self, team, and the school you are representing.
4. Responsibility – showing reliability and consistency in words and conduct, and being accountable for your actions.
5. Caring – being considerate, courteous, generous in spirit to the opposing team.
6. Fairness – treating others as you like to be treated. Recognizing the uniqueness and value of each individual.
7. Citizenship – setting priorities in accordance with team, county, state and national rules and demonstrating law-abiding behavior and volunteerism.
8. Perseverance – being persistent in pursuit of worthy objectives in spite of opposition.
9. Courage – having the determination to do the right thing even when others don't.
10. Self-discipline – refraining from inappropriate behaviors and maintaining self-control at all times.

Coach's Pledge

As a coach, I acknowledge that I am a role model. I know that the principles of good sportsmanship are integrity, fairness, and respect. While teaching the skills of the game, I must also teach student athletes how to win and lose graciously, that sports are meant to be educational and fun, and that academic success is essential. I know the behavior expectations of me by this school and school system. I hereby accept my responsibility to be a model of ethical behavior, integrity, and good citizenship.

I agree to follow and abide by Craven County School's policy and regulation regarding the Athletic Code of Conduct. I have been provided with and read a fact sheet regarding concussions according to the Gfeller-Waller Concussion Awareness Act G.S. 115C-12(23).

Coach Signature

Date

Student Athlete's Pledge

As a student athlete, I know I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, and unnecessary physical contact. I know the behavior expectations of my school and school system. I hereby accept the responsibility and privilege of representing this school and community as a student athlete which includes being academically successful in all areas.

I have read and understand Craven County School's policy and regulation for the Athletic Code of Conduct including the requirement that I make appropriate school personnel aware of any previous criminal charges within the last twelve (12) months and any new criminal charges prior to the next practice or contest but no later than 48 hours after the charge. I have been provided with and read a fact sheet regarding concussions according to the Gfeller-Waller Concussion Awareness Act G.S. 115C-12(23).

Student Athlete Signature

Date

Parent's Pledge

As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom requiring that students achieve both academic and athletic success. I must show respect for all players, coaches, spectators, and support groups. I will only participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school and school system. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete. I have read, understand, and agree to abide by the guidelines entitled **Parent Coach Communication**.

I have read and understand Craven County School's policy and regulation for the Athletic Code of Conduct including the requirement that I make appropriate school personnel aware of any previous criminal charges within the last twelve (12) months and any new criminal charges prior to the next practice or contest but no later than 48 hours after the charge. I have been provided with and read a fact sheet regarding concussions according to the Gfeller-Waller Concussion Awareness Act G.S. 115C-12(23).

Parent(s) Signature

Date

**Craven County Schools
Parent/Coach Communication**

Parent-Coach Relationship

Parenting and coaching are both extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your child is involved in our program, you have the right to understand what expectations are placed on him/her. This begins with clear communication from the coach of the sports.

Appropriate Communication Between Parents and Coaches

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts in advance.
3. Notification of illness or injury as soon as possible.

As your child becomes involved in athletic programs at middle and/or high school, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things do not go the way you and your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

Appropriate Concerns to Discuss With Coaches

1. The treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you had hoped. Coaches are professionals. They make decisions based on what they believe to be best for all student-athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. The three items listed below should be left to the discretion of the coach.

1. Playing time, positioning, and event entry.
2. Team strategies, game tactics, play calling.
3. Any discussion about other student-athletes.

Conferences

There are situations that may require a conference between the coach and player or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position. When a conference is necessary, the following procedures should be used to help resolve any concerns.

1. Student-Coach – open-door policy for all coaches
2. Parent-Coach – done by appointment

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

1. Call the coach to schedule an appointment.
2. If the coach cannot be reached, call the school athletic director; he/she will set a meeting time for you.
3. 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 usually do not promote positive resolutions.

The Next Step

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

1. Call and schedule an appointment with the school athletic director to discuss the situation.
2. At this meeting the appropriate next step can be determined, if necessary.

Transportation

All student athletes who travel with a team to an away athletic event must return to the school with the team.

The only exception to this policy is when both the coach and parent/guardian agree that it is beneficial for the student athlete to ride home with the parent/guardian. Student athletes are not to ride home from athletic events with any other person.

2021-2022 NCHSAA ELIGIBILITY, CONSENT TO PARTICIPATE AND RELEASE FORM

THIS DOCUMENT MUST BE SIGNED BY THE STUDENT-ATHLETE OF AN NCHSAA MEMBER SCHOOL AND BY THE STUDENT'S PARENT OR LEGAL CUSTODIAN BEFORE PARTICIPATION. STUDENTS MAY NOT PARTICIPATE WITHOUT THE SIGNATURE OF THE STUDENT AND PARENT(S)/LEGAL CUSTODIAN.

I acknowledge that I have read and understand the North Carolina High School Athletic Association's (NCHSAA) Eligibility Rules. I understand that a copy of the NCHSAA Handbook is on file with the member school's principal and/or Athletic Director, and that I may review it, in its entirety if I so choose. I know my school is a member of the NCHSAA and must adhere to all regulations that govern interscholastic athletic programs, including, but not limited to, Federal and State laws, local regulations and those imposed by the NCHSAA. I understand that local rules may be more stringent than the NCHSAA and agree to follow the rules of my school and the NCHSAA and to abide by their decisions. I acknowledge and understand that participation in interscholastic athletics is a privilege, not a right. I understand that classroom performance, dropping a class or taking coursework through other educational options could affect eligibility and compliance with NCHSAA academic standards.

STUDENT CODE OF RESPONSIBILITY

As a student-athlete, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration. I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and the laws of my community, state and country.
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.
- I understand that a student whose character or conduct violates the school's Athletic Code or School Code of Responsibility could be deemed ineligible for a period of time as determined by the principal or school system Administration

PARENTS, LEGAL CUSTODIANS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. The student and parent/legal custodian recognize that participation in interscholastic athletics involves some inherent risks for potentially severe injuries including, but not limited to, serious neck, head and spinal injuries, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system, serious injury or impairment to other aspects of the body, or effects to the general health and well-being of the child, and in rare cases death. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate all risk. Because of these inherent risks, the student and parent/legal custodian have a responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

I authorize medical treatment should the need arise for such treatment while I or my child/ward ("student-athlete") is under the supervision of the member school. I consent to medical treatment for my student-athlete following an injury or illness suffered during practice and/or a contest. I understand that in the case of injury or illness requiring treatment by medical personnel and transportation to a health care facility, a reasonable attempt will be made to contact me the parent/legal custodian in the case of my student-athlete being a minor, but that, if necessary, my student-athlete will be treated and transported via ambulance to the nearest hospital. I further authorize the use or disclosure of my student-athlete's personally identifiable health information should treatment for illness or injury become necessary.

I understand all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. Further, I understand that if my student is removed from a practice or competition due to a suspected concussion, he or she will be unable to return to participation that day. After that day, written authorization from a physician (M.D. or D.O.) or an athletic trainer working under the supervision of a physician will be required before the student is allowed to return to participation. I also acknowledge that I have received, read and signed the Gfeller-Waller Concussion Information Sheet, as well as viewed the CrashCourse concussion education video.

I consent to the NCHSAA's use of the herein named student's name, image, likeness, and athletic-related information in reports of contests, promotional literature of the Association and other materials and releases related to interscholastic athletics and grant the NCHSAA the right to photograph and/or videotape the participant and further to use the participant's face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation. The NCHSAA, however, is under no obligation to exercise said rights herein. I further consent to the disclosure, by the member school, to the NCHSAA, upon its request, of all records relevant to the student-athlete's athletic eligibility including, but not limited to, their records relating to enrollment, attendance, academic standing, age, discipline, finances, residence and physical fitness. The student and parent/legal custodian individually and on behalf of the student, hereby irrevocably, and unconditionally release, acquit, and discharge, without limitation, the NCHSAA its officers, agents, attorneys, representatives and employees (collectively, the "Releasees") from any and all losses, claims, demands, actions and causes of action, obligations, damages, and costs or expenses of any nature (including attorney's fees) that the student and/or legal custodian incur or sustain to person, property or both, which arise out of, result from, occur during or are otherwise connected with the student's participation in interscholastic athletics if due to the ordinary negligence of the Releasees.

By signing this document, we acknowledge that we have read the above information and that we consent to participation by the herein named student. We understand that the authorizations and rights granted herein are voluntary and that we may revoke any or all of them at any time by submitting said revocation in writing to the participant's member school. By doing so, however, we understand that the participant would no longer be eligible for participation in Interscholastic athletics.

Student's Signature	Date of Birth	Grade in School	Date
Signature of Parent or Legal Custodian			Date

