

THREE LAKES SCHOOL DISTRICT

CO-CURRICULAR & ACTIVITIES HANDBOOK



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NON-DISCRIMINATION STATEMENT

The Three Lakes School Board does not discriminate on the basis of race, color, religion, national origin, ancestry, creed, pregnancy, marital status, parental status, sexual orientation, sex (including transgender status, change of sex or gender identity), or physical, mental, emotional, or learning disability ("Protected Classes") in any of its student programs or activities or employment considerations. The following staff are designated to receive inquiries regarding the non-discrimination policies: Justin Szews, HS Principal/Title IX Coordinator, 6930 W. School Street, Three Lakes, WI 54562, (715) 546-3321, jszews@threelakesd.k12.wi.us or Kari Volk, Special Education Director/Section 504 Coordinator, 6930 W. School Street, Three Lakes, WI 54562, (715) 546-3323, kvolk@threelakesd.k12.wi.us.

PHILOSOPHY

Co-curricular activities are considered a regular part of the educational program and offer opportunities that are unique. The privilege of participating in athletic programs and activities is extended to all students providing they are willing to assume certain responsibilities. The greatest benefit for student participants is to be a credit to themselves, their parents, school, and community.

Therefore, it is always expected that student participants display the following:

- High standards of behavior
- Outstanding sportsmanship
- Proper respect for members of their organizations, opponents and those in authority, to include teachers, coaches and officials
- Use language which is socially acceptable; profanity will not be tolerated

This document is designed to provide clear information to parents and students regarding School District of Three Lakes athletics and activities grades 7-12. The Activities Director or designee is responsible for enforcing an athletic and activities code to which School District of Three Lakes students must adhere. It is required that all students and parents involved in athletics and activities understand and sign documentation as determined by administration indicating their understanding of the information contained in this document. Ignorance of the rules within this document is not a valid excuse for noncompliance.

ATHLETIC/CO-CURRICULAR ACTIVITIES

Athletics/Co-Curricular Activities are an integral part of the Three Lakes School District. Participation in Three Lakes athletics/activities is a privilege, not a right. Our program provides opportunities, recognition, and increased responsibilities. The opportunities provided for all students who complete an athletic/activity season will be recognized with some type of award and/or certificate of participation. The Three Lakes co-curricular programs are designed with regulations that promote an effective experience. This code is established to provide clear and consistent expectations for students participating in District sponsored programs. The code is intended to assist students in identifying unacceptable behaviors and informing them and their parents and or legal guardians of penalties that will be enforced for violations of its rules. Taken together with any coaches' rules or expectations, the code is intended to define those that govern the ideals of good citizenship, fair play, and responsibility for one's individual actions.

Activities as they relate to this Activity Handbook will be categorized as athletic, non-athletic with public performance, and special recognition. It is important to understand that violation(s) will result in sanctions in all of these categories. Athletic regulations are clearly defined as they pertain to academic or training violations contained herein.

1. Athletic programs include: Baseball, Basketball, Cross Country, Football, Golf, Hockey, Soccer, Softball, Track & Field, Trap Shooting, and Wrestling.
2. Non-athletic programs with public performances includes, but are not limited to: Drama, Forensics, Science Olympiad, Skills Olympics, Science Symposium, FBLA, and Solo/Ensemble (vocal and instrumental).
3. Special Recognitions are opportunities where students have been nominated or voted to represent the school. These activities include, but are not limited to: Hugh O'Brian Youth Leadership, Badger Boys State, Badger Girls State, Student Council, Class Officers, Prom Court, Homecoming Court, and DAR Good Citizen.

PRIOR TO PARTICIPATION

Before a student may participate in a game or event, the student and their parents or legal guardians must:

1. Each school year attend one general high school athletic code presentation that is held before the fall sports season and at which:
 - a. Copies of the high school athletic code will be made available
 - b. The high school athletic code and the coaches' expectations will be explained and reviewed
 - c. Substance abuse and alcohol and other drug issues will be reviewed
 - d. Any policies that the Board has with respect to bullying or hazing will be reviewed
2. Sign the athletic code annually and the coaches' expectations rules of the sport in which the student is participating and submit them to the head coach when the student and parents/guardians agree to make the commitment as described including responsibility and accountability.

Student/Parent Signatures

- Use of Technology Agreement/Student Handbook Acknowledgment
- Registration/Medical Forms

These are all considered part of our required registration process. If these are not completed during the first two weeks of school, the privileges of field trips, extra-curricular events, all sports and computer use will be rescinded until the forms are complete.

3. Complete the WIAA examination and permit card, as well as the district insurance notice and submit them to the head coach.

PHYSICAL EXAMINATION AND PARENTAL APPROVAL

A student-athlete, whether an adult or not, must have written permission of parents to participate in school athletics and he/she must have a physical examination (signed by a licensed physician or advanced practice nurse prescriber) every other school year.

A physical examination taken April 1 and thereafter is valid for the following two school years. Physical examination taken before April 1 is valid only for remainder of that school year and the following school year.

ELIGIBILITY RULES

In order to participate in the interscholastic athletic program at Three Lakes Schools, a student must meet all the eligibility rules of the WIAA and those eligibility rules set forth by Three Lakes administration and the Board of Education.

1. A student must hand in, to the Activities Director, an Activity Participation Agreement which will be issued to them at the beginning of their first sport season each school year. The Agreement will be in effect until their next school year.
2. No athlete who is suspended from one sport for disciplinary reasons shall be eligible to compete in another sport during the term of the suspension.
3. No athlete who leaves one sport shall be eligible for another sport during that same season without the consent of both coaches involved. The decision must occur during the first 25% of the season.

ACADEMICS

Three Lakes School Eligibility Standards are as follows for all co-curricular special recognition, non-athletic with public performance, and athletics.

1. A student is ineligible for activities if they have a grade lower than C- in one or more subjects for their full- time class load. If the grade is a D+, D, or D- and their current quarterly GPA is 2.0 or greater, the student is eligible. This ineligibility will be determined in the following manner:
 - a. A student must be enrolled full time and passing all of their classes. A full-time student is defined as a student enrolled in 6 credits or more for the year, with exceptions as approved by the principal.
 - b. Students may elect an “overload” class, which does not carry the same penalty. Students are required to designate their “overload” class at the beginning of the school year for eligibility purposes to the Activity Director or Principal. It is the position of the school district that students be required to pass all of the graduation-required courses. However, as an effort to enhance and encourage continued education an “overload” course will not withhold a student’s eligibility for co-curricular activities.
 - c. A student who is ineligible due to grades on a 9-week report card, will be ineligible to participate in athletic activities during a minimum of 2 weeks (10 school days) with an option to practice the 3rd week (11-15th school days), if the student provides the activities director with an academic release signed by all teachers that shows student is eligible, but they still may not participate in a contest during the 3rd week. The 3-week period will begin the day after the notice of academic ineligibility is given to the student and parent. At the end of the 3-week period, the student must present the 7- 12 Activities Director with an academic release form signed by all the student’s teachers, indicating the academic progress of the student for possible reinstatement. The student may travel with the team and be on the sidelines (out of uniform) providing, team bus departure is 3:00 p.m. or later or a non-school day.
 - d. A student who is ineligible due to grades at the end of the last quarter of the year will serve the academic suspension as defined by the WIAA. The ineligibility period shall be the lesser of:
 - i. 21 consecutive calendar days beginning with the date of earliest allowed competition in a sport or
 - ii. 1/3 of the maximum number of games/meets allowed in a sport (rounded up if one-third results in a fraction). The student will not be allowed to practice during the first 10 practices during the suspension. The student may travel with the team and (out of uniform) sit on the

- bench or be on the sidelines; providing, team bus departure is 3:00 p.m. or later.
2. In an effort to avoid academic ineligibility at the end of a 9-week period for a required full-time status subject, teachers will evaluate students at progress report time. Any student who is ineligible due to grades at that time will be ineligible to participate in practice or contests until grades are changed to enable eligibility.
 3. A student must carry enough credits to maintain full-time student status (5.5 credits for Jr. High and 6.0 credits or more for year for High School). With exceptions as approved by the Principal.
 4. A student who is enrolled in some courses in a university, college, vocational school or some similar institution:
 - a. Must maintain full-time student status (i.e. Youth Options).
 5. A student regains eligibility immediately if incompletes are made up within two weeks after a grade reporting period.
 6. If a student misses 3 or more consecutive school days due to vacations, or other prolonged anticipated absences, we require students to use our Anticipated Absence Form. This ensures that there will be no unpleasant surprises with a student's academic grades and safeguards our student's eligibility for their extra- curricular activities.

CO-CURRICULAR PARTICIPANT REGULATIONS

Participants

The co-curricular activity handbook applies to all participants in athletic, non-athletic with public performance, and special recognition activities and is in force for the entire calendar year.

Participation Agreement

All co-curricular participants must have on file with the Activities Director a signed participation agreement.

Dual-Sports Participation

Students are allowed to request the ability to participate in two WIAA sports during the same season. If a student wishes to request consideration to be approved as a dual-sport student-athlete; they must obtain an application form from the athletic director and follow the established guidelines as set forth in the application. During the application process, the student-athlete will need to designate a primary sport and a secondary sport. In order for a student- athlete to participate in dual-sports for any given season, they must have a completed and approved application form submitted to the Athletic Director before the first date of practice set forth by the WIAA for their primary sport of participation.

Attendance

In order to compete in a contest, a student must attend all of their classes on the day of the contest or they must have a legitimate excuse as defined below. Attendance in a class constitutes being in the classroom for not less than half of the class period. (Competition on non-school days will be dependent on attendance of the last school day prior to the event). Students should also be in school the morning after a contest, if school is in session. Repeated absences from school will warrant a phone call to or a conference with the parents to make them aware of the abuses that may warrant a suspension from the next contest.

Legitimate excuse is an appointment to: doctor, dentist, court appearance, funeral, or situation specifically approved by Activities Director or Principal in advance.

INJURIES

The head coach/advisor must be notified immediately of any injury that occurs at practice or during a contest.

Whether or not medical attention is necessary, an accident report form shall be filed with the Activities Director secretary. In the event of any serious injury, the most efficient emergency medical service will be obtained.

TRANSPORTATION

Transportation after practice will be provided (by the school) for all co-curricular participants.

All participants will ride to and from contests on school-provided transportation. Participants living along the route to the contest may be picked up or dropped off at a pre-arranged spot with a written parent request. Parents may transport their children home from a contest by notifying the head coach/advisor in person, and state in writing that they will take responsibility for their child. Participants who will ride home with a responsible adult must have a permission form approved by the Activities Director or Principal prior to the day of the contest. Due to the position of liability in which the district may be placed with regard to this type of situation, a violation of the above is a serious rule infraction and will result in a conference with the Activities Director, Coach, Student, and parent/guardian; and the student will be suspended from the next contest.

SPECIFIC PARTICIPATION RULES

Coaches/advisors of individual activities may establish more specific rules for their programs. Items which may be covered, include academics, conduct, actions, appearance, diet, practice attendance and curfew. WIAA, conference, and school rules will apply. Specific rules may not set aside or replace WIAA, conference, or school rules. A copy of specific rules must be provided to and approved by the Activities Director prior to the start of the season.

Participants and parents/guardians will be provided with a copy of these rules to sign and return to the Coach/Advisor at the start of a season.

EQUIPMENT

- The care and maintenance of equipment will be the co-responsibility of the student and the school district.
- The student is responsible for immediately turning in equipment at the end of the season. Individual awards may be withheld if equipment is not turned in.
- The student and their parents are financially responsible for all of the student's equipment.
- If a student has failed to return or pay for their equipment from a given activity, that student will not be permitted to participate in any other activities until they do so.

CO-CURRICULAR CODE OF CONDUCT

Students at Three Lakes School District are expected to exercise appropriate behaviors in the school and broader community. Members of activities and student-athletes earn the privilege to represent Three Lakes through their positive participation in academics and exemplary personal behaviors. The Three Lakes Board expects this "Code of Conduct" to be followed by all students participating in activities and athletics. This code shall be in effect on a year-round (12 month) basis.

VIOLATIONS OF THE CODE OF CONDUCT

The following is a list of violations of the Code of Conduct. This is not an exhaustive list. Other behaviors may be considered violations of the Code of Conduct (See Conduct Unbecoming Clause below) by the Activities Director or designee.

1. Any violation of civil or criminal laws;

2. Vandalism to public or private property;
3. Hazing or inappropriate initiation activity;
4. Attendance at a party with underage drinking or where controlled substances are present, possessed, (including sold or bought) illegally;
5. Any behavior resulting in in-school or out-of-school suspension from school;
6. Possessing, using, transmitting (including selling), buying or being under the influence of alcohol or controlled substances;
7. Using tobacco products;
8. Serious, multiple, and/or repeated infractions of Three Lakes Student Handbook(s) over a student's career at the Three Lakes School District

REPORTING

Co-curricular Code violations may be observed or reported by administration, faculty, parents, students, community members, and law enforcement personnel. Discretion is used when acting on anonymous tips, phone calls or letters. A known violation charge will be reported to administration within 30 days after the alleged offense occurred. A violation occurring during the summer months should be reported within two-weeks of the start of the school year. Administration reserves the right to prosecute violations at any time.

DETERMINING VIOLATIONS

The Three Lakes Activities Director or designee will conduct all investigations into potential violations. The Activities Director or designee will determine if behaviors are violations of the Code of Conduct following a due process hearing with the student(s) in question.

PENALTIES for VIOLATING THE CODE

A violation involving possession, use, transmitting (including selling), buying or being under the influence of alcohol, controlled substance(s), vaping, or tobacco products:

- Student shall be suspended from 25 percent of their current activities and/or sport(s). If not currently in a sport, the 25 percent penalty will occur in their next sport/activity. Suspensions will be carried over to the next sport/activity if the total consequence can't be satisfied in the current sport and/or activity. Suspensions are from interscholastic competitions in sports and suspension from participation in meeting/events from activities. The Activities Director or designee will inform the student, guardians, and coach/advisors of the consequences rendered. The Activities Director will also monitor its implementation.
- Upon the second violation(s) of the Code of Conduct, the student shall be suspended from 50 percent of their current activities and/or sport(s). If not currently in a sport, the 50 percent penalty will occur in their next sport/activity. Suspensions will be carried over to the next sport and/or activity if the total consequence has not been satisfied in the current sport or activity. Suspensions are from interscholastic competitions in sports and suspension from participation in meeting/events from activities. The Activities Director or designee will inform the student, guardians, and coach/advisors of the consequences rendered. The Activities Director will also monitor its implementation.
- If a student violates the Code of Conduct for a third time, the student participant shall be suspended from ALL activities for one-year from the date of the third violation.

IN-SCHOOL AND OUT-OF-SCHOOL SUSPENSION

In-school suspension is the removal of a student from class to be placed in a supervised suspension room on the school premises. Out-of-School suspension is the removal of a student from class(es) and building. Parents will be notified. A suspension whether in-school or out-of-school, ½ day, full day or multiple days carries with it NO

extra- curricular participation during the parameters of the suspension . That means no practices, games, field trips, school club meetings or outings.

SCHEDULE OF CONSEQUENCES

<i>Code Violation</i>	<i>Assessment</i>	<i>Practice</i>	<i>Penalty</i>
First Offense		Yes	25% Contests
Second Offense	Recommended	Yes	50% Contests
Third Offense	Recommended	Yes	75% Contests
Fourth Offense	None	No	Career Suspension

CONDUCT UNBECOMING CLAUSE

Representing Three Lakes Junior/High School as a co-curricular participant is a privilege and an honor. Students should always be mindful that they represent their school, community and their respective teams/clubs.

The Three Lakes School District will reinforce and uphold the rules and expectations for student conduct in ALL situations. This applies to ALL school-sponsored activities and actions occurring outside of school functions.

Any of the following types of misconduct during Three Lakes Junior/High School participation may result in suspension from participation in school events:

- Showing disrespect to staff members, fellow students, community members etc.
- Inappropriate language
- Lewd or otherwise inappropriate behavior
- Consistent tardiness or absenteeism
- Behavior that could bring discredit to the Three Lakes School District
- Dishonesty
- Any other infraction within the TL student handbook or co-curricular handbook

Corrective action for conduct unbecoming is at the discretion of the Activities Director or designee. Multiple acts of inappropriate behavior may result in a formal code violation.

HONESTY CLAUSE

Honesty Clause is defined as a student self-reporting a violation to any member of the administration, coach or co-curricular director without the violation being witnessed or reported to Three Lakes administration, staff, law enforcement or board members. A student who self-reports a first violation, the suspension shall be reduced to 10 percent of contracted contests. This honesty clause shall only apply to the first offense violation. This process must occur within 72 hours of the violation.

APPEALS PROCESS

The student has the right to appeal the decision of the Activities Director or Principal within 5 school days from receiving written notification of the suspension to the Superintendent or Designee. The Superintendent or Designee of the School District who shall convene a panel consisting of: himself/herself, together with two faculty members not involved in the event or athletic activity in which the student is involved to review the suspension. The Superintendent shall render a decision within 5 school days. Should the student not be satisfied with the results from the Superintendent he or she shall have the right to appeal that suspension to the School Board. The appeal to the Board must be within 5 school days of

SUDDEN CARDIAC ARREST

118.2935 Sudden cardiac arrest; youth athletic activities.

1. In this section, "youth athletic activity" has the meaning given in s. 118.293 (1) (c).
2. In consultation with the Wisconsin Interscholastic Athletic Association and at least 2 pediatric cardiologists, one of whom is employed by the Medical College of Wisconsin and one of whom is employed by the University of Wisconsin-Madison Medical School, the department shall develop information for the purpose of educating athletic coaches and pupil athletes and their parents or guardians about the nature and risk of sudden cardiac arrest during youth athletic activities. The department shall include in the information developed under this subsection at least all of the following:
 - a) Information about the risks associated with continuing to participate in a youth athletic activity after experiencing one or more symptoms of sudden cardiac arrest, including fainting, difficulty breathing, chest pains, dizziness, and abnormal racing heart rate.
 - b) Information about electrocardiogram testing, including the potential risks, benefits, and evidentiary basis behind electrocardiogram testing.
 - c) Information about how to request, from a pupil's health care provider, the administration of an electrocardiogram, in addition to a comprehensive physical examination required to participate in a youth athletic activity, at a cost to be incurred by the pupil's parent or guardian.

(3m) At the beginning of a season for a youth athletic activity offered to persons who are 12 years of age or older, the person operating the youth athletic activity shall ensure that the information developed under sub. (2) is included in the information sheet required to be distributed under s. 118.293 (3) (a).

3. This section does not create any liability for, or a cause of action against, any person.
4. This section does not apply after June 30, 2032.

History: 2021 a. 210.

CONCUSSION AWARENESS INFORMATION

A concussion is a type of traumatic brain injury that interferes with normal function of the brain. All concussions are brain injuries. The WIAA recommends avoiding the use of nicknames like "ding" or "bell ringer" to describe concussion because those terms minimize the seriousness of concussion. A concussion can be caused by a blow to the head or even a blow to the body alone. The force moves or twists the brain in the skull. It is important to know that loss of consciousness is not required to have a concussion. In fact, less than 10 percent of athletes lose consciousness. A concussion is a very complex physiologic event that causes a problem with brain function not brain structure. Therefore, CT/CAT scan and MRI are usually normal in athletes with concussion.

Imaging studies may be needed to rule out brain bleeds, but are not indicated in all head concussions. Even what appears to be a mild blow to the head or body can cause the brain to suddenly shift or move. This motion can injure and damage brain cells. Research has shown that this damage may take up to 2 weeks to heal, but it can take longer. There are unique concerns surrounding concussion in high school sports:

- Adolescents are more vulnerable and get concussions more often
- Adolescents take longer than adults to heal from concussion, unlike musculoskeletal injuries
- Most high schools may not have access to a team physician or an athletic trainer for all of their teams & activities, thus the responsibility for identifying a possible concussion falls on athletes, coaches and parents
- High school players can be reluctant to admit their symptoms for fear of removal from the contest

Concussion affects people in four areas of function:

- Physical - This describes how they feel: headache, nausea, vomiting, dizziness, tired and loss of consciousness (which is uncommon in concussion).
- Thinking - Poor memory and concentration, responds to questions more slowly and asks repetitive questions. Concussion can cause an altered state of awareness and thinking.
- Emotions- A concussion can make a person more irritable or sad and cause mood swings.
- Sleep - Concussions frequently cause trouble falling asleep and may wake athletes up overnight, which can make them more fatigued throughout the day.

Based on recent high school injury surveillance information, the following sports have the highest risk of concussion based on athletic exposures (practice + competition). Concussions occur most frequently in the following sports (in order): football, boys & girls ice hockey, girls' lacrosse, girls' soccer, boys' lacrosse, wrestling, girls' basketball, girls field hockey, boys' soccer, softball and boys' basketball.

Noticeable in this data is that the risk for girls is much higher than boys in the same sports; in fact, soccer & basketball carry twice the risk for concussion in girls than boys. Most importantly, concussion can happen to anyone in any sport. Concussions also occur away from organized sports in physical education class, on the playground, while skiing or snowboarding, and when involved in a motor vehicle collision. Everyone involved with high school athletics must be alert for potential injuries on the field and be able to recognize signs and symptoms of concussion. While coaches are not expected to make a diagnosis of concussion, it is expected for coaches to be aware that their athletes may have a concussion and then hold them out of all activity until a healthcare provider medically clears them. Signs are what can be seen by others, like clumsiness, while symptoms are what the injured player feels, like a headache. Remember, athletes should report their symptoms, but they may not unless they are asked and even then it is important to consider that athletes may not be telling the truth. Thus, it is important for schools to educate their athletes, coaching staff and parents in the preseason about the seriousness of concussion and the importance of athletes honestly reporting their symptoms and injuries.

These are some SIGNS concussion (what others can see in an injured athlete):

- Dazed or stunned appearance
- Change in the level of consciousness or awareness
- Confused about assignment
- Forgets plays
- Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior changes
- Loss of consciousness
- Asks repetitive questions or memory concerns

These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):

- Headache
- Nausea
- Dizzy or unsteady
- Sensitive to light or noise
- Feeling mentally foggy
- Problems with concentration and memory
- Confused
- Slow

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation.

"When in doubt sit them out." It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice (including weight lifting) or competition. Note: WIAA Sports Medical Advisory Council identifies a physician and licensed athletic trainer (LAT) under the direct supervision of a physician as an appropriate health care professional for determining return to play other than the same day. While all concussions are serious injuries, some injured athletes will require emergency care. Anytime you are uncomfortable with an athlete on the sideline, it is reasonable to activate the Emergency Medical System (911). The following are reasons to activate the EMS, as any worsening signs or symptoms may represent a medical emergency: Loss of consciousness, this may indicate more serious head injury; Decreasing level of alertness; Unusually drowsy; Severe or worsening HA; Seizure; Persistent vomiting; Difficulty breathing

If neuropsychological testing is available, ideally a baseline or pre-injury test is obtained prior to the season. This baseline should be done in a quiet environment when the athlete is well rested. It is felt that baseline testing should be repeated every two years for the developing adolescent brain. If there is no baseline available, the injured athlete's scores can be compared to age established norms. The WIAA feels that neuropsychological testing can be a very useful tool with regard to concussion management.

RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider. The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion. The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

STEP 1: About 15 minutes of light exercise: stationary biking or jogging.

STEP 2: More strenuous running and sprinting in the gym or field without equipment.

STEP 3: Begin non-contact drills in full uniform. May also resume weight lifting.

STEP 4: Full practice with contact.

STEP 5: Full game clearance.

PREVENTION

There is nothing that truly prevents concussion. Education and recognition of concussion are the keys in reducing the risk of problems with concussion. Proper equipment fit and use may reduce the risk of concussion. However, helmets do NOT prevent concussion. They are used to prevent facial injuries and skull fractures. Most importantly, proper technique for hitting/contact are vital, for example, athletes who lower their heads while making a football tackle have a significantly higher risk for concussion and neck injuries. Athletes should never lead with the head or helmet. Further reading and additional material can be obtained at the following locations:

- www.nfhs.com
- www.nfhslearn.com (free concussion education video)
- www.cdc.gov/concussion/headsup/high_school.html (Heads Up program)
- www.wisportsconcussion.org (Wisconsin Sports Concussion Collaborative)

If you suspect a player may have a concussion, that athlete should be immediately removed from play. The injured athlete should be kept out of play until they are cleared to return by an appropriate health care provider. If the athlete has a concussion, that athlete should never be allowed to return to activity (conditioning, practice or competition) that day. Athletes with a concussion should never be allowed to return to activity while they still have symptoms. A player with a concussion must be carefully observed throughout the practice or competition to be sure they are not feeling worse. Even though the athlete is not playing, never send a concussed athlete to the locker room alone and never allow the injured athlete to drive home. Most concussions are temporary and they resolve without causing residual problems. However, in the adolescent population, 10-20% of athletes that have a concussion have signs or symptoms that persist beyond two weeks. These symptoms of headache, difficulty concentrating, poor memory and sleep disturbances can lead to academic troubles among other problems. Concussion symptoms may even last weeks to months (post-concussion syndrome). Allowing an injured athlete to return too quickly increases the risk for repeat concussion. Repeat concussion may cause Second Impact Syndrome. Second Impact Syndrome is a rare phenomenon that happens only in young athletes that causes rapid brain swelling and death. Repeat concussions may increase the chance of long-term problems, such as decreased brain function, persistent symptoms and potentially chronic traumatic encephalopathy (a disorder that cause early degeneration of the brain similar to what is seen with Alzheimer's disease). A major concern with concussion in the high school athlete is that it can interfere with school performance. The signs and symptoms of poor short-term memory, concentration and organization may temporarily turn a good student into a poor student. The best way to address this is to decrease the academic workload by potentially taking time off from school or going partial days. Injured athletes should have extra time to complete homework and tests, and they should be given written instructions for homework. New information should be presented slowly and repeated. Injured athletes will need time to catch up and may benefit from tutoring. If an athlete develops worsening symptoms at school, he/she should be allowed to visit the school nurse. The school and coaches should maintain regular contact with the injured athlete's parents to update progress. Athletes with a concussion should return to full speed academics without accommodations before returning to sports. Rest is the essential component of concussion treatment. Further contact is to be avoided at all costs due to risk of repeat concussion and Second Impact Syndrome. Physical exertion can also worsen symptoms and prolong concussion recovery- this includes aerobic conditioning and resistance training. Physical activity should not be started without authorization by an appropriate health care provider. It is also important to remember that the athlete's concussion can interfere with work and social events (movies, dances, attending games, etc.). It is important for injured athletes to sleep as often as possible. It is also helpful for parents to decrease brain stimulation at home by limiting video games, computer time, text messaging, and TV/movies.

Neuropsychological testing has become more commonplace in concussion evaluation as a means to provide an objective measure of brain function. It is best used as a tool to help ensure safe return to activity and not as the only piece of the decision-making process. Testing is currently done using computerized neuropsychological testing (example: ImPACT, Axon Sports) or through a more detailed pen and paper test.

SPECIAL AWARDS

The following are special award opportunities available to students who have upheld and maintained the ideals of our school district philosophy, have met the criteria of the award, and are selected by coaches and administrators where applicable.

TOM AINSWORTH AWARD

The Tom Ainsworth Award was initiated in 1949 in memory of Tom Ainsworth. He was a devoted scholar and athlete who vividly displayed qualities of scholarship, leadership, citizenship, character and athletic ability during his school career. Each year, a committee comprised of teachers, coaches and administration has the responsibility of considering a recipient of the award. To qualify, the recipient must show distinct qualities, but to keep this an exceptionally selective award, the boy must display all qualities through four years of high school.

The Tom Ainsworth Award is the highest athletic award a male Three Lakes graduate can receive. Because of the demanding qualifications for the award, it may not have a recipient every year. To maintain the prestige of the award, the selection of recipients must be done with discretion. An award remains coveted only if it is achieved through dedication.

EDITH GODLESKI AWARD

The Edith Godleski Award was first presented to Lynn Fisher in 1967. This award is presented to the female athlete who displays outstanding athletic ability as well as qualities of leadership, dedication, and scholarship. In order to keep this an exceptionally selective award, the girl must display all of these qualities through four years of high school.

The Edith Godleski Award is the highest athletic award a female Three Lakes graduate can receive. Because of the demanding qualifications for the award, it may not have a recipient every year. In order to maintain the stature of the award, great care and discretion are used in selecting its recipients.

CLARK KUEHL "GO-GETTER" AWARD

Presented in honor of "Lion" Clark Kuehl. This award is presented to an athlete or athletes, boy or girl, or both, who best exemplifies the ideals of desire, hustle and willingness to work long and hard. This award may not be presented annually.

MIKE McBRIDE "TEAM-MAN-SHIP" AWARD

Presented to an athlete who displays a strong work ethic and positive attitude in practice and games. One who is willing to sacrifice individual interests for the good of the team. This award does not have to be awarded every year. A boy and girl may be considered but it is not necessary to have both or either.

"CY" WILLIAMS AWARD

The Cy Williams Award is presented to a junior or senior boy who displays high moral character, cooperation, leadership, and all-around baseball ability. The recipient of the Cy Williams Award is chosen by the head baseball coach, the principal, and the athletic director.

FRAN BLOEMERS AWARD

This is the most coveted softball award a senior player can receive at Three Lakes High School. The standards for the Fran Bloemers award are high such that this award may or may not be awarded every year. The recipient of this award shall show strong moral, academic, and athletic characteristics. She should also exhibit outstanding

leadership and team-man-ship skills along with consistent high performance on the field throughout her entire high school softball career.

JEFF NELL AWARD

This award is presented in memory of a former Junior High Coach, Jeffrey Nell. It is given to the best all- around junior high male student-athlete. This student should regularly display, during both junior high years, the qualities of character, citizenship, leadership, service, and athletic achievement. This is not necessarily an annual award. The recipient of the Jeff Nell Award is chosen by the junior high teaching and coaching staff and principal.

JUNIOR HIGH OUTSTANDING GIRL AWARD

This award is given to the best all-around junior high female student-athlete. This student should regularly display, during both junior high years, the qualities of character, citizenship, leadership, service, and athletic achievement. This is not necessarily an annual award. The recipient is chosen by the junior high teaching and coaching staff and principal.