2020 Injury Policy and Guidelines

If you think you have been injured you **must**:

1. Report the injury immediately to the coaches.
2. Report to the Athletic Trainer (Ms. Kocik) to have your injury evaluated.
3. The Athletic Trainer will:
	1. Evaluate and address your injury and have you return to the game/practice.
	2. Evaluate and address your injury and have you return to the game/practice with limited activity.
	3. Evaluate and address your injury, have you immediately stop activity, and advise you and your parents to schedule a doctor appointment ASAP.
4. If you see the trainer for your injury, you must follow her instructions for your injury.
5. If you see a doctor for your injury, you must follow his/her instructions for your injury.
6. You can return to LIVE ACTION when you have been cleared by the trainer and/or your doctor.

Other rules:

1. No self diagnosis. If you’re hurt you must at least see the trainer.
2. If you require treatment/taping you must do it BEFORE the practice or game.
3. If you are at practice and you have not reported an injury to the trainer or coaches, we are assuming that you are at 100%.
4. If you have been given a rehabilitation program by the trainer or your doctor, you MUST follow it.
5. Proper nutrition, hydration, rest, and stretching will prevent many injuries and assist your recovery. Do not overlook the importance of these.

2020 Practice Policy and Guidelines

1. All practices are mandatory. Failure to attend a practice will have the following consequences:
	* 1. First offense: player will be benched for the first half of the next game
		2. Second offense: player will be benched for the entirety of the next game
		3. Third offense: player will be suspended for multiple games and / or remainder of season
2. There are only three excusable reasons to miss practice:
	* 1. Family emergency

(corroborated in writing by parent / guardian)

* + 1. Injury or illness

(corroborated in writing by trainer or doctor)

* + - * + Player must follow trainer / doctor’s recovery schedule while attending all practices / team functions.
		1. Academic Conflict
			1. These should be attended to during Flex or free time. **IF** player stays after school for academic activities that cut into practice time, these must be *scheduled* review / tutoring sessions or AP/IB exams. The player’s attendance must be corroborated in writing by supervising teacher.
1. Players must arrive **on time** with all required **equipment.**
2. Responsibilities:
	* 1. Bring ball bucket / water out to practice field.
		2. Set up goals.
		3. BALL HUNT following practice.
		4. Return ball bucket / water to locker room.
		5. Put goals away.
* **These responsibilities are TEAM responsibilities and are to be SHARED.**
	+ **You win together, you lose together, you will do everything together.**