2026-27 St. Mark's Athletic Handbook

Participation Guidelines and Concussion/Cardiac Arrest Protocols
(Revised July, 2026)

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PHILOSOPHY AND GOALS OF OUR ATHLETIC PROGRAMS

The Word of God is also the Word of Life and a Christian philosophy of life should govern and encompass every aspect and dimension of our school programs which certainly includes the athletic activities of our school.

The ultimate goals of our athletic program are:

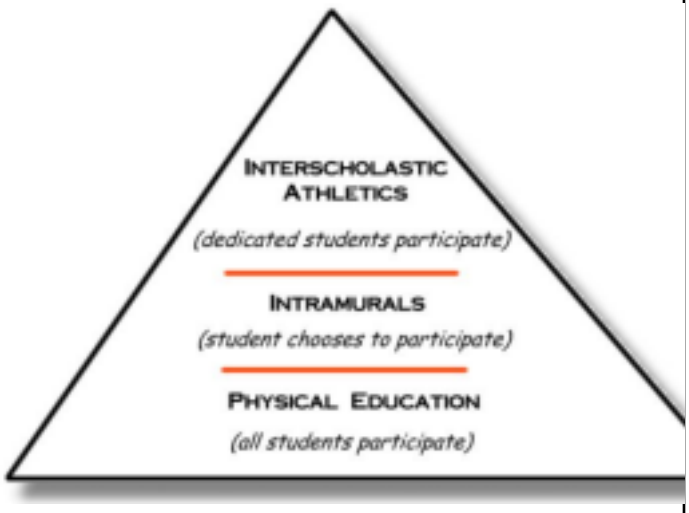
- To help children to recognize and appreciate in themselves and others the gifts they have received from God.
- To develop character traits such as self-discipline, self-esteem, responsibility, leadership, team-work, and self-control under pressure, defeat, and failure, as well as proper acceptance of success and victory.
- To develop to a greater degree the fundamental skills and knowledge of the rules appropriate to each grade level.
- To help prepare our students for participation in advanced levels of athletics.
- To provide a Christian witness to all our members and to our community and to demonstrate by example the fruits of Christian faith in athletic competition.

". . . I chose you and appointed you to go and bear fruit-fruit that will last."

– John 15:16

While all students have the opportunity to work on those goals in Physical Education, there are differences between the Phy Ed class and interscholastic athletics:

- While Physical Education class is required for all students as part of St. Mark's curriculum, interscholastic athletics are chosen by athlete and parent.
- Participants in interscholastic athletics will have opportunities to compete at a higher level against athletes in other schools.
- A commitment is made for participation outside of school hours when involved in interscholastic activities.



Goals of Our Programs: B Level (Grades 5-6)

- Introduce the athletes to the basic skills and rules of the sport and develop those skills and understanding over the course of the season.
- All players receive playing time, keeping it as equal as possible.
- During tournaments, the coach's directive is to advance in the tournament. Every player will get playing time, but it may not be equal.

Goals of Our Programs: A Level (Grades 7-8)

- Continue to develop and hone skills and understanding of sport over the course of the season
- Most competitive level for our conference -not all players may be played in the game
- Coaches will seek to play all players, but in a closely contested game, that may not be possible.

Special CIrcumstances

It is the goal of St. Mark's to instruct students in the philosophy and skills of the game to prepare them to play at a higher level. Therefore, St. Mark's will not move up an individual(s) based on their talent (move a B team player to A team).

When the participating class sizes are large, A2 or B2 teams may be created to accommodate. For instance, if there are 10 6th grade boys and 17 5th grade boys out for basketball, a "tryout" would be held to create the two teams. The regular B team would be those 5th and 6th graders who are ready to compete at that level. The B2 team would be for those 5th and 6th graders who are not ready for the regular B team and would benefit from playing at a less intense level. This tryout would be led by the coaches and overseen by the athletic director. The athletic director and coaches will create the rosters for the two teams following the tryout.

At St. Mark's, we do not as a general rule "cut" players from the team although this may be necessary in a year with a large number of interested participants in a given class. Generally, anyone who is interested in the sport will be able to participate as long as they meet the handbook requirements. However, we want to keep our team sizes and a manageable level for both the coaches and the athletes to best instruct and participate. To that end, in a given year where team sizes are large, we would first try to split the grade between two teams as outlined above before having to cut.

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ATHLETE EXPECTATIONS

Registration/Participation

- Preliminary registration for sports participation is completed in spring of previous school year.
- Final registration will be done in August. Then, athletes have an opt in/out period before a season begins.
- After the opt in/out period has passed, the season is closed. Exceptions to join a team will be handled by the athletic director and, if necessary, the school administrator.
- Once athletes have opted in for participation, they should please honor that commitment and finish the season.
- Physical or waiver, concussion/cardiac arrest forms must be completed and turned in before participation in the season may begin.
- Parents/Guardians and athlete will watch the sports video prior to the season of

participation and complete the watched video form before participation in the season may begin.

Practices

- Because school begins after Labor Day, fall sports practices may be scheduled during the week before. Athletes are encouraged to attend, but are not required to.
- If practices start after 3:45 PM, athletes must leave the school grounds after the school day and return no sooner than fifteen (15) minutes before practice.
- Players are to leave the school building as soon as possible (within 15 minutes) of the conclusion of practice.*(Parent volunteers may be used to supervise athletes in the Commons waiting until 3:45 PM practices to start. Permission must be granted by the school administrator and athletic director, and volunteers must have completed St. Mark's Volunteer Training Program.This isn't a responsibility of our teachers, however, they may volunteer to help.)*
- Players should not use the telephones at school to arrange transportation after practice or games. Transportation arrangements should be made prior to the event.
- Parents/Guardians, together with the athlete, are responsible for transportation of the athlete to and from all games and practices.
- Please review the school cell phone policy as stated in the *Parent and Student Handbook*.
- There are no practices conducted on Saturday or Sunday in any season.
- Practices may be held before the start of the school year, on Wednesdays during Advent or Lent, or during school vacations only with Board of Ed approval.
- Open gym times are optional and may be scheduled over school vacations. Athletes are not required to attend.

Club Teams

- To encourage responsibility, leadership, and teamwork, members of St. Mark's athletic teams must make it a priority of attending their school teams' athletic event, whether games or practices, before any activity outside of school. A violation of this will be cause for removal from the team.
- When a student participates on a team(s) outside of St. Mark's and there is the potential for schedule conflicts between the two, the school would desire the athlete to participate with the outside team or St. Mark's team, not both. This is preferred to avoid athletes missing St. Mark's athletic activities that would cause problems for the coaches and teammates.

Student-Athlete

- Uniform care is the athlete's responsibility. Any uniform not returned, or returned in an unusable state, will be replaced at the athlete's expense.
- Any incidents involving drugs, alcohol or weapons will follow the directions as printed on in the *Parent and Student Handbook*.
- Students will follow the school cell phone policy as printed on p.8.
- As a student-athlete, the student's first responsibility is to their academics. Therefore, the "Academic Excellence Policy" in the *Parent and Student Handbook* will govern a student's academic eligibility for athletics.
- As stated in the *Parent and Student Handbook:* "Students have the *privilege* to represent St. Mark's in extracurricular activities. Their behavior reflects directly on St. Mark's and their Savior Jesus Christ, whom we serve. A student can be declared ineligible based on their attitude, or any incident that harms the mission of St. Mark's Ev. Lutheran School."
- These eligibility standards do not replace or diminish the *Parent and Student Handbook* that is given to each student and parent. Rather these guidelines are in addition to those guidelines.

"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever."

– 1 Corinthians 9:24-25

ABSENCES: Excused/Unexcused

Athletes have a level of responsibility as part of a team. A team cannot improve as a unit unless all athletes are present and on time for every practice and game as encouraged by the school and coaches. If a player is unable to attend practice or will be tardy, parents/guardians or the athlete must notify the coach **at least one day before** the absence (illness, weather, emergencies would be exceptions).

Excused absences would include dentist and doctor appointments, emergency situations, etc. Please communicate with the coaches!

Unexcused absences from practice(s) or game(s) will result in the following penalties:

- **1st** offense: Player will receive limited playing time in the following game as decided by the coach and athletic director.
- **2nd** offense: Player will receive suspension from the following game. The player may NOT suit up or sit on the bench with the team.
- **3rd** offense: Player will face removal from the team for the remainder of the season.

If a child is absent from school due to sickness, he/she may not participate in practice or at a game that night even if they are feeling better. At times, a child may be ill in the morning and be able to return to school later on during the school day. That situation will be handled in this way.

If the child returns to school:

- Before/by 12:00 PM, they are cleared to practice or play in their game.
- After 12:00 PM, they are NOT cleared to practice or play in their game.
- For clarification, if a child is sick all day Friday and has a game(s) on Saturday and/or Sunday, they are cleared to play.

COACHING EXPECTATIONS

- Coaches are representatives of St. Mark's Ev. Lutheran School and Christ. They are approved by the pastors and Board of School Ministry. They are informed of the goals and expectations at a preseason coaches' meeting held by the athletic director. There is a high expectation for modeling Christian living placed upon our coaches.
- Coaches…
  a. Will be a member of St. Mark's Ev. Lutheran Church that is regular in church attendance and the Lord's Supper.
  b. Will encourage prayer before all athletic events.
  c. Will submit forms for a background check.
  d. Will have attended and be up-to-date with Volunteer Training with the school administrator.
  e. Will have a knowledge of this handbook and the School Handbook, and be in agreement with it.

f. Should have a general knowledge of the sport they are coaching.
g. Will encourage all athletes at all levels.
h. Will demonstrate organization and responsibility for his/her team at all practices and games. This includes active communication with parents and the athletic director.
i. Will be informed about the handling of Bloodborne Pathogens.
j. Will be knowledgeable about the risk of concussions, head injuries, and sudden cardiac arrest using the information and literature from the WIAA and NFHS.
k. Will know where the AED is located.

PARENT / GUARDIAN EXPECTATIONS

- It will be the responsibility of the parents to watch, care for, and discipline their children before and after all home and away games. If the child's parent/guardian is not able to attend the athletic contest, the parent/guardian will be responsible for finding a "caregiver" when the child is not under the direct control of the coach.
- Parents/Guardians together with the athlete are responsible for transportation of the athlete to and from all games and practices.
- The parents/guardians will be knowledgeable and discuss with their child(ren), the risk of concussions and head injuries using the information and literature from the WIAA and NFHS.
- Parents/Guardians along with the athlete(s) will watch the informational sports' video that accompanies that current season (fall, winter, spring).
- Due Process. It is the hope that healthy relationships are maintained by all those involved in our sports programs. Communication is the key. Any problems which do arise should be worked out in a God-pleasing way.
  Parents/Guardians are asked to resolve conflicts using the following order:
  a. Discuss the matter in private with the coach. The child(ren) should not be present unless necessary. (Matthew 18:15)
  b. Contact/meet with the athletic director along with the coach.
  c. The athletic director, along with the coach(es), will involve the school administrator.
  d. Meet with the Board of Education.

- Each family with a student participating in a school sport will be assigned to assist with **athletic events during that sport's season**. Volunteer opportunities may include working scorekeeping, running scoreboard, concessions, or other game day responsibilities.
- Volunteer assignments will be shared before the season begins so families have plenty of notice. If you are unable to work your assigned event, you may arrange to trade assignments with another family. All changes need to be communicated to Mr. Hirsch in advance of each event.
- **Volunteer Buyout Option**
- We understand that some families have work schedules or other obligations that make volunteering difficult. Families who are unable to volunteer may choose to pay a volunteer buyout fee instead of serving their assigned shift. (The buyout fee for the 26-27 school year is set at 35$ per shift)
- Buyout funds will be used to hire responsible high school students or other approved workers to fill volunteer positions when needed.

INTERSCHOLASTIC ATHLETIC ACTIVITIES

Badgerland Lutheran Athletic Conference

The Badgerland Lutheran Athletic Conference (BLAC) was started in the fall of 2006. This conference consists of 20 schools which are divided into different divisions for the different sports. Fall sports offered are boys' and girls' cross country, boys' and girls' coed soccer, and girls' and boys' volleyball.

Winter sports are boys' and girls' basketball, and girls' cheerleading. Spring sports include boys' and girls' coed softball and track.

A. Girls' Volleyball

- Volleyball is offered to girls in grades 5-8.
- Girls may not participate in soccer if they are participating in volleyball. Cross-country may be allowed if practices and meets do not conflict with another sport.
- Tank tops are not to be worn for games or practices.
- The season is from the beginning of the school year to approximately the middle of October.
- A schedule for practice and games will be given prior to the beginning of the season.

B. Cross Country

- Offered to girls and boys in grades 5-8.
- Athletes may participate in volleyball or soccer if they are participating in cross country, provided those practices and matches do not conflict with the CC meets. The season is from the beginning of the school year to approximately the middle of October.
- A meet schedule will be sent home prior to the season. The runner's parents will act as the coaches for this program. The AD will share meet information with them and handle all registration.

C. Soccer

- Offered to girls and boys in grades 5-8. A pair of black shorts is needed for games.
- Girls may not participate in volleyball if they are participating in soccer.
- The season is from the beginning of the school year to approximately the middle of October.
- A practice and game schedule will be sent home prior to the season.
- Practices will be outside after school. If weather conditions are poor (below 40°F, rain, or 30+ MPH sustained winds), there will be no practice or practice will be moved to the gym if it is available. All participants should be ready to be outside at all times.

D. Boys' Volleyball

- Offered to boys in grades 7-8.
- A uniform will be provided, players may supply their own kneepads.
- The season is brief, several weeks at the end of October with a one-day tournament.
- A practice and game schedule will be sent home prior to the season.

E. Basketball

- Offered to girls and boys in grades 5-8. All players will wear a sleeveless tank top under the jersey.
- Girls may not participate in cheerleading at the same time.
- Season begins around the second week of November and ends around the middle of February.
- A practice and game schedule will be sent home prior to the season.
- A2 and B2 team basketball players must have a pair of all/mostly black shorts to wear with their uniforms for games.

F. Cheerleading

- Offered to girls in grades 5-8.
- Girls may not participate in basketball at the same time.
- They will cheer at all home games.
- They will not cheer at away basketball games EXCEPT the BLAC and Lakeside Lutheran Tournaments in February.

G. Slow Pitch Softball

- Offered to girls and boys in grades 7-8. Teams are coed.
- Practices will start around the middle of April and go until the third weekend in May.
- Boys and girls may participate in track and softball at the same time.
- The gym may be used for early season practices due to weather conditions.
- Practices will be outside after school. If weather conditions are poor (below 40°F, rain, or 30+ MPH sustained winds), there will be no practice or practice will be moved to the gym if it is available. All participants should be ready to be outside at all times.

H. Track

- Offered to boys and girls in grades 5-8.
- Practices will start around the middle to end of April and go until the second weekend in May. All athletes compete in the divisional meet, the first Saturday in May. Qualifying athletes go on to compete in the BLAC Meet on the second Saturday in May.
- Participation in the Lutheran Sports Association state meet may be offered.
- Boys and girls may participate in track and softball at the same time.
- The gym may be used for early season practices due to weather conditions.
- Practices will be outside after school. If weather conditions are poor (below 40°F, rain, or 30+ MPH sustained winds), there will be no practice or practice will be moved to the gym if it is available. All participants should be ready to be outside at all times.

OTHER SPORTS OPPORTUNITIES

Every coach greatly appreciates having a good student manager. If any student wants to be part of a team with less active participation, he/she is encouraged to consider being a student manager. Please talk to the athletic director about opportunities. Only two student managers per team.

"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." - Colossians 3:17

St. Mark's Ev. Lutheran Church and School

Policy – Student Cell Phone Use On School Grounds

STUDENT CELL PHONE USE ON SCHOOL GROUNDS

Preamble – ***T****his policy covers the use of cellular/recording/mobile devices that includes the use of cameras and other recording devices on St. Mark's school property and at all school sponsored events. There is a need to regulate such devices for the purpose of safety and privacy for students. The students do not have an "expectation of privacy" with respect to their cellular/recording/mobile devices while on school grounds or at any school sponsored event. Any and all such devices brought onto school grounds and for any and all school sponsored events may be subject to confiscation and searches.*

Student Cell Phones are <u>NOT</u> allowed at School or School-sponsored Events!

Students are not allowed to have cell phones at school or at school events when not accompanied by parents. St. Mark's Evangelical Lutheran School has an office secretary that provides for a communication link with parents throughout the school day. In addition, every classroom has a phone that can call to the outside; therefore, it is not necessary for students to bring cell phones to school.

Cell phones that are camera phones can cause a liability problem for the student and the school. If a parent has a *special circumstance* that requires their child to carry a cell phone, a *request has to be made of the school administration* by signing the ***Cell Phone Waiver***. *If and when permission is granted for a student to have a cell phone at school, school personnel are not responsible for lost, stolen, broken, or damaged cell phones. Students that have permission for a waiver to have a cell phone at school must keep the cell phone turned off and in their backpack. Parents and students are responsible for the care of cell phones on school premises.*

If a child is found to have a cell phone turned on at school or making use of a cell phone at school ***or a school sponsored event*** , the phone will be confiscated by the teacher or one of the administrators and returned only to the parents**.** Any violation will cause the student's special waiver to carry a cell phone on school grounds to be denied.

Students are not allowed to use cell phones at any school-sponsored events. The students are to be observing and participating in the school event. Parents are asked to supervise their children at these after school events. Please see addition information about school-sponsored events below.

School Sponsored Events:
Students are not allowed to use cell phones at school-sponsored events unless accompanied by parents. Any and all cell phone use at these school events must be under the direct supervision of parents. No student cell phone/mobile device use will be allowed in the gym or in or near the locker rooms, bathrooms, or in the bleachers. Use near or in a locker room is prohibited by State Law.

* Adopted by the Board of School Ministry May 2012 / Revised August 2016
* **Rewrite Revisions October 2021**

Concussion and Head Injury Information

Wis. Stat. § 118.293 Concussion and Head Injury

WhatIs a Concussion? A concussion is a type of head (brain) injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly. Consequences of severe brain injury (including concussion) include problems with thinking, memory, learning, coordination, balance, speech, hearing, vision, and emotional changes.

What are the signs and symptoms of a concussion? You cannot see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you as an athlete or your child or teen is acting or feeling, if symptoms are getting worse, or if you/they just "don't feel right." Most concussions occur without loss of consciousness.

If the child or teen reports one or more of the symptoms of concussion listed below, or if you notice the signs or symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

These are some SIGNS of concussion (what others can see in an injured athlete):

- Dazed or stunned appearance
- Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior or personality changes
- Loss of consciousness (even briefly)
- Repeats questions
- Forgets class schedule or assignments

These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):

- Headache
- Nausea or vomiting
- Dizzy or unsteady
- Sensitive to light or noise or blurry vision
- Difficulty thinking clearly, concentrating, or remembering
- Irritable, sad, or feeling more emotional than usual
- Sleeps *more* or *less than* usual

Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injury occurred.

They should delay returning to their activities until a healthcare provider experienced in evaluating for concussion says it is OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games
- Physical activity at recess

If you or your child or teen has signs or symptoms of a concussion

Seek medical attention right away. A healthcare provider experienced in evaluating for concussion can determine how serious the concussion is and when it is safe to return to normal activities, including physical activity and school (concentration and learning activities).

After a concussion, the brain needs time to heal. Activities may need to be limited while recovering. This includes exercise and activities that involve a lot of concentration.

Information adapted from the Centers for Disease Control and Prevention's (CDC) Heads Up Safe Brain. Stronger Future.

For more information view the CDC's Heads Up to Youth Sports webpages for athletes, parents, and coaches.

Sudden Cardiac Arrest Information

Wis. Stat. § 118.2935 Sudden cardiac arrest; youth athletic activities

Sudden cardiac arrest (SCA), while rare, is the leading cause of death in young athletes while training or participating in sport competition. Even athletes who appear healthy and have a normal preparticipation screening may have underlying heart abnormalities that can be life-threatening. A family history of SCA at younger than age 50 or cardiomyopathy (heart muscle problem) places an athlete at greater risk. **Athletes should inform the healthcare provider performing their physical examination about their family's heart history.**

What is Sudden Cardiac Arrest? Cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain, lungs, and other vital organs.

Cardiac arrest usually causes death if it is not treated with cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED) within minutes.

Cardiac arrest is not the same as a heart attack. A heart attack occurs if blood flow to part of the heart muscle is blocked. During a heart attack, the heart usually does not suddenly stop beating. In cardiac arrest the heart stops beating.

What warning signs during exercise should athletes/coaches/parents watch out for?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain/tightness with exertion
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)

Stop activity/exercise immediately if you have any of the warning signs of Sudden Cardiac Arrest.

Speak up and tell a coach and parent/guardian if you notice problems when exercising.

If an athlete has any warning signs of SCA while exercising, they should **seek medical attention and evaluation from a healthcare provider before returning to a game or practice.**

The risk associated with continuing to participate in a youth activity after experiencing warning signs is that the athlete may experience SCA, which usually causes death if not treated with CPR and an AED within minutes.

What are ways to screen for Sudden Cardiac Arrest(SCA)?

WIAA Pre-Participation Physical Evaluation – the Medical History form includes important heart related questions and is required every other year. Additional screening using an electrocardiogram and/or an echocardiogram may be done if there are concerns in the history or physical examination but is not required (by WIAA). Parents/guardians/athletes should discuss the need for specific cardiac testing with the medical provider performing the review of family history and physical evaluation or after experiencing warning signs of sudden cardiac arrest while exercising. The cost of the pre-participation physical and any follow up examinations or recommended testing including an electrocardiogram is the responsibility of the athlete and their parents/guardians. **Not all cases or causes of SCA in young athletes are detected in the history, examination, or with testing.**

What is an electrocardiogram, its risks, and benefits? An electrocardiogram (ECG) is one of the simplest and fastest tests used to evaluate the heart. Electrodes (small, plastic patches that stick to the skin) are placed at specific spots on the chest, arms, and legs. The electrodes are connected to an ECG machine by 10 wires. The electrical activity of the heart is then measured, interpreted, and printed out. No electricity is sent into the body. Risks associated with having an ECG are minimal and rare. The benefits include that it is an easy procedure to do, can be performed in many health care offices and it may detect heart conditions in children with no symptoms. **ECGs are good at detecting certain heart conditions that may increase risk for SCA but may not detect all such conditions.** If not performed correctly the information is not valid and may lead to more (unnecessary) testing and further examinations. ECGs should be interpreted by experts in reading ECGs in children (i.e., pediatric cardiologists). For more information, view the Johns Hopkins Medicine - Electrocardiogram website.

How may a student athlete and parent/guardian request the administration of an electrocardiogram and a comprehensive physical examination? Athletes participating in WIAA sports are required to have a physical examination and review of family history every other year. Other youth sports have similar requirements. Although the cost of these medical examinations is the responsibility of the athlete's family, many school districts can assist students to find low cost or no cost ways to obtain these examinations. Athletes should contact their school athletic director if they need assistance in getting an examination. If an athlete has risk factors, family history of heart disease, or has had warning signs associated with sudden cardiac arrest while exercising, they should tell the medical provider performing the history and physical examination and discuss the possible need for an electrocardiogram.

St. Mark's Ev. Lutheran School

Athletic Participation

Parent/guardian and athlete have read and understand the guidelines in the Athletic Handbook.

Parent/Guardian Signature	Athlete Signature	Date

Please check all activities the athlete will participate in:

Fall Sports - Athletes may choose Cross Country **+** Girl's Volleyball **or** Soccer.
O Cross Country (Coed) *Sept./Oct.(*gr.5-8): **see Athletic Handbook guidelines**
- ☐Sept.5 @ St. Paul, Janesville
- ☐Sept.12 @ St. Paul, Lake Mills
- ☐Sept. 18 @ Peace, Sun Prairie
- ☐Sept. 29 @Lakeside Lutheran High School
- ☐Oct. 13 @ BLAC, Fort H.S
- ☐Oct. ?? Rain Date, BLAC, Fort Atkinson

O Girls' Volleyball *Sept./Oct.* (gr.5-8)
O Soccer (Coed) *Sept./Oct*. (gr.5-8)
O Boys' Volleyball *Oct./Nov.* (gr.7-8) May choose this **+** Cross Country **+** Soccer
Winter Sports - Girls may choose Basketball **or** Cheerleading.
O Basketball *Nov.-Feb.* (boys and girls) (gr.5-8)
O Girls' Cheerleading *Nov.-Feb.* (gr.5-8)
Spring Sports - Athletes (gr.7-8) may choose both sports.
O Track & Field *Apr./May* (gr.5-8)
O Softball (Coed) *Apr./May* (gr.7-8)

ATHLETE AGREEMENT - Concussion and Sudden Cardiac Arrest

As a parent/guardian and as an athlete it is important to recognize the signs, symptoms, and behaviors of concussions and sudden cardiac arrest. By signing this form, you are stating that you have read the Department of Public Instruction's (DPI) and the Wisconsin Interscholastic Athletic Association (WIAA) Concussion and Head Injury information sheet and Sudden Cardiac Arrest Information sheet.

Athlete Agreement:

I,_____have read the Concussion and Head Injury Information sheet. I have had the opportunity to read more information on concussions on the Centers for Disease Control and Prevention's (CDC) websites. I understand what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must be evaluated by an appropriate health care provider and provide to my coach written clearance to participate in the activity from the health care provider before 5I may return to practice/play.

I understand that after a head injury my brain needs time to heal and that it may not heal properly if I return to practice/play too soon.

I have read the Sudden Cardiac Arrest Information sheet. I understand that I should stop activity/exercise immediately if I have any warning signs of sudden cardiac arrest and report the symptoms to my coaches and my parents/guardians.

Athlete Signature	Date

PARENT AGREEMENT - Concussion and Sudden Cardiac Arrest

As a parent/guardian and as an athlete it is important to recognize the signs, symptoms, and behaviors of concussions and sudden cardiac arrest. By signing this form, you are stating that you have read the Department of Public Instruction's (DPI) and the Wisconsin Interscholastic Athletic Association (WIAA) Concussion and Head Injury information sheet and Sudden Cardiac Arrest Information sheet.

Parent Agreement:

I,_____ have read the DPI's Concussion and Head Injury Information sheet. I have had the opportunity to read more information about concussions on the Centers for Disease Control and Prevention's (CDC) websites. I understand what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. I understand that my child cannot return to practice/play until they are evaluated by an appropriate health care provider and provide written clearance from the health care provider to their coach.

I understand concussions can have a serious effect on a young, developing brain and need to be addressed correctly.

I have read the Sudden Cardiac Arrest information sheet. I understand that my child should stop activity/exercise immediately if they have any warning signs of sudden cardiac arrest. I understand it is recommended if my child has any warning signs of sudden cardiac arrest while exercising, they have a medical examination before exercising or returning to participation in their sport. I understand that I or my child should report a family history of heart problems or warning signs of sudden cardiac arrest to the healthcare provider doing the medical examination.

I understand how to request at my cost the administration of an electrocardiogram, in addition to a comprehensive physical examination required to participate in a youth athletic activity. I understand the athletic director may be able to assist me.

_____ _____

Parent/Guardian Signature **Date**

St. Mark's Ev. Lutheran School
706 Jones St.
Watertown, WI 53094
Office: (920)-262-8501 Fax: (920)262-8517

Re: Athletic Participation for Students in Grades 5-8

To Parents of students entering grades 5-8 for the 2025-2026 school year:

For students entering grades 5-8 who want to participate in interscholastic sports representing St. Mark's Lutheran School, the following information must be completed and turned into the school office **before your child may practice or compete**.

St. Mark's does not require a physical examination by a doctor for participation in athletics.

You have two options. Please check the option of your choice:

_____**Option #1**- **Physical Exam by Family Physician**: Please have the reverse side of this form filled out and signed by your family physician. (or attach physical form provided by dr.)

WIAA (the governing body for high school sports) requires physicals for all incoming 9th and 11th grade athletes. If you would like a physical for your child, but not every year, grades 5 and 7 would be the years to have one, alternating with the waiver form for grades 6 and 8.

_____**Option #2** - **Waiver**: If you feel your child is in good health and you choose not to have your child examined by a doctor, please read the information below and sign the document.

My son/daughter _____(child's name) **will not** be having a physical examination by a licensed physician in order to participate in any sporting events during the current 2023-2024 school year. To the best of my knowledge, my son/daughter is in good medical condition and should be able to practice and compete in sporting events without incident.

1. I hereby give my permission for the above named student to practice, compete, and represent St. Mark's Lutheran School in interscholastic sports, except in any restricted activities I have listed on this form.
2. I further grant permission for any medical records pertaining to the health of the above named student to be made available as necessary to the appropriate health care providers including emergency personnel.
3. I further grant permission for my son/daughter, name above, to be given immediate emergency care in case of injury as a result of practice or competition in interscholastic athletic events.

Please specify any activity restrictions, or write "none".

Signature Parent/Legal Guardian:

Date:

Athletic Physical Exam Form

Date of Exam:_____/_____/_____

_____ Date of Birth___/___/___
Last Name - Student First Middle Initial

Height:_____ Weight:_____ Grade:_____ Age:_____ Sex:_____ Part 1:

Physical Examination (completed by a licensed physician)

List activities this student cannot participate in:

The above named student has been examined, and there are no apparent contraindications to participating in interscholastic athletics except as follows:

Name of Licensed Physician (Please Print):

Signature of Examining Physician:

	Date:

Address:

Part 2: Parent/Legal Guardian Permission

1. I hereby give my permission for the above named student to practice, compete, and represent St. Mark's Lutheran School in interscholastic sports, except in any restricted activities listed on this form.
2. I further grant permission for any medical records pertaining to the health of the above named student to be made available as necessary to the appropriate health care providers including emergency personnel. 3. I further grant permission for my son/daughter, name above, to be given immediate emergency care in case of injury as a result of practice or competition in interscholastic athletic events.

Signature Parent/Legal Guardian:

	Date:

St. Mark's Ev. Lutheran School
706 Jones Street
Watertown, WI 53094
Telephone: (920)-262-8501

Watched Video Form

Must be completed before participation in sports can begin = **Sept.3**

Ways To Access the Video:

1. Click the link for the video on Realm or in the email sent to you.
2. Click on the link in the Athletic Folder in Google Classroom.

SPORTS' VIDEO 2025-2026

1. The student and their parent(s) and/or guardian(s) have watched the video concerning our upcoming sports season.

2. The student and their parent(s) and/or guardian(s) have discussed and understand the points of information that were presented in the video.

If you have any questions or comments, please contact:
David Hirsch
Athletic Director
St. Mark's Lutheran School
920-253-1481
ath.dir@smlswatertown.com

- -

Families with multiple students participating in this sports season only need to sign one form. Students must sign their own signature, no parent substitute.

_____ _____
(Date) (Parent/Guardian signature)

_____ _____ Gr.____
(Date) (Student signature)

_____ _____ Gr.____
(Date) (Student signature)

_____ _____ Gr.____
(Date) (Student signature)

_____ _____ Gr.____
(Date) (Student signature)

St. Mark's Athletics 2024-2025

Dear Parents,

All paperwork for athletics is included in this packet.

Please **all families**:

1. Read the Athletic Handbook.
2. Complete the Athletic Participation form.
3. Complete the Athlete Agreement and Parent Agreement forms for Concussion and Sudden Cardiac Arrest.
4. Complete the Physical Form **or** the Waiver Form.
5. Watch the Fall Sports Video 2024 which will be sent by email, Realm, and also posted in Google Classroom.
6. Complete the Watched Video Form.
7. **All athletes for entire year: Please return the forms at our Parent Meetings on August 21 or 25.** Return them no later than September 3 - the first day of school. Fall practices begin that day, and athletes may not practice if the forms haven't been received.
8. If your athlete is not participating in a fall sport, then please skip #4-5.

Please direct any questions to the athletic director or contact the school office
May Jesus bless you!