

# Winter Sports

## Pre-Season Information



# RHAM HS

**[RHAM High School Home Page](#)** is the source for schedules and links to all of our information.

**Use the CIAC Mobile app to receive updated schedule information on your smart phone.**

**RHAM is a member of the CCC (Central Connecticut Conference) which is a 31 school league in the state.**

**[CCC](#)**

# RHAM HS

- While efforts are being made to improve security in the gym area we cannot have cameras in the locker rooms for obvious reasons.
- **Athletes should refrain from bringing valuable items to school. Items needed for school should be stored in school lockers where security cameras have a view of all areas.**
- On away trips every effort should be made to keep unnecessary items either home or in school locker.

# RHAM HS

- Athletic Policies are outlined in the school student handbook and on the RHAM webpage.
- Each athlete should read and become familiar with these policies. It is the responsibility of the athlete to know the policies.
- Driving and parking during the athletic season can be a challenge at times. Athletes need to drive with care as there are multiple activities taking place on any given afternoon. Students should note the new door security policy.

# RHAM HS

## ▶ Athlete Code of Conduct

- ▶ Participation at any level of athletics is a privilege at RHAM High School. As representatives of the school there are standards of conduct that are expected of all our athletes. By participating in RHAM athletics you are agreeing to a higher standard of behavior.
- ▶ **Participation fee is now \$170 per sport per season. Fees are due 12/21/18.**

# RHAM HS

○ Athletics can be a nurturing and positive experience for our students. Indeed, the philosophy of athletics at RHAM declares that athletics “comprise an integral part of the educational program at RHAM.”

○ It is with this core belief that RHAM High School encourages the best possible experience for our student-athletes during their tenure here. The involvement of parents in the total educational experience is necessary to achieve this end.

# RHAM HS

- **What your coaches will provide:**
- **Philosophy of the coach and of the program**
- **Expectations the coach has of the athletes involved in the program including attendance at all practices and games**
- **Locations and times of practices and contests**
- **Team rules and requirements other than those addressed by the athletic department**
- **Disciplinary actions that may result in dismissal or suspension other than those addressed by the athletic department**

# RHAM HS

- ➔ **What you as parents can do:**
- ➔ **Notification of schedule conflicts before the start of the season or as soon as possible**
- ➔ **Specific concerns about a coaching philosophy and/or expectations**
- ➔ **Treatment of the athlete**
- ➔ **Ways for an athlete to improve**
- ➔ **Concerns/issues about your athlete**



RHAM HS

**CONCUSSION INFORMATION AND  
RESOURCES**

<http://concussioncentral.ciacsports.com/>

# RHAM HS

RHAM sports medicine staff will follow standard concussion protocols.

Any athlete with signs or symptoms of a concussion will be removed from unrestricted participation by RHAM coaching staff or sports medicine personnel and must be evaluated by a physician, physician assistant, or APRN for diagnosis.

An athlete diagnosed with a concussion must be progressed through a standard return to play protocol before returning to play.

## RHAM HS

A standard return to participation protocol may be started while physician, physician assistant or APRN diagnosis is pending.

If the diagnosis of a physician, physician assistant or APRN is not a concussion the athlete may not return to play the day symptoms start.

If diagnosed with a concussion the athlete must receive written clearance from a physician, physician assistant, or APRN to return to unrestricted participation.

# RHAM HS

*Public Act No. 14-66 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.*

***Upon removal of the athlete a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited the signs and symptoms of a concussion.***

***CTGA***

# RHAM HS

**The ImPACT Test is recommended. It is done in case your physician wants to use it.**

**The ImPACT Test is not:**

- A "panacea" or cure-all for concussion, as there is no such thing. As long as contact to the head occurs, concussions will continue to happen.
- A tool to diagnose concussion, which should always be diagnosed by a qualified health care provider.
- A substitute for medical evaluation and treatment.
  
- Source: [www.impacttest.com](http://www.impacttest.com)

# RHAM HS

**All athletes and their parents must sign a consent form regarding concussions. This must happen for each season as part of the sport participation consent.**

**All athletes must sign a consent to treat form as well for our athletic training services.**

**Trainer is Olivia Rich (olivia.rich@rhamschools.org)**

**Forms and concussion information can be found on the RHAM HS webpage.**

**[RHAM High School Home Page](#)**

# RHAM HS

Concussions and academic performance?

## **How can a concussion affect schoolwork?**

Following a concussion, many student-athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short- and long-term memory, concentration and organization.

In many cases after the injury, it is best to decrease the athlete's class load early in the recovery phase. This may include staying home from school for a few days, followed by academic accommodations (such as a reduced class schedule), until the athlete has fully recovered. Decreasing the stress on the brain and not allowing the athlete to push through symptoms will shorten the recovery time.

CIAC

## RHAM HS

Winter Awards will be on  
March 19th.