

FREDERIC EXTRA CURRICULAR MEETING

**August 5th 2024
6:30 P.M.**

FALL COACHES

- **Head HS Football: Henry Fitzpatrick**
 - **HS Assistant Football: Josh Fredericks, Ryan Strenke, Chris Bartlett, Lars Erickson and Ryan Schmidt**
 - **MS Football: Rick Anderson and Ryan Schmidt**
- **HS Volleyball: Rob Lillehaug**
 - **HS Assistant Volleyball: Cassie McKenzie and Briena Jensen**
 - **MS Volleyball: Natalie Olson and Hannah Davis**
- **HS Cross Country: Marcus Cornelius**
- **MS Cross Country:**
- **Girls Golf (Co-op w/ Luck and Unity: Chuck Holicky**

WINTER COACHES

- **Head HS Boys Basketball: Joe Draxler**
 - **Assistant HS Boys Basketball: Trent Kuechenmeister and John Anderson**
 - **MS Boys Basketball: Kyle Olson**
- **Head HS Girls Basketball: Johanna Stieber**
 - **Assistant HS Girls Basketball: Nick Skow**
 - **MS Girls Basketball: Dawn Owens**

WINTER COACHES (Co-op Sports)

- **Boys Hockey (WSFLG): Robert Drake**
 - **Assistant Hockey:**
- **Wrestling (LFGS): Jake Nichols**
 - **Assistant Wrestling: Chris Bartlett**
- **MS Wrestling:**

HS SPRING COACHES (Co-Op Sports)

- **Head Track (Co-op w/ Luck): Zach Anderson**
 - **Assistant Track: Al Tomlinson, Jeff Brenizer, and Nicole Richter**
- **Head Softball (Co-op w/ Luck): Erin Hansford**
 - **Assistant Softball: Cassidy Chenal**
- **Head Baseball (Co-op w/ Luck): Tony Carter**
 - **Assistant Baseball: Jeremy Jensen**
- **Boys Golf (Co-op w/ Luck):**

MS SPRING/SUMMER COACHES

- **Middle School Track (Spring)– Marcus Cornelius,**
- **Middle School Baseball (Summer) –**
- **Middle School Softball (Summer) – Erin Hansford**

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KEY PARTNERSHIPS

- Youth Sports Unlimited
- WINGS
- Inter-County Leader
- Booster Club
- St. Croix Health/Concussion Management
- Sunday Meat Raffle at the Friendly
- SOCIAL MEDIA - school teams are allowed to have their own Facebook pages. It is conducted through the school in coordination with our communications coordinator, if you wish for you child not to be pictured on social media please see me after the meeting.

EXTRA CURRICULAR CODE UPDATES...

- **Academic Eligibility:**

- All students will have academic progress reviews every 3 weeks. After any progress review, a student earning an “F” in one class or more will be placed on academic probation. Academic probation is defined as a one week time period for the student to improve their “F” grade(s) to a passing level. Students who remain on academic probation after the one week grace period will have eligibility consequences The goal of academic probation is to prevent failing grades and further eligibility consequences.

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EXTRA CURRICULAR CODE UPDATES...

- **Academic Eligibility:**

- Academic eligibility will also be determined by using progress reports and final trimester grades. If an athlete earns a final trimester grade of one "F" or after the one week grace period of academic probation he/she must remain committed to the team by attending practices and events but is ineligible to participate for 1 game/event or 1 week, with a minimum of 1 game/event. The student must attend the game/event in which they are ineligible in order to participate in the next game/event. Arrangements may be made between the coach and school staff to address academic issues during the time of practice and events. The student must be passing the failed class to regain eligibility.

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EXTRA CURRICULAR CODE UPDATES...

Attendance Eligibility:

-Students must be to school by 8:05 to to participate in extracurricular activities. (Game, practice, meet, etc.) Students CANNOT run home for food, uniforms etc. Frederic is a closed campus. Students who are not in school by 8:05 or need to leave during the school day and have an excused absence (e.g. doctor appointments, funerals, etc.) must have prior approval from the athletic director or principal to insure eligibility for athletic or co-curricular participation and, whenever possible, provide documentation to explain the absence.

PARENT CONCERNS

If parents have a concern to discuss with a coach the procedure you should follow:

1. Call the coach to set up an appointment.
2. If the coach can not be reached, contact the **Athletic Director**.
3. It is never appropriate for parents to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
 - The Next Step a parent can do if the meeting with the coach does not provide a satisfactory resolution.
 - Call and set up an appointment with the **Athletic Director** to discuss the situation.
 - Please begin with the coach and then work your way up to administrative channels only if you feel resolution hasn't been met by the **Coach** and/or **Athletic Director**. If you start at the top, they'll come right to me as **Athletic Director** and I appreciate having the chance to help create resolution.
 - Also note, that is never appropriate for a **Coach** or **Parent** to discuss athletes that are not the child of the concerned parent in these situations.

COACHES

- **We believe the primary goal of our athletic programs is to provide valuable learning opportunities.**
- **Interscholastic athletic opportunities shall be available to all students and should primarily benefit the students who participate directly in them.**
- **Interscholastic athletics shall develop an awareness and realization in students that participation is a privilege with accompanying responsibilities.**
- **The ultimate goal of a varsity team is to be competitive.**
- **At the JV level, the main focus should be to develop players for the varsity level by working on the skills and knowledge they will need to be successful at the varsity level.**
- **At the MS level, coaches are to work on encouraging participation, developing basic skills, getting the athletes to better understand the game and trying to prepare each athlete for the next level of competition. All kids will play at this level but playing time is not necessarily equal.**
- **Athletes will be encouraged by all coaches to be multiple sport athletes and coaches will be expected to support one another in all efforts to coordinate program development.**

Concussion and Head Injury Information

What Is 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.

Signs and Symptoms

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):

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

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

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

Suspected Concussion...

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:

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

Suspected Concussion cont...

**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.

Sudden Cardiac Arrest Information

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?

- o Fainting/blackouts (especially during exercise)
 - o Dizziness
 - o Unusual fatigue/weakness
 - o Chest pain/tightness with exertion o Shortness of breath
 - o Nausea/vomiting o 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.**

Communicate!

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 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.

ECG Continued...

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.

ELIGIBILITY CHECKLIST

- Be sure to have the following signed off on
 - 1.** Physical/alternate year card
 - 2.** WIAA form (high school only)
 - 3.** Extra Curricular Code
 - 4.** Emergency Contact Form
 - 5.** Concussion/Cardiac Arrest
- Athletic Fee \$20 per sport/\$50 Family maximum

WAYS TO BE SUPPORTIVE!!!

- Parent support is always appreciated and can happen in many ways!
- Trust that all coaches care about every athlete and want to see your child succeed as much as you do. Please support your child in putting forth their best effort, staying positive, and having discussions with their coaches themselves as well!
- Talk to your child's coaches and ask if there are any needs! Athletes love team meals and team building activities and all help with these goes a long way toward team and community development!
- Talk to the Booster Club! Our Boosters work hard and value help and great ideas!
- Most sports are in need of Officials (Varsity, JV, and Middle school levels) www.wiaawi.org
- Volunteers do have to be approved by the Athletic Director and School Board!
- Seek out the Athletic Director! Please feel free to talk to me about ideas you have to help and support our athletes!

NEW SCOREBOARD/BUSINESS PARTNERSHIP



NEW SCOREBOARD

- What is offers?
 - Connection between athletics, the school district, and community members
 - College/Career Readiness: exposure to marketing and design (learning platform)
 - A great opportunity to showcase our students!
- Partnerships with local businesses are what drive the purchase, implementation, and longevity of our scoreboard/learning platform.
 - THANK YOU TO OUR SPONSORS!!!
 - 12 sponsors currently - \$128,000 has been donated so far!
- If you know of a business who might be interested in a partnership with the school district (or just want to learn more), please reach out to the following:

Jada Anderson- Director of Pupil Services

andersonj@frederic.k12.wi.us

715-327-4223 ext. 1117

FALL SPORTS START DATES

HS Girls Golf August 12th

HS Football August 13th

MS Football August 13th

HS Volleyball August 19th

MS/HS Cross Country August 19th

MS Volleyball August 26th

THANK YOU

Thank you for all your support of
FREDERIC ATHLETICS!

If you have any questions contact me at...
draxlerj@frederic.k12.wi.us or call 715-327-4223