

Prairie Trail Middle School



Home of the Huskies

ATHLETIC HANDBOOK **2021-2022**

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Keri Snyder, Assistant Principal
Prairie Trail Middle School
21600 W. 107th Street, Olathe, KS 66061
Phone: 913-780-7280
Fax: 913-780-7289

Dear Parents and Athletes,

The coaches and administrators at Prairie Trail Middle School would like to extend to you an opportunity to assist in continuing the athletic traditions here at Prairie Trail. We are proud of the student-athletes who have worked since PRT's 2004 inaugural year to develop a strong academic and athletic foundation. The bar, both athletically and academically, has been established by prior student-athletes and our goal is to meet and exceed their achievements.

Prairie Trail offers a variety of sports programs. In sixth grade, students have an opportunity to participate in the fall cross country and spring track program. For seventh and eighth graders, we offer cross-country, football and girls' volleyball in the fall, girls' and boys' basketball in the fall and winter, and boys' and girls' track in the spring.

Please visit Prairie Trail's website, www.olatheschools.org/prairietrail where you will have access to the Prairie Trail athletic handbook and other important forms for your student. Included in the handbook is information on becoming eligible to participate in Prairie Trail sports as well as requirements and expectations for the sports. Schedules for each of PRT's athletic programs, as well as addresses to "away" schools, are also included.

We look forward to your active and positive participation in PRT's sports programs. Good luck, have fun, and GO HUSKIES!

Sincerely,

Keri Snyder
Assistant Principal/Activities and Athletics Director

Prairie Trail Middle School Athletic Philosophy

The Husky community is proud of its championship tradition; however, it is most important to Prairie Trail coaches that we work with well-rounded students who represent themselves, their teams, and Prairie Trail in the highest esteem. This is accomplished by pushing themselves both on the field and in the classroom. With this in mind, common rules and regulations have been established to help set the standards for both academic achievements and expected behaviors.

Sports like football and track have the opportunity to allow many athletes to participate. Unfortunately, not all sports have that luxury due to the number of students who tryout. Volleyball and basketball have a set number of participants for each grade level to ensure quality playing time. It is also important to understand that while we strive to make sure that each one of the participants receives ample playing time, it is not possible to distribute playing time equally.

In addition, Prairie Trail has established a set of goals (listed below) for our student-athletes.

Prairie Trail Middle School Goals for Student-Athletes

- Improve skills both in practice and during games
- Improve understanding of health and fitness
- Improve self-awareness
- Develop leadership
- Develop grit
- Develop interpersonal skills that promote positive teamwork
- Develop a sense of responsibility to a team
- Develop positive community awareness
- Promote self-belief/self-confidence
- Promote skills to appropriately handle success and failure
- Understand the rules of the game
- Understand and demonstrate good sportsmanship
- Have fun



Prairie Trail Middle School Athletics

Fall

- **Girls' Volleyball-**
 - 7th grade
 - 8th grade

8th Grade: Alyssa Ginavan
7th Grade: Chelsea Havercamp

- **Football-**
 - 7th grade
 - 8th grade

Head Coach: Jim Sharpe
Asst.: Josh Jetton, Kurt Dunn,
CJ Watson, Jeff Springer, Jason Martin

- **Cross Country-**
 - 6th grade
 - 7th grade
 - 8th grade

Head Coach: Beth Uden and Taylor Bussinger

Winter

- **Girls' Basketball-**
 - 7th grade
 - 8th grade

8th Grade: Jim Sharpe
7th Grade: Chelsea Havercamp

- **Boys' Basketball-**
 - 7th grade
 - 8th grade

8th Grade: Jim Sharpe
7th Grade: Taylor Bussinger

Spring

- **Girls' Track-**
 - 6th grade
 - 7th grade
 - 8th grade

Head Coach: Kirsten Herman
Asst.: Angela Bartlow, Cindy Keefe, TBD

- **Boys' Track-**
 - 6th grade
 - 7th grade
 - 8th grade

Head Coach: Jeff Springer
Asst.: Josh Jetton, Kurt Dunn, TBD

For up-to-date athletic schedules, please visit our website at
www.olatheschools.com/prairietrail

Schedules are subject to change

Olathe Middle Schools

California Trail (CT)

13775 W. 133rd St., Olathe, KS 66062 (913) 780-7220

Chisholm Trail (CST)

16700 W. 159th St., Olathe, KS 66062 (913) 780-7240

Frontier Trail (FT)

15300 W. 143rd St., Olathe, KS 66062 (913) 780-7210

Indian Trail (IT)

1440 E. 151st St., Olathe, KS 66062 (913) 780-7230

Mission Trail (MT)

1001 N. Persimmon Dr., Olathe, KS 66061 (913) 780-7260

Oregon Trail (OT)

1800 W. Dennis Ave., Olathe, KS 66061 (913)780-7250

Pioneer Trail (PT)

15100 W. 127th St., Olathe, KS 66062 (913)780-7270

Prairie Trail (PRT)

21600 W. 107th St., Olathe, KS 66061 (913)780-7280

Santa Fe Trail (SFT)

1100 N. Ridgeview Rd., Olathe, KS 66061 (913)780-7290

Summit Trail (ST)

22201 W. 118th St., Olathe, KS 66061 (913)780-7200

Olathe District Complexes

College Boulevard Activity Center (CBAC)

11031 S. Valley Rd., Olathe, Kan. 66061 (913)780-7004

Olathe District Activity Center (ODAC)

20925 W. 159th St., Olathe, Kan. 66062 (913)780-7003

Important Items

Prairie Trail Athletics



Prairie Trail Middle School Athletic Rules and Regulations

I. Eligibility

a. Administrative

i. Physicals

1. To try out for any sport, it is required that the athlete has a current physical (dated after May 1, 2020) on file with the front office. **To be able to try out**, a physical form should be signed by the athlete, their parent or guardian, the physician who performed it, then turned in to the school nurse. Physical forms can be obtained in the front office or at www.kshsaa.org. **Please make sure all necessary signatures are present.**
2. It's strongly recommended to accomplish this well before the first tryout day.

ii. Concussion Forms

1. The Kansas State High School Activities Association now mandates a signed concussion form, advising parents and athletes of the inherent dangers of participating in athletics.
2. The KSHSAA concussion policy can be found in within this handbook. The form can also be found on www.kshsaa.org, the PRT website, or in the PRT office.

iii. Substance Abuse Policy Form

1. This form needs to be both signed and dated by the student-athlete and parents.
2. The Substance Abuse Policy and form are found in the "Important Items" area within this handbook and on the PRT website.

iv. District Provided Transportation Form

1. This form is to provide information about bus transportation to and from events.
2. The District Provided Transportation Form is found in the "Important Items" area within this handbook.

b. Academic

i. Kansas State High School Activities Association Guidelines:

1. A student's previous semester grades will be used to determine their eligibility for the current semester. A student must have passed five (5) of seven (7) subjects in their previous semester to be eligible in the current semester.
2. Student must be in attendance during the school day for at least 4 of the 7 class periods to be eligible to participate in the day's event.

ii. District Middle School Guidelines:

Students must meet KSHSAA eligibility guidelines and be **passing all courses** to participate in a competition.

iii. Prairie Trail Middle School's Guidelines:

1. Once a student becomes a member of a Prairie Trail team, his/her teachers will monitor grades. Mid-term grades for each quarter will be the first checkpoint for students with continued grade monitoring from that point forward. Communication between the teacher, student, parent, and coach should be maintained at all times. Once a student has been notified of grade concerns in a class, it becomes the responsibility of the student to improve their grade. When a student allows a grade to slip below 60% in any class, the teacher will notify the coach. Eligibility to compete will be determined at 2:40 p.m. the school day prior to each competition. When ineligible, the coach will contact the student's parent. The student will be ineligible for competition until the grade reaches 60% or above (passing). When the student is once again eligible, the teacher will contact the coach.
2. "Rock and a Hard Place" Clause:
If the failing grade is the result of a low test score or project grade and daily points are not sufficient to raise the grade, but the student is meeting the daily expectations in class; the coach/sponsor, teacher, and/or administration will communicate to determine when eligibility to compete will resume.
3. Prairie Trail's philosophy is that our student athletes are students first. If there is a conflict including, but not limited to, physical conflicts, scheduling conflicts, time commitment conflicts, etc. the priority will always be given to the curricular obligation over the extracurricular obligation.

c. Behavior

- i. It is a privilege to participate in extra-curricular activities.
- ii. Student-athletes represent PRT both on and off the playing field.
- iii. "Student in Good Standing": Status must be maintained to participate in extra-curricular activities.
- iv. The impact of student behaviors, which warrant school responses such as detentions, ISS, and OSS, on participation will be reviewed and determined by the coach and an administrator.

II. Communication (What is expected)

a. Communication from Coaches

- i. Expectations for all players on the team
- ii. Locations and times of all practices and events
- iii. Team requirements

b. Communication Coaches expect from Athletes

- i. Notification of any scheduling conflicts at least 24 hours in advance, unless it is an emergency.
- ii. Clarifications or concerns about the expectations.
- iii. Any injuries that might affect the athlete's ability to participate.

c. Appropriate Items for Parents to discuss with Coaches

- i. Ways to help student improve
- ii. Concerns about the individual athlete's emotional or physical well-being
- iii. Concerns about the individual athlete's behavior and academic eligibility
- iv. Positive comments about the team

d. Issues not Appropriate for Parents to discuss with Coaches

- i. Playing time
- ii. Team strategy or play calling
- iii. Other athletes on the team

e. Conferences with Coaching Staff

- i. Please call and make an appointment with the coach
 - 1. Refrain from confronting the coach immediately before or after contests or practices.
- ii. If the coach cannot be reached, please contact Prairie Trail's Athletic Director:
Keri Snyder (913) 780-7280
kbsnyder@olatheschools.org

III. Practices

a. Expectations

- i. Student-athletes are expected to attend and be on time to all practices (unless the coach has been previously notified).
- ii. Student-athletes are expected to have proper practice attire.

IV. Game Day

a. Dress Code

- i. Each coach designates proper "Game Day" attire to be worn during the school day. (i.e. dress up, game jerseys, etc.)
- ii. Students-athletes are expected to wear proper gear and clothes during the event.

b. Team Travel (Away Games)

- i. Student-athletes are required to ride the bus with the team for away events.
- ii. Student-athlete may ride home with parents, as long as the parents have made arrangements with the coach.

c. Sportsmanship

- i. We expect that parents and spectators afford the coaches, referees and players with respect and courtesy.
- ii. Let the referees referee.
- iii. Let the coaches coach.
- iv. Let the players play.

SPORTSMANSHIP

from A to Z

| | |
|----------|--|
| A | Accept and abide by the decisions of the contest officials. |
| B | Be a good host to opponents and treat them as guests. |
| C | Cooperate with the coach, players and cheerleaders in trying to promote good sportsmanship. |
| D | Do unto others as you would have them do unto you. |
| E | Encourage players to play hard and fair. |
| F | Follow the rules of the contest at all times. |
| G | Good sportsmanship is the "Golden Rule" in action. |
| H | Hold assemblies before a contest to encourage students to display proper conduct. |
| I | Intervene when inappropriate language or behavior is observed at athletic events. |
| J | Judgment calls on the part of the officials are not reason for inappropriate behavior. |
| K | Know, understand, and appreciate the rules of the contest. |
| L | Lose without excuses; win without boasting. |
| M | Model language and behavior that is non-biased and is inclusive of individuals regardless of ethnicity, race, religion, sex or disability. |
| N | Never criticize Players or coaches for the loss of a game. |
| O | Opposing coaches, participants, cheerleaders, and fans must be respected at all times. |
| P | Provide opportunities for informing student and adult spectators of their responsibility to uphold the standards of sportsmanship. |
| Q | Questioning an official's call or making negative comments about an official is unacceptable behavior. |
| R | Recognize and show appreciation for an outstanding play. |
| S | Shake hands with opponents prior to the contest and wish them good luck. |
| T | Teach sportsmanship and demand that your players be good sports. |
| U | Use cheerleaders, pep groups, and other student leaders to help develop a sportsmanship program. |
| V | Victory celebrations and unscheduled game rallies should not be permitted at events sponsored at your school. |
| W | Work cooperatively with officials and other contest personnel for an efficient contest. |
| X | Exercise self-control and be a good example for players and spectators. |
| Y | Yelling, booing, or heckling an official's decision is unacceptable behavior. |
| Z | Zero in on sportsmanship-its priority NUMBER ONE. |

The Sportsmanship “High Five” For Administration

1. Develop a plan to teach good sportsmanship within your school.
2. Provide appropriate supervision for each activity event.
3. Be sure parents thoroughly understand school expectations.
4. Recognize exemplary behavior and discourage undesirable conduct.
5. Develop a positive sportsmanship plan for all activities and coaches to follow.

The Sportsmanship “High Five” For Coaches

1. Always set a good example for your team and your fans to follow.
2. Teach good sportsmanship.
3. Develop and enforce penalties for participants who do not show good sportsmanship.
4. Treat opposing coaches, teams and their fans with respect.
5. Teach honest effort and playing by the rules.

THE “HIGH FIVE”

The Sportsmanship “High Five” For Everyone



1. Show respect for the opponents at all times.
2. Show respect for the officials.
3. Know, understand and appreciate the rules of the contest.
4. Maintain self control at all times.
5. Recognize and appreciate skill in performance regardless of the affiliation.



OF SPORTSMANSHIP

The Sportsmanship “High Five” For Participants

1. Accept the responsibility and privilege of playing for your school and community.
2. Treat opponents with respect as they are your guests.
3. Exercise self-control at all times.
4. Accept both victory and defeat with pride and compassion, never being boastful or bitter.
5. Live up to the high standards of sportsmanship established by your

The Sportsmanship “High Five” For Fans

1. Help develop a community reputation for good sportsmanship.
2. Give encouragement to athletic teams and recognition of good plays by everyone.
3. Be a role model by being positive in every manner possible.
4. Support those playing, coaching and officiating.
5. Respect the judgment and strategy of the coach.

Olathe Public Schools USD # 233
Implementation Procedures and Minimum Consequences
Athletic/Activity (Co-Curricular and Extra Curricular) Procedure Concerning
Substance Abuse

First Offense:

After confirmation by school officials of the first violation, the student will be placed on initial probation from his/her athletic team, co-curricular or extra-curricular activity.

- For athletics, the period of initial probation shall be for not less the 14 calendar days. The student will not be allowed to compete within the 14-day probation period and will be required to miss a minimum of one competition. The student will also be required to attend a substance abuse program. However, if the student shows proof of enrollment and attendance in an approved substance abuse program, the student may be allowed to attend practice sessions with the approval by the coach and school administration.
- For non-athletic, co-curricular or extra-curricular activities, the period of initial probation and severity shall be determined by the activity sponsor and school administration. The length of probation will be based upon the duration of the activity in which the student is participating and the nature and frequency of the scheduled upcoming performances or activities. An attempt will be made to assign disciplinary consequences in a timely manner. The student will also be required to attend a substance abuse program. However, if the student shows proof of enrollment and attendance in an approve substance abuse program, the student may be allowed to attend practice sessions or meetings with approval by the sponsor and school administration. *In regard to in-class participation for those students in co-curricular activity classes (i.e. band, vocal music, cheerleading, drill-team, etc.) this policy is not intended to have an effect on a student's grade for the course.*

Second Offense:

After confirmation by school officials of a second violation (less than 365 days of the first offense for the student regardless of activity/season), the student will be placed on a final probation from his/her athletic team, extra/co-curricular activity.

- For athletics, the period of final probation shall be for not less than 28 calendar days. The student will not be allowed to compete within the 28-day probation period and will be required to miss a minimum of 3 competitions. The student will also be required to enroll in an intervention program for substance abuse, which is approved by the school administration. The student will be required to show proof of participation in the substance abuse program.
- For non-athletic co-curricular or extra-curricular activities, the period of final probation and severity shall be determined by the activity sponsor and school administration. The length of probation will be based upon the duration of the activity in which the student is participating and the nature and frequency of scheduled upcoming performances or activities.

In all cases, the consequences assigned shall be greater than the consequences for the first offense. An attempt will be made to assign disciplinary consequences in a timely manner. The student will also be required to enroll in an intervention program for substance abuse, which is approved by the school administration. The student will be required to show proof on participation in the substance program. *In regard to in-class participation for those students in co-curricular activity classes (i.e. band, vocal music, cheerleading, drill-team, etc.) this policy in not intended to have an effect on a student's grade for the course.*

Third Offense:

After confirmation of a third violation by school officials, the student shall be suspended from all on his/her athletic or extra/co-curricular activity for 365 days. Prior to participation in any athletic or extra/co-curricular activities the subsequent year, the student must have enrolled in a substance abuse program administered by licensed drug/alcohol agency. The agency must verify adherence by the student to the recommended care program.

Notification Statement of Non-discrimination: The Olathe Public Schools prohibit discrimination on the basis of race, color, national origin, sex, age, religion or disability in its programs, activities or employment, and provides equal access to the Boy Scouts and other designated youth groups to its facilities as required by: Title IX of the Education Amendments of 1972, Title VI and Title VII of the Civil Rights Act of 1964, the Age Discrimination Act of 1975, the Americans with Disabilities Act (ADA), the Individuals with Disabilities Education Act, Section 504 of the Rehabilitation Act of 1973 and other relevant state and federal laws. Inquiries regarding compliance with applicable civil rights statutes related to ethnicity, gender, age discrimination or equal access may be directed to Staff Counsel, 14160 S. Black Bob Road, Olathe, KS 66063-2000, phone 913-780-7000. All inquiries regarding compliance with applicable statutes regarding Section 504 of the Rehabilitation Act and the Individuals with Disabilities Education Act and the Americans with Disabilities Act may be directed to the Assistant Superintendent General Administration, 14160 S. Black Bob Rd. Olathe, KS 66063-2000, phone (913) 780-7000. Interested persons including those with impaired vision or hearing, can also obtain information as to the existence and location of services, activities and facilities that are accessible to and usable by disabled persons by calling the Assistant Superintendent General Administration. (07/17)

Form revised 5/8/18



Olathe Public Schools USD #233
ATHLETIC/ACTIVITIES (CO/EXTRA-CURRICULAR)
SUBSTANCE ABUSE AGREEMENT

Students participating in athletics and/or KSHSAA activities will not use or possess tobacco, alcohol, illegal drugs, or substances that are dangerous to a student's health. Because the use of alcohol, illegal drugs, and tobacco is detrimental to the health and welfare of any student and because the use of alcohol and illegal drugs and the purchase of tobacco is illegal for adolescents in the state of Kansas, Olathe school district administrators, coaches and activity sponsors believe that the use or possession of the above substances is unacceptable.

The use, distribution or possession of tobacco (including electronic cigarettes and vaping devices), illegal drugs and alcohol, on or off school property, will be considered a violation of published policy once the student is a member of an Olathe district athletic team and/or KSHSAA-sponsored activity.

Violation of this regulation may be reported by a school district administrator, a staff member from the student's school, the police, or upon verification by the parents of the accused student and/or admission of the student athlete or co-curricular student.

As a participant in co-curricular and/or extra-curricular activities at an Olathe public school, I have received, read and agree to the "Implementation Procedures and Minimum Consequences" (printed on the back) about "no use" or possession of tobacco, alcohol, illegal drugs, or substances that are harmful or dangerous to my health. I understand that I may be subject to the consequences listed on the "Implementation Procedures and Minimum Consequences," which could result in the exclusion from any or all activities.

Student's Name: *(Please Print)* _____

Student's ID Number: _____

Student's Signature: _____

Date: _____

I have read and support the above agreement and understand the consequences listed in the "Implementation Procedures" received by my student.

Parent / Guardian Signature: _____

Date: _____

Note: Consequences for violations (in or out of season) of this policy shall carry over from sport to sport, activity to activity, and season to season. If a second offense takes place after 365 days from the first, a 'clean slate' is granted with first offense consequences implemented. However, if a second or third violation takes place a 'clean slate' is not granted for the remainder of the students' high school career.

White - Return to Coach/Sponsor

Yellow - Parent Copy



**KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION
RECOMMENDATIONS FOR COMPLIANCE WITH THE KANSAS SCHOOL SPORTS HEAD
INJURY PREVENTION ACT AND IMPLEMENTATION OF THE NATIONAL FEDERATION
SPORTS PLAYING RULES RELATED TO CONCUSSIONS**

The following language appears in all National Federation sports' rules books:

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

The Kansas Legislature has enacted the School Sports Head Injury Prevention Act (hereinafter the “Kansas Act”) effective July 1, 2011:

New Sec. 17. (a) This section shall be known and may be cited as the school sports head injury prevention act.

(b) As used in this section:

(1) “School” means any public or accredited private high school, middle school or junior high school.

(2) “Health care provider” means a person licensed by the state board of healing arts to practice medicine and surgery.

(c) The state board of education, in cooperation with the Kansas state high school activities association, shall compile information on the nature and risk of concussion and head injury including the dangers and risks associated with the continuation of playing or practicing after a person suffers a concussion or head injury. Such information shall be provided to school districts for distribution to coaches, school athletes and the parents or guardians of school athletes.

(d) A school athlete may not participate in any sport competition or practice session unless such athlete and the athlete’s parent or guardian have signed, and returned to the school, a concussion and head injury information release form. A release form shall be signed and returned each school year that a student athlete participates in sport competitions or practice sessions.

(e) If a school athlete suffers, or is suspected of having suffered, concussion or head injury during a sport competition or practice session, such school athlete immediately shall be removed from the sport competition or practice session.

(f) Any school athlete who has been removed from a sport competition or practice session shall not return to competition or practice until the athlete is evaluated by a health care provider and the health care provider provides such athlete a written clearance to return to play or practice. If the healthcare provider who provides the clearance to return to play or practice is not an employee of the school district, such health care provider shall not be liable for civil damages resulting from any act or omission in the rendering of such care, other than acts or omissions constituting gross negligence or willful or wanton misconduct.

(g) This section shall take effect on and after July 1, 2011.

The KSHSAA offers the following guidelines and recommendations for compliance with the Kansas Act and for implementation of the NFHS playing rule related to concussions:

1. If a student suffers, or is suspected of having suffered a concussion or head injury during a sport competition or practice session, the student: (1) must be immediately removed from the contest or practice and (2) may not again participate in practice or competition until a health care provider has evaluated the student and provided a written clearance for the student to return to practice and competition. The National Federation and the KSHSAA recommend that the student **should not** be cleared for practice or competition the same day the concussion consistent sign, symptom or behavior was observed.
2. *What are the “signs, symptoms, or behaviors consistent with a concussion”?* The National Federation rule lists some of the signs, symptoms and behaviors consistent with a concussion. The U.S. Department of Human Services, Centers for Disease Control and Prevention has published the following lists of signs, symptoms and behaviors that are consistent with a concussion:

(continued on next page)

(continued from previous page)

| SIGNS OBSERVED BY OTHERS | SYMPTOMS REPORTED BY ATHLETE |
|---|--|
| <ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness • Shows behavior or personality changes • Cannot recall events prior to hit • Cannot recall events after hit | <ul style="list-style-type: none"> • Headache • Nausea • Balance problems or dizziness • Double or fuzzy vision • Sensitivity to light or noise • Feeling sluggish • Feeling foggy or groggy • Concentration or memory problems • Confusion |

These lists may not be exhaustive

3. What is a "Health Care Provider"? The Kansas Sports Head Injury Prevention Act defines a health care provider to be "a person licensed by the state board of healing arts to practice medicine and surgery." The KSHSAA understands this means a Medical Doctor (MD) or a Doctor of Osteopathic Medicine (DO).
4. Return to Play or Practice Clearance Requirements:
 - A. The clearance must be in writing and signed by a health care provider.
 - B. The National Federation and the KSHSAA recommend the clearance should not be issued on the same day the athlete was removed from play.
 - C. The National Federation and the KSHSAA recommend that a student who has been removed from a practice or competition because the student suffered, or was suspected of suffering, a concussion or head injury **should complete a graduated return to play protocol following medical clearance before returning to unrestricted practice or competition.** The National Federation has included the following graduated protocol in its Suggested Guidelines for Management of Concussion in Sports. In most cases, the athlete will progress one step each day. The return to activity program schedule **may** proceed as below **following medical clearance**:

Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.

Step 2: Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.

Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.

Step 4: Full contact practice or training.

Step 5: Full game play.

If symptoms of a concussion re-occur, or if concussion signs and/or behaviors are observed at any time during the return to activity program, the athlete must discontinue all activity and be re-evaluated by their health care provider.

This is simply a suggested protocol. The appropriate health care provider who issues the written clearance may wish to establish a different graduated protocol.
5. Parents and students **ARE REQUIRED** to complete a Concussion & Head Injury Information Release Form and turn it into their school prior to the student participating in any athletic or spirit practice or contest each school year. Schools are required to have such form on file before a student may participate in a practice or competition.



School Sponsored Trip and Transportation Permission Form Prairie Trail MS

Student Name: _____ **Grade Level:** 6 7 8
(please print) (circle one)

This student has permission to attend all Prairie Trail Middle School trips, including athletics and activities, under the supervision of Olathe District employees.

Specific details regarding each trip will be communicated prior to the activity or as part of an athletic season. Information will include date, time, location, mode of transportation, cost to the student (if any), and supervision details.

A signature on this form provides permission to attend all school sponsored field trips and activities for the 2020-2021 school year and to use district transportation. It should be noted that student participation may be based upon activity membership, and academic and/or behavior criteria.

Parent/Guardian: _____ **Date:** _____
(please print)

Parent/Guardian Signature:

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Emergency Contact Name: _____ Phone #: _____

Student Cell Phone #: _____