

Dear Parent/Guardian and Student:

I wanted to write to inform parents and students about athletic opportunities during the fall season next year in order for you to begin to plan. Please find below the opportunities for high school students during the fall sports season, each sports start date, and its varsity coach.

Cheerleading	August 13, 2018	Nicolette Bendick
Crew	First Week of School	Alan Engel
Boys Cross Country	August 13, 2018	Mike Agostinella
Girls Cross Country	August 13, 2018	Oscar Shutt
Field Hockey	August 13, 2018	Julie Buschman
*Football	August 13, 2018	Mike Melnyk
Boys Golf	August 13, 2018	Al D'Alo
Girls Golf	August 13, 2018	Pete Bouvy
Boys Soccer	August 13, 2018	Bill Perz
Girls Soccer	August 13, 2018	Cara Senger
Girls Tennis	August 13, 2018	Paul Skrok
Girls Volleyball	August 13, 2018	TBD

*Heat Acclimatization for football will begin on August 6th

We are excited to announce that we will be continuing to offer the convenience of online registration for our athletic programs through partner company, FamilyID (www.familyid.com).

FamilyID is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through FamilyID, you enter your information once for multiple uses, multiple kids and multiple programs.

All district athletic forms will now be entered electronically with the exception of the physical form (Comprehensive Initial Pre-Participation Physical Evaluation –CIPPE). Those forms will still need to be filled out by the parent and signed by a physician. However, we now also have the option of submitting physical forms electronically through FamilyID. After entering the student's name, you will have the ability to scan your signed physical form on-line. Physicals must be completed on the approved PIAA CIPPE form which is available on the link below. Please remember that physicals must be dated after June 1st to be eligible to play. Please pay special attention to the physical forms. Only one physical will be required per year, with parental recertification approval for each subsequent sport. Your child will not be able to try out without a **physical dated after June 1, 2018**.

Please remember that the physical form needs to be signed after **June 1, 2018** to be eligible to participate in athletics during the 2018-19 school year. These forms can be found on the district web site at www.mtlsd.org. Click on athletics and then the registration tab at the top of the page. **When completed, the forms should be turned in**

to the high school athletic office. The school offices and nurse offices will not accept the physicals. All physicals should be turned in to the athletic office or through the FamilyID site.

As you are aware, the district has instituted a Pay for Participation fee. You will also need to pay this fee through this site as well.

Please be aware that there are sections of the registration form that require both a parent/guardian and student athlete to respond so please plan accordingly when doing the registration.

The on-line registration process will be available starting **Friday, June 1st**. You can begin your registration by clicking on this link <https://www.familyid.com/mt-lebanon-high-school> and following these steps:

1. Click on the link for the season's registration form. Scroll to bottom of page and click on Sign up as a Family or Individual.
2. Sign up for your secure FamilyID account by entering your family name, email address and password. You will receive an email with a link to confirm your new account. (If you don't see the email, check your spam or junk folders)
3. Click on the link in your email confirmation and then fill out the information requested on the registration form.

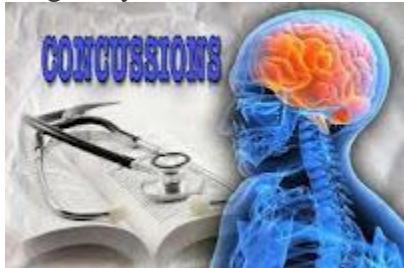
You can always find the school landing page by clicking "Find Programs" in the top blue banner, searching Mt. Lebanon, and clicking on the school link.

If you need assistance, call FamilyID at 888-800-5583 X1 from 8:00 AM to 9 PM. Support is available 7 days a week and messages will be returned promptly.

The majority of our programs have voluntary summer conditioning available for student athletes. Each fall program will have summer information listed on the athletic web site under the athletics tab at the top of the page and listed under Fall Information. If you are unclear on summer conditioning times, please contact the varsity coach. Each varsity coach can be reached by email. Their email addresses are listed on the district's web site. **Finally, it is important to remember that the above start dates begin the try-out period for each sport and they are mandatory for participation in that sport. Please schedule vacation time before the beginning of fall sports in order for your child to have the opportunity to play.** Game schedules will be listed on the web page when available. Finally, we will hold a pre-participation meeting for all sports on **Wednesday, August 8, 2018 in the Little Theatre beginning at 7:00 PM**. This meeting will be a discussion of district rules, guidelines, and policies as well as a chance to meet and communicate with the coach of your child's program.

Finally, the Safety in Youth Sports Act became law in Pennsylvania on July 1, 2012.

PPA Press Release
Originally released 11/14/2011



Governor Corbett signed the Safety in Youth Sports Act in a ceremony at Lower Dauphin High School, Dauphin County. The state General Assembly passed it on November 1. The legislation is Senate Bill 200, introduced by Sen. Patrick M. Browne (R-Lehigh). It was shepherded through the House by Rep. Timothy P. Briggs (D-Montgomery), who had introduced the companion bill, House Bill 200.

This bill establishes standards for managing concussions to student athletes. In order to return to play the athlete must be cleared by a licensed psychologist trained in neuropsychology, by a physician who is trained in the evaluation and management of concussions, or by certain other health care providers under the supervision of the physician. The Pennsylvania Psychological Association's advocacy was instrumental in this bill's passage. The association's past president, Dr. Mark Hogue stated, "This new law will be extremely important to any athlete who suffers a concussion. Athletes who return to play prematurely are at risk of a second concussion, which can be life-threatening." Dr. Hogue is a clinical and sport psychologist from Erie.

The bill will require the state Departments of Health and Education to develop and post on their websites information on the nature of concussions in athletic activities and the risks associated with continuing to play or practice after a concussion. Student-athletes and their parents or guardians must sign an acknowledgment of receipt of an information sheet on concussions prior to participation in athletics. It will require coaches to complete a concussion management certification training course before coaching any athletic activity. During an athletic contest coaches will be required to remove athletes from competition if they exhibit signs of a concussion.

The legislation will become effective on July 1, 2012, in time for the next school year. It does not pertain to private schools, but only to public schools. It covers interscholastic athletics as well as other sports associated with a school entity, and includes cheerleading, practices, and scrimmages.

Information for 2018 – 2019

- Nature of Concussions and Risk**

The State law in Pennsylvania regarding concussions states that any athlete exhibiting the signs and symptoms of a concussion or a traumatic brain injury must be removed from the game or practice and must be evaluated by the appropriate medical professional before returning to play.

A coach or parent **may not return** an athlete to play following a concussion, a written release from the above list of appropriate medical professional must be obtained.

Mandatory education is important for all athletes, parents and coaches regarding the signs and symptoms of a concussion or traumatic brain injury. The Center for Disease Control and Prevention (CDC) is an excellent resource for Concussion in Sport and Injury Prevention and control. Information is available from the following sites:

- * **Injury Prevention & Control: Traumatic Brain Injury**
- * **Concussionwise SPORT for Parents**

- Student Athletes and their parents or guardians must sign an acknowledgement of receipt of an information sheet on concussions prior to participation in athletics.**

The newly revised PIAA Comprehensive Initial Pre-participation Physical Evaluation Form (CIPPE) is available online to view and print.

Page 3 Contains the requirement that parents acknowledge the risk of concussion and traumatic brain injury in sport and sign accordingly.

[http://piaa.org/assets/web/documents/Section%20VII%20Forms.%20CIPPE%20FOR%20M_SECTIONS_1_2_3_4_5_6_7_AND_8_\(no_shading\).pdf](http://piaa.org/assets/web/documents/Section%20VII%20Forms.%20CIPPE%20FOR%20M_SECTIONS_1_2_3_4_5_6_7_AND_8_(no_shading).pdf)

- Coaches Concussion Management Certification Required**

All coaches of interscholastic athletic teams, other coaches of sports associated with Mt. Lebanon, and cheerleading sponsors will be required to take the online certification course sponsored by the NFHS.

The course needs to be completed by all coaches working during the 2018/19 season after July 1, 2018 and prior to August 1, 2018. The certificate of completion should be given to

the athletic office to be kept on file by August 1, 2018. Any coach or sponsor not completing the course and having the certificate on file will not be permitted to coach.

Coaches hired after the August 1, 2018 deadline will be obligated to complete the course, and have it on file prior to the legal start date of that respective season.

The certification is good for only one year, and must be taken again the following year after July 1, 2019.

The course is sponsored by the NFHS. It is an online course titled, “Concussion in Sports – What You Need to Know”. The course is designed to familiarize those associated with interscholastic athletics on the signs, symptoms, and treatment related to concussion in sports. The only requirement is a quick and easy registration at www.nfhslearn.com.

- **Additional Information**

Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate healthcare professional, such as an athletic trainer. However, you must be aware of the signs, symptoms and behaviors of a possible concussion. If you suspect that an athlete may have a concussion the athlete should follow up with the athletic trainer. In severe cases (severe headache, vomiting, severe confusion), the athlete should be taken directly to the emergency room.

- **Signs and Symptoms of Concussion:**

- Loss of Consciousness
- Clear fluid from nose/ears
- Numbness/Paralysis
- Severe Headache/Deep Throbbing
- Dizziness
- Confusion
- Loss of Coordination
- Ringing in the ears
- Blurred/Double Vision
- Unequal Pupil Size
- No Pupil Reaction to Light
- Nausea/Vomiting
- Slurred Speech
- Convulsions/Tremors
- Sleepiness/Grogginess
- Behavior/Personality Changes
- Inability to remember events prior to injury
- Inability to remember events after the injury
- Sensitivity to Light/Noise

ImPACT

A computer based online test called ImPACT is used for all contact sports at Mount Lebanon to establish a baseline of normal cognitive function for each individual athlete. This test is given every two years prior to the athlete's sport season from grade 7-12. The baseline test will then be used as part of a comprehensive clinical evaluation to determine recovery following a concussion. The test evaluates multiple aspects of an athlete's neuro-cognitive state, brain processing speed, memory, and visual motor skills. **This baseline test does not evaluate the subject for a concussion, identify past concussions, prevent future concussions, or determine if your child is predisposed to a concussion.**

MTLSD Protocol of a Suspected Concussion

- The Certified Athletic Trainers at Mt. Lebanon have been trained in the initial evaluation of concussions and work along with neuropsychologists from the UPMC Concussion Clinic to determine when the athlete is safely able to return to activity. Once an athlete sees the athletic trainer for a suspected concussion, they undergo a thorough evaluation. Their signs and symptoms are evaluated and rated by the athlete on a scale of 0-6. Memory and concentration tests are given using words and number combinations. Balance and coordination tests are also conducted. The parents, if not already aware of the concussion, are notified and follow-up care instructions along with the athletic trainer's contact information are given to them. The athletic trainer will continue to monitor the athlete's symptoms daily and will refer athlete for further evaluation.

An athlete cannot return to their sport until cleared by an appropriate medical professional who is trained in the evaluation and management of concussions.

Medical Professional must be:

- **Licensed physician**
- **Licensed neuropsychologist**

Since no two concussions are alike, it is recommended that the athlete begin a gradual return to play through a series of exertional stages to see if the athlete can tolerate exercise without return of symptoms. The plan usually extends over a period of time with activity intensity increasing as the athlete can tolerate.

Example:

- Stage 1: Light aerobic activity
- Stage 2: Moderate aerobic activity

- Stage 3: Heavy aerobic activity
- Stage 4: Non contact practice
- Stage 5: Full contact practice

Athlete must remain symptom free for 24 hours following each stage to continue to advance. If symptom occurs at any level, the activity is stopped and that level is not begun again until the athlete is symptom-free.

In some cases, the neuropsychologist may like to see the athlete for further evaluation and that can be scheduled through the athletic trainer if this is something the parents want to do. Following that, the athlete **must** have a clearance from a licensed physician in order to return to their sport.

Baseline ImPACT Testing

All athletes in the following sports will be tested on a specified date prior to their season. The date will be posted on the MTLSD Athletics website.

1. Football
2. Volleyball
3. Field Hockey
4. Soccer
5. Wrestling
6. Basketball
7. Lacrosse
8. Cheerleading

For any sports not listed, athletes can request to take the baseline test on a specified date by contacting the athletic trainers.

Any questions, please contact the athletic trainers at the High school at 412-344-2078.

Finally, if you have any other questions or concerns in regard to our athletic programs, please feel free to contact the athletic office at 412-344-2008. I look forward to seeing many of you next fall.

Sincerely,

John Grogan
Athletic Director
Mt. Lebanon High School