

STUDENT- ATHLETE

ACADEMIC EXCELLENCE



ATHLETIC EXCELLENCE

HANDBOOK

DESIGN BY ISABELLA BILLER

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STUDENT ATHLETE MISSION

The Cabell Midland High School Student Athletic Community will educate and empower our participants to become contributing, proactive members of society by helping them positively utilize opportunities and overcome challenges in positive and accountable ways. Our sports journey as a team will promote respect towards one another, honor diversity, appreciate individual differences and accomplishments, and encourage all of our sports teams to strive for excellence today while preparing for the challenging world of tomorrow.

KNIGHTS STUDENT ATHLETE CODE OF ETHICS

Congratulations and Best Wishes! You are a member of our extraordinary Knight Nation and part of a growing sports tradition that began at our Castle in 1994. As a student athlete you are an instant role model for our entire school community and all future members of the Knight Nation. Your commitment to your team as a student athlete should reflect a reputation of class and loyalty to your team and our school. Our **Student Athlete Code of Ethics and Promises** that you must keep in representing Cabell Midland High School are as follows:

1. I will attend classes and show respect for my teachers and all students.
2. I will do nothing that might embarrass my school, family, team, coaches, or myself.
3. I realize that any school discipline can result in immediate and future discipline from my coach.
4. I will refrain from any athletic hazing, inappropriate technology and social media use, profanity, and horseplay.
5. I will respect my athletic environment, the athletic facilities, as well as equipment and uniforms assigned to me giving the upmost care as if it were my own house and belongings.
6. I understand that drinking alcohol, tobacco use, or any drug abuse may result in dismissal from the team and loss of athletic eligibility for the remainder of the school year.
7. I understand there is no excuse for being late or missing practice or games. If there is an exception, I will make arrangements with my coach in advance.
8. I will reflect an attitude of loyalty to my team. I realize my coach(s) decisions are made according to what our team needs to win and no way can it be disputed.
9. I will always be mentally tough and determined to make the best of every opportunity given to me.

Problem Solving Protocol for Our Student Athletes and Parents

Successful High School Student Athletes are fully aware of their destiny and create their own future in sports through a level of high energy, hard work, and setting realistic goals. Cabell Midland High School believes that all student athletes should first be mentally tough. Athletic opportunities provide a perfect foundation in helping all student athletes be able to accept and meet all of life's challenges. Through your journey of competition and being a member of one or more of our dedicated sports teams, should you encounter a problem or have a question or concern you should follow this order of communication in reaching a resolution:

1. Head Coach
2. Athletic Director
3. Athletic Principal
4. School Principal
5. Administrative Assistant Over Secondary Education

What Is Required Before I Participate

No participation is allowed each sports year until the following forms are completed and turned into your coach.

1. **Physical** - Must be completed on or after June 1st of the current year
2. **Cabell County Public Schools Permission to Treat**

3. **Drug Testing Consent** - (A one-time drug orientation video and corresponding quiz is required before the signing of the Drug Testing Consent Form. Some incoming Freshman have completed this as a part of their middle school Health Curriculum. If not, a packet of the power point with the quiz is available in the athletic office and can be administered there. The orientation and quiz are also available on the Cabell County Schools website by clicking on the Students & Families link then click on Athletics. Once the Orientation is viewed , complete and print the quiz and turn it in to our Athletic Director. **The Drug Consent Form must be completed each school year.**
4. **Impact Concussion Testing** – All student athletes on an every other year basis must complete a computer based test that our Athletic Trainers schedule prior to the beginning of their sports season. The test provides baseline data that will be used to determine when a student athlete can return to participate should he/she be removed from participation with concussion-like symptoms.
5. **Copy of Birth Certificate** – A copy of a student athlete’s Birth Certificate is required by the West Virginia Secondary Schools Activities Commission to be on file for viewing. Birth Certificates are most often obtained at the Middle School level when a student athlete first becomes involved with a sport at the secondary school level. It remains a part of your permanent record and can be obtained through the guidance department. If this process has yet to be completed, it must be completed upon entering high school and becoming a student athlete.

You can find these forms as well as a “Heads Up: Concussion in Sports” handout (that your parents are required to have) in the back of our handbook in the appendices.

What Must My Grades Be? Can They Keep Me From Participating?

The grades a student makes in High School must meet certain standards to be eligible to be a student athlete and team member. Here are the state-wide grade requirements mandated by the **West Virginia Secondary Schools Activities Commission** that must be met in order to be a member and participant of our Knight Nation of student athletes.

1. Must have a 2.0 GPA or higher from the most recent completed semester.
2. When our first semester ends, must have a 2.0 or higher to continue participating on a winter sports team. (The first semester always ends during Winter Sports Season. Failure to have the required 2.0 will remove you automatically from the team.)

What Happens If I Don’t Have Grades and Still Want To Get On My Team or Get Back On My Team?

A student athlete who has this misfortune of academic ineligibility must go to our Athletic Director six weeks after the next grading period begins and obtain a grade sheet. (If a student athlete is not sure what day that is, our Athletic Director or Athletic Principal can let them know.) The student athlete will then take the sheet to all their teachers and have the teachers complete what their grade is in that class at that time. After each grade is listed and signed off on from all of scheduled teachers, our Athletic Director will compute the grades to see if they are 2.0 or higher. If they are, the student athlete may begin practicing with their particular team. Three weeks later when the nine week grading period is over, if the student athlete maintains a 2.0 or higher they will immediately be eligible to start playing in games. The **Athletic Director** or **Athletic Principal** will help guide the student athlete through the process and declare them eligible, **NOT the Coach.**

What Are The Rules On Where I Can Live And Be An Eligible Student Athlete?

The sports teams at Cabell Midland invite all potential student athletes to join our Knight Nation. Here are the residency requirements that the West Virginia Secondary Schools Activities Commission require:

- If the student athlete and parent(s) or guardian(s) live in **the Cabell Midland School District**, they are eligible for our teams immediately.

- If the student athlete is an **incoming freshman**, they can live anywhere in our state and choose to come to **Cabell Midland** and immediately play sports **IF** an **approved transfer** from our **Cabell County Board of Education** has been obtained. (If a student athlete chooses to go back to their home school, they will be eligible to play at their home school the following semester and will not be able to come back to Cabell Midland and play unless they wait 365 days.)
- If a student athlete and their parent(s) or guardian(s) do not live in our school district and are our student, the student athlete must wait 365 days from the first day of enrollment at Cabell Midland before becoming eligible for one of our sports teams.

Injuries, Concussion Protocol, and How Will I Receive Treatment?

As a proud contributing member of our Knight Nation sports teams sometimes injuries become part of the experience. Our sports programs are fortunate to be guided and serviced by two certified Athletic Trainers as well as many Student Athletic Trainers from Marshall University. Our trainers pride themselves in giving all of our student athletes the upmost care by monitoring all practices and games making sure preventative measures are in place to help student athletes stay injury free. If an injury does occur, one of our certified trainers will complete an accident report and recommend the best treatment options to follow to reach a full recovery. If care during recovery remains with our trainers, our head trainer will determine when the student athlete can return to limited participation or full participation. **If the injury requires a doctor or specialist care, they must be the one who releases the student athlete for participation.**

A major concern which is getting national attention and has been given special attention from both the State of West Virginia and the Cabell County Board of Education is **Concussion in Sports**. A required protocol is in place adopted by the Cabell County Board of Education known as **“Impact”** that clearly protects our student athletes from the long term damaging effects of concussions should a student athlete experience a concussion or even some of its symptoms. The **Impact Concussion Testing Program** has been proven to be effective nationally and has been implemented effectively at high school, collegiate, and professional athletic levels. It provides a safe assurance of when student athletes can return to participate and be concussion free. As mentioned as a requirement on page 3 the student athlete takes a baseline test every other year. This is the test data used to compare post- concussion testing to accurately assure when it is safe for the student athlete to return.

Your Facilities and Athletic Grounds: Mandatory Rules to Follow

Student Athlete Parking

All student athletes are required to keep their vehicle parked in the student lot when staying after school for athletic practices or games. **No** student athlete is to drive their vehicle from the student lot to any training facility or field on campus. If a sporting event occurs later in the evening our Athletic Director may designate a different area for all team members to park.

Training Room Policy

No student athlete is to be in the training room without one of our Athletic Trainers present. It is also expected that at least one coach be present if a student athlete is in any of our locker rooms.

Field Turf and Track Facility Use and Requirements

Cabell Midland High School provides all of our student athletes with one of the best field turf and running tracks in the state of West Virginia. These facilities provide the student athlete a major advantage during their time as a student athlete at Cabell Midland High School. To assure that this facility complex gets used properly and cared for it is required of all student athletes to only be on the track with track shoes or sneakers. Student athletes with cleats have designated padded crossings that must be used to enter and exit our beautiful field turf area. There are posted signs around our state-of-the-art track facility which list items that should never be on the track.

Facility Building Weight Room and Gym Fitness Room Use and Requirements

A winning attitude, team unity, mental toughness, and achieving maximum sports potential is only possible when a student athlete is fully committed to a well-organized, structured conditioning program. Student athletes at our castle are expected to make these important sacrifices to be the “very best that they can be”. The coaches will guide the student athletes through this important journey. While training it is very important for every student athlete to follow these guidelines:

- Use proper form and stick to the specific plan or schedule developed by the coach.
- When the weight room or fitness facility is being used by a specific team, it is off limits for anyone else to enter.
- Give all equipment its proper care as if it belonged to the student athlete personally and be responsible for putting all equipment back in its proper place.
- Stay hydrated. Water and/or sports drinks should be readily available at all times while working out.

Proper Diet and Essential Nutrients for Success

As a high caliber student athlete, the student athlete is expected to stay in the best mental and physical shape possible. Extensive sport specific training is expected in and out of season. With the amount of energy being spent to reach optimum performance the student athlete must commit to a strict diet. Replacing calories spent during exercise is essential. A balanced blend of carbohydrates, proteins, and good fats in the student athlete’s diet is the proper fuel that will keep them functioning at the maximum potential. Our coaches and trainers are knowledgeable of the essential nutrients necessary based on the situation and will serve as the student athlete’s primary consultant.

WVSSAC Summer Session Window

A three week season is available in the off season for all sports programs. Coaches are allowed to coach and train their respective student athletes just as if it were in season. (Football follows non-contact guidelines.) All student athletes are required to have a current permission to treat and completed physical to participate. All sports teams should be involved during this opportunity. During this summer session, supplemental insurance is **NOT** available to student athletes.

Out of Season Training and Conditioning

In order to be competitive and develop a successful winning program, an out of season training and conditioning regimen is a necessity. Weight training and conditioning can occur with current coaches present. Proper conditioning year round is a major deterrent for injuries and poor performance. It is the coach(s) responsibility to inform the Athletic Director of out of season conditioning scheduled to ensure our facilities are available. Open gym or use of our facilities to practice can **ONLY** be supervised by school personnel or non-school person(s) who has current liability insurance.

Cabell Midland High School Sports

Basketball (Boys)

The boys basketball program claimed a state championship back in 2002 and strives to reach that level in the near future. Coach Steve Hibberd will be leading the way.

Basketball (Girls)

During the 2013-2014 season, the Lady Knights made the state tournament for the first time since 1994 under the direction of head coach, Matt Adkins. A player scored over 1,000 points, a feat not accomplished since 1996. Midland has had many players go on to pursue their careers in college and graduate with degrees with promising careers. Each member of the lady knights are regular members of the honor roll and had one who graduated with distinguished honors. The Lady Knights have risen to a level among the elite.

Baseball

The baseball team here at Cabell Midland High School competes in the Mountain State Athletic Conference. Since the school's first year in 1994 the baseball team has won one state championship (2003) and finished runner up twice (2006, 2013). Along with numerous conference, sectional and regional championships the baseball team is very competitive and successful. The program has sent players on to play in college from Division 1 to Junior College level. Each year the team expects to compete for a state championship under the direction of Head Coach, Tracy Brumfield .

Cheerleading

Cheerleading has the longest sport season among all our sports that begins in August and ends in March. The long season demands athletes who are dedicated and have a desire to compete among the best at the Regional and State levels. Our squad is led by Zach Hughart. Our squad finished 3rd in the region in 2014-2015, the third highest finish in school history.

Cross Country (Boys & Girls)

Cabell Midland's Cross Country Program is known for strong distance runners and has been a state powerhouse since opening its doors back in 1994. Coach Chris Parsons has been at the realm as head coach since the doors opened leading the Knights to 8 state team championships, 9 state runner-ups, 4 individual state champions, 1 All-American, along with 35 of his runners earning 1st team All-State honors.

Football

Luke Salmons enters his 5th season at Cabell Midland as head football coach. The past 4 seasons, the Knights have won 42 games, made playoff appearances all 4 years and earned a state runner-up title in 2012 . Visit our website midlandfootball.com to check out all the excitement and be there on Friday to be treated to fireworks every time we score a touchdown.

Golf

Our golf program is one of the top programs in the state of West Virginia. We have earned two state titles in 2000 and 2004 and a runner up finish in 2013. We are defending regional champs in 2014 and have great pride in the amount of our golfers who go on to play at a higher level after high school.

Girls Soccer

The girls soccer program at Cabell Midland High School has been led by Andy Wilson for the past 13 years. Our girls have won 3 Sectional Championships and have had 1 Gatorade Player of the Year. Upon graduation, many

have gone on to play college soccer. Every year the program continues to draw in more female athletes, we have a Varsity and a JV team. The JV team usually plays about 10 games a year. Coach Andy hopes the program continues to grow and improve for many seasons to come.

Boys Soccer

The boys soccer program has a proud tradition of leadership, strength, and knowledge. Since the opening of the school, the program has had four sectional championships and one regional championship. There have been many accolades bestowed upon our student athletes: 1 NSCAA Region All American, 2 Scholar Americans, and 7 Team Academic All Americans between 2000 and 2007. The coaching staff and student athletes are proud of this tradition and are determined to build upon the success of the program for the coming years. The boys are led by Head Coach, Tyler Ellis, Assistants, Jack DeFazio and Brian McNeel.

Softball

State Championships are no stranger to the Lady Knights who have won 5 titles in 1995, 1997, 1998, 2000, and 2005. They have also been state runner-up in 1998, 1999, 2002, 2003, and 2004. Head coach, Jeanne Lunsford has her girls playing among the best teams each year and we are always in the hunt for a state title as our rich tradition shows.

Swimming

Cabell Midland's Swim Team originated in 2006 starting out with a handful of participants and growing to over 50 swimmers making them one of the largest teams in the state. Led by Coach Bob Morris, who was named the NFHS 2013-2014 WV State Women's Swim Coach of the Year is assisted by his wife, Kathy Morris. Our team is represented in the state swim meet every year and has had 4 swimmers go on and compete at the college level.

Tennis (Boys & Girls)

Cabell Midland Tennis is coached by Cynthia Machmer who is currently in her 19th year as the head coach. The assistant coach is Mary Watkins who has been with the program for 10 years. The tennis program has a strong tradition of competitiveness with the girls team earning a state title in 2000 and runner up finishes in 1998, 1999, and 2009.

Track (Boys)

Our boys track team is one of the premier track programs in West Virginia. Our boys have won 8 state championships under the direction of head coach, Chris Parsons along with claiming the state runner-up spot 5 times. The Knights have also had nearly 106 individual and relay state champions. The program has produced a National mile champion in Jacob Burcham, who leaves behind a legacy that is unmatched in West Virginia high school track history.

Track (Girls)

Under the guidance of head coach, Don Rogers, the girls team earned a state title in 2006. The girls program has produced multiply individual and relay state champions along with several Regional & MSAC titles. The girls are assisted by Brittany Rogers and Tom Schreiber.

Wrestling

Cabell Midland's Wrestling is on the rise to compete among the best in the state under the direction of head coach, Jarrod Sargent. Our wrestling program has claimed a state runner-up title along with several Regional and MSAC titles. Our 2014 team finishes third in the state and runner up in our region. Our school has 10 individual state champs in its history.

Volleyball

The girls volleyball team is led by Julie Brumfield along with assistants Shelly Brooks and Jeanne Lunsford. Our program is among the best in the state year in and year out and has made state tournament appearances in 2 out of the past 3 years. We claimed a state title in 1995. We currently have 3 girls playing at the college level and have produced ten 1st team all state selections in our school's history.

Cabell Midland High School

Phone: 304-743-7404 Fax: 304-743-7577
2300 US Rt. 60 East • Ona, WV 25545

Dear Student Athlete:

Congratulations on extending your playing career by choosing to play at the College level. We are very proud of the contribution you have made to our Athletic Program.

We will assist you with the planning of your signing ceremony. It is a very proud moment for you and your family. There are several of your friends that will want to attend to show their support for you.

To help us control the ceremony, please list those classmates you want to attend. We will invite your team mates so tell us who the other friends are.

Thank you and congratulations.

Cabell Midland High School
West Virginia State Championships

1995 AAA Softball
1995 AAA Volleyball
1996 AAA Boys Track
1996 AAA Boys Cross Country
1997 AAA Boys Track
1997 AAA Softball
1998 AAA Boys Track
1999 AAA Softball
1999 AAA Boys Track
2000 AAA Girls Tennis
2000 AAA Softball
2000 AAA Golf
2000 AAA Boys Cross Country
2001 AAA Boys Cross Country
2002 AAA Boys Basketball
2002 AAA Boys Cross Country
2003 AAA Baseball
2003 AAA Boys Track
2004 AAA Boys Track
2004 AAA Boys Cross Country
2004 AAA Golf
2005 AAA Boys Track
2005 AAA Softball
2006 AAA Girls Track
2008 AAA Boys Track
2009 AAA Boys Cross Country
2010 AAA Boys Cross Country
2012 AAA Boys Cross Country

APPENDICES

- PHYSICAL FORM PAGES 12,13
- PERMISSION FOR TREATMENT PAGE 14
- HEADS UP CONCUSSION INFORM PAGE 15
- IMPACT CONCUSSION TESTING PROGRAM PAGE 16
- DRUG TESTING CONSENT FORM PAGES 17,18
- CABELL MIDLAND RUNNING RULES PAGE 19
- OBTAINING A CERTIFIED BIRTH CERTIFICATE

2875 Staunton Turnpike - Parkersburg, WV 26104

ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICIAN'S CERTIFICATE FORM
(Form required each school year on or after June 1st. File in School Administration Office)

ATHLETIC PARTICIPATION / PARENTAL CONSENT

PART I

Name _____ (Last) _____ (First) _____ (M) School Year: _____ Grade Entering: _____
 Home Address: _____ Home Address of Parents: _____
 City: _____ City: _____
 Phone: _____ Date of Birth: _____ Place of Birth: _____

Last semester I attended _____ (High School) or (Middle School). We have read the condensed eligibility rules of the WVSSAC athletics. If accepted as a team member, we agree to make every effort to keep up school work and abide by the rules and regulations of the school authorities and the WVSSAC.

INDIVIDUAL ELIGIBILITY RULES

Attention Athlete! To be eligible to represent your school in any interscholastic contest, you ...

- _____ must be a regular bona fide student in good standing of the school. (See exception under Rule 127-2-3)
- _____ must qualify under the Residence and Transfer Rule (127-2-7)
- _____ must have earned at least 2 units of credit the previous semester. Summer School may be included. (127-2-6)
- _____ must have attained an overall "C" (2.00) average the previous semester. Summer School may be included. (127-2-6)
- _____ must not have reached your 15th (MS), 16th (9th) or 19th (HS) birthday before August 1 of the current school year. (127-2-4)
- _____ must be residing with parent(s) as specified by Rule 127-2-7 and 8.
 - _____ unless parents have made a bona fide change of residence during school term.
 - _____ unless an AFS or other Foreign-Exchange student (one year of eligibility only).
 - _____ unless the residence requirement was met by the 365 calendar days attendance prior to participation.
- _____ if living with legal guardian/custodian, may not participate at the varsity level. (127-2-8)
- _____ must be an amateur as defined by Rule 127-2-11.
- _____ must have submitted to your principal before becoming a member of any school athletic team Participation/Parent Consent/Physician Form, completely filled in and properly signed, attesting that you have been examined and found to be physically fit for athletic competition and that your parents consent to your participation. (127-3-3)
- _____ must not have transferred from one school to another for athletic purposes. (127-2-7)
- _____ must not have received, in recognition of your ability as a HS or MS athlete, any award not presented or approved by your school or the WVSSAC. (127-3-5)
- _____ must not, while a member of a school team in any sport, become a member of any other organized team or as an individual participant in an unsanctioned meet or tournament in the same sport during the school sport season (See exception 127-2-10).
- _____ must follow All Star Participation Rule. (127-3-4)
- _____ must not have been enrolled in more than (8) semesters in grades 9 to 12. Must not have participated in more than two (2) seasons in the same sport in grades 7 and 8 or more than three (3) seasons while in grades 6-7-8. (Rule 127-2-5).
- _____ must not have been retained without failing in grades 6, 7 or 8. (127-2-5)

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above listed minimum standards but also all other standards set by your school and the WVSSAC. If you have any questions regarding your eligibility or are in doubt about the effect any activity or action might have on your eligibility, check with your principal or athletic director. They are aware of the interpretation and intent of each rule. Meeting the intent and spirit of WVSSAC standards will prevent athletes, teams, and schools from being penalized.

PART II - PARENTAL CONSENT

In accordance with the rules of the WVSSAC, I give my consent and approval to the participation of the student named above for the sport **NOT MARKED OUT BELOW**:

BASEBALL	CROSS COUNTRY	GOLF	SOFTBALL	TENNIS	VOLLEYBALL
BASKETBALL	FOOTBALL	SOCCER	SWIMMING	TRACK	WRESTLING
CHEERLEADING					

MEDICAL DISQUALIFICATION OF THE STUDENT-ATHLETE / WITHHOLDING A STUDENT-ATHLETE FROM ACTIVITY

The member school's team physician has the final responsibility to determine when a student-athlete is removed or withheld from participation due to an injury, an illness or pregnancy. In addition, clearance for that individual to return to activity is solely the responsibility of the member school's team physician or that physician's designated representative.

I understand that participation may include, when necessary, early dismissal from classes and travel to participate in interscholastic athletic contests. I will not hold the school authorities or West Virginia Secondary School Activities Commission responsible in case of accident or injury as a result of this participation. I also understand that participation in any of those sports listed above may cause permanent disability or death. Please check appropriate space: He/She has student accident insurance available through the school (); has football insurance coverage available through the school (); is insured to our satisfaction ().

I also give my consent and approval for the above named student to receive a physical examination, as required in Part IV, Physician's Certificate, of this form, by an approved health care provider as recommended by the named student's school administration.

I consent to WVSSAC's use of the herein named student's name, likeness, and athletically related information in reports of Inter-School Practices or Scrimmages and Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

I have read/reviewed the concussion and Sudden Cardiac Arrest information as available through the school and at WVSSAC.org. (Click Sports Medicine)

Date: _____

Student Signature _____

Parent Signature _____

PART III – STUDENT'S MEDICAL HISTORY
(To be completed by parent or guardian prior to examination)

Name _____ Birthdate ____/____/____ Grade ____ Age ____

Has the student ever had:

- Yes No 1. Chronic or recurrent illness? (Diabetes, Asthma, Seizures, etc.,)
- Yes No 2. Any hospitalizations?
- Yes No 3. Any surgery (except tonsils)?
- Yes No 4. Any injuries that prohibited your participation in sports?
- Yes No 5. Dizziness or frequent headaches?
- Yes No 6. Knee, ankle or neck injuries?
- Yes No 7. Broken bone or dislocation?
- Yes No 8. Heat exhaustion/sun stroke?
- Yes No 9. Fainting or passing out?
- Yes No 10. Have any allergies?
- Yes No 11. Concussion? If Yes _____
Date(s) _____

Does the student:

- Yes No 12. Have any problems with heart/blood pressure?
- Yes No 13. Has anyone in your family ever fainted during exercise?
- Yes No 14. Take any medicine? List _____
- Yes No 15. Wear glasses ____, contact lenses ____, dental appliances ____?
- Yes No 16. Have any organs missing (eye, kidney, testicle, etc.)?
- Yes No 17. Has it been longer than 10 years since your last tetanus shot?
- Yes No 18. Have you ever been told not to participate in any sport?
- Yes No 19. Do you know of any reason this student should not participate in sports?
- Yes No 20. Have a sudden death history in your family?
- Yes No 21. Have a family history of heart attack before age 50?
- Yes No 22. Develop coughing, wheezing, or unusual shortness of breath when you exercise?
- Yes No 23. (Females Only) Do you have any problems with your menstrual periods.

PLEASE EXPLAIN ANY "YES" ANSWERS OR ANY OTHER ADDITIONAL CONCERNS.

I also give my consent for the physician in attendance and the appropriate medical staff to give treatment at any athletic event for any injury.

SIGNATURE OF PARENT OR GUARDIAN _____ DATE ____/____/____

PART IV – VITAL SIGNS

Height _____ Weight _____ Pulse _____ Blood Pressure _____

Visual acuity: Uncorrected ____/____; Corrected ____/____; Pupils equal diameter: Y N
L R L R

PART V – SCREENING PHYSICAL EXAM

This exam is not meant to replace a full physical examination done by your private physician.

Mouth:

- Appliances Y N
- Missing/loose teeth Y N
- Caries needing treatment Y N
- Enlarged lymph nodes Y N
- Skin - infectious lesions Y N
- Peripheral pulses equal Y N

Respiratory:

- Symmetrical breath sounds Y N
- Wheezes Y N
- Cardiovascular:
- Murmur Y N
- Irregularities Y N
- Murmur with Valsalva Y N

Abdomen:

- Masses Y N
- Organomegaly Y N
- Genitourinary (males only);
- Inguinal hernia Y N
- Bilaterally descended testicles Y N

Musculoskeletal: (note any abnormalities)

- Neck: Y N Elbow: Y N Knee/Hip: Y N Hamstrings: Y N
- Shoulder: Y N Wrist: Y N Ankle: Y N Scoliosis: Y N

RECOMMENDATIONS BASED ON ABOVE EVALUATION:

After my evaluation, I give my:

- _____ Full Approval;
- _____ Full approval; but needs further evaluation by Family Dentist _____; Eye Doctor _____; Family Physician _____; Other _____;
- _____ Limited approval with the following restrictions: _____;
- _____ Denial of approval for the following reasons: _____.

MD/DO/DC/Advanced Registered Nurse Practitioner/Physicians Assistant

Date

CABELL COUNTY PUBLIC SCHOOLS

P.O. BOX 446

2850 FIFTH AVENUE

HUNTINGTON, WEST VIRGINIA 25702

Student's Name _____ Age _____

Address _____ Zip _____ Phone _____

Date of Birth _____ Male _____ Female _____ Blood Type (if known) _____

Parent or Guardian _____ Relationship _____

Home Address _____ Home Phone _____ Work Phone _____

Contact Other Than Parent _____ Relationship _____ Phone _____

Name of Family Physician _____ Family Physician's Office Number _____

Known Allergies _____

Hospitalization Insurance: Name of Company _____

Policy No. _____ Medical? _____ Surgical? _____ Accident? _____

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, X-ray examinations and immunizations for the named student. In the event of serious illness, the need for minor surgery, or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If said physician is not able to communicate with me or the other person listed above, the treatment necessary for the best interest of the above named student may be given.

In the event that an emergency arises during a practice session, an effort will be made to contact the parents or guardians as soon as possible. Permission is also granted to the athletic trainer, coaches, Emergency Medical Technician (EMT) or Paramedic to provide the needed emergency treatment to the athlete prior to his or her admission to the medical facilities.

Signature of parent or Guardian _____ Date _____

Athletes are also covered under an "All Athletic Plan". This coverage is an "excess" contract that picks up where other insurance stops. If the covered person is covered by any other individual, franchise, blanket or group insurance which provides benefits for medical care or treatment, the Plan will pay only the covered expenses which are not paid under the other insurance. Claims should be submitted under this contract only if there is no other insurance or if the other insurance does not provide coverage for the expense.

County of CABELL, State of WEST VIRGINIA

Sworn to and subscribed before me this _____

Day of _____, 20____

Witness my hand and official seal.

_____, Notary Public

My commission Expires _____

Form: S-0001

Revised: 7/97

HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

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

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just “not feeling right” or “feeling down” 	<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes

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

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

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

SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

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

If you think your teen has a concussion:

Don’t assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

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

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





WVSSAC

SUDDEN CARDIAC ARREST AWARENESS



What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- SCA should be suspected in any athlete who has collapsed and is unresponsive
- Fainting, a seizure, or convulsions during physical activity
- Dizziness or lightheadedness during physical activity
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age <50

ANY of these symptoms/warning signs may necessitate further evaluation from your physician before returning to practice or a game.

What causes Sudden Cardiac Arrest?

- Conditions present at birth (inherited and non-inherited heart abnormalities)
- A blow to the chest (Commotio Cordis)
- An infection/inflammation of the heart, usually caused by a virus. (Myocarditis)
- Recreational/Performance-Enhancing drug use.
- Other cardiac & medical conditions / Unknown causes. (Obesity/Idiopathic)

What are ways to screen for Sudden Cardiac Arrest?

- The American Heart Association recommends a pre-participation history and physical which is mandatory annually in West Virginia.
- Always answer the heart history questions on the student Health History section of the WVSSAC Physical Form completely and honestly.
- Additional screening may be necessary at the recommendation of a physician.

What is the treatment for Sudden Cardiac Arrest?

- Act immediately; time is critical to increase survival rate
- Activate emergency action plan
- Call 911
- Begin CPR
- Use Automated External Defibrillator (AED)

Where can one find additional information?

- Contact your primary health care provider
- American Heart Association (www.heart.org)

Section to be Filled Out by Activity Student, Driving Student or Opt-in Participant

Please Print or Type:

Student's Last Name

First Name

MI

I, the above named student, understand after having read the **Student Drug Testing Policy** and "Student Drug Testing Consent Form" that, out of care for my safety and health, Cabell County Schools enforces the rules applying to the consumption or possession of illegal and performance-enhancing drugs. As a member of a Cabell County Schools interscholastic extra-curricular activity or one who drives and parks on school property, or an Opt-in participant, I realize that the personal decision that I make daily in regard to the consumption or possession of illegal or performance-enhancing drugs may affect my health and well-being as well as the possible endangerment of those around me and reflect upon any organization with which I am associated. If I choose to violate school policy regarding the use or possession of illegal or performance-enhancing drugs any time while I am involved in in-season or off-season activities or driving, I understand upon determination of that violation I will be subject to the restrictions as outlined in the Policy.

Check all that apply: Activity Student Driving Student Opt-in Participant

Signature of Student

Date

Section to be Filled Out by Parent/Guardian and Principal/Coach/Sponsor

We have read and understood the Cabell County Schools **Student Drug Testing Policy** and "Student Drug Testing Consent Form." *We voluntarily agree on behalf of the student named above that, in order to participate in interscholastic extra-curricular activities; and/or to be granted permission to drive to and park on property of Cabell County Schools; and/or by electing to have him/her included in the testing pool as an Opt-in Participant, the student must submit to drug testing and must also agree to be subject to the terms of Cabell County Schools' drug testing policy.* We accept the method of obtaining urine samples, testing and analysis of such specimens, and all other aspects of the program. We further agree and consent to the disclosure of the sampling, testing, and results as provided in this program.

Signature of Parent or Custodial Guardian

Date

Signature of Principal/Coach/Sponsor

Team/Activity

Date

CABELL COUNTY BOARD OF EDUCATION

STUDENT DRUG TESTING CONSENT FORM

STATEMENT OF PURPOSE AND INTENT

Participation in school sponsored interscholastic extra-curricular activities and permission to drive to school and park on campus in Cabell County Schools is a privilege. Activity Students carry a responsibility to themselves, their fellow students, their parents, and their school to set the highest possible examples of conduct, which includes avoiding the use or possession of illegal drugs. Students who elect to drive a privately owned vehicle to and from school and park on school property also carry an added accountability for the safe operation of a vehicle while on school property.

Drug use of any kind is incompatible with the physical, mental, and emotional demands placed upon participants in interscholastic extra-curricular activities and upon the positive image these students project to other students and to the community on behalf of Cabell County Schools. For the safety, health, and well being of students who drive to school and/or participate in interscholastic extra-curricular activities in Cabell County Schools, the County has adopted the attached *Student Drug Testing Policy* and the "Student Drug Testing Consent Form" for use by all participating students at the high school level.

**Participation in
Extra-Curricular Activities or Driving to School**

Each Activity Student and Driving Student shall be provided with a copy of the *Student Drug Testing Policy* and "Student Drug Testing Consent Form" which shall be read, signed and dated by the student, parent or custodial guardian, and coach/sponsor before such student shall be eligible to practice or participate in any interscholastic activities or before issuance of a driving/parking pass.

The Opt-in Participant and parent or custodial guardian shall also consent to read and sign a consent form.

The consent shall be to provide a urine sample:

1. As chosen by the random selection basis, and
2. At any time requested based on reasonable suspicion to be tested for illegal or performance-enhancing drugs.

No student shall be allowed to practice or participate in any activity, governed by the policy, or drive to school unless the student has returned the properly signed "Student Drug Testing Consent Form."

Section to be Filled Out by Activity Student, Driving Student or Opt-in Participant

Please Print or Type:

Student's Last Name First Name MI

I, the above named student, understand after having read the *Student Drug Testing Policy* and "Student Drug Testing Consent Form" that, out of care for my safety and health, Cabell County Schools enforces the rules applying to the consumption or possession of illegal and performance-enhancing drugs. As a member of a Cabell County Schools interscholastic extra-curricular activity or one who drives and parks on school property, or an Opt-in participant, I realize that the personal decision that I make daily in regard to the consumption or possession of illegal or performance-enhancing drugs may affect my health and well-being as well as the possible endangerment of those around me and reflect upon any organization with which I am associated. If I choose to violate school policy regarding the use or possession of illegal or performance-enhancing drugs any time while I am involved in in-season or off-season activities or driving, I understand upon determination of that violation I will be subject to the restrictions as outlined in the Policy.

Check all that apply: Activity Student Driving Student Opt-in Participant

Signature of Student Date

Section to be Filled Out by Parent/Guardian and Principal/Coach/Sponsor

We have read and understood the Cabell County Schools *Student Drug Testing Policy* and "Student Drug Testing Consent Form." *We voluntarily agree on behalf of the student named above that, in order to participate in interscholastic extra-curricular activities; and/or to be granted permission to drive to and park on property of Cabell County Schools; and/or by electing to have him/her included in the testing pool as an Opt-in Participant, the student must submit to drug testing and must also agree to be subject to the terms of Cabell County Schools' drug testing policy. We accept the method of obtaining urine samples, testing and analysis of such specimens, and all other aspects of the program. We further agree and consent to the disclosure of the sampling, testing, and results as provided in this program.*

Signature of Parent or Custodial Guardian Date

Signature of Principal/Coach/Sponsor Team/Activity Date

Cabell Midland Running Routes

- Runners will travel on Rt 60 to gain access to the Ona Ball Field road. While running on Rt 60, runners will stay on the berm of the road.
- Runners will use back roadways & pathways to gain access to Yates Crossing and Malcolm Springs.
- Runners will use designated areas in Barboursville Park.
- Runners will use the streets & sidewalks of Barboursville.
- Runners will use designated areas on 4-H Camp Road.
- Runners will use back roads of East Pea Ridge
- Runners will use Guyan River Road.
- Runners will use Wildcat Road.
- Runners will use Ritter Park .
- Runners will only run on approved running routes.

Cabell County Off-Campus Running Guidelines

- *Guidelines are for Track, Cross Country, and Off-Season Conditioning*
- *Students are not to be on any road where a sidewalk is available. Students must stay on the sidewalks or berms.*
- *No headsets on any off campus running*
- *Run against traffic*
- *No running after dark*
- *Run with others*
- *Coaches are to constantly monitor runners and know where they are running*
- *Coaches will educate each runner on the approved running routes to ensure athletes understand them.*
- *Runners are to stay in single file in group runs*
- *When runners stop at stop sign, runners are to give cars the right of way; driver must waive the runner through before the runner proceeds*
- *Runners are to use crosswalks or cross from corner to corner*
- *Runners are never to assume a car will stop*
- *Runners are never to run in middle of street*
- *Runners are to stay on designated path/course*
- *Runners are to stay off of personal property*
- *Runners are never to run on railroad tracks*

Cabell Midland runners will abide by the off campus running guidelines provided by the Board of Education or be confined to running within the campus of Cabell Midland High School.

I understand the above running rules for off-campus running for Cabell Midland High School

Athlete Signature

Parent Signature

Obtaining a certified copy of a birth certificate from

The West Virginia Health Statistics Center

The West Virginia Vital Registration Office is the state-level custodian of birth certificates for people born anywhere in West Virginia 1917 to date. The Vital Registration Office issues certified copies of birth certificates from the original certificate on file. Certified copies are legal proof of age, U.S. citizenship, and parentage. As such, they are accepted by local, state, and federal governments as legal proof for applying for: social security numbers, driver's licenses, entrance to schools, entrance to military, marriage licenses, U.S. passports, retirement benefits, etc.

Certified copies of birth certificates that are submitted to a foreign government may require additional "authentication" including an *apostille* certificate, from the WV [Secretary of State's Office](#). This does not apply to certificates carried by the registrant out of the country to be used as identification. Please call the Vital Registration Office for more information on that process.

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Who may obtain copies:

In terms of obtaining vital records, West Virginia is not an "open record" state. Access to certified copies of birth certificates is restricted to the following individuals:

The registrant (person named on the certificate) as long as they are 18 years or older or are

emancipated by court order or marriage

Mother or father as listed on the certificate or current stepparent of registrant

Legal guardian (submit copy of guardianship papers)

Registrant's spouse

Children, grandchildren, great-grandchildren, etc., of the registrant (including half and step relationships)

Brother or sister of the registrant (including half and step relationships)

Mother-in-law / father-in-law of registrant

Son-in-law / daughter-in-law of registrant

Grandparents and great-grandparents of the registrant

In addition, a legal representative of one of the above or an authorized government agency may obtain a certified copy.

Those who do not meet one of the above categories, but who can demonstrate a direct or tangible interest in the record, should contact the office directly for instructions.

If you have questions, please call (304) 558-2931 between 8:30 AM and 5:00 PM eastern time. **Fees and charges:**

There is a non refundable **\$12.00** search fee, which entitles the applicant to **one** certified copy of the birth certificate. The search fee covers a three year search that consists of the year specified, the year before, and the year after the year specified. Additional copies are also \$12.00 each . If no record is found, a "No Record" letter will be mailed to the applicant informing them that no record is on file for the requested certificate. To request copies of a birth certificate, link to and print out the form and send it along with the appropriate fee t

How long will it take?

It depends on the workload within the office. During low volume periods, requests are usually processed within five working days after receipt. Normal turnaround time is two to three weeks, but is often quite faster. During March and April and August and September, the office experiences high customer service demand due to school enrollment. A minimum of three weeks should be anticipated.

An **expedited service** is available through a company called [VitalChek](#) at an additional charge. You may call the office and request this service using a Visa, MasterCard, American Express, or Discover card. Before calling, please print out a copy of the application form and be prepared to give all of the information, along with your credit card information, to the customer service representative. The VitalChek web site also provides information on obtaining birth and death records from other states, in addition to offering online ordering of certificates.

If you have questions concerning individual birth records, please call Vital Registration between the hours of 8:30 AM and 5:00 PM eastern time at 304-558-2931

For more
information
contact: **Vital
Registration**

Room 165

350 Capitol Street

Charleston, WV 25301-3701

Telephone:
(304) 558-
2931 Fax:
(304) 558-
8001

Office Hours: Monday - Friday 8:30 - 5:00 Eastern Time except for [official holidays](#)