

2019-2020

Dear Parents,

****JMS physicals will be given on Wednesday, May 8, 2019**

**** Cost is \$30.00 – make checks payable to JMS Athletics**

On Wednesday, May 8, Jasper Middle School will be conducting physicals for the **2019-2020** school year. Any incoming 6th, 7th or 8th grade student who plans on participating in a sport at JMS is **required** to have a **JMS physical packet** on file in the athletic office. These packets will include: #1 the physical; #2 emergency contact information; # 3 code of conduct information; and #4 concussion awareness information. **All information needs to be completed.**

If a student can't make it May 8^h for a JMS physical, you may go to your physician for their physical. If you choose to go to your physician, **you will still need to complete the JMS's packet** before they can participate in their sport. **Physicals are incomplete without all of the packet information.** Physicals must be performed **after May 1, 2019** to be valid for the 2019-2020 school year.

***The cost of the physical is \$30.00.** Payment is due that evening. Checks should be made payable to JMS Athletics. Please use the north parking lot and enter through the gym doors. Because of the number of students that attend that night, please allow for an hour or more. It is not necessary for parents to stay. **Please make sure all forms are completed and signed by parent and student before you arrive.**

***6th graders are eligible to participate in cross-country, basketball, wrestling and swimming.**
****ATTENTION 7th & 8th GRADERS:** we are offering an *Optional Baseline Concussion Test (at no additional fee)* to any incoming 7th grader or 8th grader that did not do the baseline concussion test last year. This test is a computer test that monitors how the brain thinks. If it is believed that a student athlete has a concussion, then they will take the test again to compare to the baseline test to help diagnose if a concussion has been sustained. This test is good for two years. **Those participating in the baseline test MUST be at physicals at 6:00.** This test will take about 1 hour.

6:00----8th grade register

6:45----7th grade register

7:15----6th grade register-----please put DATE of tetanus shot

Doors will be closed at 8:00 (No one will be admitted to take a physical after this time.)

Packets are available at each school office, the **JMS Athletic Office** or at www.gjcs.k12.in.us. If you have any questions, please contact the athletic office at JMS. 482-6454

PRE-PARTICIPATION PHYSICAL EVALUATION

School _____

(The physical examination must be performed after May 1 by a physician holding an unlimited license to practice medicine to be valid for the following school year) ****History to be completed by student and parent BEFORE examination by Physician.

Name: _____ Phone: () _____ Date _____
Address: _____ City: _____ Zip: _____
Sex: _____ Age: _____ Date of Birth: _____ Grade: _____ (2019-2020) school year
Personal Physician: _____ Phone: _____

Explain "Yes" answers below:

- 1. Have you ever been hospitalized? _____ Yes ___ No ___
Have you ever had surgery? _____ Yes ___ No ___
Are you presently under a doctor's care? _____ Yes ___ No ___
- 2. Are you presently taking any medications or pills? _____ Yes ___ No ___
- 3. Do you have any allergies (medicine, bees or other stinging insects)? _____ Yes ___ No ___
- 4. Have you every passed out during or after exercise? _____ Yes ___ No ___
Have you ever been dizzy during or after exercise? _____ Yes ___ No ___
Have you ever had chest pains during or after exercise? _____ Yes ___ No ___
Have you ever had high blood pressure? _____ Yes ___ No ___
Have you ever been told you have a heart murmur? _____ Yes ___ No ___
Have you ever had racing of your heart or skipped heartbeats? _____ Yes ___ No ___
Has anyone in your family died of heart problems or a sudden death before age 50? _____ Yes ___ No ___
Has anyone in your family had Marfan's syndrome? _____ Yes ___ No ___
- 5. Do you have any skin problems (itching, rashes, acne)? _____ Yes ___ No ___
- 6. Have you ever had a head injury? _____ Yes ___ No ___
Have you ever been knocked out or unconscious? _____ Yes ___ No ___
Have you ever had a seizure or epilepsy? _____ Yes ___ No ___
Have you had a stinger, burner or pinched nerve? _____ Yes ___ No ___
- 7. Have you ever had heat cramps, heat illness or muscle cramps? _____ Yes ___ No ___
- 8. Do you have troubling breathing or do you cough during or after activity? _____ Yes ___ No ___
- 9. Do you use any special equipment (pads, braces, neck rolls, eye guards, etc.)? _____ Yes ___ No ___
- 10. Have you had any problems with your eyes or vision? _____ Yes ___ No ___
Do you wear glasses or contacts or protective eye wear? _____ Yes ___ No ___
- 11. Are you missing an eye, kidney or testicle? _____ Yes ___ No ___
- 12. Have you ever sprained, dislocated, fractured, broken or had repeated swelling or other injuries of any bones or joints? Yes ___ No ___
___head ___shoulder ___thigh ___neck ___elbow ___knee ___foot ___forearm
___shin/calf ___back ___wrist ___ankle ___hip ___hand
- 13. Have you ever had any other medical problems (infectious mononucleosis, diabetes, anemia, etc.)? _____ Yes ___ No ___
- 14. Have you had any medical problem or injury since your last evaluation? _____ Yes ___ No ___
- 15. **When was your last tetanus shot? DATE needed** _____
- 16. When was your first menstrual period? _____ last period? _____ longest time between periods _____
- 17. Have you or anyone in your family been told that you or they have sickle cell disease, sickle cell trait or any other type of blood disease? Yes ___ No ___

Explain any above "Yes" answers: _____

I hereby state to the best of my knowledge, my answers to the above questions are correct **(BOTH SIGNATURES ARE REQUIRED)**

Athlete's signature _____ Parent/guardian _____ Date _____

Name: _____ Age: _____ Date of Birth _____

PHYSICAL EXAMINATION (to be completed by Physician)

Height: _____ Weight: _____ BP: _____/_____ Pulse: _____		
Vision: R 20/_____ L 20/_____ Corrected: Y N Pupils (circle) Equal/Unequal R>L L>R		
	Circle (if option given)	_____ Specific Findings _____
Marfan's syndrome stigmata	NO YES	
Heart		
Rhythm	Regular Irregular	
Murmur (supine)	NO YES	
Murmur (standing)	NO YES	
	Normal <input type="checkbox"/>	_____ Specific Findings _____
Lungs		
Skin		
Abdominal		
Femoral Pulses		
Genitalia/Hernia		
Musculoskeletal		
Neck		
Shoulders		
Elbows		
Wrists		
Hands		
Back		
Knees		
Ankles		
Feet		
Other		

Clearance:

- A. Cleared
 - B. Cleared after completing evaluation/rehabilitation for _____
 - C. Not cleared
- Due to: _____

Recommendation: _____

I hereby certify that this athlete was examined by me. At this time, no physical condition was detected which would reasonably be anticipated to render this athlete unfit to engage in any sport, except those marked below:

Boys' Sports: Baseball, basketball, cross country, football, golf, soccer, swimming, tennis, track, wrestling

Girls' Sports: Basketball, cross country, golf, cheerleading, soccer, softball, swimming, tennis, track, volleyball, gymnastics

Name of Physician: _____ Date _____

Signature of Physician: _____ Phone () _____

(The physical examination must be performed on or after May 1 by a Physician holding an unlimited license to practice medicine to be valid for the following school year)

NAME: _____

REHABILITATION SERVICES

PRE-SEASON SCREEN

MUSCULOSKELETAL EXAMINATION FORM (FLEXIBILITY/RANGE OF MOTION/STRENGTH)

UPPER EXTREMITY ROM:

WFL DEFICIT _____

SPINE SCREEN:

TOE TOUCH: WFL DEFICIT _____

ROTATION: WFL DEFICIT _____

GAIT/ALIGNMENT: WFL DEFICIT _____

DUCK WALK/LE ROM: WFL DEFICIT _____

SINGLE LEG HOP: WFL DEFICIT _____

Therapist Name (printed): _____

**Jasper Middle School
Department of Athletics
3600 Portersville Road
Jasper, IN 47546
Phone: (812) 482-6454**

**Medical Emergency Information
2019-2020**

Parents: In order for your child to participate in Jasper Middle School Athletics, we **MUST** have this form on file. It is for your child's protection in the event of an emergency. Please complete each blank. Please use pen.

Athlete _____

Address _____

City: _____ State: _____ Grade: _____

Telephone: () _____ Cell Phone: _____ Birth date: _____ Sex: _____ Age: _____

Mother's Name: _____ Work phone number: _____

Father's Name: _____ Work phone number: _____

Daytime e-mail address _____

Allergies: (including any medication): _____

Date of last Tetanus Shot: _____

Physician: _____ Phone: () _____

Physician Address: _____

Who should we contact first in case of an emergency?

Name _____

Home Telephone: _____ Cell Phone: _____ Work Telephone _____

If unable to contact the above person, whom should we contact?

Name: _____

Home Telephone: _____ Cell Phone: _____ Work Telephone: _____

If unable to contact either of the above persons, I give the Head Coach full power, at my expense, to authorize any medical treatment necessary and prescribed by certified medical personnel for the safety and well-being of my child, including emergency transportation to an emergency care facility.

Parent/Guardian Signature: _____

***NOTE: If consent is not granted, student may not participate in any school athletic program. This consent shall not relieve parent from liability for any medical services provided to student.

PLEASE TURN OVER PAGE AND SIGN CODE OF CONDUCT FORM. STUDENT AND PARENT SIGNATURE REQUIRED.

Code of Conduct for Jasper Middle School Student Extra Curricular Activities

For the purpose of establishing an accurate definition of an extra-curricular activity, it shall, hereafter, be interpreted to mean any activity sponsored by the school or by a school-related organization that takes place outside the regularly scheduled school day and any event sponsored during the school day which requires absence from regularly scheduled classes.

Rules for Student Athletes/Extra Curricular

All students who choose to participate in athletics/extra curricular at Jasper Middle School shall abide by the following rules and any other rules set forth by their coach(s).

- A. At no time is a student athlete/extra curricular allowed to use or be in possession of any form of alcoholic beverage, tobacco, or illegal drug. *This rule applies year round for the three years while a student at Jasper Middle School.*

PENALTIES

Rule C-8-1 of the Indiana High School Athletic Association forms the basis of the Code of Conduct for Jasper Middle School Athletes. (This rule applies for each school year and encompasses rule A.)

“Contestants’ conduct, in and out of school, shall be such as:

- A. Not to reflect discredit upon their school or the Association.
B. Not to create a disruptive influence on the discipline, good order, moral or educational environment of the School” this may include, lying, cheating, stealing and, any other expectations of students found in the Jasper Middle School Handbook.

PENALTIES

1. **First Offense** - Suspension of twenty percent of contests that student is participating in or will participate in. **Conference** – The student and his/her parents must have a conference with the coach. The principal will be informed, and a written account will be submitted.
 2. **Second Offense** – Automatic suspension for a full season from the activity in which the student is participating. If season is half over, suspension will carry into first half of following season.
 3. **Third Offense** – Automatic suspension from Jasper Middle School athletics/extra curricular for the remainder of the school year.
- C. The school athletic years for all student athletes begins with their first official practice of their sixth grade year, and continues for 3 years or as long as a student athlete/extra-curricular is participating in that activity.
- D. The principal and the athletic director shall be responsible for determining if a violation of these rules has taken place.
- E. The penalty(ies) listed above will be enforced for violation of these rules.

NOTE: It is recognized that the principals, by the Administrative Authority vested in them by their school corporation, may exclude such contestants from representing their school.

ATTENDANCE

Students are expected to be in school all day on the day of a contest. Students who are absent from school are not allowed to attend practice or contests on that same day. On the day following a contest, students are to be present when school begins. Any student not present for the beginning of school, on the day after a contest, is not to participate in practice. The only exception to this rule is for a funeral. Students who are absent with just cause, may participate with permission of the athletic director, principal, or assistant principal.

ACADEMIC ELIGIBILITY

Any student who receives a "U" or an "F" in a subject, including citizenship, on his/her quarterly report will have his/her eligibility placed under review by the Principal, Assistant Principal and Athletic Director for the following grading period.

Any student who receives a "U" or an "F" in a subject, including citizenship, on his/her final (spring) nine-week report (not semester report) at the end of his/her 6th or 7th grade year, will have his/her eligibility placed under review by the Principal, Assistant Principal and Athletic Director for the first nine-week grading period of his/her 7th or 8th grade year.

The above will likewise apply to any student new to Jasper Middle School. A new student's transcript will be evaluated before eligibility will be granted.

Students in the 8th grade that were retained in the 7th or 8th grade are not allowed to participate in conference games. JMS students will abide by the age requirements as set by the Southern Indiana Junior High Athletic Conference.

COMMITMENT TO JASPER MIDDLE SCHOOL

1. Students shall not participate on any other organized team during the school team season of that same sport.
2. When students are participating in two different activities, both school sponsored, the student and coaches/sponsors will work out an acceptable schedule. If an agreement cannot be reached, student will have to make a choice between the conflicting activities.
3. When students are participating in two different activities, one school sponsored and one not, the student will give priority to the school activity.

CONCUSSION ACKNOWLEDGEMENT AND SIGNATURE FORM
FOR PARENTS AND STUDENT ATHLETES

Student Athlete's Name (Please Print): _____

Sport Participating In (If Known): _____ Date: _____

Due to the new law "Student Athletes: Concussions and Head Injuries" (IC 20-34-7), schools are now required to distribute information sheets to inform and educate student athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. The law requires that each year, before beginning practice for an interscholastic or intramural sport, a high school student athlete and the student athlete's parents must be given an information sheet, and both must sign and return a form acknowledging receipt of the information to the student athlete's coach. The law further states that a high school athlete who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received a written clearance from a licensed health care provider trained in the evaluation and management of concussions and head injuries.

Parent - please read the attached "Heads Up – Concussion in High School Sports – A Fact Sheet for Parents" and ensure that your child has also received and read "Heads Up – Concussion in High School Sports – A Fact Sheet for Athletes". After reading these fact sheets, please sign below and ensure that your child also signs the form. Once signed, have your student athlete return this form to his/her coach.

I am a student athlete participating in the above mentioned sport. I have received and read the Student Athlete Information Fact Sheet. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury.

(Signature of Student Athlete)

(Date)

I, as the parent or legal guardian of the above named student, have received and read the Parent Information Fact Sheet. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury.

(Signature of Parent or Guardian)

(Date)

HEADS*UP CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

Concussion facts:

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven't been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

What are the symptoms of a concussion?

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

What should I do if I think I have a concussion?

DON'T HIDE IT. REPORT IT. Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

How can I help prevent a concussion?

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

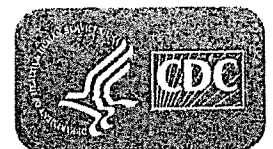
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:

Don't hide it. Report it. Take time to recover.

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

For more information, visit www.cdc.gov/Concussion.



HEADS*UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a type of traumatic 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?

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

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • 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 • Just “not feeling right” or “feeling down” 	<ul style="list-style-type: none"> • 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 mood, behavior, or personality changes

How can you help your child prevent a concussion or other serious brain injury?

- 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. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?

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 regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don’t let your child return to play the day of the injury and 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 repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:
 Don’t assess it yourself. Take him/her out of play.
 Seek the advice of a health care professional.

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

For more information, visit www.cdc.gov/Concussion.

