

John Catalano, Athletic Director  
Matt Purdy, Assistant Athletic Director  
Paul Vignocchi, Assistant Athletic Director

GLENBROOK NORTH HIGH SCHOOL  
Northfield Township High School District 225  
2300 SHERMER ROAD  
NORTHBROOK, IL 60062  
Phone: 847-509-2601 Fax: 847-509-2602

June 2018

Dear Future and Returning Spartan Athletes and Parents:

The Glenbrook North Athletic Department hopes you are enjoying your summer break. We look forward to the fall and the beginning of our sports programs. We trust you are planning on being a part of our fine athletic tradition. The GBN Athletic Department offers a varsity of activities for both boys and girls. We have something for athletes of all sizes and abilities. We hope you become a contributing member of our future athletic successes.

**Before you are allowed to try out for a team, practice, or be issued equipment, you must complete the athletic piece of the online registration process (which is available within your Power School Portal) and you must submit the athletic physical form to the GBN Athletic Department.** The athletic physical form is available to download during the online registration process (it is also available on the athletic website). We encourage you to keep a copy of the physical for your records. You can mail your completed athletic physical form to: Glenbrook North Athletic Department, 2300 Shermer Road, Northbrook, IL 60062. It can also be faxed to (847) 509-2602 or emailed to [kkarp@glenbrook225.org](mailto:kkarp@glenbrook225.org)

Per the IHSA (Illinois High School Association) your athletic physical is valid for **395 day (13 months)** from the actual physical date. To avoid the possibility of a physical expiring and your daughter/son becoming ineligible, we urge you to have the exam during the summer months and prior to the start of fall tryouts/practices. If you are a returning athlete you may have a valid physical on file in the athletic office from the previous year, however you still need to complete the athletic piece of the online registration for all Glenbrook students.

Once again, the Athletic Department will be offering a complimentary family-plan ticket with your GBN Booster Club membership. The basic membership sells for only \$50.00. The family plan ticket admits your complete family (excluding children high school age or older) to all District #225 athletic events except IHSA tournaments. You can purchase this package online during the registration process or via mail when you receive membership information for the GBN Booster Club.

Attached are the beginning dates, times and places for fall sport tryouts. Please feel free to call the Athletic Office at (847) 509-2601 or (847) 509-2424 if you have any questions.

Sincerely,



John Catalano  
Athletic Director

If you need specific information regarding a fall sport, you can contact the head coach at the below email:

Girls' Cross Country, Bob LeBlanc: [rleblanc@glenbrook225.org](mailto:rleblanc@glenbrook225.org)

Boys' Cross Country, Bill Race: [wrace@glenbrook225.org](mailto:wrace@glenbrook225.org)

Football, Bob Pieper: [rpieper@glenbrook225.org](mailto:rpieper@glenbrook225.org)

Girls Tennis, Peg Holecek: [mholecek@glenbrook225.org](mailto:mholecek@glenbrook225.org)

Boys' Soccer, Paul Vignocchi: [pvignocchi@glenbrook225.org](mailto:pvignocchi@glenbrook225.org)

Boys Golf, Justin Gerbich: [jgerbich@glenbrook225.org](mailto:jgerbich@glenbrook225.org)

Girls' Golf, Mike Schroeder: [mschroeder@glenbrook225.org](mailto:mschroeder@glenbrook225.org)

Girls' Swimming & Diving, Robin Walker: [jwalker@glenbrook225.org](mailto:jwalker@glenbrook225.org)

Girls' Volleyball, Tiffany Kim: [tkim@glenbrook225.org](mailto:tkim@glenbrook225.org)

## GIRLS FALL SPORT TRYOUT SESSIONS BEGIN:

SPORT	LEVEL	DATE	TIME	LOCATION	COACH	EQUIPMENT NEEDED
GOLF, Girls	ALL LEVELS	Mon 8/6/18	9:00 a.m.	Pro Shop - Sportman's	M. Schroeder	Golf Clubs (No Blue Jeans, T-shirts, or Cutoffs)
* 45 minute meeting - will return later in the morning for tee times						
SWIM, Girls	VARSITY	Wed 8/8/18	8:00 a.m.	GBN Pool	R. Walker	Dress To Swim
SWIM, Girls	JUNIOR VARSITY & FRESHMAN	Wed 8/8/18	9:00 a.m.	GBN Pool	J. Fournier	Dress To Swim
DIVERS, Girls	ALL LEVELS	Wed 8/8/18	Noon	GBN Pool	J. Roby	Swimsuit, gym shoes, shorts, and t-shirt
TENNIS, Girls	VARSITY & JUNIOR VARSITY	Wed 8/8/18	9:00 a.m.	GBN Tennis Courts (Rain Gym D-104)	P. Holecek & E. Shamrock	Dress To Play
TENNIS, Girls	FRESHMAN	Wed 8/8/18	1:00 p.m.	GBN Tennis Courts (Rain Gym D-104)	L. Faulkner	Dress To Play
VOLLEYBALL, Girls	ALL LEVELS	Wed 8/8/18	8:00 a.m.	GBN Main Gym	T. Kim	Dress To Play
X-COUNTRY, Girls	ALL LEVELS	Wed 8/8/18	8:00 a.m.	Outside between fieldhouse and tennis courts	B. LeBlanc	Running Shoes Dress To Run

## BOYS' FALL SPORT TRYOUT SESSIONS BEGIN:

SPORT	LEVEL	DATE	TIME	LOCATION	COACH	EQUIPMENT NEEDED
FOOTBALL, Boys	ALL LEVELS	Mon 8/6/18	8:00 a.m.	Practice Field	B. Pieper-Varsity M. Miller-Soph. S. Williams-Frosh	Shoes, Mouth Guard, Supporter, Lock
GOLF, Boys	ALL LEVELS	Mon 8/6/18	9:00 a.m.	Pro Shop-Sportsman's	J. Gerbich	Golf Clubs (No Blue Jeans, T-shirts, or Cutoffs)
*45 minute meeting - will return in the afternoon for tee times						
SOCCER, Boys	VARSITY & JUNIOR VARSITY	Wed 8/8/18	6:00 a.m.	GBN Stadium	P. Vignocchi-Varsity C. Niemiec-JV	Dress To Play
SOCCER, Boys	SOPHOMORE & FRESHMAN	Wed 8/8/18	8:00 a.m.	GBN Fieldhouse	C.Loch-Sophomore T. Valsamis & J. Nowak-Frosh	Dress To Play
X-COUNTRY, Boys	ALL LEVELS	Wed 8/8/18	8:00 a.m.	Outside between fieldhouse and tennis courts	B. Race	Running Shoes Dress To Run

\* The entire practice/tryout schedule will be discussed at the first day of each sport session.

**DISTRICT #225 INTERSCHOLASTIC ATHLETIC PHYSICAL FORM**

**PER IHSA GUIDELINES, THIS PHYSICAL IS VALID FOR 13 MONTHS FROM THE ACTUAL PHYSICAL DATE**

**TO BE COMPLETED BY THE PARENT AND STUDENT:**

STUDENT NAME: \_\_\_\_\_ Male or Female \_\_\_\_\_ SCHOOL ID #: \_\_\_\_\_

NAME OF SPORT (S): \_\_\_\_\_

Year in School: 9 10 11 12 Date of Birth \_\_\_\_\_ School Attended Last Year: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_

Name of Doctor: \_\_\_\_\_ Doctor's Phone: \_\_\_\_\_

Doctor's Address: \_\_\_\_\_ City: \_\_\_\_\_

**DISTRICT #225 PARENT CONSENT FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS**

I (we) as parent/legal guardian understand that the school district has made available an accident insurance program in which my child may enroll and that the program is optional and limited to coverage specified in the brochure. I (we) realize there is a possibility that child may suffer injury, including permanent paralysis or death, as a result of participation in such interscholastic competition or preparation therefore. I (we) further understand that the school district disclaims any financial responsibility for the costs of medical treatment, hospitals, ambulances or paramedics, etc. arising out of or by virtue of an injury to my (our) child while participating in such interscholastic competition or preparation therefore. My (our) child has my (our) approval to participate in interscholastic sports.

**IHSA BANNED SUBSTANCE TESTING POLICY – CONSENT to RANDOM TESTING**

Any student-athlete who ingests or otherwise uses any of the banned substances (complete list can be found in either our student handbook or athletic handbook) without written permission by a licensed physician, to treat a medical condition, violates IHSA bylaw 2.170 and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school. No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian consent to random testing.

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**TO BE COMPLETED BY DOCTOR/PHYSICIAN:**

STUDENT NAME: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

COMMENTS: \_\_\_\_\_

Athletics Allowed: **ALL SPORTS** \_\_\_\_\_

Badminton _____	Cross Country _____	Soccer _____	Volleyball _____
Baseball _____	Football _____	Softball _____	Wrestling _____
Basketball _____	Golf _____	Swim/Dive _____	Water Polo _____
Cheerleading _____	Gymnastics _____	Tennis _____	*GBS only, Girls
*GBN only, Bowling _____	Lacrosse _____	Track/Field _____	*Field Hockey _____
			*Poms _____

I hereby certify that I have examined the above named student and there appears to be no medical reason why he/she is not physically able to compete in supervised athletic activities, indicated above, in District #225.

Doctor's Signature: \_\_\_\_\_ Actual Physical Date: \_\_\_\_\_  
 (please use hand stamp with signature)

Glenbrook North High School  
Important Tips for Parent/Coach Communication  
Athletic Director: John Catalano, Assistant Athletic Directors: Matt Purdy and Paul Vignocchi

**Parent/Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

**Communication You Should Expect From Your Child's Coach:**

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team rules and requirements, i.e., fees, special equipment, specific team rules.
5. Procedures followed should your child be injured during participation.
6. Discipline that result in the denial of your child's participation.

**Communication Coaches Expect From Parents:**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regards to a coach's philosophy and/or expectations.

As your child becomes involved in the high school programs at Glenbrook North, they will experience some of the most rewarding moments of their lives. It is also important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach may be necessary.

**Appropriate Concerns To Discuss With Your Child's Coach:**

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing or not receiving their choice of starting position. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As noted in the list above, certain things can be and should be discussed with your child's coach. Other topics, such as the ones listed on the next page, must be left to the discretion of the coach.

**Issues Not Appropriate To Discuss With Coaches:**

1. Playing time
2. Starting positions
3. Team strategy
4. Play calling
5. Other student-athletes

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When the conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

### **If You Have A Concern, Please Follow The Procedures Listed Below:**

1. Call the coach to set up an appointment.
2. The Glenbrook North number is (847) 272-6400.
3. If the coach cannot be reached, please call the Athletic Director, Mr. John Catalano. Mr. Catalano will assist in setting up the meeting for you.
4. Please do not attempt to discuss the issue with a coach before or after a practice. These can be emotional times for the parent, player and the coach. Meetings of this nature do not promote resolution.

### **What Can A Parent Do If The Meeting With The Coach Did Not Provide A Satisfactory Resolution:**

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next steps can be determined.

Research indicates a student involved in extra-curricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

We hope that the information provided in this pamphlet would make both your child's and your experience with the Glenbrook North Athletic Program less stressful and more enjoyable.

### **SPARTAN HOTLINE**

Please do not call the Athletic Department for contest times or cancellations.

Call the Spartan Hotline at (847) 509-2607. The hotline is updated daily and if changes occur.

### **Interscholastic Athletics**

Interscholastic athletics are offered for the more serious minded and dedicated athlete. These teams compete against other schools. Athletes are expected to attend all daily practices, games, and meets. The following is a list of interscholastic (IHSA Sponsored) sports in which GBN competes, their respective seasons and official starting dates and the sports where "cuts" occur. It is an expectation for your son/daughter to be at tryouts every day – not being at tryouts will adversely affect their chance of making the team.

#### **Fall Sports**

<b><u>Sport</u></b>	<b><u>Starting Date</u></b>	<b><u>Cut</u></b>
Boys' Cross Country	8/8/18	No
Girls' Cross Country	8/8/18	No
Football	8/6/18	No
Boys' Golf	8/6/18	Yes
Girls' Golf	8/6/18	Yes
Boys' Soccer	8/8/18	Yes
Girls' Swimming	8/8/18	No
Girls' Diving	8/8/18	No
Girls' Tennis	8/8/18	Yes
Girls' Volleyball	8/8/18	Yes

#### **Spring Sports**

<b><u>Sport</u></b>	<b><u>Starting Date</u></b>	<b><u>Cut</u></b>
Girls' Badminton	2/25/19	Yes
Boys' Baseball	2/25/19	Yes
Boys' Gymnastics	2/11/19	Yes
Boys' Lacrosse	2/25/19	Yes
Girls' Lacrosse	2/25/19	Yes
Girls' Soccer	2/25/19	Yes
Girls' Softball	2/25/19	Yes
Boys' Tennis	2/25/19	Yes
Girls' Track & Field	Mid-March	No
Boys' Track & Field	Mid-March	No
Boys' Volleyball	3/4/19	Yes
Boys' Water Polo	2/25/19	No
Girls' Water Polo	2/25/19	No

#### **Winter Sports**

<b><u>Sport</u></b>	<b><u>Starting Date</u></b>	<b><u>Cut</u></b>
Boys' Basketball	11/5/18	Yes
Girls' Basketball	10/29/18	Yes
Boys' Bowling	10/22/18	Yes
Girls' Bowling	11/5/18	Yes
Cheerleading	10/29/18	Yes
Girls' Gymnastics	11/5/18	Yes
Boys' Swimming	11/19/18	Yes
Boys' Diving	11/19/18	No
Boys (indoor) Track & Field	1/28/19	No
Girls' (indoor) Track & Field	1/28/19	No
Wrestling	11/5/18	No

**GLENBROOK NORTH HIGH SCHOOL ATHLETIC DEPARTMENT  
GENERAL ANNOUNCEMENTS**

**PHYSICAL EXAMINATIONS**

All athletes are required to have a physical examination. All athletes should have their physicals prior to August 8, 2018 (**August 6 for football and golf**). Make an appointment with your doctor early so that you do not miss tryouts or practices. We suggest you keep a copy of the physical forms. The athletic physical form is available to download and complete as part of the online registration for all Glenbrook students. This will be available within your PowerSchool Portal at a later date. Per Illinois High School Association guidelines, your physical is only valid for 13 months from the actual date of physical. To avoid the possibility of the physical expiring and your daughter/son being ineligible, we urge you to have the exam during the summer months and prior to the start of fall tryouts/practices.

**INSURANCE**

Information regarding student accident insurance will be emailed to you in the opening of school packet.

**TEST DATES**

For your convenience in planning ahead, here are the 2018-2019 national test dates. Many options are available to you to avoid conflicts with scheduled contests. Please plan ahead.

**SAT TEST DATES**

August 25, 2018  
October 6, 2018 (at GBN)  
November 3, 2018  
December 1, 2018  
March 9, 2019 (at GBN)  
May 4, 2019 (at GBN)  
June 1, 2019

**ACT TEST DATES**

September 8, 2018 (at GBN)  
October 27, 2018  
December 8, 2018  
February 9, 2019 (at GBN)  
April 13, 2019 (at GBN)  
June 8, 2019 (at GBN)  
July 13, 2019

**LOCKERS AND LOCKS**

Athletic lockers are assigned to each athlete when equipment is issued. Each athlete must furnish a lock. Locks may be purchased at the bookstore. Lockers should be locked at all times.

**EQUIPMENT**

Each athlete is directly responsible for all equipment/uniforms that are issued to the athlete. All equipment/uniforms must be turned in immediately following the conclusion of the season. Fees will be assessed for items that were issued but not returned by the athlete (**including lost and stolen items**). Any returning athlete who still has equipment out from the prior season will not be issued any other equipment or permitted to register at the book sale until this obligation has been taken care of.

**ATHLETIC TRAINER**

The Glenbrook North Athletic Department has certified athletic trainers on staff. Our Head Athletic Trainer is Tom O'Connell, and he can be reached at 847.509.2600 on school day afternoons. Our Assistant Trainers are Colleen Lempa at 847.509.2608 and Ryan Moran at 847.509.2674.

**SPECIFIC ANNOUNCEMENTS**

**FOOTBALL**

**Mouth Guards**-The rules require each player to have and wear a mouth guard that is visible and attached to the helmet – clear mouth guards are NOT allowed. If you have a particular problem, see your dentist for advice and counsel. Mouth guards are available at most sporting goods stores.

**Football Shoes**-The 2018 rules state that cleats on football shoes may be no longer than 1/2 inch in length. There are several different types of shoes available; however, if you purchase new shoes, be sure that they meet the requirement. Our staff strongly recommends shoes with screw on cleats, not the molded cleat shoes. To break in your shoes, get them early and wear them before practice starts.

**Days of Practice**-The Illinois High School Association rules state that a football player must have 12 days of practice before playing in his first game.

**GOLF (below fees for golf are fairly accurate estimates but are subject to change per Sportsman's)**

All golfers (boys and girls) should be prepared to pay a \$25.00 daily tryout fee (payable directly to Sportsman's on a daily basis). All golfers who make the team will be required to pay an additional fee of (approximately) \$200.00 for the season (checks made payable to Glenbrook North High School).

## **GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS**

### **School District 225**

#### **Introduction**

Concussions are a common problem in sports and have the potential for serious complications if not managed correctly. Even what appears to be a “minor ding or bell ringer” has the real risk of catastrophic results when an athlete is returned to action too soon. The medical literature and lay press are reporting instances of death from “second impact syndrome” when a second concussion occurs before the brain has recovered from the first one regardless of how mild both injuries may seem.

At many athletic contests across the country, trained and knowledgeable individuals are not available to make the decision to return concussed athletes to play. Frequently, there is undo pressure from various sources (parents, player and coach) to return a valuable athlete to action. In addition, often there is unwillingness by the athlete to report headaches and other findings because the individual knows it would prevent his or her return to play.

Outlined below are some guidelines that may be helpful for parents, coaches and others dealing with possible concussions. Please bear in mind that these are general guidelines and must not be used in place of the central role that physicians and athletic trainers must play in protecting the health and safety of student-athletes.

#### **Signs & Symptoms of Concussion**

Concussions can appear in many different ways. Listed below are some of the signs and symptoms frequently associated with concussions. Most signs, symptoms and abnormalities after a concussion fall into the four categories listed below. A coach, parent or other person who knows the athlete well can often detect these problems by observing the athlete and/or by asking a few relevant questions of the athlete, official or a teammate who was on the field or court at the time of the concussion. Below are some suggested observations and questions a non-medical individual can use to help determine whether an athlete has suffered a concussion and how urgently he or she should be sent for appropriate medical care.

1. Problems in Brain Function
  - a. Confused State – dazed look, vacant stare or confusion about what happened or is happening.
  - b. Memory Problems – can’t remember assignment on play, opponent, score of game or period of game; can’t remember how or with whom he or she traveled to the game, what he or she was wearing, what was eaten for breakfast, etc.
  - c. Symptoms Reported by Athlete – headache, nausea, or vomiting; blurred or double vision; oversensitivity to sound, light or touch; ringing in ears; feeling foggy or groggy; dizziness.
  - d. Lack of Sustained Attention – difficulty sustaining focus adequately to complete a task, a coherent thought or a conversation.
2. Speed of Brain Function  
Slow response to questions, slow slurred speech, incoherent speech, slow body movements and slow reaction time.
3. Unusual Behaviors  
Behaving in a combative, aggressive or very silly manner; atypical behavior for the individual; repeatedly asking the same question; restless and irritable behavior with constant motion and attempts to return to play; reactions that seem out of proportion and inappropriate; an having trouble resting or “finding a comfortable position”.
4. Problems with Balance & Coordination  
Dizziness, slow clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

**If no medical personnel are on hand and an injured athlete has any of the above symptoms, he/she should be sent for appropriate medical care.**

#### **Checking for Concussion**

The presence of any of the signs or symptoms that are listed in this brochure suggest a concussion has most likely occurred. In addition to observation and direct questioning for symptoms, medical professionals have a number of other instruments to evaluate attention, processing speed, memory, balance, reaction time, and ability to think and analyze information (called executive brain function). These are the brain functions that are most likely to be adversely affected by a concussion and most likely to persist during the post-concussion period.

If an athlete seems “clear” he or she should be exercised enough to increase the heart rate and then evaluate if any symptoms appear.

Computerized tests that can evaluate brain function are now being used by some medical professionals at all levels of sports from youth to professional and elite teams. They provide an additional tool to assist physicians in determining when a concussed athlete appears to have healed enough to return to school and play. This is especially helpful when dealing with those athletes denying symptoms in order to play sooner. For non-medical personnel, the Centers for Disease Control and Prevention (CDC) has also developed a tool kit (“Heads Up: Concussion in High School Sports”), which has been made available to all high schools, and has information for coaches, athletes and parents.

#### **Sideline Management of Concussion**

1. Did a concussion take place? Based on mechanism of injury, observation, history and unusual behavior and reactions of the athlete, even without loss of consciousness, assume a concussion has occurred if the head was hit and even the mildest of symptoms occur.
2. Does the athlete need immediate referral for emergency care? If confusion, unusual behavior or responsiveness, deteriorating condition, loss of consciousness, or concern about neck and spine injury exist, the athlete should be referred at once for emergency care.
3. If no emergency is apparent, how should the athlete be monitored? Every 5-10 minutes, mental status, attention, balance, behavior, speech and memory should be examined until stable over a few hours. If appropriate medical care is not available, an athlete even with mild symptoms should be sent for medical evaluation.
4. No athlete suspected of having a concussion should return to the same practice or contest, even if symptoms clear in 15 minutes.

### Sideline Decision-Making

1. No athlete should return to play (RTP) on the same day of concussion.
2. Any athlete removed from play because of a concussion must have medical clearance from a medical doctor or athletic trainer before he or she can resume practice or competition.
3. Close observation of athlete should continue for a few hours.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based on return of any signs or symptoms.

### Management of Concussions & Return to Play

Increasing evidence is suggesting that initial signs and symptoms, including loss of consciousness and amnesia, may not be very predictive of the true severity of the injury and the prognosis or outcome. More importance is being assigned to the duration of such symptoms and this, along with data showing symptoms may worsen some time after the head injury, has shifted focus to continued monitoring of the athlete. This is one reason why these guidelines no longer include an option to return an athlete to play even if clear in 15 minutes and why there is no discussion about the "Grade" of the concussion.

Any athlete who is removed from play because of a concussion should have medical clearance from an appropriate health care professional before being allowed to return to play or practice. The Second International Conference on Concussion held in Zurich recommends an athlete should not return to practice or competition in sport until he or she is asymptomatic including after exercise.

Recent information suggests that mental exertion, as well as physical exertion, should be avoided until concussion symptoms begin to decrease. Premature mental or physical exertion may lead to more severe and more prolonged post-concussion period. Therefore, the athlete should not study, play video games, do computer work or phone texting until his or her symptoms are resolving. Once symptoms are resolving, the student-athlete should gradually reintroduce cognitive activity without having a significant increasing symptoms. As symptoms decrease, the athlete may return to school for short periods gradually increasing until a full day of school is tolerated without a significant increase in symptoms.

Once the athlete is able to complete a full day of school work, without PE or other exertion, and has ImPACT neurocognitive testing within normal ranges, the athlete can begin the gradual return to play protocol as outlined below. Each step increases the intensity and duration of the physical exertion until all skills required by the specific sport can be accomplished without symptoms. These recommendations have been based on the awareness of the increased vulnerability of the brain to concussions occurring close together and of the cumulative effects of multiple concussions on long-term brain function. Research is now revealing some fairly objective and relatively easy-to-use tests which appear to identify subtle residual deficits that may not be obvious from the traditional evaluation. These identifiable abnormalities frequently persist after the obvious signs of concussion are gone and appear to have relevance to whether an athlete can return to play in relative safety. The significance of these deficits is still under study and the evaluation instruments represent a work in progress. They may be helpful to the professional determining return to play in conjunction with consideration of the severity and nature of the injury; the interval since the last head injury; the duration of symptoms before clearing; and the level of play.

### Medical Clearance RTP Protocol

1. No exertional activity until asymptomatic (this may last from several days to several weeks depending on the extent of the injury).
  2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
  3. Initiate aerobic activity fundamental to specific sport such as skating or running, and may also begin progressive strength training activities.
  4. Begin non-contact skill drills specific to sport such as dribbling, fielding, batting, etc.
  5. Full contact in practice setting.
  6. If athlete remains asymptomatic, he/she may return to game/play.
- A. Athlete must remain asymptomatic to progress to the next level; each level requires a minimum of 24 hours.**  
**B. If symptoms recur, athlete must return to previous level.**  
**C. Athlete must be cleared by a physician and a District Athletic Trainer before contact.**

Prepared by District 225 Certified Athletic Trainers; adapted from NFHS Sports Medicine Advisory Committee guidelines.

### References:

NFHS <http://www.nfhs.org>  
<http://nfhslearn.com/electivedetail.aspx?courseID=15000>