Athletic Guidelines and Procedures
MEET THE COACHES

• Partnership

• BHPRSD Athletic Policies

• Meet Your Coaches
TIMBER CREEK – Athletic Department

- Athletic Director – Frank Torcasio
- VP/Athletics – Rob Milavsky
- Asst. Athletic Director – Dina Tomczak
- Athletic Secretary – Sandy Moretti
- Athletic Trainer – Dominic Acchitelli
TIMBER CREEK – Fall Coaching Staff

Football – Rob Hinson
Boys Soccer – Sean Ortzman
Girls Soccer – TJ Ambrose
Girls Tennis – Jean DeMarco
Boys Cross Country – Kevin Cuneo
Girls Cross Country – Leyna Ambrose
Field Hockey – Bernadette Jablonski
Cheerleading – Nicole Santoro
PHILOSOPHY

- Provide a Competitive Athletic Environment
- Want the Varsity Teams to Win
- Want Sub-Varsity Teams to Win and Also Develop Varsity Athletes
- Have Fun!
CHARGERS ATHLETICS

• CONCUSSIONS

• NJSIAA Concussion Policy

• ImPACT Concussion Testing

• "Concussion in Sports - What You Need to Know"

www.nfhslearn.com
Concussion Information

Dominic Acchitelli, ATC/L
Concussion

• ATSNJ: “A concussion is a traumatic brain injury that temporarily disrupts normal function of the brain. A concussion occurs from a blow to the head but can also occur to an indirect blow elsewhere on the body. Concussions range from mild to severe depending on the severity and length of symptoms. Regardless of the severity, a concussion is an injury to the brain and therefore must be taken very seriously.”
NJSIAA Policy

“...A student who participates in an interscholastic sports program and who sustains or is suspected of having sustained a concussion or other head injury while engaged in a sports competition or practice shall be immediately removed from the sports competition or practice. A student-athlete who is removed from competition or practice shall not participate in further sports activity until he is evaluated by a physician or other healthcare provider trained in the evaluation and management of concussions, and receives written clearance from a physician trained in the evaluation and management of concussions to return to competition or practice.”
NFHS States

• “Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional.”

• Under NJ Law the only “appropriate health-care professional” who can authorize return-to-play under the rule is a physician trained in the evaluation and management of concussions.
# Recognition

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<tr>
<th>Signs Observed by Others</th>
<th>Symptoms Reported by Athlete</th>
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**Athlete:**

- Appears dazed or disoriented
- Moves clumsily
- Is confused
- Answers questions slowly
- Cannot answer questions
- Forgets plays
- Cannot focus
- Does not respond to commands
- Loses consciousness
- Has blood or clear fluid coming from ears or nose
- Is irritable
- Is depressed or anxious
- Shows personality changes

**Athlete tells you he or she:**

- Has a headache
- Is nauseous or dizzy
- Cannot maintain balance
- Is tired or fatigued
- Has blurry or double vision
- Has ringing in the ears
- Is sensitive to light or sound
- Forgets things from before the injury
- Forgets things from after the injury
- Cannot concentrate or feels foggy
- Has problems sleeping
- Is feeling depressed or uneasy
Treatment

Immediately After Injury

• Rest (physical & cognitive)
• Eat (if not nauseous)
• Sleep (if no LOC)
• No loud music, bright lights
• Avoid video games, internet

After Symptoms Resolve

• Coordination exercises
• Cognitive exercises
• Balance exercises
• Complete Graduated RTP Protocol
Graduated Return to Play Protocol

NJSIAA/DOE:

- **DAY 1** – Must remain asymptomatic during “normal cognitive activities”

- **DAY 2** – “Light aerobic exercise, which includes walking, swimming, or stationary cycling, keeping the intensity < 70% maximum percentage heart rate: no resistance training. The objective of this step is increased heart rate.”

- **DAY 3** – “Sport-specific exercise including skating, and/or running; no head impact activities. The objective of this step is to add movement and continue to increase heart rate.”

- **DAY 4** – “Non-contact training drills (e.g., passing drills). The student-athlete may initiate progressive resistance training.”

- **DAY 5** – “Following medical clearance (consultation between school health care personnel, i.e., Licensed Athletic Trainer, School/Team Physician, School Nurse and student-athlete’s physician), participation in normal training activities. The objective of this step is to restore confidence and to assess functional skills by the coaching staff.”

- **DAY 6** – “Return to play involving normal exertion or game activity.”
BHPRSD Policy

• All athletes must complete a baseline ImPACT test before being allowed to participate. This baseline can be completed online at home and is good for two (2) years from the date of the test.

• Any athlete who is suspected of having a head injury will be thoroughly evaluated by the Athletic Trainer, School Nurse, School Physician, or other Physician trained in the evaluation and management of concussions as soon as possible following the injury.

• Any athlete that suffers a head injury during a practice or game will NOT be permitted to return to participation on the same day.

• Any athlete that suffers a head injury will be required to complete a post-concussion ImPACT test with the Athletic Trainer, School Nurse, or School Physician.
BHPRSD Policy (con.)

• Any athlete that suffers a head injury must be symptom free for at least 24 hours without medication, have ImPACT test scores at or above baseline level, AND have completed the graduated return-to-play exercise protocol before being considered for clearance to return to participation in his or her sport. Any athlete that suffers a head injury and reports to his or her own family physician must still be cleared by the School Physician before returning to full participation.

• The School Physician, at his discretion, may see it necessary to delay an athlete’s return-to-play, refer an athlete for further diagnostic tests, or completely disqualify an athlete from participation following a head injury.

• Any athlete that suffers MORE THAN ONE concussion may need to be handled on an individual basis.
Complications

• Post-Concussion Syndrome:
  – Symptoms that linger/remain for weeks/months
  – Effect mood, personality

• Second Impact Syndrome:
  – Suffer a head injury while still recovering from previous concussion
  – Generally from misreporting symptoms by athlete
  – Leads to severe symptoms/deficiencies, death
Resources

• ImPACT:
  – Info @ impacttest.com
  – Take test @ impacttestonline.com/schools
  – Timber Creek Customer ID Code: 542D7DC4DA

• http://ATSNJ.org/tags/concussion

• NFHS Concussion in Sports course

• NJSIAA

• FAQs can be found on Concussion Injury Information sheet
ELIGIBILITY - CREDITS

To be eligible for a FALL sport, student athletes must have passed 30 credits from the year prior.

Incoming Freshman are automatically academically eligible at the start of the FALL and WINTER season.
ELIGIBILITY (cont.)

- **FINES**: If an athlete owes a fine, it must be paid to their VP in order to be eligible.

- **DISCIPLINE**: Any athlete with more than 100 points is not eligible to participate in a sport.

- **MEDICAL FORMS**: Must be completed in its entirety
ATHLETIC FORMS

- **All** forms are to be completed on Family ID except for the Physical form and Health History form. The website is [www.familyID.com](http://www.familyID.com).

  - Once you have a family ID login, your information will be there from one season to the next. All you have to do is sign in and update any information that may have changed. **When done filling in all information, please make sure to hit the “green” submit button!**

- **Physical forms:**
  - Can be found on our website as well as on the familyID website.
  - They are good for 365 days.
    - If the physical form expiration date is after the first official practice, they are still eligible. A new physical must be completed ASAP and handed in to the nurse.

- **Health History Form:**
  - Must be completed no more than 90 days prior to the start of each and every season.
Located on Family ID when you sign your son/daughter up for a sport. Must sign off that you read through it.

Located on school website under Athletics tab.
SPORTSMANSHIP

BHPRSD strives to be the beacon of good sportsmanship for each of the conferences

Players Play, Coaches Coach, Officials Officiate, Parents watch and have fun
National Federation of High Schools
www.nfhslearn.com

“The Role of Parents in Sports”

“Sportsmanship”
PARENT COMMUNICATION and 24 HOUR RULE

Please allow 24 hours after a contest to approach a coach with any concerns you may have. If you are not satisfied with the meeting you may express your concerns to the Athletic Department.
BHPRSD
ATHLETICS

- All athletes are to travel to and from athletic contests on the bus as a team.
- Travel release forms are to be used for EMERGENCIES only.
- Request for a travel release must be submitted to athletic office at least 24 hours in advance for approval.
Timber Creek High School Athletics

Go Chargers!

Thank you!