



## SAINT ANN'S SCHOOL

Recreational Arts

### INFORMATION FOR PARENTS OF SAINT ANN'S STUDENT ATHLETES

In order to ensure the best and most effective experience for our athletes and their families, we ask parents to please read the following information.

**UNIFORMS:** Athletes have been issued uniforms consisting of the items appropriate for their sport. It is their responsibility (and their parents) to make sure uniforms are kept clean and available for games. If a student forgets his or her uniform, borrowing one may not be an option, in which case the student will not be able to participate in the event that day.

Uniforms are the property of Saint Ann's and must be returned by the following dates:

Middle School:	February 24 <sup>th</sup> (Winter Sports)	May 12th (Spring Sports)
High School:	February 24 <sup>th</sup> (Winter Sports)	May 19th (Spring Sports)
		May 30th (Track)

***Families will be billed for uniforms that are not returned to the Recreational Arts office on time.***

Socks, hats, and spandex attire are considered personal items, and for hygienic reasons are not to be returned. You will be billed for these items, but they may be used in the subsequent seasons.

**\*\*Note:** Sometimes, parents/team members may choose to special order team apparel (like sweatshirts, hats, bags, etc.); in these cases, all items must be PRE-APPROVED BY THE REC. ARTS DEPT., and may not cost more than \$30.

**INJURIES:** All of our coaches are certified in CPR/AED and First Aid for Coaches and have passed a course in Head Injuries. The Recreational Arts Department also has a full-time Certified Athletic Trainer (ATC) on staff who assesses injuries sustained during athletic events organized by Saint Ann's. Either the coach or ATC will contact you if an athlete is injured during a practice or game. If the injury is deemed serious enough to be seen by a medical professional, you or a caretaker must escort the athlete. In an emergency situation, the coach or ATC will escort the athlete to the hospital and meet you there. The ATC will provide details of the injury, how to care for it, and make a recommendation for follow-up. Please make sure that your insurance provider covers any medical professional you may see.

*If a student is seen by a physician for an injury, sustained either inside or outside of school, or if the ATC recommends that an athlete see a physician, the student may not return to participation without written clearance from the physician.*

**HEAD INJURIES:** In response to current research regarding detection and response to concussions, Saint Ann's has put in place a *Concussion Management Plan* that is consistent with guidelines issued by the New York State Department of Education. The Concussion Management Plan can be viewed here, on the Rec Arts Dept links page of the school's website (<http://saintannsny.org/departments/recreational-arts/departments-links/>). In the event an athlete sustains a head injury, all coaches are instructed to remove the athlete from participation immediately, regardless of the perceived severity of the injury. The athlete may not return to participation without clearance from both a medical professional and the ATC. The Center for Disease Control guidelines, as well as the School's own head injury plan, must be satisfied prior to an athlete's return to practice and competition. You will receive a *Head Injury Form* stating the details of the injury and listing the signs and symptoms of a concussion. We strongly encourage you to read the enclosed information on concussions. You may also view this information on the Saint Ann's website by clicking on "Departments", "Recreational Arts", and then "[Rec Arts Links](#)."

**SCHEDULES:** Athletes will receive hard copies of the game/meet schedule prior to the first competition. These schedules are subject to change, and we highly recommend that you check the athletic calendar on the Saint Ann's website for the most current information pertaining to games and practices. (From the School site's main page, click on *School Calendar*, and then on [Athletic Events Calendar](#)). The calendar is updated immediately with any changes.

**PERMISSION NOTES/DISMISSAL FROM VENUES OTHER THAN SAINT ANN'S:** **6<sup>th</sup> Grade athletes** may only leave an "away" event with a parent, unless they have a signed note from a parent allowing them to leave with another adult. If you are not at the game and the athlete does not have a note, the athlete must return with the team to Saint Ann's School. **7<sup>th</sup> and 8<sup>th</sup> Grade athletes** must have a note signed by a parent *before each game* if they will not be accompanying the team back to Saint Ann's. **High School students** may give their coach a note from a parent allowing them to leave from any "away" game/practice during that sport season. The note should be dated and should specifically indicate that the athlete may leave from any "away" game/practice during the season. Notes need to be given to the coach prior to leaving Saint Ann's School.

**PRACTICES:** We recognize that many of our athletes are often involved in classes or groups with overlapping commitments. Coaches strive to be mindful of this fact, and are routinely flexible when an athlete's curricular responsibilities conflict with practices or games. However, a student's commitment to his or her team is an important aspect of participation, and students should, as much as possible, avoid scheduling activities outside of Saint Ann's that conflict with games or practices. Additionally, we must, without exception, adhere to the NYSAISAA standards, which require all athletes to participate in the following minimum number of practices before being permitted to play in a game:

Middle School: baseball-8, (pitcher-10); basketball-8; gymnastics-13; track-10; soccer-8; softball-6, (pitcher-8); volleyball-6

High School: baseball-8; basketball-8; cross-country-10; fencing-10; gymnastics-13; track-10; soccer-8; softball-6; squash-6; volleyball-6

Please remember that these are the NYSAISAA minimum number of required practices. We expect all athletes to maintain a consistent practice throughout the season.

**SPECTATORS:** Saint Ann's encourages parents, families, and friends to attend all of our athletic contests, both home and away, and we are proud of and grateful for the support that the entire Saint Ann's community gives to our athletic programs. The Recreational Arts Department and our athletes thrive on your support, and we hope to continue to benefit from parental and fan involvement. In this spirit, we encourage you to familiarize yourself with our *Sportsmanship Code for Spectators*, and ask for your help in upholding the values it articulates to ensure the best possible support for our student athletes. *Please note that for most athletic events held at other school venues, parents will likely be asked to present a photo I.D. and to sign in for that event.*

Thanks so much for your time and attention, and we hope to see you at the next game!