

ALBANY UPPER ELEMENTARY

ATHLETIC PROGRAM



HANDBOOK



Important Contact Info & Meet Directions

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Every student-athlete and his/her parent(s) or legal guardian will be responsible for reading the Albany Upper Athletic Program Handbook. Student-athletes at Albany Upper Elementary will be required to abide by the rules and regulations in the athletic policy established by Albany Upper Elementary and the Livingston Parish Public School System Code of Student Conduct Policy. The signed policy is to be returned to the school and will remain in effect for the current school year.

A MESSAGE TO THE PARENTS

WELCOME to the Albany Upper Elementary Athletic Program. We are extremely excited you and your family have made the decision to participate in our program. We believe that a comprehensive program of student activities is vital to the educational development of our students. As students elect to participate, there are many questions which both you and your son/daughter may have regarding the Athletic Program. The purpose of this handbook is to answer as many questions about the policies and philosophy of the program as possible. Our intent is to keep students and parents as informed as possible in order to assist in making the athletic experience a positive one for our student-athletes. We are hopeful that this handbook will be of assistance to you as your child participates in the Athletic Program at Albany Upper Elementary.

With Pride,

Angela Baronet
Donna Badon
Missy Dickerson

A MESSAGE TO THE STUDENT-ATHLETE

Being a member of the Albany Upper Elementary Athletic program is both an honor and a privilege. Albany Upper Elementary as well as the Livingston Parish Public School System believes that interscholastic athletics are an integral part of the total education program and represents a deep history rooted in tradition within all our Albany Schools. There are certain traditions and responsibilities that must be maintained. A great athletic tradition takes the hard work of many people over many years. You have inherited a wonderful tradition, a tradition you are challenged to uphold, a tradition that starts with us.

In our program you are a part of a very important team along with your parents, coaches, Albany Upper faculty and staff. Everyone on our team plays an important role to insure you and the other student-athletes have a positive sport experience this year. Understanding roles, which are defined in this handbook, is key to how well a team or program operates and performs. A successful team is one where all participants understand and embrace their role. When this happens, teams and programs excel. If any challenges arise, they are able to overcome them as a strong, cohesive unit.

Our tradition has been to win with honor. However, success is not only measured in wins and losses; it is also defined by the improvement of the student-athletes a team\individual over the course of a season; how much the student-athletes enjoy their experience; and how well Albany Upper is represented by the sportsmanship displayed. When you wear our school colors, you represent yourself, our team, our school as well as all the other Albany Schools, the Livingston Parish Public School System, your family, and your community. **Wear our colors proudly.**

By participating in our program, you have the opportunity to develop strength of character and increase your responsibilities. Your academic studies, participation in extracurricular activities, as well as sports, prepare you for life.

Vision

We envision our student-athletes as productive citizens who have learned sustainable skills that can be displayed in the areas of:

- Leadership
- Sportsmanship
- Social/Emotional Competence
- Competitiveness
- Perseverance

We Never Quit!

Mission

The mission of Albany Upper Elementary Athletics is to equip our students to achieve success in a global society by using athletics to enhance their overall development.

ALBANY UPPER ELEMENTARY MISSION STATEMENT

Albany Upper Elementary, in partnership with families and the community, is committed to develop resourceful, responsible learners.

ALBANY UPPER ATHLETICS PHILOSOPHY

We believe the ultimate Athletic program responsibility is to be a major contributor in the positive development of compassionate, knowledgeable, honest, hardworking, and morally strong young women and young men. Our **GOAL** is to develop and build the best athletic teams/individuals possible, but our **PURPOSE** is in the development of **CHARACTER, MORALS, VALUES**, and to give **HOPE** to our student-athletes.

Through encouraging and/or demanding high academic achievement, promoting great sportsmanship at all times, and instilling and modeling outstanding leadership qualities, we as an athletic family will be an important contributor in the development of the whole student-athlete.

Our Athletic program is an extension of the classroom and the educational process. It allows for an enhancement of the public-school educational experience. Although academics is the priority of our educational system, athletics teaches and develops physical, mental, and emotional attributes, not found anywhere else. Through the athletic experience, many students remain in school and achieve higher academic standards.

Athletics teach lifelong skills, develops character, and integrity. Athletics contributes to a positive work ethic, teaches us to work with others to reach common goals, teaches leadership qualities and physical limitations, and we learn to finish what is started. Through competition, we learn to handle winning and losing, how to get along with other people, deal with difficult situations, develop a “never give up attitude”, and to always strive to be the best.

As teachers first and coaches second, we must conduct ourselves in a manner that will instill and teach our athletes compassion, empathy, kindness, accountability, responsibility, respect, dedication, commitment to a cause, and that there are no short cuts to success. We will promote great sportsmanship in practice and on the day of a meet at all times. We will stress team accomplishments over individualism, but the individual effort will always be recognized. The team concept in competitive sports provide many opportunities to learn and apply to life skills such as trust, working together, communication, and reaching our physical and mental limitations and abilities. As an athletic program we will win with poise, humility, and respect for our opponents. We will learn from losing such as self-control, renewed work ethic, improved focus, better communication, recognize our weaknesses, and strengths. Our athletes will always be expected to give 100% positive effort in all they do.

Our coaching staff has the responsibility of modeling great character traits and values at all times. As a coaching staff, the behavior we display during preparation, practices, competition, and in passing will be reflected and modeled by our athletes. Finally, Athletics and all Extra Curricular Activities are a privilege and not a requirement for promotion to the next grade level. As with any privilege which gives reward or satisfaction back to the participant, there must be higher standards of behavior, conduct, thinking, knowledge, and understanding expected of you as a member of the Albany Upper Elementary athletic programs or this privilege of Athletic participation may be taken away.

GO HORNETS!

Sportsmanship Promise

Our goal is not only to be successful in our sporting endeavors, but also to act according to the ideals of good sportsmanship and good conduct both on and off the field.

Even though we are not a member of the Louisiana High School Athletic Association (LHSAA), all other Albany school are. Therefore, our athletic program will operate according to the spirit, as well as the letter of the LHSAA constitution. <https://online.flippingbook.com/view/73641460/14/#zoomtrue>

“WE RISE BY LIFTING OTHERS”

Good sportsmanship is the most important aspect of the game. Sometimes games will get intense, heated and personal; therefore, sportsmanship must be learned in order to be practiced in sticky situations. If athletes weren't reprimanded for unfit behavior, there would be no guidelines for others to follow. Of course, there's talent and hard work, which are both very important parts of sports, but without sportsmanship and self-discipline, there would likely be chaos throughout various levels of play. When athletes go “Beyond the Game,” they look outside of what it takes to win, but decide to be a good teammate, a good opponent and a good person. Everyone may have a tad bit different definition of good sportsmanship, but first-class sportsmanship leads to the same goal of high-level of competition with the outcome of creating champions who excel both on and off the playing fields.

The ability to be a good sport and displays good sportsmanship is dependent on whether we possess the human values of self-discipline, responsibility, integrity, respect and courage.

Good sportsmanship begins and ends with you!

<https://www.lhsaa.org/sportsmanship>

Equal Opportunity

We believe in the ability of the individual to participate in our athletic programs. Therefore, our policy is to provide our athletes and coaches with the opportunity to participate in our programs without regard to race, color, religion, sex, age, disability, or national origin. Should you encounter a problem or have a question regarding the department's non-discrimination policy, see one of our coaches, principal, and/or assistant principal.

STUDENT-ATHLETE ELIGIBILITY

REQUIREMENTS TO PARTICIPATE

REQUIRED PAPERWORK

All paperwork must be completed and returned to coaches before first meet. (Date of first meet: **TUESDAY, MARCH 2, 2024**)

- **Parent and/or guardian must attend AUE Athletic Program parent meeting.** If parent and/or guardian cannot attend initial meeting, s/he must contact coach BEFORE meeting. The coach will reschedule the parent meeting as soon as possible.
- **Albany Upper Elementary Athletic Program Handbook Acknowledgment Form.** Athletic Code of Conduct form, and the handbook acknowledgement form completed and signed by a student and parent/guardian. **(see appendix)**
- **OTHER FORMS:** These forms should have been completed before your child's sports try-out. If your child did not turn it in **or** it was incomplete it **MUST** be filled out and turned in before the first meet. Please check with one of the coaches after the parent meeting to make sure your child has turned in all of these forms.
 - **Louisiana High School Athletic Association Parent and Student-Athlete Concussion Statement.** (see appendix for concussion info.)
 - **Athlete Information Form.**
 - **LPPS Student Release of Liability and Hold in Harmless Agreement.**
 - **2024 Track and Field Requirement and Responsibility Sheet**

PAYMENT OF SCHOOL & SPORT FEES

- School policy requires each athlete to pay his/her class fees before competing in his/her first athletic competition. The class fee is **\$30.00**.
- Albany Upper Track and Field Team requires a **\$40.00** participation fee. The fees are to defray the expenses of the team events, equipment, and a track uniform for each child. The Track and Field fee is due on/or before, **FRIDAY, MARCH 8, 2024**.
- Ways to pay your fees:
 - Use the on-line school payment link on the AUE website: albanyupper.org
 - Press the school payment link on the Albany Upper Elementary Phone App
 - Visit our wonderful office staff at Albany Upper Elementary and pay using cash, check, or card during school hours.
 - Send your payment in your child's folder to his/her homeroom teacher. Please put payments in an envelope with Coach Angela's name on outside and your child's name on inside.

- Students with delinquent sports fees from the previous school year, will not be eligible to participate in any sports related activity until payments or payment plan has been established. Eligibility will be restored once all fees have been paid, or a first payment has been received.
- All fees are non-refundable.

SCHOOL DAY ATTENDANCE ELGIBILITY POLICY

Student-athletes are expected to be in school, on time, and attending all classes.

To be eligible to participate in any after-school activity, students must attend school for half-a-day or have a doctor's excuse. [Half-a-day is 12:00pm]

All students are required to participate in their regularly scheduled Physical Education classes. Students being medically excused from Physical Education may not participate in their team practice or game for that day.

SCHOOL DISCIPLINE: OFFICE REFERRAL

Any student referred to the office for a rule's violation may be denied the privilege of participation in all athletic activities at all levels of competition for a period determined by either the principal, assistant principal, or coach.

When school personnel learns that a student has violated or is suspected to have violated any rule, the principal, assistant principal, and/or coach shall be notified immediately. The investigation shall be initiated within 72 hours of notification.

Violations shall be determined based on the totality of all reasonable available evidence. The principal and/or assistant principal shall have the authority to hear testimony, receive sworn statements and evidence and take any other reasonable actions necessary to reach a decision.

The principal and/or assistant principal will inform the student and attempt to inform the parents of the disciplinary action.

Practices missed because of disciplinary action will be UNEXCUSED, unless athlete was not disciplined after principal/assistant principal denied privileges.

[Example: If a student has a morning detention which results in missing cross-country practice, the missed practice will be UNEXCUSED.]

SCHOOL SUSPENSION [IN-SCHOOL OR OUT-OF-SCHOOL]

Student-athletes are expected to abide by the regulations and guidelines outlined in the Parent Student Handbook as well as the Athletic Program Code of Conduct. If a student has a school suspension s/he is NOT ELIGIBLE to participate in any Albany Upper Elementary Sports Program for that school year.

If you do not agree with principal and/or assistant principal decision see the district policy on due process.



An athlete suspended during the sports season will be removed from the team effective immediately.

ACADEMIC ELIGIBILITY

If a student earns an F on any grading period, s/he will be suspended. The student can be reinstated when academics stability is demonstrated.

If the student breaks meet attendance while on academic suspension s/he will be released from the team.

Athletes will not be able to attend team practices while on academic suspension. While on academic suspension athletes will be excused from team practices IF s/he performs at-home trainings and returns signed copy of training worksheet to coach.

ATHLETIC OBJECTIVES

1. First and foremost, you are expected to be an outstanding student in the classroom and get a great education.
2. Keep as many student-athletes as possible in a disciplined, positive, nurturing, and good environment.
3. Instill good habits, sound morals, exemplary citizenship, and a high standard of sportsmanship in the pupils of Albany Upper Elementary.
4. Encourage students to grow physically, mentally, emotionally, spiritually, and socially.
5. All athletes should have an appreciation for optimum health and physical fitness. The importance of proper rest, good eating habits and cleanliness should be stressed at every opportunity.
6. Develop all programs in such a manner that the end result will be one of positivity, unity, harmony, and success.
7. Instill in all athletes the desire to represent their school and community in a manner that will make the school administrators, coaches, parents, teachers, and other citizens of the community proud of them.
8. Emphasize to athletes at all levels of competition, the realization that athletic competition is a privilege that carries definite responsibilities. Some of these are: training, loyalty, eligibility, improvement, courage, and perseverance.
9. Create in all student athletes a greater interest in the value of education. 10
10. Maintain and conduct the most successful Athletic Program possible.

THE ALBANY UPPER STUDENT-ATHLETE

There are many advantages of being a member of an athletic team at Albany Upper Elementary. However, there are some realities each student-athlete needs to be aware of before accepting the challenge of becoming a student-athlete for our school, such as:

1. You must pass all classes to be eligible to play and are expected to excel in the classroom.
2. You will have to practice every day, either before or after school, Saturdays and possibly Holidays. If you are not practicing as part of the team, you should be performing an individual work-out.
3. Do not expect favors because you are an athlete; expect a challenge.
4. You will be expected to be well-behaved on and off the track. What you do off the track may get you suspended or dismissed from athletic participation.

STUDENT-ATHLETE EXPECTATIONS/STANDARDS

As a Student-Athlete:

1. You are expected to get an outstanding education. ACADEMICS **is** your priority.
2. You are expected to be at school. School attendance is required every day. Truancy is unacceptable. Be in class, on time, every day!
3. Be loyal and respectable to your teachers, coaches, teammates, family, administration, and school.
4. You are expected to demonstrate exemplary conduct, on and off campus, year around, 24/7, 365 days.
5. Be totally honest in all your dealings. Admit your mistakes, faults, digressions and become better from it.
6. Place the goals of the team above any self-interest, thereby disciplining yourself to make the personal sacrifices to achieve team goals. Individual successes will always be recognized and applauded.
7. You are expected to give your total effort, to make the most of the skills that you have been blessed.
8. Go to practice EVERY DAY! There are very few acceptable excuses to miss a practice. (See meet and practice attendance in the Albany Upper Athlete Code-of-Conduct section of the AUEAPH]
9. Not to be engaged in fighting, profanity, or trash talk. Remember, people don't see you; they see the school's name across your chest. Unsportsmanlike conduct, etc... is unacceptable.
10. Students must earn passing grades on ALL grading periods. (See academic eligibility in the Albany Upper Athlete Eligibility section of the AUEAPH]
11. NO HAZING/BULLYING/INTIMADATION will ever be tolerated. This includes any activity intentionally taken in which any student(s) humiliates, degrades, or physically or mentally abuses any other student. This includes through SOCIAL MEDIA.
12. Engaging in taking pictures/videos in locker rooms, while at practice, or while on athletic trips will not be tolerated. Including inappropriate use of cell phones and SOCIAL MEDIA outside of school time or off school property can lead to suspension or dismissal from our athletic program.

****Any violation of the above expectations may lead to consequences such as being put on probation, suspended, or dismissal from the Albany Upper Athletic program all together.**

ALBANY UPPER ATHLETE CODE OF CONDUCT

ATHLETE CODE-OF-CONDUCT

TRUSTWORTHINESS

Trustworthiness - Be worthy of trust in all I do.

Integrity - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor. Do what is right even when it is unpopular or personally costly.

Honesty - Live and compete honorably. Never lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability - Fulfill commitments. Do what I say I will do. Be on time to practices and games.

Loyalty - Be loyal to my school and team. Put the team above personal glory.

RESPECT

Respect - Treat all people with respect at all times, and require the same of other student-athletes.

Class - Live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Give fallen opponents help, compliment extraordinary performance and show sincere respect in pre and post-game rituals.

Disrespectful Conduct - Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks, trash-talking, taunting, boastful celebrations or other actions that demean individuals or the sport.

Respect Officials - Treat contest officials with respect. Do not complain about or argue with official calls or decisions made during an athletic event.

RESPONSIBILITY

Importance of Education - Be a student first, and commit to getting the best education I can.

Role Modeling - Consistently exhibit good character and conduct myself as a positive role model. Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor both on and off the field. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

Self-Control - Exercise self-control. Do not fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate.

Healthy Lifestyle - Safeguard my health. Do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game - Protect the integrity of the game. Play the game according to the rules.

FAIRNESS

Be Fair - Live up to the highest standards of fair play. Be open-minded, and always be willing to listen and learn.

CARING

Concern for Others - Demonstrate concern for others. Never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.

Teammates - Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

Play by the Rules - Maintain a thorough knowledge of and abide by all applicable game and competition rules.

Spirit of Rules - Honor the spirit and the letter of the rules. Avoid temptations to gain competitive advantage through improper techniques that violate the highest traditions of sportsmanship.

Albany Upper Elementary provides the Athletic program for the benefit of the students. The belief is participation in our Athletic Program can provide students the opportunity to learn responsibility, dedication, leadership, hard work, and respect for rules, respect for authority and many other positive qualities. Regulations are established to promote these qualities and to help build and maintain strong programs. It is recognized that some of the expectations for students involved in extracurricular activities exceed the expectations for the general student body. Student-Athletes are held to a higher standard of conduct and behavior because you have chosen to represent our school and community in athletic events in and out of Livingston Parish. Athletics and all Extra Curricular Activities are a privilege and not a requirement. As with any privilege which gives reward or satisfaction back to the participant, there must be higher standards of behavior, conduct, thinking, knowledge, and understanding expected of you as a member of the Albany Upper Elementary Athletic Program or this privilege of Athletic participation may be taken away. Student-Athletes are expected to follow all School Policies, District Policies and all Athletic Program-specific procedures. Violations of the rules will result in consequences and/or corrective and/or disciplinary action. The facts and circumstances will be taken into consideration when determining consequences for rule violations. It is the desire of our Albany Upper Elementary coaches and Administration to educate and counsel our student athletes on the harmful effects of a violation of this Athletic Code of Conduct and the potential consequences inflicted upon themselves, their families, and their respective teammates should they choose to breach the Athletic Code of Conduct. It is also the intent of the Code of Conduct to provide a clearly defined course for our student athletes to follow and instill a belief that a one-time infraction need not result in a permanent pattern in life. In all instances of an alleged violation of the Code of Conduct the student will be provided due process. The process for determining a violation of the Code of Conduct will be established by the Albany Upper Administration and/or coaches.

MEETS & PRACTICE ATTENDANCE

As a member of a sports team, attendance to all practices and meet is expected and a responsibility that is taken on by both student-athletes and their parents. If a student is absent, it impacts the team and athlete's ability to function and operate at their best. For these reasons, practice and meet attendance is mandatory.

ABSENCE FROM PRACTICE

EXCUSED

- The athlete must provide, in writing (or email/text), advance notice to a coach.
- Unavoidable absence in which the parent and/or athlete informs the coach before or on the day of the day of the missed practice. *(Coaches reserve the right to decide whether or not the absence was avoidable or not)*

UNEXCUSED

- All absences not falling into the excused category fall into the unexcused category.

Consequences - Unexcused absences will not be tolerated. If a player has 3 or more UNEXCUSED missed practices, they will be off the team.

ABSENSE FROM MEET

EXCUSED

- Advance notice to the coach.
- In emergency situations, notify the coach as soon as possible.

UNEXCUSED

- All absences not falling into the excused category fall into the unexcused category.

Consequences - Missing two or more Track and Field Meets will result in students not being eligible to receive Cross Country team rewards and/or attend Athletic Day.
If meet absences are excused the attendance of Athletic Day and team awards will be left to the discretion of the coaches.

PRACTICE TARDY & LATE PICK-UP

- 5 UNEXCUSED before school practice tardies and/or late pick-ups from after-school practice will result in dismissal from the team.
- Communicate with a coach if you will be late. It will be left to the coaches' discretion if the tardy and/or late pick-up will be excused or not.
- When athlete reaches 3 UNEXCUSED tardy/late pick-ups a coach will notify parent and/or guardian.

STUDENT USE OF PERSONAL ELECTRONIC DEVICES

LPPS School Board Policy states personal devices are **NOT permitted ON CAMPUS FOR ANY REASON** for students in grades PK – 5.

If a coach has reasonable belief your child is in possession of an electronic device, she **WILL** search your child's belongings. If an electronic device is found it will be turned in to the office for further disciplinary action.

LPPS Policy:In accordance with LPPS Student Searches Policy any teacher, principal, administrator, or school security guard employed by the School Board, **having a reasonable belief that any public school building**, desk, locker, area or grounds of any public school contains any weapons, illegal drugs, alcoholic beverages, nitrate based inhalants, stolen goods, or other items the possession of which is prohibited by any law, **School Board policy, or school rule**, may search such building, desk, locker, area or grounds of said public school.....

SOCIAL MEDIA/WEBSITES/ELECTRONIC COMMUNICATION

Any communication, on or off campus, including, but not limited to, Instagram, Snapchat, Twitter, Facebook, photo sharing, inappropriate texting that is published or appearing on the internet is public domain even if it is marked private. Athletes are responsible for texting and electronic communications on the internet through their personal websites as well as postings on other athlete's websites. The areas of inappropriateness will include, but are not limited to, language (abbreviated or alluding to negative, lewd, vulgar or obscene comments about any individuals), pictures, suggestive poses, clothing, and reference to alcohol, drugs, and tobacco. Communication on the internet or by electronic means by athletes that are published and as a result cause disruption or damage to school district property any LPPS property or another school district are also inappropriate. Any student athlete involved in inappropriate, disruptive, negative, lewd, obscene, or sexual pictures, comments, or statuses on any social networks may result in suspension or dismissal from their sport or our Athletic program. Students must remain aware that being a part of an extracurricular activity is considered an honor and a privilege and not a right. The Albany Upper Elementary principal and/or assistant principal will determine the consequences using the LPPS policy. The additional athletic consequence will follow using the Student-Athlete Eligibility Section of the Albany Upper Elementary Athletic Handbook.

BULLYING/HARASSMENT/HAZING

The Livingston Parish School Board and Albany Upper Elementary are committed to maintaining a safe, orderly, civil and positive learning environment so that no student feels threatened while in school or participating in school related activities. Students and their parents/guardians shall be notified that the school, school bus and all other school environments are to be safe and secure for all. Therefore, all statements or actions of **bullying, cyberbullying, intimidating, threatening, harassing, hazing, or any other violent nature** made on campus, at school sponsored activities, on school buses, at school bus stops, and in route from home to the bus stop and from the bus stop home shall not be tolerated. Even if made in a joking manner, these statements or actions threatening other students, school personnel, or school property shall be unacceptable. It is the right of any AUE student to report immediately any form of harassment/bullying by anyone, to any employee on the campus. It is then the responsibility of the adult to report the harassment to the administration who will then investigate all reported instances of harassment and take appropriate,

corrective measures. Albany Upper Elementary School is committed to maintain a safe, orderly, civil and positive learning environment so that no students feel bullied, threatened, or harassed while in school or participating in school-related activities. The Louisiana Department of Education defines bullying/harassment as “UNWANTED and REPEATED written, verbal, or physical behavior, including any threatening, insulting, or dehumanizing gesture, by an adult or student.” If bullying occurs at Albany Upper Elementary School, we are committed to following Bullying and Hazing Policy JCDAF of the Livingston Parish Public School System. The Albany Upper Elementary principal and/or assistant principal will determine the consequences using the LPPS policy. The additional athletic consequence will follow using the Student-Athlete Eligibility Section of the Albany Upper Elementary Athletic Handbook.

FIGHTING

Fighting will not be tolerated. No student athlete shall, while on or off school premises, be involved in fighting at any time. The Albany Upper Elementary principal and/or assistant principal will determine the consequences using the LPPS policy. **ANY ALBANY UPPER ELEMENTARY ATHLETE GUILTY OF FIGHT WHILE AT SCHOOL OR DURING A SCHOOL FUNCTION WILL BE DISMISSED FROM THE PROGRAM.**

STEALING/THEFT

Taking things that do not belong to you, especially from your teammates will not be tolerated. An athlete caught or proven to have stolen anything, on or off campus, will have consequences from the Albany Upper Elementary administration. The additional Athletic consequences below, will follow the Student-Athlete Eligibility Section of the Albany Upper Elementary Athletic Handbook.

ALBANY UPPER PARENT CODE OF CONDUCT

PARENT/COACH COMMUNICATION GUIDE

PARENT/COACH RELATIONSHIP

Both parenting and coaching can be quite trying at times. By understanding and respecting the position of both parents and coaches, children are better served through their experience in athletics. Clear communication between parents and coaches can help all understand the position of the other and enhance the positive experience that can be gained from participation in athletics.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Philosophy of the coach.
- Expectations and goals the coach has for your child as well as the team and season.
- Location and times of all practices and meets.
- Team requirements, special equipment, strength, and conditioning programs.
- Procedure if your child is injured during participation.
- Team rules, guidelines, and consequences for infractions.
- Team selection process.

COMMUNICATION COACHES EXPECT FROM PARENTS

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

As your child becomes involved in athletics, he or she will experience some of the most rewarding moments of their lives. It is important to understand there may also be times when things do not go the way your child wishes. At these times, discussion with the coach is encouraged. Speaking to your coach (not the Principal or Head Coach) is the first and most important step to understanding and resolution.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

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

COACHES ARE EDUCATORS, FIRST AND FOREMOST

It is very difficult to accept your child not doing as well as you hoped. Coaches are educators. They make decisions based on what they believe to be best for all student-athletes and the educational goals of the Albany Upper Athletic Program. There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important all parents involved have a clear understanding of the other person's position. When a conference is necessary, the procedure outlined within should be used to help resolve any concerns.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH PLEASE FOLLOW THIS PROCEDURE

FOLLOW THE CHAIN OF COMMAND

Call **YOUR COACH** (not the Principal) to set up an appointment.

- You can contact a coach by:
 - Email Coach Angela, Coach Donna, or Coach Missy.
 - Calling the main office and leaving a message Coach Angela, Coach Donna, or Coach Missy.
 - Texting Coach Angela's personal cell.
- Please do not attempt to confront a coach before, during or after a meet or practice. If there is an issue, everyone needs to be in the correct headspace to tackle the problem. It is best if we have all hands-on deck and all the information so we can work together, as a team, so we can have a positive resolution.

THE NEXT STEP

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

- If you still feel you are not being treated fair after following the procedure above and meeting with the three coaches, contact the Albany Upper Elementary administration for a meeting.
- After meeting with the A.U.E. administration, the next step can be determined.

PARENT CODE OF CONDUCT

- Make sure your child understands that win or lose, you love him or her.
- Be realistic about your child's athletic ability.
- Help your child set realistic goals.
- Emphasize "improved" performance, not winning.
- Don't relive your own athletic past through your child.
- Control your emotions at athletic events.
- Be the biggest supporter for child and for other children on the team.
- Respect your child's coaches. Communicate with them in a positive way. Encourage others to do the same.
- Be a positive role model.
- Be sensible, responsible and keep your priorities in order. There is a lot more at stake than a win or a loss.

GREAT SPORTSMANSHIP

Begins at HOME with RESPECT for YOURSELF and OTHERS!

TRACK & FIELD TEAM

IN THE CLASSROOM

This program was started many, many years ago to give students a sense of ownership/pride in his/her school and destiny. With the hopes that with this ownership/pride the student would develop skills necessary to be achieve success in the classroom and out.

The Albany Upper Elementary faculty will receive a team list to help identify the members of our athletic program. As coaches we expect nothing but the best from these student-athletes inside the classroom and out, the teachers help us hold our athletes to this standard.

ACADEMIC ISSUE

The athlete's education is more important than his/her participation in athletics. A member of the Albany Upper Athletics program is expected to be in class, participate in teacher designed activities, and always give his/her best effort.

Student/Coach – If a student-athlete is having a problem in the classroom it's always best for the student to approach with the coach with the problem first. This demonstrates the student's diligence to learn/improve, responsibility towards his/her education, and s/he will probably know sooner than anyone that s/he is having an issue with the subject matter. Once the student meets with the coach the coach will:

1. Communicate problem with teacher and come up with game plan(s) for student-athlete.
2. Meet with student and discuss game plan(s).
 - If more than one game plan, student decides which one. (Get back with teacher on game plan).
3. Contact parent and/or guardian to discuss game plan.
4. Check-in with teacher prior to student weekly check-in (part of game plan). Progress?
5. Student check-in (part of game plan). How is progress?
 - If student has progress continue.
 - If student doesn't see any progress start back at number 1.
 - Change to another game plan?
6. Update parent/guardian.

Teacher/Coach – Coaches and teachers keep an open line of communication. If a student-athlete is having an academic problem in the classroom the teacher and the coach will:

1. Communicate problem with teacher and come up with game plan(s) for student-athlete.
2. Meet with student and discuss game plan(s).
 - If more than one game plan, student decides which one. (Get back with teacher on game plan).
3. Contact parent and/or guardian to discuss game plan.
4. Check-in with teacher prior to student weekly check-in (part of game plan). Progress?
5. Student check-in (part of game plan). How is progress?

- If student has progress continue.
 - If student doesn't see any progress start back at number 1.
 - Change to another game plan?
6. Update parent/guardian.

Parent/Coach -If a student-athlete is having a problem in the classroom it is always best for the parent to reach out to the student's teacher. However, if the parent and/or guardian has already tried that route or feels more comfortable reaching out to the coach that is okay. Everyone at Albany Upper wants what is best for the child so whatever gets the job done we are willing to do it. If a student-athlete is having an academic problem in the classroom the parent needs to be as clear about the problem as possible when s/he reaches out to the coach, this will help when talking with the teacher. Once the coach gets all the information she will:

1. Communicate problem with teacher and come up with game plan(s) for student-athlete.
2. Meet with student and discuss game plan(s).
 - If more than one game plan, student decides which one. (Get back with teacher on game plan).
3. Contact parent and/or guardian to discuss game plan.
4. Check-in with teacher prior to student weekly check-in (part of game plan). Progress?
5. Student check-in (part of game plan). How is progress?
 - If student has progress continue.
 - If student doesn't see any progress start back at number 1.
 - Change to another game plan?
6. Update parent/guardian.

Any grading period report (Interims and Report Card) should be brought to a coach for review. (see Student-Athlete Eligibility - Academic Eligibility Section)

BEHAVIOR ISSUE

During the team try-out process the coaches discuss each athlete. If the coaches do not believe or see potential in the athlete's ability to use self-control and self-discipline skills to demonstrate exemplary conduct s/he is cut from the team. Therefore, ALL members of the Albany Upper Elementary Athlete program should demonstrate exemplary conduct, on and off campus at all times.

Teacher/Coach – Coaches and teachers keep an open line of communication this is especially helpful if a student-athlete is not meeting behavioral expectations.


1. Teacher/Coach will discuss how the student-athlete is failing to meet behavioral expectations.
2. Student/Coach Conference- The coach and student-athlete have an informal meeting where the coach will sit down and discuss the behaviors the student-athlete is failing to meet. The coach will help the determine why s/he is failing to meet these expectations and give some pointers of behavioral changes.
3. Coach checks up with Teacher and Student.
 - a. Verbally
 - b. Email (teacher)
 - c. Sit in on a class.
 - d. Another conference

4. If student-athletes continue to not meet expectations teacher and coach will meet again to put in a game plan(s) for student-athlete.
5. Coach will meet with student-athlete and introduce game-plan(s). Coach will also go through AUEAH Discipline Referral Section.
6. Coach will reach out to parent or guardian to inform them of behavioral game plan that we have put in place.
7. Coach will check in with Teacher and Student using the way we discussed in our game plan and report results to parent or guardian.
8. Adjust or stop the game plan as needed.

PRACTICES

Please check school day attendance eligibility policy in the Student-Athlete Eligibility section if your child needs to miss a day of school during a meet or practice.

MORNING PRACTICE

- 7:00 a.m. – 7:50 a.m.
-  **NEW RULE via ALBANY POLICE DEPARTMENT: NO ONE** can line up for practice until **AFTER 6:55 a.m.. PLEASE DO NOT** come into the gate, **ALL** parents must stay outside west gate until a coach opens gate to allow runners in.
- Gate will stay open from **7:00 a.m. – 7:10 a.m.** If you drop off runner after gate is closed you must bring them into gym. (See rule about tardies in the Albany Upper Athlete Code-of-Conduct section)
- Please make sure all students have everything necessary for school before leaving the house.
- Breakfast- Check breakfast menu. Runners will finish in time to get ready for school & eat breakfast school provides and/or breakfast from home.

AFTER-SCHOOL PRACTICE

- After School – 4:30 p.m.
- **Please know what days we have after-school practice.** (See rule about late pick-up in the Albany Upper Athlete Code-of-Conduct Section)
- Office will call the runners to the gym at 3:15 to change clothes and prepare for practice.
- We will use the A.U.E. car pool area and procedures to pick up your athlete from practice.

SNACKS

- Snacks will be provided for all athletes during the school day & during meets. If an athlete cannot follow rules & procedures with the snacks given to them, his/her snack privilege will be taken away.

The office will not allow students to call home with anything related to Track and Field. However, ALL athletes can call home using Coach Angela's cell phone. Please save Coach Angela's cell phone number in your phone. If you don't answer the phone student's will be told to leave a message. If possible, just text Coach Angela the answer back and she will get the message to your child.

AT-HOME PRACTICE

It is not enough just to practice at school. In order to do your best you must practice at home as well. During practices athletes will be learning technique and other things coaches will expect athletes to continue to work on at home. See Appendix and <https://auehornets.weebly.com/> for at home practices to do.

TRACK AND FIELD MEETS

Uniform – Albany Upper Elementary Track jersey and black short/tights. If it is cold athletes can wear a shirt under his/her uniform but his/her uniform must be on top when s/he runs.

Shoes – A good pair of running shoes is perfect for track meets. If you would like to purchase a pair of spikes for your athlete make sure the spikes are no larger than 1/4. Athletes that wear spikes must also have alternate running shoes to wear for practices. They must also have extra shoes for meets if they throw the shot put, throw the discus, and/or high jump.

Equipment Sizes –

- **Hurdles** – 30 inches tall
- **Turbo Javelin** - 400 gms.
- **Shot Put** - 6 lbs.
- **High Jump** - Starting Heights Girls 2'10"/Boys 3'2"

***Note: Coaches will provide all the equipment your athlete will need during practice & meets.*

Meet Schedules – Runners will receive a note home & information will be posted on the Albany Upper Elementary App the day before each Track and Field Meet. Please take the time to read the information thoroughly. **The events your athlete will compete and meet schedules will change from meet to meet, PLEASE pay close attention to each schedule sent out.**

****If your athlete has a conflict for any meet please let the coaches know asap. Things the coach needs to know:**

- Will the athlete be able to make the meet at all?
- What time can they make it to the meet?
- What time can do they need to leave the track?

MEET DAY

Admission:

- Adults - \$6.00
- Children - \$3.00
- Athletes – FREE

ALL ATHLETES MUST HAVE A REPRESENTATIVE AT EACH MEET. REPRESENTATIVES MUST **STAY THE ENTIRE MEET! ATHLETES SHOULD NEVER BE LEFT ALONE AT THE MEET.**

Important items you might want to pack:

- Chair(s).
 - There are bleachers for parents to sit but it is easier to find the kids if they do not show up for an event if they are at the team area.
 - Athletes behavior will be the parent's responsibility! Coaches will not be at the team tent/area, they will be in the middle of the track coaching and making sure athletes check in to their events.

- Student-Athletes are expected to follow all School Policies, District Policies and all Athletic Program-specific procedures at school and school events (Track and Field Meets). See Athlete Code-of Conduct for further details.
- Blanket or sunscreen depending on the weather. ☺
- Water or drink for athlete with athlete's name on it.
 - We will provide an ice chest with ice in it for athlete to place drink, just not the drink.
 - We will also provide a small snack for the athletes.

What should the athlete do once they get to the track:

All athletes should be at track facility and inside track gates by the time indicated on his/her schedule each week. Once at track athletes should: (see Appendix for directions and SLU Track and Field Facility Track Meet Map).

- Go to team area/tent to collect his/her wristband.
 - The athlete's wristband will help him/her remember the event(s) s/he is participating in. It is their job to listen and be at the check-in area for each event.
- Warm-up & Stretch
- Stay at team area until their event is called.

Coaches and athletes are the only people allowed inside the fenced in area (infield).

- We are required to work events and sometimes we may need help on the infield. If you have the knowledge of how a track meet runs and would like to help please let a coach know. If the coaches need your help one will pull you to help on the infield. Thanks!!

Once the athlete has finished ALL his/her event(s) they are okay to leave the facility. As soon as the coach gets the results of the meet it will be posted on the Albany Upper Elementary App and runners will get a copy of the results the next school day.

HEALTH CONCERNS

HEAT RELATED ILLNESS

Heat-related illness in athletes can be prevented if coaches and athletes are properly educated about heat safety. Below are some tips to help keep you healthy if you plan to exercise while it's hot outside:

Drink Plenty of Fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

- **Stay away from very sugary or alcoholic drinks**—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

Replace Salt and Minerals: Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.

- If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

Know the Signs: Learn the signs and [symptoms of heat-related illnesses](#) and how to treat them. (See the appendix for heat related illnesses and what to look for.)

Wear Appropriate Clothing: Choose lightweight, loose-fitting clothing.

Monitor a teammate's condition, and have someone do the same for you.

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



CDC/NIH

WHAT IS DEHYDRATION?

Dehydration occurs when an athlete has less body fluid than they need. Below are some tell-tale signs of thirst and dehydration in young athletes:

- Decreased attention.
- Complaints of stomachaches.
- Vomiting.
- Dropping to one knee.
- Fever.

When dehydration sets in, kids will not be as energetic. If you suspect your child is dehydrated, get them in the shade and make sure they are alert. Then, cool them down with ice packs and have them sip **small** amounts of fluid, if they can.

If your child is dehydrated, they need to rehydrate — which means that they need to replace the water they lost along with salt and sugar. They can rehydrate by regularly drinking small amounts of liquids.

Mild dehydration can often be treated at home. If your child shows severe signs of dehydration, call your doctor. If your child is very sleepy or unresponsive, call 911 or head to your local emergency department immediately.

PREVENTING DEHYDRATION

Preventing dehydration is all about preparation.

BEFORE PRACTICE OR MEET DAY

Get plenty of fluids in the days before your sports practice or activity. Make sure you're also eating water-rich fruits and vegetables, like watermelon and berries.

One recommendation is that kids should drink 12 to 18 ounces before physical activity.

DURING PRACTICE OR MEET

Make sure to take a fluid break every 15 to 20 minutes throughout practice and games.

During these fluid breaks, the American Academy of Pediatrics (AAP) recommends that kids and teens drink the appropriate amount of water for their bodies, like:

- 5 oz. for an 88-pound child every 20 minutes.
- 9 oz. for a 132-pound adolescent every 20 minutes.

AFTER PRACTICE OR YOUR MEET

Try to hydrate with water. If you don't like water, flavored water is fine.

Chocolate milk, low-sugar sports drinks and a salty snack are also great recovery fuel after your practice and game. Avoid sugary drinks, energy drinks and carbonated beverages that can upset your stomach.

**Student-Athletes can place water bottles in refrigerator in coach's office.
Make sure name is on water bottle.**

LOUISIANA YOUTH CONCUSSION ACT

LHSAA BASIC CONCUSSION RULE

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness to have suffered a concussion.

Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

STUDENT-ATHLETES/PARENTS INFORMATION

- A Fact Sheet for Athletes (Center for Disease Control and Prevention or CDC)
- A Fact Sheet for Parents (Center for Disease Control and Prevention or CDC)
- A Parent's Guide to Concussion in Sports (National Federation of State High School Association or NFHS)
- A Home Instruction Sheet (LHSAA Sports Medicine Committee)
- A parent and Student-Athlete Concussion Statement (LHSAA Sports Medicine Committee).
Complete and turn in.



A Fact Sheet for **ATHLETES**

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and fit well
 - Used every time you play

It's better to miss one game than the whole season.

For more information and to order additional materials **free-of-charge**, visit:
www.cdc.gov/ConcussionInYouthSports

For more detailed information on concussion and traumatic brain injury, visit:
www.cdc.gov/injury



A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

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

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.



A Parent's Guide to Concussion in Sports

What is a concussion?

- A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

Concussion Facts

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but girl's lacrosse, girl's soccer, boy's lacrosse, wrestling and girl's basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache
Is confused about what to do	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	

What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to "diagnose" a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing.

When in doubt, sit them out!

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department immediately.

When can an athlete return to play following a concussion?

After suffering a concussion, **no athlete should return to play or practice on that same day.** Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in both Oregon and Washington to pass laws stating that **no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she are allowed to return to play in games or practices.** The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by health care professional knowledgeable in the care of sports concussions he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

- Step 1:** Light exercise, including walking or riding an exercise bike. No weight-lifting.
- Step 2:** Running in the gym or on the field. No helmet or other equipment.
- Step 3:** Non-contact training drills in full equipment. Weight-training can begin.
- Step 4:** Full contact practice or training.
- Step 5:** Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.

How can a concussion affect schoolwork?

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization.

In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

What can I do?

- Both you and your child should learn to recognize the "Signs and Symptoms" of concussion as listed above.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season's sports.

Other Frequently Asked Questions

Why is it so important that an athlete not return to play until they have completely recovered from a concussion?

Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

Is a "CAT scan" or MRI needed to diagnose a concussion?

Diagnostic testing, which includes CT ("CAT") and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g. skull fracture, bleeding, swelling), they are not normally utilized, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete's story of the injury and the health care provider's physical examination.

What is the best treatment to help my child recover more quickly from a concussion?

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms

lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

How long do the symptoms of a concussion usually last?

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

How many concussions can an athlete have before he or she should stop playing sports?

There is no "magic number" of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete's risk for further and potentially more serious concussions. The decision to "retire" from sports is a decision best reached following a complete evaluation by your child's primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

I've read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?

The issue of "chronic encephalopathy" in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics.

In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or shear force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion.

Some of this information has been adapted from the CDC's "Heads Up: Concussion in High School Sports" materials by the NFHS's Sports Medicine Advisory Committee. Please go to www.cdc.gov/nclipc/tbl/Coaches_Tool_Kit.htm for more information.

If you have any further questions regarding concussions in high school athletes or want to know how to find a concussion specialist in your area please contact Michael C. Koester, MD, ATC and Chair of the NFHS Sports Medicine Advisory Committee at michael.koester@slocumcenter.com.

April 2010

Louisiana High School Athletic Association
Concussion Information: Home Instruction Sheet

Name: _____

Date: _____

You have had a head injury or concussion and need to be watched closely for the next 24-48 hours.

It is OK to:	There is no need to:	DO NOT:
Use Tylenol (acetaminophen)	Check eyes with a light	Drink Alcohol
Use an ice pack to head/neck for comfort	Wake up every hour	Eat spicy foods
Eat a light meal	Stay in bed	Drive a car
Go to sleep		Use aspirin, Aleve, Advil or other NSAID products

Special Recommendations: _____

WATCH FOR ANY OF THE FOLLOWING PROBLEMS:	
Worsening headache	Stumbling/loss of balance
Vomiting	Weakness in one arm/leg
Decreased level of Consciousness	Blurred Vision
Dilated Pupils	Increase Irritability
Increased Confusion	

If any of these problems develop, call your athletic trainer or physician immediately.

Athletic Trainer: _____

Phone: _____

Physician: _____

Phone: _____

You need to be seen for a follow-up examination at _____ AM/PM at: _____

Recommendations provided to _____

Recommendation provided by _____



APPENDIX

30 Minute FARTLEK WORKOUT *for runners*

- 5 minute easy warm up
- 3 minutes hard
- 3 minutes recovery
- 5 minutes hard
- 2 minutes recovery
- 2 minutes hard
- 2 minutes recovery
- 3 minutes hard
- 5 minute easy cool down

runinfor sweets.com

PYRAMID FARTLEK WORKOUT

total time: 31 minutes

4-MINUTE WARM-UP

:30 fast / :30 slow

:30 fast / :30 slow

1:00 fast / 1:00 slow

2:00 fast / 1:00 slow

2:00 fast / 1:00 slow

1:00 fast / 1:00 slow

REPEAT

3-MINUTE COOL-DOWN



DIRECTIONS TO SOUTHEASTERN UNIVERSITY TRACK & FACILITY COMPLEX

Albany Upper Elementary School

29777 S Montpelier Rd, Albany, LA 70711

↑ 1. Head north on S Montpelier Rd toward W Murray
45 sec (0.2 mi)

↪ 2. Turn right onto Florida Blvd/U.S. Hwy 190 E
Continue to follow U.S. Hwy 190 E
6 min (4.2 mi)

Continue on Crapanzano Rd to your destination in
Hammond

8 min (3.8 mi)

↶ 3. Turn left onto Crapanzano Rd
1.0 mi

↪ 4. Turn right onto Wardline Rd
0.4 mi

↑ 5. Continue onto LA-3234/W University Ave
2.2 mi

↪ 6. Turn right onto SGA Drive
361 ft

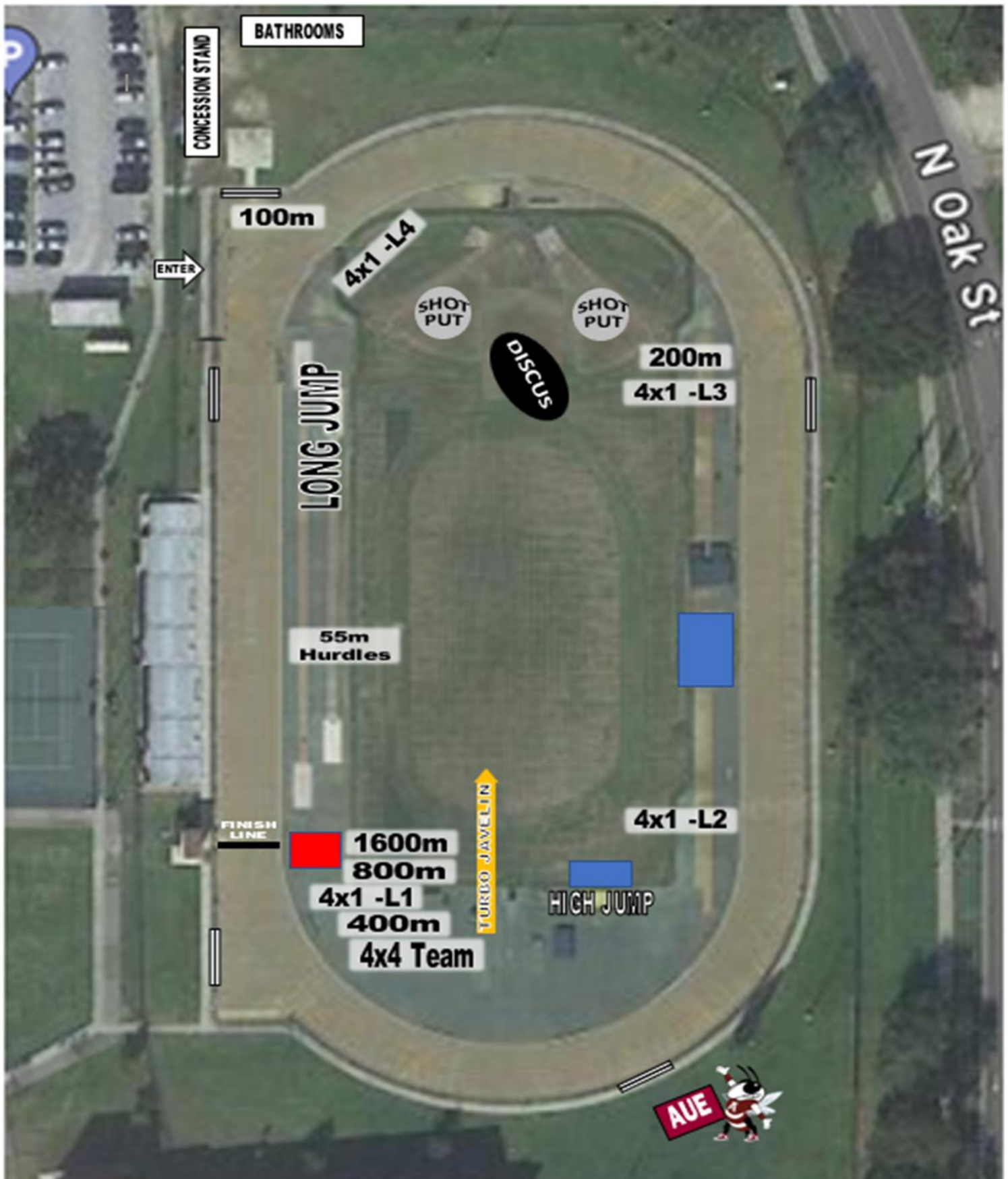
↶ 7. Turn left onto Roomie Rd
387 ft

↪ 8. Turn right
Destination will be on the left
184 ft

Southeastern Track Complex

1500 N Oak St, Hammond, LA 70401

SLU TRACK & FIELD FACILITY TRACK MEET MAP



== Gate entrance to track area.









February 2024

Update: 2/7/2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
		Group 1 Try-out Before School Group 2 Try-out After School- 5 pm	SMOOTHIES	Group 2 Try-out Before School Group 1 Try-out After School- 5 pm	Track Team Envelopes Given Out INTERIMS	Track Members at <u>Home Work-Out</u> Jog 1 mile/Stretch 5-100m sprints Stretch
11	12	13	14	15	16	17
		Track Members at <u>Home Work-Out</u> Jog 1 mile/Stretch 2-100m sprints 2-200m sprints 1-400m run Stretch	Track Members at <u>Home Work-Out</u> Jog 1 mile/Stretch 3-100m sprints 3-200m sprints 2-400m run Stretch	Track Members at <u>Home Work-Out</u> Jog 1 mile/Stretch 10-100m sprints Stretch	Track Members at <u>Home Work-Out</u> Jog 1 mile/Stretch 2-100m sprints 2-200m sprints 1-400m run Stretch	Track Members at <u>Home Work-Out</u> Jog 1 mile/Stretch 5-100m sprints Stretch
18	19	20	21	22	23	24
		Track Members at <u>Home Work-Out</u> Jog 1 mile/Stretch 2-100m sprints 2-200m sprints 1-400m run Stretch	Track Practice Before School (7:00 a.m. till school time)	Track Practice After School – 4:30 p.m. *Mandatory Parent Meeting at 4:30 p.m.	Track Members at <u>Home Work-Out</u> Jog 1 mile/Stretch 2-100m sprints 2-200m sprints 1-400m run Stretch	Track Members at <u>Home Work-Out</u> Jog 1 mile/Stretch 5-100m sprints Stretch
25	26	27	28	29	1	2
		Track Members at <u>Home Work-Out</u> Jog 1 mile/Stretch 2-100m sprints 2-200m sprints 1-400m run Stretch	Track Practice Before School (7:00 a.m. till school time)	Track Practice After School – 4:30 p.m.	Track Members at <u>Home Work-Out</u> Jog 1 mile/Stretch 2-100m sprints 2-200m sprints 1-400m run Stretch	TRACK MEET SLU Track Facility Hammond, La

***Athletes are expected to do the Track Members at Home Work-Outs. Coaches plan practices with the knowledge that athletes are doing these work-outs at home. If athletes do not complete at home work-outs s/he will not do compete well at practices.*

March 2024

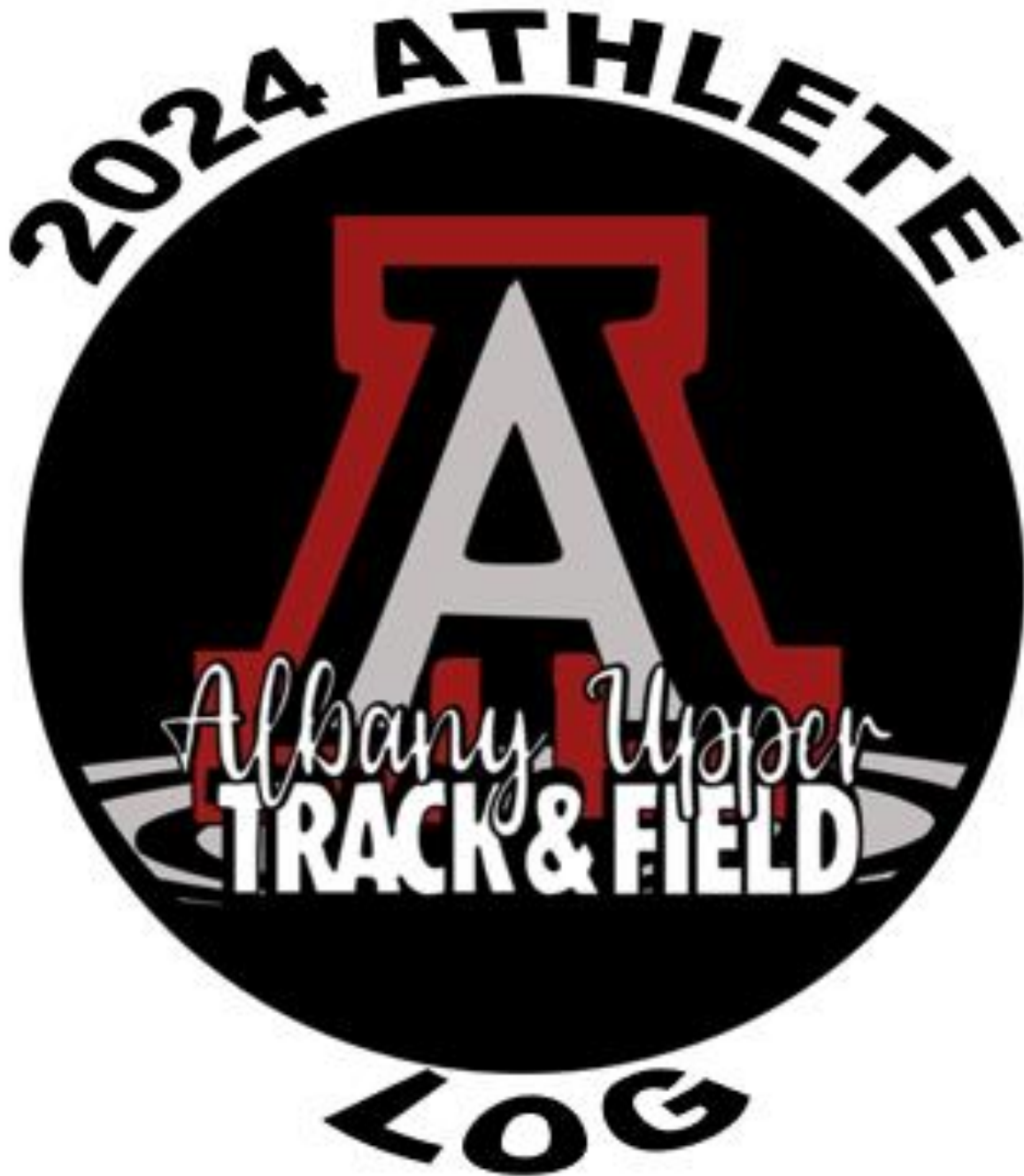
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  AT-HOME WORK-OUT <small>NEW INFORMATION</small>	2  TRACK MEET #1 Tangi Tourism Invite SLU Track Facility 8:00 Start Time
3	4  AT-HOME WORK-OUT	5 <i>Girls</i> PRACTICE After School till 4:30 pm	6 **No School** LPPS Professional Development Day	7 <i>Boys</i> PRACTICE After School till 4:30 pm	8  AT-HOME WORK-OUT <small>540 TRACK FEE DUE</small>	9  AT-HOME WORK-OUT
10	11  AT-HOME WORK-OUT <small>NEW INFORMATION</small>	12  TRACK MEET #2 Trafton Eagle Invite SLU Track Facility 8:00 Start Time	13 Spring Pictures (Out of Uniform) **SMOOTHIES**	14 <i>TEAM</i> PRACTICE After School till 4:30 pm	15  AT-HOME WORK-OUT <small>NEW INFORMATION</small>	16  TRACK MEET #2 Trafton Eagle Invite SLU Track Facility 8:00 Start Time
17	18  AT-HOME WORK-OUT	19 <i>Girls</i> PRACTICE After School till 4:30 pm	20 <i>TEAM</i> PRACTICE 7:00am till School Time	21 <i>Boys</i> PRACTICE After School till 4:30 pm	22  AT-HOME WORK-OUT <small>NEW INFORMATION</small>	23  TRACK MEET #3 Trafton Relay Meet SLU Track Facility 8:00 Start Time
24	25  AT-HOME WORK-OUT **Literacy Night**	26 <i>TEAM</i> PRACTICE After School till 4:30 pm	27 <i>TEAM</i> PRACTICE 7:00am till School Time	28  AT-HOME WORK-OUT	29  AT-HOME WORK-OUT	30  AT-HOME WORK-OUT [- NO SCHOOL - EASTER BREAK -]

Updated 2/19/2024

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1  AT-HOME WORK-OUT	2  AT-HOME WORK-OUT	3  AT-HOME WORK-OUT	4  AT-HOME WORK-OUT	5  AT-HOME WORK-OUT	6  AT-HOME WORK-OUT
	← NO SCHOOL - EASTER BREAK					
7	8  AT-HOME WORK-OUT	9 <i>Girls</i> PRACTICE After School till 4:30 pm	10 <i>TEAM</i> PRACTICE 7:00am till School Time	11 <i>Boys</i> PRACTICE After School till 4:30 pm	12  AT-HOME WORK-OUT	13  MEET DAY TRACK MEET #4 Rory Caulfield Invite SLU Track Facility 8:00 Start Time
14	15  AT-HOME WORK-OUT	16 <i>Girls</i> PRACTICE After School till 4:30 pm	17 <i>TEAM</i> PRACTICE 7:00am till School Time **SMOOTHIES**	18 <i>Boys</i> PRACTICE After School till 4:30 pm	19  AT-HOME WORK-OUT	20  MEET DAY TRACK MEET #5 Elem & MS Private & Public Sch Championships SLU Track Facility 8:00 Start Time
21	22	23	24	25	26	27
		LEAP TEST	LEAP TEST	LEAP TEST		
28	29	30				
		LEAP TEST				

Updated 2/19/2024



AUE TRACK TEAM WARM-UP & STRETCHING

[illegible]

AUE TRACK TEAM COOL-DOWN & STRETCHING

[illegible]

2024 A.U.E. TRACK & FIELD AT HOME WORK-OUT DOCUMENTATION

DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____
DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____
DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____

2024 A.U.E. TRACK & FIELD AT HOME WORK-OUT DOCUMENTATION

DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____
DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____
DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____

2024 A.U.E. TRACK & FIELD AT HOME WORK-OUT DOCUMENTATION

DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____
DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____
DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____	DAY: _____ Exercises/Workouts: _____ _____ _____ _____ _____

2024 A.U.E. TRACK & FIELD INDIVIDUAL EVENT TRACKING

Track Meet						
High Jump						
Long Jump						
Shot Put						
Turbo Javelin						
Discus						
1600m Run						
50m Hurdles						
100m Dash						
800m Run						
4x100 Relay						
400m Run						
200m Run						
4x400m Relay						
4x200m Relay						