

Pendleton Heights Athletic Parent Meeting

Thursday, August 8, 2019

Athletic Department Personnel

Chad Smith, Athletic Director

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Adam Ritz, Assistant Athletic Director

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Shelley Harvey, Athletic Secretary

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Student Athletic Council

President: Anna Childers (12)

Vice President: Macy Browning (11)

Secretary: Ally Hall (12)

Cade Campbell (12)

Gracie Conkling (11)

Zion Cook (11)

Kylie Davis (11)

Kamden Earley (12)

AJ Hopkins (11)

Evan MacMillan (11)

Emma Robison (12)

Tristan Ross (12)



PHHS Sports Medicine



Indiana University Health

Certified Athletic Trainer:

Chris Chambers MA, LAT, ATC

1 Arabian Dr.

Pendleton, IN 46064

Work: (765) 778-2161

Cell: (502)376-7367

Email: cchambers@smcsc.com

Team Physician:

Dr. Brian Mayol, MD

IU Health Saxony Hospital

13100 E. 136th St., Suite 2000

Fishers, IN 46037

(317) 688- 5980

Mission Statement

The mission of the athletic training department at PHHS is to provide the best comprehensive, evidence-based, quality healthcare services for the well-being of the student athletes. Here at PHHS we desire to assure a positive healthy recovery experience through injury prevention, injury evaluation, rehabilitation and treatment. Our goal is to address the healthcare needs of each individual student athlete and return them to play as quickly and safely as possible.

What is a Certified Athletic Trainer ?

Athletic Trainers (ATs) are healthcare professionals who collaborate with physicians. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. ATs work under the direction of physicians, as prescribed by state licensure statutes



Certified Athletic Trainer

Availability:

- After school everyday
 - Best time for new injury evaluations
- At times during the school day
- At every PHHS home sporting event



Certified Athletic Trainer

Evaluation / Treatment of injuries:

- Minor:
 - Muscle Strain, Bruise, Ligament sprain
 - Discuss treatment with athlete
 - Note sent home
- Major:
 - Fracture, Dislocation, Ligament Tear, Concussion
 - Phone call to parents
 - Note sent home
- Emergencies: (Follow Emergency Action Plan)
 - Severe Fractures: (Splinting)
 - Cardiac Arrest: CPR/ AED
 - Heat Illness
 - Spine Boarding: Immobilization

Injury Management

Injury Diagnosis:

- Certified Athletic Trainer (ATC): All injuries go through the ATC.
 - Conservative treatment (Rest, Ice, Compression, Elevation)
 - Rehabilitation: (Stretching, Strengthening, Modalities)
 - Equipment sign out: (Crutches, Walking boot, Brace, etc)
 - Referral to a physician (Declared ineligible/Limited on Final Forms)
 - Dr. Brian Mayol
 - Training room visits
 - In office visits
 - Daily Communication
 - Outside physician
 - Limited communication
 - Require a doctor's note for diagnosis and restrictions
 - Require a doctor's note for return to play with no restrictions



* Not required to see Dr. Mayol or IU Health physicians for injuries!

Dr. Bryan Mayol



Orthopedics & Sports Medicine

Doctor visits:

- At the school training room Tuesdays at 4pm (Free)
 - Initial injuries approved by the athletic trainer
 - Follow Up visits
- In the office: (Insurance)
 - Injuries that require further testing
 - X-rays, MRI, ultrasound, injections, etc
 - Post concussion injury Impact testing

Concussion Management

Baseline Impact testing

- Neurocognitive testing
 - One tool, when accompanied by a thorough medical exam, that may assist a qualified physician with the return-to-play decision.
 - Every two years
 - Incoming Freshman/Juniors/Transfer students
 - Scheduled by sport in the summer the first week of June

*As of this year, it will cost the school \$4 to test each student. (Athletic department is paying for this.)



Concussion Management

- Diagnosis
 - Symptoms: somatic (e.g. headache)
 - Physical signs (e.g. unsteadiness)
 - Impaired brain function (e.g. confusion)
 - Abnormal behaviour (e.g., change in personality)
 - Scat 3 Testing (Sport Concussion Assessment Tool)
- Treatment
 - No Physical Activity
 - Stay away from things that increase current symptoms
 - Bright lights, loud sounds, texting, computer use
 - School Absence
 - Delay in school assignments and tests

Concussion Management

- Return to play
 - No Symptoms for a period of time
 - Passed Neurological assessment by a physician
 - Passed Neurocognitive Impact Testing (post injury test)
 - Given in the office by a physician
 - Pass 3-4 day Physical exertion progression protocol

* Check the website on Concussion management

PHHS Athletics Website

<https://gophhsathletics.com/>

Information Links:

- Mission Statement
- Athletic Trainer Bio
- Team Physician Bio
- Concussion Management guidelines
- Injury Management



Brightlamp Study

Purpose: To understand how using the brightlamp smartphone app can be used to detect concussions and how it can be used to measure concussion resolution.

Procedure: 5 second video recording of the pupils response as it gets exposed to the phone's light source.

Voluntary Participation

* Not part of our current concussion protocol but I would like to get as many contact sport athletes as possible involved.

Website and Social Media

Website: phhsathletics.com

- ▶ Schedules, scores and rosters
- ▶ Physical packets
- ▶ Athletic trainer information
- ▶ Ticket information
- ▶ Alerts



Twitter: @PHHSAthletics

Athletic Physicals

- ▶ Every athlete must have a physical on file in the athletic office before they can practice.
- ▶ All forms must be filled out completely before we accept the physical. This includes all signatures, dates, doctor signatures, insurance forms, and all additional forms required by the school or state.
- ▶ The physical must be after April 1st of the previous school year to be valid (after April 1, 2019)
- ▶ Pick up the entire packet in athletic office or print from the athletic website.



Academic Eligibility

STUDENT-ATHLETE

To be eligible to participate in IHSAA athletics:

- Must pass 5 classes at PHHS
- The grades are determined on the certification dates
- The most recent grades are what is considered (semester over grading period)

THERE IS NO NEGOTIATION IN THIS PROCESS!



SMCSC Drug/Alcohol/Tobacco Policy

- ▶ To be able to participate in extra-curricular activities at PHHS, this form must be signed.
- ▶ Students are assigned a number when consent form is filed.
- ▶ Independent company randomly selects numbers and then notifies PHHS.
- ▶ School nurse then administers the screen to the randomly selected students.
- ▶ Failed screens are referred to the school counselors. Counselors notify the parents of the failed screen.
- ▶ Athletes may reduce suspensions by completing the assessment protocol.
- ▶ This policy includes vapor and e-cigarettes

Suspensions

First Offense

50% reduced to 20%

Second Offense

75% reduced to 50%

Third Offense

End of high school participation

Suspensions follow student-athlete according to IHSAA

In Season Leagues

- ▶ An athlete may not participate in another league of the same sport when in season.
- ▶ Example would be travel baseball during high school baseball season.
- ▶ IHSAA will rule the athlete ineligible immediately.



Lockers/Equipment

- ▶ All school issued equipment is expected to be returned in the shape it was received.
- ▶ Uniform costs are extremely expensive.
- ▶ Every athlete is issued a locker and they are expected to store all equipment in that locker.
- ▶ Things only get stolen from the locker room when student-athletes get careless.

Questions/Concerns/Complaints

The Chain of Command

I believe in the chain of command. As a parent you should follow the following when you have a concern:

1. Talk to your athlete first
2. Schedule a meeting with the coach. You should never approach the coach after a competition to discuss issues.
3. Schedule a meeting with the AD. I will not discuss playing time. Playing time and roster is determined by the head coach and the head coach only.
4. Contact the principal.

Athletic Finances

- No tax dollars are used in the day-to-day operations of the athletic department.
- The athletic department is funded by season ticket sales, individual game ticket sales, corporate sponsors and the 300 Club.
- All game tickets are \$5.00
- All-sport ticket info available at www.phsathletics.com
- “Only teams that make money receive help from the AD”

Ticket and FinalForms Questions

- Why did we start FinalForms?
- If you have questions about FinalForms or tickets, please stick around after the meeting for a few moments.

Athletic Department Objectives

We are not a win at all costs athletic department

1. I want every student-athlete to have the same experience I had at PHHS
2. Positive experience (playing time shouldn't be a factor)
3. Learn life lessons, including how to win and lose properly
4. Be the best student-athlete as possible
5. Become a better young man or young woman because of athletics
6. Create an atmosphere of school spirit

What you can expect from the AD

- ▶ I'm very approachable. However, the best way to ensure that we hear each other is to make an appointment to see me. I do not discuss things in public.
- ▶ I believe in communication. I will return an email or phone call in a timely manner.
- ▶ I believe that Pendleton Heights is bigger than any individual. Every decision I make is ALWAYS in the best interest of our student-athletes at PHHS.
- ▶ Support from my office as well as support from me in person at events.
- ▶ I'm the biggest PHHS fan you can find. I have the greatest job in the world and I approach my daily tasks with that attitude.
- ▶ This athletic department will never be the #1 priority in my life.

2019-2020 Athletic Motto



Student Admission

- Students will need a 2019-2020 PHHS ID card
- Free admission only applies to regular season events
- Students will need to purchase tickets for all County, HHC, and IHSAA events hosted at PHHS.

How do I contribute?

- Be supportive of your coach
- Be supportive of the team
- Show your child how to persevere
- Have honest conversations with your child
- Trust your child
- Find the positives of being a member of the team and reiterate those to your child when they are wavering
- Always make sure the TEAM is the #1 priority
- Stand up when school fight song is being played
- Cheer for all athletes

Negative Impacts

- Negative remarks during a contest
- Only supporting your child
- Negative comments to your child

Social Media

- Be an example on how to properly use social media
- Don't fuel the negative groups
- Only post factual information for the public to read
- Avoid negative comments about players, coaches, or teams
- Understand that you endorse a comment when you "like" or retweet.

Sportsmanship

- ▶ The student-athletes take their cues from coaches and parents.
- ▶ Think about the student-athletes before you speak out loud.
- ▶ Officials deserve respect.
- ▶ A bad official is a bad official no matter what you say.
- ▶ “Why did you hire that person?”

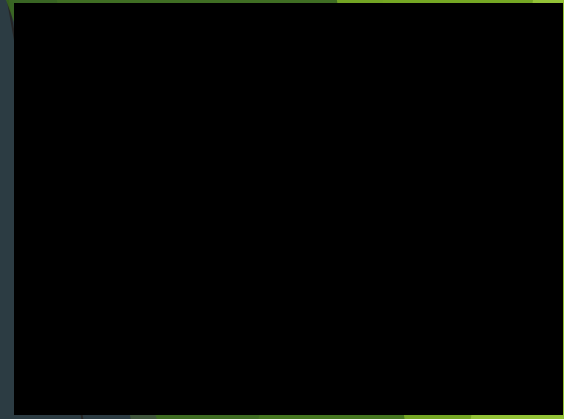
The
Pendleton Heights Arabians
are the



#FaceOfSportsmanship

The Parent Seat Video

https://nfhslearn.com/library/videos/478?utm_source=delivra&utm_medium=email&utm_campaign=The%20Parent%20Seat&utm_id=1475468&dlv-ga-memberid=14003527&utm_term=The+Parent+Seat&dlv-emuid=1303d50e-5fa3-48a2-af41-3816407b7ffa&dlv-mlid=1475468





Q & A