
PIEDMONT ACADEMY COUGARS

Athletic Handbook
2019-2020



“ALL IN”

Athletic Department Contact Information

Head Master	Athletic Trainer /Athletic Director	Financial Officer
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Coaching Staff: SY 2019-2020

Fall Sports

Football	Will Johnson	Michael Wilson, Matt Britt, Glade Tuggle, Kaden Miller, Chris Cain
Softball	Joe Johnson	Ron Holder, Mitch McEwen, Lindsay Moore (Faculty Liaison)
Cheer	Beth Crowder	
Shotgun	Staci Waits (Varsity)	Andy Maddox (JV) Alison Hildebrant (Faculty Liaison)

Winter Sports

Girls' Basketball	Michael Wilson	Ron Holder Lindsay Moore (Middle School)
Boys' Basketball	Will Johnson	Mike McCart Ron Holder (Middle School)
Wrestling	Kaden Miller	

Spring Sports

Baseball	Matt Britt	Kaden Miller
Girls' Soccer	Ansley Myers	
Golf	Will Johnson	
Track & Field	MC Sikes	
Tennis	Alison Hildebrant	

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Athletic Department Overview

ONE MISSION | ONE PIEDMONT

The Piedmont Academy Athletics Department is committed to protecting and developing the mind, body, and spirit within each student athlete in alignment with the school's vision and mission.

Philosophy

The Piedmont Academy Athletic Department is an important part of our school's educational program. We strive to provide a positive and well-rounded learning environment that will develop strong character in our student-athletes and prepare them to grow and mature into responsible and productive citizens. The athletic experience at Piedmont Academy emphasizes excellence, discipline, hard work, and high moral standards. Specifically, the Athletic Department is committed to the following:

- To offer well-balanced and varied programs of interscholastic athletics (based on numbers and the best interest of student-athletes)
- To teach the value of competition
- To foster the development of athletic skills
- To encourage the development of a leadership, character, work ethic, self-discipline, and self-sacrifice
- To teach the value of commitment, teamwork, cooperation, ethical conduct, and sportsmanship
- To foster loyalty and pride in one's self, their team, and their school community.

Governing Association

The extracurricular activities and athletics for Piedmont Academy and its Athletic Department are governed by the Georgia Independent Schools Association (GISA). All academic and eligibility policies and regulations are set forth by the GISA and Piedmont Academy.

Athletic Awards

Coaches for each sport will hold a sport banquet at the conclusion of each season. Awards available by the GISA include all-region, all-state, and all-star game selection. The GISA allows customary certificates, trophies, plaques, and award letters. Items beyond that may not be purchased by the school or by any organization representing the school.

Letterman Jacket Guidelines

Piedmont Academy will provide varsity letters and patches for team achievements. It is the parent's responsibility to purchase the letter jacket for their student-athlete. Every student-athlete has the opportunity to receive a letter and letter jacket during their athletic career at Piedmont Academy.

Guidelines for earning a letter and letter jacket are as follows:

- A certificate is awarded to an athlete after their first year of varsity participation.
- After the second year of participation in a varsity sport, the athlete will be able to order a letterman jacket from Balfour. Fittings will occur twice a year with the Balfour rep.
- A senior who participates in a sport for the first time will be allowed to letter in their first year.
- A junior transfer student who has proof of participation at their last school, may earn a letter jacket for that sport.
- After receiving a letter jacket, a student-athlete will earn a bar for each additional season they complete.

Award patches will be given for region and state titles in team sports. For individual sports (wrestling, golf, track, and tennis), athletes will receive a patch for placing 1st in region and for 1st, 2nd, and 3rd place in a state event. Patches will also be given to those selected for all-region, all-state, and for the all-star senior game. Coaches are allowed to use their individual sport budgets to order other patches as they deem necessary.

Cougar Club Association

The Cougar Club Athletic Association is a volunteer organization made up of dedicated and service-oriented parents and guardians who are committed to offering their time and energy to promote school and athletic spirit, support Piedmont Academy sports teams, and ensure that every athletic event is a success. Cougar club members are expected to aid the athletic department fulfill its mission and vision for Piedmont Athletics. Expectations of the Cougar Club members and governance include assisting with maintenance needs, running and stocking concession stands, cleaning and trash pickup after games, organizing parent work days, and organizing fundraisers for both the Athletic Department as a whole and for each individual sport as needed.

Cougar Club and Participation Fees:

As a private institution, Piedmont Academy relies solely on participation fees for sport and for Cougar Club for their athletic budget. Cougar Club membership fees provide funds for regular maintenance, upkeep, and minor upgrades to our athletic facilities as well as payment for referees at home events and payment to cover GISA mandated coaching certification. Varsity sport fees help provide for varsity sport budgets which can be used for individual sport needs, uniforms, equipment, transportation, and some maintenance and upkeep needs. Middle school sports fees are used to provide referees at home events, transportation when available, and some maintenance and upkeep needs.

- All families must have a current cougar club membership for their child to play a sport. Membership is \$50.00 per family.
- An additional fee per sport is required to participation:
 - Varsity Softball, Basketball, and Baseball: \$125.00
 - Varsity Football: \$150.00
 - Middle School Football, Softball, Basketball, and Baseball: \$100.00
 - Elementary Football, Basketball, Varsity Soccer: \$75.00
 - Cheer, Shotgun, Golf, Tennis, Track, and Middle School Soccer: \$50.00
- Cougar Club Season Passes may be purchased for \$75.00 per pass. This pass will allow for admission to all home, regular season sporting events for the school year.
- A limited number of stadium seats on the football field at Cougar Stadium are available on a first come, first served basis for \$40.00 per seat.

Athletic Participation and Eligibility

Varsity Eligibility

Participation in athletics is a privilege, NOT a right. Students can earn the privilege through hard work, dedication, desire, and self-discipline. All students that are currently enrolled in eight through twelfth grade are eligible to compete in any varsity sport. The coach along with the athletic director will decide whether an eighth grade will be allowed to compete at the varsity level. No eighth graders are allowed to compete at the varsity level in football. Students are allowed only one year of varsity eligibility as an 8th grade student. Students are not allowed to repeat the 8th grade and retain varsity eligibility during the second year as an 8th grade student. Additionally, a student who has reached his/her 19th birthday prior to May 1st preceding the school year of participation is ineligible.

Academic Eligibility

According to GISA guidelines, students must pass five or more subjects to be eligible for the following semester. All students must take four or more classes to be eligible (2nd semester seniors) in Grades 9 through 12. Passing only 4 subjects will not allow the student to be eligible the following semester.

Of the 5 unit subjects, 3 units must be in the following subject areas: English, Foreign Language, Science, Social Science, Mathematics, Religion, and Business Education. Excluded from any credit is teacher's aide, office aide, or their equivalent.

Students failing to pass the required 5 unit subjects for the first semester may be allowed to become eligible at the end of the 3rd nine weeks grading period if they were passing the required 5 unit subjects at the time. Students must have passed at least 3 subjects at the semester to be eligible to gain edibility in this manner.

Summer school credits are limited to two credits. Cases with extreme circumstances can be appealed and this rule will not have any effect on units schools count toward graduation.

Students jointly enrolled in both a GISA interscholastic school and a local college must meet the following criteria to establish eligibility:

- At least ½ of the students' schedule or course load must be scheduled and pursued at the GISA Interscholastic School
- The school and school head must maintain full and complete discipline and control during the students' day
- Both the local college and school must agree in advance to award the student full and graduation credits for jointly enrolled courses.

Class Attendance

Students must attend school and class for at least 50% of the school day in order to participate in extracurricular events for that day. This means students should either be at school by 11:30am if they are late, or they must check out after 11:30am in order to participate in any extracurricular activity. If a student is too sick to attend school or class, he or she is not allowed to compete in activities that day. Special circumstances including family emergencies, funerals, pre-sanctioned school events, and other situations may be reviewed by the Headmaster and Athletic Director. No class may be missed by students involved in extracurricular activities when they are failing the class requiring the absence for the extracurricular activity.

Transfer and Migrant Eligibility

Any student who changes schools after entering the 9th grade is a migrant and subject to the following stipulations, as sanctioned by the GISA:

- Students entering 9th grade are eligible, except for those who participate on a varsity level while in 8th grade. Eight graders who participate in varsity sports are subject to the migratory rule.
- Transfer from one member day school to another member day school: a student is ineligible for one calendar year unless a bona fide move is made.
- Transfer from a non-member school to a member school: Transfer students from non-member schools are eligible for competition in contests only if the transfer occurs at least 45 calendar days prior the state playoff in that activity in which the student might compete.
- A student who transfers from a member to a non-member school and back to the original member school is eligible after two weeks provided the student has not attended another member school in the last calendar year.
- A student who transfers from one member school to another because of a bona fide change in custody from one parent to another parent is eligible in the high school of the new parent's residence provided he/she meets all other requirements and provided that such change in custody is in the best interest of the child.

Amateur Status Regulations

A student who represents a school in interscholastic competition shall be an AMATEUR in that activity. An amateur athlete is one that engages in athletic competition solely for the physical, mental, social and pleasurable benefits derived there from. Accepting nominal, standard fees or salary for instructing, supervising or officiating in an organized youth sports program or recreation, playground or camp activity, shall not jeopardize an athlete's amateur status. Reasonable compensation derived from private lessons in a sport is permissible.

An athlete **FORFEITS AMATEUR STATUS** in a sport by:

- Competing for money or other monetary compensation except for reasonable allowances for travel, meals, and lodging.
- Receiving any award or prize of monetary value which has not been approved by the GISA
- Capitalizing on athletic fame by receiving money or gifts with monetary value.
- Signing a professional playing contract in any sport, or hiring an agent to manage his/her athletic career.

****If there is ever a question about amateur status, please contact the Athletic Director.***

Parent Expectations

Parents play a vital role in the Piedmont Academy Athletics Program. Parents model attitudes and behavior for their children. We invite all parents to attend home and away games, support the team, and encourage their children to practice and play hard.

We are extremely appreciative of the assistance parents provide for their children in their athletic endeavors, whether driving them to an athletic event, volunteering to serve athletics as a member of the Booster Club, or sacrificing family time to accommodate athletic schedules. We also appreciate the support parents provide our coaches in their efforts to create a valuable athletic experience for all participants. It is important for parents to be mindful of and respectful of both the Athletic Department and the coaches' mission and visions for each sport by avoiding interference or public criticism, especially in front of their children, other teammates, or community members.

In regards to games, parents are expected to conduct themselves in a manner that will bring honor and respect to our teams and school. At no time should a parent display inappropriate behavior toward an official, coach, administrator, or student-athlete.

Any spectator/Parent who acts in a disruptive manner will cause a game to be suspended until the situation is resolved or the spectator is removed. The Athletic Director and Head Master reserve the right to deny entry to games or events for any spectator with a history disruptive behavior.

Team Selection/Playing Time

It is our goal in team selection to find opportunities not only for participation, but more importantly, success. Placing each student-athlete at the level where he/she can contribute physically and gain positive feelings from his/her efforts is important to the coaching staff. Disappointments are inevitable when teams are selected, and it is very important that student-athletes feel the support of teammates, parents, and coaches.

We believe in our coaches. Their job is to manage and direct both the Athletic Department's and their personal coaching mission and vision into their specific sport. Their responsibilities include evaluating and selecting students for teams, as well as determining the degree to which each student-athlete will participate, and they do this with considerable thoroughness and sensitivity. During the selection process, coaches will evaluate skill level, athleticism, physical conditioning, positional play, trainability, punctuality, and various other attributes.

Piedmont Academy's Athletic Department believes that at all levels- elementary through varsity- playing time in competition is earned in practice and is not an entitlement. Regardless of the subjective nature of the process and the potential for disagreement, the coach is the only one in a position to make team selections and decisions about playing time. Coaches WILL NOT discuss playing time with parents unless a meeting has been set up by the athletic director that includes the coach, the parent, and the student-athlete. Also, members of a varsity team are not guaranteed playing time. Student-athletes should fully understand that by joining a team they are accepting the pleasures and benefits of participating as well as the responsibility and commitment to that team.

Student Expectations and Conduct Requirements

Student athletes are expected to be a positive addition to the Athletic Department. If a student athlete must discuss and issue with a coach, he/she is expected to communicate in a respectful manner to try and find a solution. If a situation cannot be reached, the Athletic Director may assist. Student athletes are expected to be respectful and exhibit good behavior in class, in practice, in games, in the community, and on social media outlets. If a student athlete fails to conduct himself/herself in a manner that will bring honor and respect to our teams and the school, he/she may be subject to penalties which may include game suspensions, ineligibility, or dismissal from the team.

The Athletic Department expects the following of each participant in the school athletic program:

- Respect yourself and others
- Take full responsibilities for your actions
- Develop and demonstrate loyalty
- Learn to be a great communicator
- Discipline yourself so no one else has to
- Make hard work your passion
- Don't just work hard, work smart
- Put the team before yourself
- Make winning an attitude
- Be a competitor
- Understand that change is a must
- Handle success like you handle failure



Middle School and Elementary Sport Expectations

The main goal of middle school and elementary school sports are to learn and develop skills as an athlete and to provide an introduction to competitive sports for some students. Because it is important to have players learn the fundamentals correctly from the beginning, the emphasis on lower school programs will be developing skill and habits. The level of success achieved in high school athletics is directly related to the skills developed through the middle and elementary school programs.

Piedmont Academy provides middle school and elementary athletics for sports depending on numbers and the best interest of the student-athletes. It should be understood that we may not be able to give much notice when we are unable to field a team in a middle school or elementary sport. Because we strive to provide activities for our younger students, we allow signups up until the beginning of the particular sporting season. Additionally, because of limited transportation availability, middle school and elementary school will rely heavily on parent transportation and car-pooling to athletic events.

Elementary school sports rely directly on parent involvement in coaching. If we are unable to find a parent-coach, we will be unable to host a sport. Please contact the head varsity coach of a particular sport or the athletic director, if you are interested in coaching any elementary school sports!

Additional Athletic Guidelines

The following rules, regulations, and guidelines are applicable to any student-athlete within Piedmont Academy. The Head Coach of a particular sport may also make additional requirements, which is encouraged by the Athletic Director and the Headmaster.

On-Campus Discipline

The Department of Athletics of Piedmont Academy expects and demands all of its student-athletes to be students first. Along with this requirement, it is expected that your discipline and behavior in the classroom must be of the highest respect and honor at ALL times. All student athletes are expected to follow the Piedmont Academy Student Code of Conduct. The Athletic Department reserves the right to punish school-time discipline problems caused by its athletes over and above the normal school system disciplinary procedures.

Athletes will receive after school detention for most school infractions. These detentions will be held from 3:15-4:00pm and will not be rescheduled to avoid athletic practice or contest. If a student-athlete is scheduled for detention on the day of a game, his/her parent will need to schedule transportation if necessary.

Off-Campus Discipline

All student-athletes are subject to disciplinary action and/or dismissal from the athletic program for any violation of the Piedmont Academy Code of Conduct not just while participating in school activities and functions, but OFF CAMPUS and AWAY FROM SCHOOL activities as well. If any student-athlete has legal charges filed against them, the Piedmont Academy reserves the right to withhold that student from participation until those charges are adjudicated. Our student-athletes are participating in an extracurricular activity that represents not only themselves, but their family, school and community as well. Each student-athlete is responsible to this program in regards to their actions at all times.

Practice Absences

Practice for any sport is extremely important. It is the responsibility of the student-athlete to be at each and every practice. If, because of emergency, illness, or some other crucial situation, an athlete cannot be at practice, he/she must notify the Head Coach of the particular sport **BEFORE** the practice session is held. Please understand the following definitions:

- Excused absences-Any absence about which the Head Coach of the particular sport is notified BEFORE a practice session occurs. Any makeup for the missed practice is left to the discretion of the Head Coach of the sport.
- Unexcused Absence-Only two (2) unexcused absences are allowed per athlete per season. An unexcused absence is defined as any absence from practice about which the Head Coach of the particular sport is NOT notified verbally or in writing before the practice session begins. This rule refers to any reason a student-athlete cannot be at practice and includes; after school detention, test make- ups, another after school meeting, absent from school that day, doctor's appointments, checking out from school that day, etc.
- Missed Practices Regulations:
 - 1st Unexcused Absence from Practice-Make-up practice and any stipulations at the discretion of The Head Coach.
 - 2nd Unexcused Absence from practice-Make-up practice and any stipulations at the discretion of Head Coach, 1 game or contest suspension.
 - 3rd Unexcused absence from practice-Removal from team and activity for remainder of the season.

Quitting a Sport

Once a student goes out for a sport, we strongly encourage them to complete their responsibility to their teammates and that sport. Any student-athlete, who quits a sport during or before the end of the respective season, may NOT participate in the next upcoming sport within the school year until the original sports season is completed. EXAMPLE: A student-athlete quits football. That student-athlete may begin participating in basketball practices until the football season is completed.

Dismissal from a Team and/or Activity

Whether a student-athlete's behavior, attitude or other circumstances warrant his/her removal from an athletic team, this is left to the discretion of the Head Coach of that particular sport, the Athletic Director and/or the Headmaster. If a student-athlete is dismissed from a team because of discipline problems or infractions of team rules, he/she may appeal to the Head Coach of the particular sport and the Athletic Director for reinstatement. Some form of sincerity must be shown for reinstatement to be considered. Any possible form of reinstatement may also be accompanied by conditions as set forth by the Head coach for restitution or insurance of sincerity. Any conduct that is detrimental to the team, as considered by the Head Coach and/or the Leadership of the school may result in removal from the team and/or the Athletic Program. Disciplinary action MAY be taken from the school pending on the nature of the offense.

Classwork

If a student-athlete must miss class to participate in scheduled athletic events, they are responsible for turning in class work that is due that day and for making up any missed work in a timely fashion. If a student-athlete arrives home late from an athletic contest or misses class the day before a test due to an athletic contest, it is at the teachers' discretion to allow the student-athlete to test at an alternative time. If the student-athlete must leave class early on a testing day due to an athletic contest, it is the responsibility of the student-athlete to reschedule the test for a date that is agreed upon by the student-athlete and teacher.

For advance notice, student-athletes will be required to have teachers complete the Absence Form at least one day before missing an academic class for a sporting event. Teachers will sign and describe anything the student will need to makeup. Coaches will also sign the form. Students must show this to their head coach before they are allowed to leave for an athletic event.

Fines for Ejection

Any player who is ejected from a game will be immediately suspended for the next athletic contest and will be required to pay the GISA ejection fee of \$50 (or more). Varsity basketball players may receive two cumulative unsportsmanlike conduct technical fouls in a season without further increase in sanctions. The 3rd will result in one game suspension to be served the following game with a \$50.00 fine. The 4th will result in a two game suspension to be served the following two games with a \$100.00 fine. A 5th technical will result in suspension for the remainder of the season. For varsity soccer players, two yellow cards in any game equals a red card and constitutes ejection. Varsity soccer players may receive 4 cumulative yellow cards in a season without further increase in sanctions. The 5th yellow card will result in a 1 game suspension to be served the following game. The 6th will result in a 2 game suspension, and if a player receives a 7th yellow card, they will be suspended for the remainder of the season. A team participating in the playoffs will be allowed an additional yellow card prior to sanctions beginning.

Uniforms and Equipment

All athletes must return all issued and designated uniforms and equipment issued by the Head Coach of the sport of their participation. All indebtedness must be cleared. It is the responsibility of the student-athlete to either return the equipment, uniform, etc., or the athlete will be charged for the amount of the equipment lost and or not returned. Once again, athletes are responsible for ALL materials issued to them.

Team Attire

Piedmont Academy athletic teams will dress appropriately when traveling to away games and contests. The Head coach of the sport will determine dress while representing Piedmont at a contest or team function. In all athletic practices and contests, jewelry CANNOT be worn, in accordance with the Georgia Independent Schools Association rules and by-laws. This includes watches, necklaces, earrings, body piercing of any manner, etc. Additionally, hair color and facial hair rules will be applied according to school policy for all practices and games, including those on breaks and holidays.

Traveling to and From Contests

All teams and team members will travel to away games, contests, and matches by transportation provided by Piedmont Academy. We understand that many of our student-athletes live outside of Monticello and Jasper County; therefore, student-athletes will be allowed to leave with their parents or guardians after away games. Parents may also allow their student to carpool with another parent as long as they provide a note, email, or text message for the head coach.

Additionally, if a student-athlete wishes to leave his/her car at a designated drop off to allow for easier travel when coming home or if they need to drive to/from a school event, he/she must have his/her parent complete a driving permission form that includes name of the driver, destination, departure/arrival times, and must also release the school from any responsibility.

Simultaneous Sport Activities

No Piedmont Academy student-athlete may participate in another GISA sanctioned sport's practices or games until the original sports season is complete (unless approved by the two sport's Head Coaches and the Athletic Director). This rule covers overlapping seasons.

Substance Abuse Guidelines

The use of any alcohol, tobacco products, or illegal chemical substances will not be tolerated or allowed by any student-athlete of Piedmont Academy either on campus or off campus. Upon report of such substances of use or abuse, the Head Coach of the sport for which the student-athlete is currently involved and the Athletic Director will investigate; and, institute such punishment as may be deemed necessary by policy. If the student-athlete involved in the instance of substance abuse is not participating in a sport currently in-season, then the head coach(s) of the sport(s) on which he/she participates will follow the same process along with the Athletic Director. Appropriate discipline will be administered with respect to the severity of the offense.

➤ Tobacco Use and/or Possession

- 1st Offense-Game or Contest suspension, Must attend practice, Counseling recommended
- 2nd Offense-Suspended 25% of schedule or number of contests remaining in season, Must attend practice, Counseling Required
- 3rd Offense-Suspended for 50% of schedule or number of contests remaining in season, Must attend practice, Counseling Required
- 4th Offense-Suspended for remainder of that sport's season, Counseling required to return to participate in other sports

➤ Alcohol Use and/or Possession

- 1st Offense-Suspended 50% of schedule for current sport, must practice each day with coach's discretion, Counseling Recommended
- 2nd Offense-Suspended for the remainder of the school year from all sports.

Parents will be notified at each offense by the Athletic Director and/or Headmaster. Be advised that these punishments are minimal, and head coaches have the discretion for punishment above and beyond these

guidelines. The student athlete will also be subject to school corrective actions as delineated in the Piedmont Academy Student Code of Conduct.

Injury and Illness Reporting

All injuries should be reported to the coach and/or athletic trainer at the time they occur so further injury can be avoided. It is the sole purpose of the Piedmont Academy Sports Medicine Staff to keep student-athletes on the field or court as much as possible. However, the Athletic Department will always put the safety and health of a student-athlete above a game or athletic contest.

Under Georgia Law (The Return To Play Act), any student who experiences a head injury and shows any of the signs of concussion (p. #), they must be pulled from activity by a coach until they are evaluated and cleared by a health care provider (licensed physician, nurse practitioner, physician assistant, or certified athletic trainer).

To avoid conflict of interest, parents who are licensed health care providers, are asked to refrain from personally writing injury clearance notes for his/her student-athlete. If a parent is a licensed health care provider and wishes to limit his/her athlete in a game or practice outside of what the school's certified athletic trainer proposes, the parent will be required to get a note from another health care provider before his/her student-athlete is allowed to participate in practice or in a game.

Sportsmanship and Sport Responsibility

It is the responsibility of all participants in a contest, to include but not limited to, players, managers, athletic trainers, coaches, administrators, parents, fans, etc. to conduct themselves in such a way and to use every means possible to promote and value good sportsmanship in our practices, team activities, games, events and contests. Qualities of Sportsmanship and Sport Responsibility that Piedmont Academy's Athletic Department encourages include:

- Being a worthy representative of teammates, coaches, and the school community
- Understanding that commitment to victory is nothing without commitment to hard work in practice
- Knowing that athletics is just one part in the big picture with the cornerstone being that a Piedmont Academy student strives to achieve excellence in all areas
- Learning to deal with adversity in an honorable way and to capitalize on growth opportunities
- Expressing feelings, of both excitement and adversity, intelligently and appropriately
- Accepting the responsibility of team membership: support of teammates, cooperation, positive interaction, and mutual respect
- Balance a demanding academic schedule with an equally demanding athletic training-schedule

STRENGTH AND CONDITIONING

The Strength and Conditioning Program at Piedmont has been developed with 3 main goals in mind:

- To optimize the performance of all athletes in all sports.
- To provide reduced injury risks by training athletes to better handle the physical rigors of athletics
- To develop a positive mental attitude that translates from training to on field performance.

At Piedmont Academy, the Strength and Conditioning program is an integral cog in the athletic program as a whole. Strength and conditioning benefits all athletes at the high school level. As stated above, the three goals state we not only wish to develop athletes physically but mentally as well. The three main parts of the Strength and Conditioning program are: Summer Workouts, Weightlifting Class, and In Season Sport Workouts. All three are important to maintaining and gaining strength throughout the year.

Summer Workouts are attended during summer break during a time to be denoted by the coaching staff. Athletes must attend a certain number of workouts (the number to be determined by the sport's coach). Any consequences for not reaching the designated number are again up to that coach's discretion. These workouts are the best times for athletes to develop maximum strength gains due to the time of the year and little to no sport specific activity.

Weight lifting class during school should be treated with the same respect. This period can be used for maintenance or strength gains depending on the time of the year and what sports a student athlete participates in. However, due to scheduling conflicts some student athletes will not be able to attend the In School workouts. If this is the case student athletes should make their best effort to contact a coach with access to the weight room and try to lift 2-3 times a week minimum. Contact your head coach if you would like to more in the weight room.

In Season Sport Workouts are workouts that coaches may use as maintenance periods to maintain strength and conditioning gains. These sessions are strictly used at each coach's discretion.

In summation, strength and conditioning is an important part of any student athlete's athletic career. With the proper attention and effort athletes will perform optimally, reduce their risk of injury and have a more enjoyable athletic experience during their time at Piedmont Academy.

Please, note that the weight room is a not an unlimited resource for our student-athletes. For the safety of our athletes, we expect each athlete to respect weight room rules and equipment. Any coach has the right to revoke weight room privileges. No athlete will be allowed to lift alone in the weight room; additionally, athletes will not be allowed to work out without a member of the coaching staff present in the room.

SPORTS MEDICINE AND ATHLETIC TRAINING

Athletic Training and Medical Treatment

Athletic trainers are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions. Piedmont Academy's athletic trainer is certified through the National Athletic Trainers' Association Board of Certification. The athletic trainer is required to maintain certification through continuing education units every two years.

Sports Medicine Clinic Schedules and Rules

The sports medicine clinic will be open on practice days at 3:05pm and remain open no more than 30 minutes after practices or events end. The athletic trainer will be located in the classroom the majority of the day, but will be free to begin treatments and complete injury evaluations during study hall or 7th period as scheduled. If a student athlete is injured, he/she needs to inform the athletic trainer at the beginning of the school day, and the athletic trainer will schedule a time for evaluation and treatment. Understand, that the athletic trainer will only treat and rehabilitate injuries that occur within a school-related athletic event. If an athlete would like to be treated for an outside injury, they must see a physician and bring in a referral for athletic training rehabilitation.

Physical examinations for Student-Athletes

All student-athletes must have a physical examination annually. The parent and/or school is responsible for making the arrangements/appointments. If a student is unable to have a physical examination on the appointed day, it becomes the student's and parent's responsibility to obtain the examination. The correct and updated copy of the physical examination form is included with this packet. No other form will be accepted.

Concussion Information and Awareness

Definition

A concussion is a traumatic brain injury that alters the way your brain functions. Despite a significant increase in research dedicated to identifying and managing sport-related concussion, it remains one of the most complex injuries sports medicine professionals face. Concussions occur from forces applied directly or indirectly to the skull that result in the rapid acceleration and deceleration of the brain. Effects are usually temporary, but can include problems with headaches, concentration, memory, judgement, balance and coordination. These injuries can cause loss of consciousness, but most concussions do not. Because of this, some people have concussions and don't realize it. Concussions are common, particularly if your child plays a contact sport, but concussions can happen in any sport. Every concussion injures your brain to some extent. This injury needs time to rest and heal properly. Luckily, most concussive traumatic brain injuries are mild, and people recover fully. ***Football parents should understand that while helmets help prevent catastrophic head injuries (e.g., skull fractures), they do not significantly reduce the risk of concussions.***

Danger of Concussions and Second Impact Syndrome

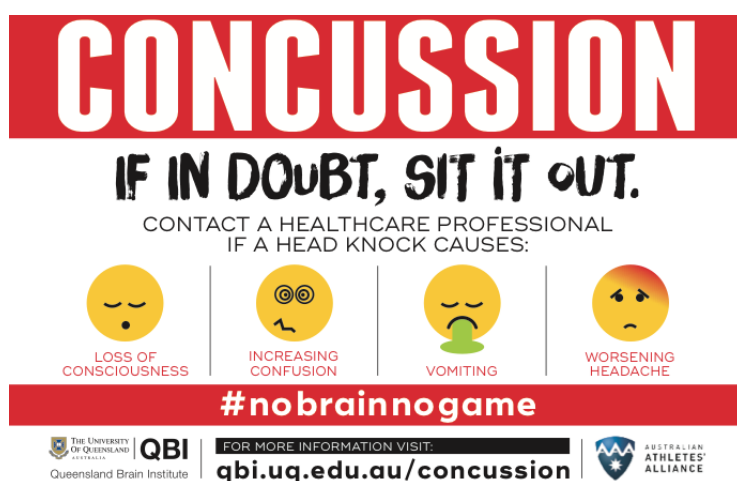
Severe brain injury can lead to long-term problems with memory; learning capacity; coordination and balance; speech, hearing, and vision; or emotional deficits. An increased risk for subsequent concussions in high school athletes with a history of concussion has been reported in medical literature. In one study, football players with a history of concussion were nearly 3 times more likely to sustain another orthopedic injury. Second-Impact Syndrome occurs after a second impact while the patient is still symptomatic from a previous injury to the head. The condition is characterized by cerebral swelling with catastrophic deterioration.

Symptoms

Symptoms of a concussion can be subtle and may not be immediately apparent. Symptoms can last for days, weeks, or even longer. The most common symptoms after a concussive traumatic brain injury are headaches, amnesia, and confusion. The amnesia, which may or may not be preceded by a loss of consciousness, almost always includes the loss of memory of the impact that caused the concussion.

Management and Treatment

The well-being of our student-athletes is of paramount importance to Piedmont Academy. Coaches are trained annually in recognizing the signs and symptoms of concussions and are required to immediately remove any athlete with the signs and symptoms from practice, conditioning or a game. Student-Athletes will not be permitted to return until a licensed Health Care Provider has either ruled out a concussion or determines the Student-Athlete capable of returning to play. In no instance will a Student-Athlete with a diagnosed concussion return the same day to participation. Additionally, Piedmont's Athletic Trainer will require a graduated return to play protocol before an athlete is allowed to compete in a game or match following a diagnosed concussion.



Georgia Concussion Policy

All Georgia Independent School Association member schools are required to comply with the following policy effective September 1, 2013. This policy applies to all practices, conditioning and games in all sports. This policy will be reviewed by the Board of Trustees yearly, at which times comments and suggestions for the improvement of the policy will be solicited from all member schools, coaches, certified athletic trainers, physicians and officials and appropriate modifications made.

At the beginning of every school year, all member schools shall provide parents or legal guardians of every student-athlete an information sheet which informs them of the nature and risks of concussions and head injuries and the actions to be taken by the schools to minimize the risks and effects of concussions and head injuries. Such information sheet should be substantially in the form of this policy and each member school shall maintain a copy of the information sheet signed by each student-athlete, parents or legal guardian for that school year.

If a coach observes a student-athlete exhibit any sign, symptom or behavior consistent with a concussion or head injury, the coach must immediately remove the student-athlete from practice, conditioning or a game. The student-athlete may not return to practice, conditioning or a game until a licensed Health Care provider has determined that the student-athlete has not suffered a concussion. In the case where a Health Care provider has determined that the student-athlete has suffered a concussion, the student-athlete may NOT resume practice, conditioning or participation in games until he/she is medically determined capable of doing so for full or graduated return. In no circumstances may a student-athlete return to practice, conditioning or a game on the same day that a concussion has been diagnosed by a Health Care Provider or cannot be ruled out.

Exertional Heat Illness

The prevention, recognition, and treatment of exertional heat illnesses (EHI) are core components of sports medicine services at all levels of sport. The risk of EHI is not only present during exercise in the heat but can also occur in “normal” environmental conditions. All definitions, recommendations, and guidelines that Piedmont Academy follows for EHI are taken from the National Athletic Trainers’ Association Position Statement: Exertional Heat Illness.

Exercise-Associated Muscle Cramps (EAMCs): Symptoms include heavy sweating and muscle pain/spasm. Treatment includes immediate suspension of activity and hydration using water or sports drink. Additional medical help should be utilized if symptoms last more than 30 minutes to 1 hour, if the patient has a history of heart problems, or if the patient is known to be on a low sodium diet.

Exertional Heat Exhaustion: Symptoms include heavy sweating; cold, pale, clammy skin; fast, weak pulse; nausea and vomiting; muscle cramps; tiredness or weakness; dizziness; headache; and fainting. Treatment includes moving the patient to a cool place (either air conditioning or shade), loosening clothing, elevating the patient’s leg to allow for venous return, applying ice towels, and hydrating by allowing the patient to sip water.

Exertional Heat Stroke (EHS): Symptoms include high body temperatures (103 or higher); hot, red, dry or damp skin; fast, strong pulse; headache; dizziness; nausea; confusion; and /or loss of consciousness that may lead to coma. In some cases, a lucid interval may be present; however, if EHS is present, the patient will likely deteriorate quickly. Treatment includes immediate and rapid cooling of the body. EMS should be contacted; however, the patient should be cooled to a temperature of 102.8 degrees F or lower before transportation. Please note that rectal temperature thermometry is the only method of obtaining an immediate and accurate measurement of core body temperature.

Return to Activity: In cases of EAMCs, the athletic trainer should monitor the patient’s condition until signs and symptoms are no longer present. In patients with heat exhaustion, same-day return to activity is not recommended and should be avoided. Most patients with EHS are cooled effectively and sent home the same day. They may be able to return to modified activity within one month with physician clearance. However, when treatment is delayed (> 30 minutes), patients may experience residual complications for months or years after the event. All cases of EHS, after the patient has completed a 7 to 21 day rest period, will be required to go through a progression of physical activity from low intensity to high intensity and increasing duration in a temperate environment. Equipment will be added gradually, and a graded progression of heat acclimatization, while monitoring for signs and symptoms of EHI, should be completed.

GISA Policy for Mitigating Heat Related Injuries During Athletic Practice

All Georgia Independent School Association Interscholastic Member Schools (“Member School(s)”) are required to comply with the following policy effective August 1, 2012. This policy applies to all practices and conditioning in all sports, but does not apply to games. This policy will be reviewed by the Board of Trustees after the conclusion of the 2012 calendar year, at which time comments and suggestions for the improvement of the policy will be solicited from all Member Schools, coaches, athletic trainers, and officials, and appropriate modifications made.

Under GISA Guidelines, Piedmont Academy utilizes a Heat Stress WGBT Meter which enables accurate measurements for Wet Bulb Globe Temperature (WGBT), Black Globe Temperature (TG), Humidity (%RH), Air Temperature (TA), Wet Bulb (WT) and Dew Point (DEW).

The GISA mandates the following rules for WBGT at practices; however, Piedmont Academy’s headmaster, athletic director, and athletic trainer are allowed to apply additional rules for official games or matches:

- **Under 82.0 - Normal activities:** Provide at least three separate rest breaks each hour of a minimum duration of 3 minutes each during practice.
- **82.0 – 86.9 - Use discretion for intense or prolonged exercise:** Watch at-risk students carefully. Provide at least three separate rest breaks each hour of a minimum of four minutes duration each during Practice.
- **87.0 – 89.9 - Maximum outdoor Practice time is two hours:** For football, students are restricted to helmet, shoulder pads, and shorts during Practice. All protective equipment must be removed for conditioning activities. For all sports, provide at least four separate rest breaks each hour of a minimum of four minutes each during Practice.
- **90.0 – 92.0 - Maximum outdoor Practice time is one hour:** No protective equipment may be worn during outdoor Practice and there may be no outdoor conditioning activities. There must be twenty minutes of rest breaks provided during the hour of outdoor Practice.
- **Over 92 - No outdoor activities or exercise:** Delay outdoor Practice until a lower WBGT reading occurs.

HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103° Red, hot, dry skin	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		<p>CALL 9-1-1</p> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives 		

[Weather.gov/socialmedia](https://www.weather.gov/socialmedia)
[Weather.gov/heat](https://www.weather.gov/heat)

[@SacramentoOES](https://twitter.com/SacramentoOES)
[SacramentoReady.org](https://www.sacramento-ready.org)

Sudden Cardiac Arrest

Sudden Cardiac Death (SCD) is the leading cause of death in exercising young athletes. 25% of SCD is caused by Hypertrophic cardiomyopathy, 14% is caused by coronary artery anomalies, 20% is caused by commotion cordis; others include, myocarditis, arrhythmogenic right ventricular dysplasia, Marfan syndrome, valvular heart disease, dilated cardiomyopathy, and atherosclerotic coronary artery disease.

Though Preparticipation screening can help rule out athletes with pre-existing conditions, as many as 80% of patients with SCD are asymptomatic until sudden cardiac arrest (SCA) occurs. It is still extremely important that parents complete the history form of their child's pre-participation physical as thoroughly as possible and report any episodes of exertional syncope or chest pain as well as family history of sudden cardiac arrest or family history of sudden death.

Because early defibrillation is essential, a goal of less than 3-5 minutes from the time of collapse to delivery of first shock is strongly recommended. SCA should be suspected in any athlete who collapses and is unresponsive. Myoclonic jerking or seizure-like activity is often present after collapse from SCA and shouldn't be mistaken for a seizure.



Pre-Participation Requirements

The following forms are required for any student-athlete to participate in an athletics program at Piedmont Academy. Please sign and date each form, and return all to the Athletic Director. These forms only need to be completed once each academic year. All forms can be accessed online, or you can get a copy from the front office or Athletic Director.

Preparticipation Physical Evaluation

- History Form
- Supplemental History Form
- Physical Examination Form
- Clearance Form

Consent for Athletic Participation

This form gives your son/daughter permission to participate in our athlete program. Within that, you voluntarily and knowingly assume the risk inherent in all athletic activities.

Student-Athlete and Parent Handbook Agreement Form

This form states that you've read the student-athlete handbook and agree to terms and conditions. It also includes the Substance Use and Abuse Guidelines, Concussion Policy Acknowledgement, Insurance Verification, Release for Treatment, and OrthoGeorgia Treatment Understanding.

Student and Parent Code of Conduct

Emergency Medical Contact and Treatment Form

This form allows our athletic trainer and/or coaches to make the decision to transport your son/daughter and allow hospital staff to treat your son/daughter in the event you cannot be contacted. This form will be available to coaches at every game and practice, so please put any information you believe would be necessary to the emergency treatment of your student-athlete.

Heads Up: Concussion in Sports

Georgia law requires all high schools to distribute an informational fact sheet about concussion and head injuries each year. **Please keep the sheet** for future use and visit the Center of Disease Control's website for more information if needed.