

Parent Information from the Assumption Athletic Department

“Take care of yourself, take care of each other, take care of this place”

Welcome

Athletics are an integral part of the educational program at Assumption. The planning and implementation of our athletic activities involve consideration of the physical, emotional, and spiritual growth of each student athlete. The athletic department and coaches work with the girls to develop loyalty, responsibility, cooperation, leadership, and sportsmanship skills. The Assumption athletic program is designed to allow each student the opportunity to learn the values of teamwork, respect, and self-discipline through competitive and noncompetitive sport. Our student athletes are truly students first, and athletes second. Athletic Department policies can be found in the Athletic Handbook which is online at www.ahsrocketsports.org.

Physical

Each prospective student athlete must have a physical examination before she is eligible to try out, practice, or participate in a sport or sport activity. The physical must be on the KHSAA form and filled out completely. The physical is valid for 13 months from the date of the physical examination. Therefore, a sports physical must be completed annually to maintain eligibility. This form can be found at www.ahsrocketsports.org

Drug and Alcohol Policy

We do ask for all parents and students to read and sign the drug and alcohol policy form located on the website under the sports medicine tab. This form can be submitted to your coach or directly to the athletic office.

Financial Aid Rules

If your family has applied for financial aid a third party, outside of Assumption, has decided the amount of aid your family qualifies for each year. If the athlete has scholarship or other money that exceeds that allowed amount that the family accepts, then she will be ineligible to participate in KHSAA sanctioned sports.

Trainer

Assumption athletics provides a certified athletic trainer for our teams to help with sports related injuries. The trainer is available in the training room at school or at the Green for consultation most days right after school. The trainer is at as many home events as possible. She is available for questions and can be reached at shannen.brown@ahsrockets.org.

Healthy Roster

Baptist Health is excited to offer a new communication tool called Healthy Roster. Healthy Roster is a FREE mobile app/website program connecting parents and coaches from Assumption High School with their school's Certified Athletic Trainer. When your child is injured playing sports, help is one tap away! Send messages, upload doctor's notes, get alerts when their physical is about to expire and receive injury updates at the same time coach does.

Healthy Roster is secure and HIPPA compliant. To get started using Healthy Roster, look for your email invitation coming soon from your school's certified Athletic Trainer. If you do not receive one, please contact the trainer (email address above) to be invited.

Secondary Insurance

Assumption High School carries a secondary insurance policy for all students. An athlete, through her family, is eligible to file an insurance claim in the event she is injured during practices, games, team events, or while traveling to and from team events. The secondary insurance goes into effect after the student's primary insurance policy processes the claim.

This is not a primary insurance for the students. For the insurance to pay on a claim, the student must be treated within 30 days of the injury and must have the claim form turned in to the insurance company within 90 days of the injury. Secondary insurance claim forms are available through the athletic office or trainer.

Water Policy

Each athlete as well as each student has the opportunity, and is encouraged, to go to the campus store and purchase the Assumption water bottle that is designated for students. They can fill it up from the water fountains as many times as they need to through the day and drink from it during class. Proper hydration levels are difficult to maintain for teenagers and it is especially important for athletes who lose water during vigorous practices/games. Students/athletes may also bring their own water bottle per school policy.

Attendance

A student who is absent from school for more than two hours may not participate in or attend any sports, social, or school event on the same day.

Team Travel Permission

If a team is traveling with the Assumption team, arrangements for missing school will be coordinated and communicated to the administration through the athletic office. If a student is on a travel team outside of school, parents or students must contact Cindi Baughman in the main office for consideration.

Transportation to the Green for afterschool practices

- The school will provide bus transportation to the green for fall and spring practices that begin before 5 pm. If the student has practice immediately afterschool they will be taken as soon as parking lot traffic allows.
- Schedules for runs to the Green will be released to students and parents at the beginning of that season via email and/or the Rocket Rundown.
- If a student has any afterschool activity including but not limited to seeing a teacher or counselor, detention, or testing pool, other transportation arrangements should be made.
- The bus will not make additional trips to the Green due to tardiness, nor will the bus wait for a student who has another afterschool obligation.
- Expectations of students on the bus and once they arrive at the Green - Students should be courteous to the bus driver and act appropriately on the bus before leaving and during the trip to the Green. They should make sure that they have all their belongings when exiting the bus. If items are left on the bus they will be placed in the lost and found upon the buses return to school. Once students arrive at the Green they are expected to utilize the locker rooms to store their belongings and prepare for practice. If they arrive early to the Green they must wait in the lobby area or the front hallway. There is room to sit and work on homework (tablets will automatically connect to the wifi). Snack may be brought and eaten in the lobby and hall way areas, but the girls should be sure that all unwanted food and wrappers be disposed of properly. Students should not be hanging out in the locker rooms nor the training rooms. Students may not leave the Green for any reason once they are dropped off by the bus.

Grade Checks

We have high expectations for our student athletes at Assumption. KHSAA requires that each school does weekly grade checks. Assumptions requirements for grade checks is listed in the student handbook. Students may be put on probation or suspended from contest because of failing or consistently poor grades. During a suspension period, the student may not dress in a team uniform or participate in any competitions, but they may practice.

Parent Expectations

Parents of Assumption athletes take on a tremendous responsibility helping their daughters successfully achieve academically, socially, and athletically while participating in high school competition. In recent years, the societal idea that winning on the playing field/court defines success has underscored the significance we (parents, coaches, and administrators) have in educating the whole person. Keeping athletic competition in perspective is key to the successful growth of each of our girls. Parents are a vital part of the Assumption community who we expect will model the value system Assumption has established. This policy extends to social media. Any post deemed harmful to the sports program or the Assumption Community will not be tolerated.

Parents are expected to volunteer/sign up to help work the gate and concessions. When you are approached in person or in email to sign up, the athletic department and your coach expects you to take your turn helping the program.

Chain of Command

While we strive for every athlete and family to have a positive experience while participating in athletics at Assumption, there inevitably will be a time when an athlete or parents may have concerns during the course of the season. In this situation, the following protocol should be followed:

- All playing time concerns will be addressed between a player and a coach. There will be no meetings or conversations between parents and coaches about playing time.
- The athlete needs to take her any of her concerns to the coach. We are teaching our young women to be responsible and confident. Articulately relaying her concern to the coach is an important lesson for the athlete to learn.
- If the athlete does not reach a satisfactory conclusion, then parents and the athlete may request a meeting with the coach excluding playing time as a topic.
- It is not appropriate to approach a coach at the end of a practice/game. This meeting needs to be held at a mutually agreed time and place.
- If the concern remains after this meeting, then the parents may request to meet with the Athletic Director. This meeting will be with all parties involved (Parents, Student Athlete, Coach, and Athletic Director)
- If the student athlete's or parent's concerns and/or issues have not been satisfactorily addressed by the Athletic Director, the student athlete and/or her parent may request a meeting with the President.

Website, VNN app, and SuperFanU

For sports information including rosters, schedules, forms, handbooks, etc. please go to ahsrocketsports.org and download the VNN app to follow all your favorite Assumption sports. Be on the lookout for an additional source for information coming this fall with the SuperFanU app.

Signing Dates

Three signing dates are set aside for student athletes who plan to participate in a sport in college. This is a special occasion where the coaches of the team, the student athlete, media, family, and friends are all invited to help celebrate this honor.

Please consult the Athletic Handbook for more information and policies concerning Assumption Athletics

www.ahsrocketsports.org