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REDWOOD PREPARATORY CHARTER  
**TIMBER WOLVES**

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**Redwood Prep Charter Athletics Handbook**

Dear Families,

We are pleased that your child has expressed an interest in being a member of a Redwood Prep athletic program. We believe that athletics can be an integral part of the overall school experience. Not only do athletics promote physical wellness, they also build character and the ability to work cooperatively with others.

Our goal at Redwood Prep is to provide a quality program that will do the following:

- Provide a safe and fun place for athletes to learn
- Teach sound fundamental skills
- Encourage players to always give their best
- Promote a winning attitude that emphasizes sportsmanship
- Prepare students to be a competitive athlete

Please initial and sign below that you have read and understand the information in the Redwood Prep Athletic Handbook and agree to follow and abide by it. Return the cover page, insurance form and physical evaluation form to the Athletic Director or school office. Please keep the remainder of the Handbook for reference throughout the season. Contact the coach or Athletic Director if you have any questions and/or concerns. We are looking forward to a fun and positive season.

Dawn Carroll  
 Athletic Director  
[dcarroll@redwoodprep.org](mailto:dcarroll@redwoodprep.org)

	student-athlete	parent/guardian
Eligibility Requirements		
Guidelines for Moving Players from Grade Level		
Player's Code of Conduct		
Parent's Code of Conduct		
Concussion Information Facts		

\_\_\_\_\_ student-athlete name (please print)

\_\_\_\_\_ student-athlete signature

\_\_\_\_\_ date

\_\_\_\_\_ parent/guardian name (please print)

\_\_\_\_\_ parent/guardian signature

\_\_\_\_\_ date



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## Eligibility Requirements

Since Redwood Prep athletic teams will be representing our school and community, there are certain eligibility standards that Redwood Prep Charter requires all athletic participants to adhere to:

### 5th & 6th Grade:

Eligibility at 5th and 6th grade will be determined by work completion and upholding behavior standards. Students engaging in behavior as set in the Redwood Prep discipline matrix may be ineligible to participate. Initial eligibility to participate in an extracurricular activity will be determined by the classroom teacher. Students must obtain a signed permission slip from their teacher before they may start practice or attend a meeting.

After initial eligibility has been met and students begin an activity, if they are not completing classwork, homework, and/or exhibiting concerning behavior, parents and the teacher will meet together to create a plan for improvement. Students will be given a two week probationary period to meet the expectations outlined in the plan for improvement. Students failing to meet the improvement expectations will lose eligibility for either the season (athletics) or until the start of the next trimester (band, student council & yearbook). Grades will not be a factor in determining eligibility until students reach 7th grade.

### Attendance at Practice Sessions:

Attendance at practice sessions is mandatory. Athletes are not expected to practice if they are ill. If an athlete must miss a practice for reasons other than illness, arrangements must first be made with the coach. Failure to do so may result in loss of eligibility.

### School Attendance:

Athletes must attend school on the day of practice or game to participate. Being out on an Independent Study disqualifies you from participating in that days practice/game. On game days, athletes must attend a full day of school unless other arrangements have been approved by their homeroom teacher. If students are released early on game days, they must attend school until the designated release time to maintain eligibility. The designated release time will be set by the coach and the athletic director.

### 7th & 8th Grade:

Eligibility will be based on grades and behavior and will be determined at eligibility checks throughout the school year.



## Extracurricular Eligibility Checks (2019-20):

<b>Trimester 1</b>	May 30, 2019 (end of Trimester 3 of previous school year)
<b>Fall Midterm</b>	September 20, 2019
<b>Trimester 2</b>	November 4, 2019
<b>Winter Midterm</b>	December 20, 2019
<b>Trimester 3</b>	April 14, 2020

\*\*Eligibility for students with IEPs and 504 Plans will be determined in accordance with these plans.

**Grades** - Students must meet the minimum requirements at eligibility checks to participate in athletics. Students must earn at least a 2.5 in each curricular area: Math, Science, Language Arts & Social Studies and 70% in iGradePlus. Students will be given a one week warning prior to eligibility checks to bring their grades up. The responsibility to make-up missed assignments, schedule test retakes or any other actions to improve scores rests solely with the students. If grades do not meet the minimum requirements at the eligibility check, they will lose eligibility for the rest of that season.

**Behavior**- If students earn 3 detentions within a season they will become ineligible to play for the remainder of the season. For low level behavior, students will receive 2 warnings before being assigned detention.

### **Detention- Reflection & Planning for Change:**

Students who demonstrate behaviors from the RPC discipline matrix will attend detention. Detention will be served after school on Thursdays from 3:30 to 4:00 p.m.

During this time, students will be expected to reflect and plan future actions for improved behavior. Students will complete a reflection and/or a restorative activity.

### **Attendance at Practice Sessions:**

Attendance at practice sessions is mandatory. Athletes are not expected to practice if they are ill. If an athlete must miss a practice for reasons other than illness, arrangements must first be made with the coach. Failure to do so may result in loss of eligibility.

### **School Attendance:**

Athletes must attend school on the day of practice or game to participate. Being out on an Independent Study disqualifies you from participating in that days practice/game. On game days, athletes must attend a full day of school unless other arrangements have been approved by their homeroom teacher. If students are released early on game days, they must attend school until the designated release time to maintain eligibility. The designated release time will be set by the coach and the athletic director.



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## Guidelines for Moving Players from Grade Level

1. Players may only be moved from the team of their own grade level in circumstances where a team does not have sufficient numbers of athletes to compete. Coaches of the respective teams will determine which players are to be moved. By league covenant, once a player is moved up to a higher grade-level team, that player may not be moved back down.
2. If the total number of players in a sport is such that only one grade-level team is to be fielded, this team will be the higher-grade team and players from the lower grade(s) will be moved up to complete the team roster.
3. Players will not be moved up in circumstances where another player is subsequently cut from a team.
4. In all instances where players are recommended to be moved up in grade, the athlete(s) and parent(s) will first be consulted and must consent to the move.
5. There will be no movement of players up in grade level in mid-season unless there is a need to fill out a team. In circumstances where a team loses players in mid-season and there is a need to move players out of their grade level to fill out the team, coaches of both teams will confer and decide which player(s) will be moved up. The Athletic Director and Director will approve the movement of players prior to the move being made.



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# REDWOOD PREPARATORY CHARTER TIMBER WOLVES

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## Parent's Code of Conduct

1. I/we will support my/our child during the game.
2. I/we will show good sportsmanship at all times.
3. As a parent, I/we know that I/we represent Redwood Prep Charter.
4. I/we will not coach the players during the game.
5. I/we will not yell at the coach.
6. I/we will not yell at opposing players, coaches, or officials.
7. I/we understand the school's playing time policy, and I/we will abide with the policy.
  - 5<sup>th</sup> & 6<sup>th</sup> grade: In league games, all eligible players will have some playing time. In tournament play, there are no playing time requirements.
  - 7<sup>th</sup> & 8<sup>th</sup> grade: Coach's discretion, no playing time requirements.

The amount of playing time is up to the coach's discretion based on player skill, effort and attitude at practice and competitive level of the opponent.

8. If I/we have a problem or disagreement with the coach, I/we will proceed as follows:
  1. I/we will not approach the coach before, during, or after a game. I/we will go home, call the coach, and arrange a time to meet.
  2. If I/we am not satisfied following the meeting, I/we will call the Athletic Director and arrange a second meeting with her/him and the coach.
  3. If I/we do not feel the issue has been resolved in these meetings, I/we will contact the Director.
9. I/we know that the uniform issued to our child must be returned at the end of the season in good condition and failure to do so will result in a minimum \$75.00 penalty.



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## Player's Code of Conduct

1. I know that sportsmanship and fair play will be first and foremost on my mind.
  2. I will show respect to my coach and teammates.
  3. I will show respect to the officials.
  4. I will not use vulgar or foul language.
  5. I will not be involved in unlawful activities or use drugs, alcohol or tobacco products.
  6. I will be on time and at all practices. Illness or medical appointments are excused absences. I will let the coach know about "expected" appointments.
  7. I know that I must maintain good grades or risk suspension from the team.
  8. I know that I must follow all school rules as outlined in the student handbook, or I risk suspension from the team.
  9. I understand the school's playing time policy, and I will abide with the policy.
    - 5<sup>th</sup> & 6<sup>th</sup> grade: In league games, all eligible players will have some playing time. In tournament play, there are no playing time requirements.
    - 7<sup>th</sup> & 8<sup>th</sup> grade: Coach's discretion, no playing time requirements.
- The amount of playing time is up to the coach's discretion based on player skill, effort and attitude at practice and competitive level of the opponent.
10. I know that the uniform issued to me must be returned at the end of the season in good condition and failure to do so will result in a minimum \$75.00 penalty.
  11. I know that failure to follow these rules could result in suspension from the team.





## 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?

#### Signs Observed by Parents or Guardians

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

- 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

#### Symptoms Reported by Athlete

- 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”

### 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?

#### 1. 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.

#### 2. 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.

#### 3. 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.

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

For more information, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).





## Hoja Informativa para los PADRES

### ¿QUÉ ES LA CONMOCIÓN CEREBRAL?

Una conmoción cerebral es una lesión en el cerebro, causada por un golpe en la cabeza o una sacudida. Incluso una pequeña conmoción o lo que parece ser un golpe o sacudida leve puede ser serio.

La conmoción cerebral no puede verse. Los signos y síntomas de una conmoción pueden aparecer inmediatamente después de la lesión o puede que no aparezcan, o se hagan visibles algunos días o meses después de haber sufrido la lesión. Si su hijo tiene los signos de una conmoción cerebral o si usted nota algún síntoma, busque atención médica de inmediato.

### ¿CUÁLES SON LOS SIGNOS Y SÍNTOMAS DE LA CONMOCIÓN CEREBRAL?

#### Signos que notan los padres y los tutores

*Si su hijo ha sufrido un golpe en la cabeza o una sacudida durante un juego o una práctica, obsérvelo para determinar si tiene alguno de los siguientes signos y síntomas de una conmoción cerebral:*

- Luce aturdido o fuera de control
- Se confunde con la actividad asignada
- Olvida las jugadas
- No se muestra seguro del juego, la puntuación ni de sus adversarios
- Se mueve con torpeza
- Responde con lentitud
- Pierde el conocimiento (así sea momentáneamente)
- Muestra cambios de conducta o de personalidad
- No puede recordar lo ocurrido antes de un lanzamiento o un caída
- No puede recordar lo ocurrido después de un lanzamiento o un caída

#### Síntomas que reporta el atleta

- Dolor o "presión" en la cabeza
- Náuseas o vómitos
- Problemas de equilibrio, mareo
- Visión doble o borrosa
- Sensibilidad a la luz y al ruido
- Se siente débil, confuso, aturdido o grogui
- Problemas de concentración o memoria
- Confusión
- No se "siente bien"

### ¿CÓMO AYUDAR A SU HIJO A PREVENIR UNA CONMOCIÓN CEREBRAL?

Aunque todo deporte es diferente, hay medidas que puede tomar para protegerse.

- Haga que siga las reglas impartidas por el entrenador y las reglas del deporte que practica.
- Invítelo a mantener el espíritu deportivo en todo momento.
- Haga que su hijo use el equipo protector adecuado según la actividad que realiza. El equipo de protección debe ajustarse bien, debe hacerse el mantenimiento adecuado, y el jugador debe usarlo correctamente y en todo momento.

### ¿QUÉ DEBE HACER SI CREE QUE SU HIJO HA SUFRIDO UNA CONMOCIÓN CEREBRAL?

- 1. Busque atención médica de inmediato.** Un profesional de la salud podrá determinar la seriedad de la conmoción cerebral que ha sufrido el niño y cuándo podrá regresar al juego sin riesgo alguno.
- 2. No permita que su hijo siga jugando.** Las conmociones cerebrales necesitan de un cierto tiempo para curarse. No permita que su hijo regrese al juego hasta que un profesional de la salud le haya dicho que puede hacerlo. Los niños que regresan al juego antes de lo debido—mientras el cerebro está en proceso de curación—corren un mayor riesgo de sufrir otra conmoción. Las conmociones cerebrales siguientes pueden ser muy serias. Pueden causar daño cerebral permanente que afectarán al niño de por vida.
- 3. Informe al entrenador del niño sobre cualquier conmoción cerebral que el niño haya sufrido recientemente.** Los entrenadores deben saber si el niño ha sufrido una conmoción recientemente en CUALQUIER deporte. El entrenador no necesariamente sabrá si el niño ha tenido una conmoción en otro deporte o actividad a menos que usted se lo diga.

***Es preferible perderse un juego que toda la temporada.***

Para obtener más información, visite [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports).



**INFORMED CONSENT AND ACKNOWLEDGMENT FOR ATHLETIC ACTIVITIES**

The undersigned has read and understands the material contained in this form and hereby authorizes \_\_\_\_\_ to participate in **volleyball, cross country, basketball and track activities.**

By their very nature, athletic activities can put students in situations in which **SERIOUS, CATASTROPHIC** and perhaps **FATAL** injuries may occur. These injuries could include, but are not limited to the following:

- |                        |                         |
|------------------------|-------------------------|
| <b>Sprains/strains</b> | <b>Disfigurement</b>    |
| <b>Fractures</b>       | <b>Head injuries</b>    |
| <b>Cuts/abrasions</b>  | <b>Loss of eyesight</b> |
| <b>Unconsciousness</b> | <b>Death</b>            |
| <b>Paralysis</b>       |                         |

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will eliminate all risk of injury. By granting permission for your son/daughter to participate in athletic activities, you, the parent/legal guardian, acknowledge that such risk exists.

All participants in this activity should understand that participation is voluntary and is not required by the school.

The undersigned has read and hereby agrees to hold **Redwood Preparatory Charter School**, its employees, agents, volunteers and/or sponsors and any other person, firm or corporation charged or chargeable with responsibility or liability, free and harmless from any and all claims, demands, damages, costs, expenses, loss of services, action and causes of action resulting from the use of facilities, equipment and participation by my son/daughter in the above named athletic activity, to the fullest extent of the law.

Please list any medical conditions, allergies, or any other limiting factors:  
 \_\_\_\_\_  
 \_\_\_\_\_

Health insurance/MEDI-CAL per Education Code 32220-32224: \_\_\_\_\_  
 Plan name and number: \_\_\_\_\_

In the event of illness or injury, I do hereby consent to medical/hospital treatments that are determined necessary in the best judgment of the attending physicians or dentists. I acknowledge that I have carefully read this Voluntary Athletic Activity Form and that I understand and agree to its terms.

<b>Parent/Legal Guardian (Print Name)</b>	<b>Parent/Legal Guardian (signature)</b>	<b>Date</b>
<b>Student (Print Name)</b>	<b>Student (signature)</b>	<b>Date</b>