

# WHITINSVILLE

CHRISTIAN SCHOOL



ATHLETICS  
HANDBOOK

# WHITINSVILLE CHRISTIAN SCHOOL ATHLETICS HANDBOOK

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Welcome from the Athletic Director:

Welcome to WCS! We are so glad you have decided to join the athletic community. At WCS our mission is to foster the academic, spiritual, personal, social, creative, and physical development of students for Christ-like service in God's world. WCS athletics fits within the school mission as we strive to "Lead with Character, Train with Endurance to Compete for Christ."

Our administrators, coaches and athletes aim to lead with the character of Christ in practices, in competitions, and in our interactions with opposing schools. Our character can provide a first impression to those we compete with, but also a lasting impression on those in our community. Leadership is born out of strong character, and from it comes a dedication to train with effort and endurance as a means to grow individually and to contribute to the success of a team. The WCS athlete ought to train with endurance because dedicated student athletes are not just playing their sport, but investing in it. The result of investing and training with endurance is personal growth. Likewise, investing in a team yields

*Lead with Character,  
Train with Endurance  
to compete for CHRIST*

greater success as a team than could be achieved on our own. Our coaches strive to invest in their teams, and athletes are called to personally invest in each practice, competition and team building opportunities. One of the many benefits of sports is that growth on the practice or game field often translates to personal growth outside of the playing field. For those joining WCS athletics, the hope is that each individual is participating in a sport they love or are interested in learning more about. But the purpose and ultimate goal never changes. That is to use God given gifts, abilities, and interests to have the name Christ displayed and represented by all we do. May we each use the platform of athletics to share the character, resilience, and everlasting joy found in knowing him.

Thank you again for joining our athletics program. We look forward to providing our student athletes with opportunities to play the games they love, and to grow in sport, and to grow in fellowship with teammates and coaches.

Sincerely,

Kurt Savage

## 1. **Philosophy of Athletics:**

The mission of Whitinsville Christian School is to nurture the academic, spiritual, personal, social, creative and physical development of students, in cooperation with their parents, for Christ-like service in God's World.

We believe in this mission and we believe that our Athletic Programs play a major part in developing students for Christ-like service in God's World. WCS has also partnered with the Fellowship of Christian Athletes (FCA) which focuses on using the platform of athletics to grow and spread our faith in Christ.

Since 1954, FCA has been challenging coaches and athletes on the professional, college, high school, junior high and youth levels to use the powerful platform of sport to reach every coach and every athlete with the transforming power of Jesus Christ. FCA focuses on serving local communities around the globe by engaging, equipping and empowering coaches and athletes to unite, inspire and change the world through the gospel.

We encourage students at Whitinsville Christian School to develop their physical gifts through a wide variety of competitive athletic opportunities. We believe that every aspect of life, including physical expression through athletics matters to God. Godly men and women serving as our coaches challenge our student-athletes to use their God-given athletic gifts while teaching them the value of teamwork, commitment, dedication, perseverance, and leadership.

In an effort to accommodate students of varying skill levels, Whitinsville Christian offers teams at the Varsity, JV, and Middle School levels. The JV and Middle School level teams emphasize participation and development. Varsity teams place a higher emphasis on competition and qualifying for state and league tournaments.

## 2. **Administrative Team**

### **Athletic Director**

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### 3. **MIAA and Central Massachusetts Athletics Conference**

The Massachusetts Interscholastic Athletic Association (MIAA) is the governing body of Athletics within the State of Massachusetts. Its board of directors is made up of school administrators and athletic directors from various districts throughout the state. The board of directors and its various subcommittees establish policy for all member schools.

WCS is recognized as a grades 6-12 MIAA member school, and is therefore governed by the association's rules and regulations. Under MIAA guidelines local communities are allowed to set their own policy, rules, and regulations as long as they are more restrictive than those stipulated by the MIAA. The MIAA organizes and establishes the guidelines for all post-season tournaments. All schools throughout the Commonwealth are responsible to govern themselves under the rules set forth in the MIAA Handbook.

Established in the 2025/2026 school year, WCS is a proud founding member of the Central Massachusetts Athletics Conference (CMAC). Within the CMAC, individual power ranked sports teams will be grouped into conferences based on team rankings at the state level and will differ for gender in order to establish league schedules. Non-power ranked sports teams will compete in a conference structure schedule determined by the CMAC Planning Committees. Sports with fewer than five (5) participating teams within the league will function independently of CMAC.

### 4. **WCS Sports Teams and Coops**

Students in grades 6-12 are eligible to participate on WCS MIAA sports teams. Middle school level sports teams are only available for students in grades 6-8. Students in grades 6 - 12 are all eligible to be rostered and participate at all levels including middle school, sub-varsity and Varsity teams. However, specific sports may limit what grades are allowed to participate, particularly in sports that only include one varsity level team. Students in grades 6-8 who become rostered on a JV or Varsity team would be invited to the appropriate team during the try-out period of each season. See registration for more detail.

WCS offers numerous team opportunities through our school, as well as some co-op opportunities for varsity sports teams with surrounding schools. All co-op opportunities are pending yearly approval through the host school and cannot be guaranteed from year to year. Middle school student participation for students in grades 6 - 8 on co-op teams will be determined and approved by the host school regardless of the WCS school structure. Contact the Athletic Director for up-to-date information regarding co-ops.

WCS does not offer co-op opportunities as a guest or hosting for middle school level teams. As a school and athletic program, we recognize that multiple opportunities exist outside of the WCS athletic department and are available for middle school aged students. WCS prioritizes providing in school opportunities for our middle school students.

Specific team offerings and levels for various sports may fluctuate from year to year depending on student participation. Anticipates sports teams include the following:

## Fall Sports

MS and HS Cross Country

MS and HS Soccer

MS and HS Volleyball

Varsity Coed Golf

HS Co-op Football with Nipmuc HS (Pending participation and yearly approval)

## Winter Sports

MS and HS Basketball

Varsity Boys and Girls Indoor Track (Grades 8-12)

\*\*HS Boys and Girls Co-op Wrestling with Northbridge HS (Pending participation and yearly approval)

\*\*HS Boys and Girls Co-op Alpine Skiing with Nipmuc (Pending participation and yearly approval)

## Spring Sports

MS and HS Girls' Softball

MS and HS Boys and Girls Spring Track & Field

Varsity Boys and Girls Tennis Teams

\*\*HS Boys' Co-op Baseball with Douglas (Pending participation and yearly approval)

\*\*HS Boys' Co-op Lacrosse with Nipmuc HS (Pending participation and yearly approval)

\*\* All co-op programs hosted by another school include a financial participation fee. Contact the AD for more specific information.

## 5. Sports Schedules

- a. [arbiterlive.com](http://arbiterlive.com) will be used for scheduling competitions and daily practices. Families are encouraged to follow their team through the desktop version of arbiterlive.com
- b. WCS athletic programs can practice and compete 6 days a week, on Monday - Saturdays.
  - i. MS programs generally practice/compete only four times a week, Monday through Friday, with occasional five day weeks. Saturday competitions, though minimal, are possible for some sports.
  - ii. HS programs should expect five days a week of practices and competitions, Monday through Friday. Some sports include Saturday competitions, invitationals, and practices.
- c. Sunday Competitions
  - i. WCS athletics will not willfully schedule practices or competitions on Sundays. Sunday competitions will only be allowed in extenuating circumstances with school administration and board approval for situations such as weather-related rescheduling conflicts and the scheduling of MIAA competitions outside the control of WCS athletics. In all Sunday competitions situations, coaches and families are given the option to compete or not to participate without penalty.
  - ii. WCS athletes are permitted to voluntarily compete on Sundays when they are not representing WCS at the event. Certain events may require athletes to recognize their school of origin, but athletes are entered as an "independent." In such cases, a student may participate on Sunday based on family discretion.

## 6. Athletic Eligibilities: Eligibility must follow the MIAA handbook and WCS expectations.

- a. Academic Eligibility:
  - i. Student eligibility for participation in athletic activities will be determined at the end of each quarter. Students with documented, certified Individual Learning Plans may receive special consideration.
  - ii. A student's right to participate will be suspended immediately upon receiving a report card with two F's or a GPA below 2.0.
  - iii. Receiving two F's or a GPA below 2.0 during the fourth quarter will place the student on suspension for the next fall's 1<sup>st</sup> quarter athletic season. Incoming freshmen from WCS or transfer students must have passed the equivalent of four (4) major subjects during the fourth quarter of the previous school year, and have no more than one unsatisfactory grade in effort or conduct.
  - iv. Part time students are not eligible to participate per MIAA guidelines.
  - v. Successful completion of summer course work to compensate for classes failed for the year or semester does not make up for poor final quarter performance.
  - vi. Students who are 19 years old prior to September 1 of the school year are not eligible for high school athletics.
  - vii. Students are eligible for athletics for 12 consecutive seasons beginning with their entry into the ninth grade.
- b. Attendance Eligibility:
  - i. A student who is absent from school on the day of a game, or arrives after 9:30 a.m. will not be allowed to participate in a competition or practice except in special circumstances, e.g., attending a funeral. All special circumstances must be cleared by the HS or MS office for athletes to be eligible.
  - ii. Students who arrive after 9:30 AM must provide a doctor's note, or equivalent, to excuse the late arrival.
  - iii. Students who leave during the school day and return must provide a doctor's note, or equivalent, in order to return to school and participate.
  - iv. If a student's doctor's appointment causes an excessive delay in arriving at school, parents should contact the HS or MS office ahead of time to obtain permission to participate in athletics that day.
  - v. Senior students are allowed one excused absence for college trips.
  - vi. Students who do not meet the attendance eligibility are not allowed to attend home matches with the team.
- c. Transfer and International Students
  - i. Students transferring from another MIAA school before a season starts are required to have a completed transfer form approved by the MIAA according to the timeline established for each season.
  - ii. International Students must have a completed international transfer form approved by the MIAA in order to participate.
  - iii. Students transferring after the season start date are not eligible for participation unless supporting criteria is met in accordance with the MIAA Handbook.

## 7. Transportation

- a. WCS will provide transportation for coaches and athletes to and from athletic contests in school vans or school provided buses (exceptions include co-op teams and golf - see below for more

detail). WCS highly recommends that athletes travel with their coaches and team through school provided transportation to and from away competitions.

- b. Parents are required to communicate directly with head coaches when providing their own transportation for their students to or from away competitions. Students are not allowed to leave with other families or friends from away competitions without written permission by all parties involved.
- c. To ride in school provided transportation, parents/guardians are required to select the option in each season's registration granting permission for students to ride in WCS provided transportation.
- d. Student Drivers: Parents/guardians are given the option within the registration of each season to grant permission for their students to drive to/from athletic contests in a personal vehicle. The following expectations must be strictly adhered to:
  - i. Student drivers can be granted permission to drive to or from an away competition alone or with siblings.
  - ii. Parents/guardians release WCS of all liability for the student driver.
  - iii. Driving a personal vehicle requires approval in advance from the head coach for each event, and must indicate a significant necessity rather than a personal convenience. If a student requests to drive themselves or a sibling, head coaches must be informed in writing and head coaches must give their approval beforehand. Discretion belongs to the head coach and AD.
- e. Co-op teams: Transportation will not be provided for co-op teams unless specified otherwise by the athletic director. Families are responsible for providing transportation to and from practices, and to the host schools for game day transportation.
- f. Golf: WCS golf utilizes Shining Rock Golf Course as a home course. Transportation is only provided for away golf matches. For daily practices and home matches, WCS does NOT provide transportation.

#### **8. Sports Registration Expectations:**

WCS athletics will utilize Final Forms for all athletic registrations. Families are expected to register for upcoming sports seasons in a timely manner to help the athletic department and coaches plan accordingly. Before participating in practices and/or tryouts, all athletes must register through Final Forms and must have passed a physical examination within the previous 13 months and provide a signed physical form from the doctor's office.

In sports that offer both middle school and high school levels, students in grades 6 - 8 will register under the middle school registration options on Final Forms. Students in grades 9 - 12 will register under the high school registration options. For such teams, if a student in grade 6 - 8 is selected to join a JV or Varsity roster, the athletic department will be responsible for assigning those students to a JV or Varsity team roster at the completion of the try-out week.

In sports that offer only HS varsity teams such as indoor track, tennis and golf, the athletic department will communicate what grades are eligible to register for those teams.

Coop sport registration will be based on the host school requirements, and each coop situation is unique regarding the registration process. For certain sports, athletes will NOT register with WCS, but

only with the host school. Information will be provided for registering for coop teams each season. Contact the athletic director for specific information to register for coop sports.

During the registration process, parents/guardians and athletes must comply with the following:

- a. Yearly concussions training to be completed by parents/guardians and athletes through the [National Federation Concussion Course](#) or other MA Department of Public Health recognized education program following regulations as put forth by the Department of Public Health in regard to the Concussion Law. Any reported concussions will be monitored by the school nurse for medical documentation to allow students to return to play as appropriate.
- b. Review and agree to the [MIAA Handbook](#).
- c. Review and agree to the [WCS Student Guide Book](#).
- d. Review and agree to the WCS Athletics Handbook.
- e. Review and agree to the MA Bullying and Hazing Laws. [GENERAL LAWS 269:17, 18, 19](#)
  - i. The term “hazing” shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

#### 9. Athlete Code of Conduct:

- a. WCS athletes, coaches and spectators are expected to represent our school and the WCS mission statement in all they do. Gross failure to do so will have consequences deemed appropriate by the AD and high/middle school principal.
  - i. Use of profanity, vulgar language or offensive comments at any time, and under any circumstance will not be tolerated from athletes, coaches or spectators.
  - ii. Body language or gestures will be treated the same as the spoken word.
  - iii. The word “Christian” on our uniforms and on our school needs to mean something that our guests and opponents will understand is different and desirable. We all must at all times:
    1. Demonstrate good sportsmanship
    2. Demonstrate hospitality
    3. Honor our opponents
    4. Honor game officials
    5. Hold each other accountable for our actions
- b. Commitment to a season
  - i. Bona Fide Athlete Rule. In accordance with the MIAA, attendance at games and practices is required for a team to give its best performances. Faithful attendance represents the athlete’s commitment to the team. Team members must avoid missing practices or games, including leaving early or arriving late to scheduled practices.
  - ii. Any athlete missing a regular season practice or game for an MIAA recognized sport outside of WCS must complete the Bona Fide Waiver form prior to the missed contest. Waivers must be approved by the MIAA. Failure to do so will result in a game suspension in accordance with the MIAA handbook.
  - iii. In accordance with the MIAA handbook, Bona Fide waivers do not apply to postseason practices or competitions. Athletes missing practices or games in the postseason that

- violate the Bona Fide Athlete rule will be subject to game suspension(s) in accordance with the MIAA handbook.
- iv. In accordance with the MIAA handbook, athletes participating on sports teams outside of WCS athletics must prioritize commitments to WCS sports teams over other personal interests. Conflicts between WCS sports teams and other sports programs outside of WCS may result in ineligibility.
  - v. Music/Drama and Athletics at WCS: The success of WCS extracurricular activities requires the dedication and commitment of student athletes. At times, there will be conflicts between practices and rehearsals. If a consistent season-long conflict is expected, coaches and the AD have the discretion to factor that conflict into inviting an athlete to be part of a team roster.
    - 1. If practice and rehearsals are scheduled at the exact same time, students will attend half of each practice/rehearsal.
    - 2. If practices and rehearsals overlap, students are expected to communicate with coaches and directors to miss equal portions.
    - 3. If a rehearsal conflicts with a sporting competition, the student will be excused from the rehearsal.
    - 4. If a practice conflicts with a dress rehearsal or performance, the student will be excused from the practice.
    - 5. In special circumstances, athletes should communicate with their coach and rehearsal director ahead of time to resolve upcoming conflicts.
  - vi. Families of athletes must recognize that a student's commitment to a sports season is a commitment to their teammates and coaches. Athletes missing important competitions and experiences during a season can have a significant impact on their teammates and coaches. Families should avoid scheduling personal vacations or commitments during the regular season AND the potential postseason dates.
- c. Missed practices / Tryouts
- i. Athletes are expected to communicate with their coaches if they are going to miss a practice or a game (this would exclude days absent from school).
  - ii. Unexcused absences from practice or competition may lead to consequences on their team as determined by the coaching staff.
  - iii. Three unexcused absences from tryouts/practices and/or competitions will result in consequences, up to and including, removal from the team roster.
- d. Cell Phone Use: It is the desire of our athletic programs that cell phone use does not interfere with the team experience. Head coaches will outline specific expectations of cell phone use for athletes on their team (before, during and after practices and games, during transportation, etc).

## 10. Try-Out Week

- a. The first week of each season will be deemed a try-out period.
- b. All athletes must attend the full try-out period in order to be invited to join the team. Personal exemptions due to family or specific athlete situations must be communicated to the head coach prior to the try-out period to discuss accommodations and/or exceptions. All accommodations are at the discretion of the head coach and athletic director.
- c. Students interested in joining a team after the try-out period and prior to the first competition must meet with the head coach to discuss the request. No guarantees will be given to students to join a team after the try-out period, and it is at the discretion of the head coach and athletic

director to allow additional athletes a late try-out and/or team invitation on a case by case scenario.

**11. Chemical Health Violations:** While the WCS policy related to chemical health violations applies to all school activities including athletics, our membership in the MIAA imposes additional disciplinary requirements for chemical abuse.

- a. The following is a summary of the MIAA rules on chemical health. For a complete reading, refer to Rule 62 of the MIAA handbook.

From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, vape pens and all similar devices); marijuana (including products such as “NA or near beer”, inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the counter medications and substances used for the purposes of altering one’s mental state. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor.

For any chemical health violation the student will be suspended from school for an appropriate number of days for committing the offense. MIAA rules require that, for the first offense, a student loses eligibility for 25% of the season, and that the suspension can carry over into the student’s next sport season. Since WCS complies with MIAA rules, an offense occurring towards the end of the season will result in suspensions carrying over into the student’s next sport season. Subsequent offenses will be handled according to the MIAA Rule 62 and WCS administration. A second offense results in a 60% loss of season per MIAA.

The athletic director and the school administrator shall implement the consequences regarding such cases according to both the MIAA guidelines and the WCS Return to Sports Policy. Athletes, parents and AD will be required to sign a statement acknowledging their full understanding of the rules bearing on athletic events.

- b. **Returning to sports after a chemical health violation**

- i. WCS, alongside MIAA requirements, has established a WCS school policy on students returning to sports after a chemical health violation. See Appendix A for the WCS Return to Sports Policy

**12. Concussion reporting and expectations**

- a. In the event that an athlete were to sustain a serious blow to the head, coaches will evaluate the athlete immediately.
- b. If any of the symptoms listed below are exhibited or suspected, the athlete MUST be removed from the game or practice immediately.
- c. Symptoms include: dizziness and/or impaired balance, difficulty focusing or impaired vision, cognitive confusion, such as not knowing what day it is, who the opponent is or other indications

of memory loss, loss of consciousness for any amount of time, indications of excessive fatigue. sensitivity to light or noise, headache, nausea or vomiting.

- d. The athlete may not return to participation, even if they say they are “okay”, until s/he has been evaluated by an athletic trainer and/or physician and cleared for a return to action.
- e. If a concussion is diagnosed, evidence of clearance MUST be in the form of a signed note from the physician.
- f. WCS provides additional recommendations for returning to school and academics. See Appendix B for the “You have a concussion, now what?”
  - i. Additional Resource: CDC Concussion [Fact Sheet for parents](#)
  - ii. Additional Resource: CDC Concussion [Fact Sheet for students](#)

**13. Conflict resolution:** WCS recommended procedure for engaging a coach with questions and concerns modeled after the Matthew 18 principle:

- a. First – Athletes are to request a meeting with the coach to discuss concerns. If no satisfactory resolution occurs, then...
- b. Second – Parents can contact the head coach to request a meeting. This must not be done immediately after a contest. Parents can contact the head coach after a minimum of 18 hours by phone or email. If after meeting with the head coach there is no satisfactory resolution, then.....
- c. Third – After discussions have involved head coaches, parents and/or athletes can contact the Athletic Director to request a meeting. If no resolution is reached, then the school principal will be contacted to participate in the conflict resolution.

**14. School Uniforms**

- a. WCS Athletics will provide all athletes with school issued uniforms. Uniforms are the property of WCS and will be returned at the completion of a season.
- b. Uniforms will be returned by a date set forth by the AD after a season has concluded. Failure to return uniforms by the due date will result in student detentions.
- c. Damaged or lost uniforms will be billed to the family. Note that individual printing of replacement uniforms is significantly more costly than the original purchase price.

**15. Student Participation, Awards and Recognitions**

- a. Students will earn participation certificates for each sport they participate in.
- b. JV letters will be given to first year JV athletes.
- c. Varsity letters will be given to first year varsity athletes.
- d. National Letter of Intent Signings
  - i. Athletes that receive athletic scholarships for a Division 1 or Division 2 school, and sign an official National Letter of Intent, will be offered a signing day ceremony to recognize the athlete’s achievement.

**16. Social Media Accounts**

- a. Athletic team head coaches have access to team social media accounts and head coaches will administrate use of team accounts (instagram, twitter, etc). Head coaches are able to involve selected athletes to participate.
- b. Students are NOT permitted to create their own “WCS sports team” account without permission from athletic director

## 17. Playing sports in college

- a. Athletes interested in continuing their sport at a Division 1 or Division 2 college must register with the NCAA in order to pursue college programs.
- b. Resources
  - i. NCAA: [Portal for High School Sports](#)
  - ii. NCAA: [Initial Eligibility Resource](#) presentation

## MIAA and WCS Athletics: Chemical Health Return to Sports Eligibility Policy

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WCS athletics holds student athletes to high standards of integrity regarding chemical health violations. In addition, as a member school of the MIAA, athletes, coaches and ADs are required to adhere to the policies regarding chemical health violations found in the MIAA handbook.

**A summary of the MIAA ruling on Chemical Health (see handbook and Rule 62 for complete ruling)** Throughout an academic/athletic year, a student shall not use, consume, possess, buy/sell, or give away any beverage containing alcohol; tobacco products (including e-cigarettes, vape pens, etc); marijuana; steroids; drug paraphernalia; “NA or near beer,” or any controlled substance, and misuse of over-the-counter medications and substances used for the purposes of altering one’s mental state.

Consequences:

1st Violation 25% loss of season (and/or including upcoming seasons)

2nd Violation 60% loss of season (and/or including upcoming seasons)

62.1 of the MIAA Handbook

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and attendance at the competition site is determined by the high school principal

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In collaboration with the MIAA, WCS has expectations for HS and MS athletes serving a chemical health violation. It is the desire of WCS athletics to incorporate athletes as committed team members during the season of their suspension. As such, the following expectations need to be agreed upon.

*Student initials required in agreement and acknowledgment of the following statements:*

1. \_\_\_\_\_ In accordance with the MIAA, a \_\_\_\_\_ violation will result in a suspension of \_\_\_\_\_ % of the season. The total of which may apply to subsequent seasons as necessary. The AD will calculate the number of contests that will be missed and recorded below.
2. \_\_\_\_\_ In accordance with the MIAA, athletes will remain unsuited for competitions during their suspension period. Game day attire during suspension is at the discretion of the head coach.
3. \_\_\_\_\_ In accordance with the MIAA, if an athlete is unable to participate due to injury or academics, the penalty will not take effect until the athlete is able to return to normal participation.

4. \_\_\_\_\_ In accordance with the MIAA, I understand that the WCS administration is granted permission to determine attendance policies, and that athletes are expected to attend and participate in all regular practices as they normally would as a member of that team, and travel with the team to all competition
  
5. \_\_\_\_\_ I understand that according to WCS policy, if an athlete is ineligible to attend a competition as a result of the WCS attendance policy, that missed competition will not count towards the total competition suspension. However, in alignment with the MIAA, missed competitions directly due to a school suspension from the chemical health violation will count towards the total competition suspension.
  
6. \_\_\_\_\_ I understand that WCS requires athletes to be registered and eligible through family ID as they normally would for the season of their suspension.
  
7. \_\_\_\_\_ I understand that WCS expects that athletes will continue with the team in practice and competition as a dedicated and bona fide athlete until the completion of the season including postseason play.
  
8. \_\_\_\_\_ This WCS Return to Sports policy states that if an athlete does not complete the entire season by choice or as a result of being removed from a team by the coach or AD for any reason, the athlete will forfeit that season and the suspension will not count. The chemical health suspension will then be applied to the next season of participation.
  
9. \_\_\_\_\_ This WCS Return to Sports policy states that a chemical health violation suspension must be served in the subsequent season of participation, regardless of the time or years between the violation and athletic participation.

Student Name: \_\_\_\_\_

Athletic Season(s) with penalty: \_\_\_\_\_

The number of competitions for suspension: \_\_\_\_\_ (to be determined by the AD)

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Athletic Director: \_\_\_\_\_

Date: \_\_\_\_\_

HS/MS Principal: \_\_\_\_\_

Date: \_\_\_\_\_

# You have a concussion...now what?

At Whitinsville Christian School, the safety and well-being of our students are our top priority. You've sustained a concussion and it is essential that we follow clear guidelines to ensure your recovery and return to both academic and physical activities. Below are our recommendations for managing concussions within our school.

## What is a Concussion?

A concussion is a type of brain injury caused by a blow to the head or body, resulting in the brain moving rapidly back and forth. This can lead to symptoms that affect cognitive, physical, emotional, and sleep-related functions.

## Immediate Steps After a Suspected Concussion

1. **Immediate Assessment:** If a student experiences a head injury, he/she should immediately be removed from any physical activity and assessed by the school nurse or athletic trainer.
2. **Medical Evaluation:** The student must be evaluated by a healthcare professional for diagnosis and clearance. We highly recommend seeking medical attention **within 24 hours** of the incident.
3. **Communicate with school:** Please keep the school nurse and principal updated regularly about the student's progress. Please share all **paperwork** with us that you receive from your doctor. We will communicate with teachers so everyone is on the same page.

## Return to School

- **Rest and Recovery:** The student will need physical and cognitive rest. Most students will need to take **1-3 days off from school immediately following a concussion**. In these early days of recovery, students should limit overstimulation and cognitive activity. This includes limiting schoolwork, screen time, and physical activities until symptoms significantly improve. It can be hard to stay home from extracurricular activities, but in the long run it will be worth it!
- **Academic Accommodations:** During recovery, students may require adjustments to their schoolwork, such as: Extended deadlines, reduced homework load, breaks during the school day, permission to rest in the nurse's office as needed.
  - A doctor's plan will outline which accommodations are necessary.
  - Teachers and staff will collaborate to create a temporary academic plan that supports the student's recovery.
- **Things that can slow recovery:**
  - Loud noises & big crowds
  - Bright lights
  - Cognitive overload
  - Lack of rest
  - Emotional stress

**Return to Physical Activities: Gradual Return-to-Play (athletics)** Once the student is symptom-free and has medical clearance, he/she will follow a step-by-step return-to-play protocol. This process is overseen by coaching staff and the student's healthcare provider.

More info from CDC's "Heads Up" can be found [HERE](#)