

PARTICIPATION CHECKLIST

- Current Physical
- Parent Consent Form/Medical Form
- Jaguar Expectations Form/Student Athletic Handbook Form
- MHSAA Concussion Form
- Star Sportsmanship

Jaguar Expectations

1. All student athletes will be well groomed in a manner that will best represent Desoto Central High School. All athletes will follow the Desoto Central handbook concerning dress code.
2. The student athlete will meet the academic standards set forth by their coach and must fulfill the guidelines of the Mississippi High School Activities Association.
3. The student athlete will address all authority figures with respect in all aspects of athletics. This includes Desoto Central High School staff or any other school's staff.
4. The student athlete will work hard during practice and in the classroom. No excuses.
5. The student athlete will represent their community, school, coaches, and themselves in a first class manner. (Do not embarrass Desoto Central in or out of school)
6. If the student athlete is caught with drugs or alcohol, the athlete may lose the privilege to participate in athletics.
7. All parents must make arrangements concerning transportation after practices and games for their child. Failure to do so may be cause for termination of the privilege to participate in extracurricular activities at Desoto Central High School.
8. All uniforms (including practice gear) issued by Desoto Central High School will be the responsibility of the individual athlete. Lost or damaged uniforms will be paid for by the athlete.
9. Every sport will have fundraisers and everyone will participate. There may be an athletic fee for particular sports the athlete will have to pay.
10. All athletes must turn in the necessary paperwork to be eligible to participate. All athletes will be required to participate in Physical day.
11. All athletes will have an assigned locker to secure their personal property. Keep your belongings locked in your locker. DCHS and DCHS coaches are not responsible for any items lost, stolen, or left in the athletic locker rooms.
12. If you quit a sport after the official start date (MHSAA Calendar) you will not be allowed to participate or practice in another sport until the last possible playing date (State Championship) of the original sport is complete.
13. Quitting a sport that is a considered a "Credit Class" may result in failure of the class and that grade on the student report card.
14. Under no circumstance will a conference between a coach and a parent be held before, during, or after an athletic contest. All conferences should be scheduled through the office during school hours and to not interfere with practice time.
15. Any conference or issue to be resolve must follow the "chain of command" as outlined by our student athlete handbook. We are always happy to discuss how your child may improve their skills.
16. Inappropriate parent behavior may result in dismissal from the team.
17. I will read and abide by the entire student athletic handbook located on our athletic website dcjaguarsports.com

I have read the student athletic handbook and Jaguar expectations. I understand all the rules and agree to abide by the student athletic handbook and Jaguar expectations.

Student Name (Print) _____

Student Signature _____ Date: _____

Parent Name (Print) _____

Parent Signature _____ Date: _____

2013-2014

DESOTO CENTRAL HIGH SCHOOL

ATHLETIC ELIGIBILITY/PERMISSION INSURANCE

NAME _____ MALE/FEMALE

ADDRESS _____

HOME PHONE # _____ CELL # _____

CITY _____ ZIP CODE, _____

SOCIAL SECURITY # _____ DOB _____

BIRTH CERTIFICATE # _____

YEAR ENTERED 9TH GRADE _____, CURRENT GRADE, _____

I give my permission for the above named student to participate in the athletic program at DESOTO CENTRAL HIGH SCHOOL. I also authorize the athletic staff, in conjunction with local EMS, LICENSED ATHLETIC TRAINERS, and PHYSICIANS, to treat injuries sustained during these athletic activities, whether it be during practice or a game. I understand that these treatments are sometimes needed immediately and in no way are the personnel of DESOTO CENTRAL HIGH SCHOOL or DESOTO COUNTY SCHOOLS to be held liable.

PARENT NAME _____ HOME PHONE # _____

PARENT SIGNATURE _____

DATE _____ CELL # _____

In accordance with the rules and regulations set forth by the MHSAA (MS, High School Activities Association) students must have health insurance to be eligible to participate. If your child does not have health insurance you may purchase school based insurance through the front office. (Insurance info is available upon request) Please provide policy information below.

POLICY HOLDER'S NAME _____

INSURANCE COMPANY _____

POLICY/GROUP# _____

PHONE & CONTACT# _____

*A copy of your insurance card may be substituted for the above info.

*This form, along with a copy of your child's physical exam, will be kept on file for a period of one school year.

MISSISSIPPI HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.

Concussion Information Form

(Required by MHSAA Annually)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|-----------------------------------|-------------------------------------|
| • Headaches | Amnesia |
| • “Pressure in head” | “Don’t feel right” |
| • Nausea or vomiting | Fatigue or low energy |
| • Neck pain | Sadness |
| • Balance problems or dizziness | Nervousness or anxiety |
| • Blurred, double or fuzzy vision | Irritability |
| • Sensitivity to light or noise | More emotional |
| • Feeling sluggish or slowed down | Confusion |
| • Feeling foggy or groggy | Concentration or memory problems |
| • Drowsiness | (forgetting game plays) |
| • Change in sleep patterns | Repeating the same question/comment |

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is key to a student-athlete’s safety.

MHSAA Concussion Policy:

- An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting should be removed immediately from the practice or game. The athlete should not be allowed to return to the practice or game for the remainder of the day regardless of whether the athlete appears or states that he/she is normal.
- The athlete should be evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.
- If an athlete has sustained a concussion, the athlete should be referred to a licensed physician preferably one with experience in managing sports concussion injuries.
- The athlete who has been diagnosed with a concussion should be returned to play only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss on consciousness, usually take 7-14 days after resolution of all symptoms.
- Return to play after a concussion should be gradual and follow a progressive return to competition. An athlete should not return to a competitive game before demonstrating that he/she has no symptoms in a full supervised practice.
- Athletes should not continue to practice or return to play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

Remember, it is better to miss one game than to miss the whole season.

I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent Name Printed

Parent Signature

Date