# Table of Contents

INTRODUCTION ......................................................................................................................3

MUSTANG ATHLETICS’ PROGRAMMING ............................................................................3
   Varsity Athletics—9th-12th Grade .................................................................................3
   Middle School Athletics—5th Grade-8th Grade ..........................................................4

CURREY INGRAM ACADEMY MISSION STATEMENTS ...................................................5
   Mustang Athletics’ Mission Statement ......................................................................5
   Currey Ingram Academy’s Mission Statement ..........................................................5

ATHLETIC DEPARTMENT CONTACTS ............................................................................6
   Athletic Department ....................................................................................................6
   Contact Information ....................................................................................................6

ATHLETIC HANDBOOK ......................................................................................................7
   I. Athletic Vision and Priorities ....................................................................................7
   II. Effective Parent/Coach/Player Relations ................................................................7
   III. Description of Program .......................................................................................7
   IV. Eligibility .................................................................................................................8
   V. Transportation .......................................................................................................10
   VI. Playing Time Policy .............................................................................................11
   VII. Suspension from School ......................................................................................11
   VIII. Placement Period (For MS & Varsity Athletics) ................................................11
   IX. Technical Fouls/Cautions/Ejections ....................................................................11
   X. Practice ..................................................................................................................12
   XI. Preseason Meetings/Games and Practice Schedules ............................................12
   XII. Athletic Spectator & Parent Guidelines ...............................................................12
   XIII. Health and Safety ...............................................................................................13
   XIV. Weather and Athletics .......................................................................................13
   XV. Awards ................................................................................................................13
   XVI. Social Media Policy ............................................................................................14
   XVII. Hazing Policy ....................................................................................................14
   XVIII. Fees per Sport ..................................................................................................14

APPENDIX ........................................................................................................................15
   Mustang Athletics Parent Agreement ........................................................................16
   Consent for Athletics Participation, Emergency Medical Care, & Transportation Form .................................................................17
   Currey Ingram Academy Athletics Medical Form ...................................................18
   Concussion Information & Forms .............................................................................19
   Mustang Athletics Student-Athlete Agreement .........................................................22
   Gymnasium Rules .......................................................................................................23
INTRODUCTION

Welcome to Mustang Athletics at Currey Ingram Academy. This Handbook provides information that will explain the Athletic Department’s policies and procedures. These have been established to enable the coaches and administrators to conduct an athletic program that is educationally sound, safe, and productive. Student-athletes, parents, and guardians must read and comply with the entire Handbook and refer to it throughout the year for all sports.

Research shows us that experiences gained through participation in extracurricular activities at school help prepare our students for life beyond their years of formal education. Many of life’s lessons are learned through the challenges and discipline of a strong athletic experience. The Athletic Department at Currey Ingram Academy recognizes the roles coaches and parents play in providing these opportunities for our student-athletes. Together we can make these experiences positive, meaningful, and successful. We hope the information provided in this handbook will make both your and your child’s participation in the athletic program positive and enjoyable.

Athletic participation is a privilege granted to Currey Ingram Academy’s students. Student-athletes must be in good-standing academically and behaviorally in their Division in order to compete. Student-athletes will be ineligible if they are not in academic good-standing or if they behaviorally are not deemed eligible.

If at any time you have questions regarding athletics at Currey Ingram Academy please feel free to contact Mustang Athletics’ administrators.

MUSTANG ATHLETICS’ PROGRAMMING

Varsity Athletics—9th-12th Grade

Varsity Athletics are typically for Upper School students who have shown the perseverance necessary to commit to a higher level of academic and athletic challenges. Their schedule typically includes both home and off-campus competition. Though all interested students are encouraged to play, if an excessive number of students are interested in playing, a placement period may be held to determine the teams. Student-athletes will be placed according to attitude, skill, experience, and familiarity with the game onto either a team or club. Our teams compete independently, but adhere to National Federation of State High School Association rules and guidelines. Sports are offered in three seasons, fall, winter, and spring, and vary by participation number and interest.

In addition to athletic participation, in-season Varsity student-athletes are expected to participate in Strength and Conditioning time, as designated by their coach. Out-of-season opportunities for training are also available.
Middle School Athletics—5th Grade-8th Grade

The Middle School Athletics program will offer various opportunities for students by sport, based on developmental appropriateness and readiness. Coaches will combine fundamentals, teamwork, and sportsmanship in practices and play. Though all interested students are encouraged to play, if an excessive number of students are interested in playing, a placement period may be held to determine the teams. Students will be placed according to attitude, skill, experience, and familiarity with the game. Once teams are assigned, one team (Gold Team) will participate with the most competitive schedule, and the other team(s) (Green Team, Mustang Team, etc.) may participate in various ways, including an outside league or execute as a skills club.

Some teams may compete in local recreational leagues including, but not limited to Nashville Youth Athletics, and West Nashville Sports League. In addition, sports may be combined with after school programs (Boost).

Travel will vary for teams. School teams playing away matches or games on weekdays, will be transported to competition by school transportation. Competitive teams will compete with a schedule that includes more games and is designed to prepare student-athletes for Varsity Athletics.

Sports are offered in three seasons, fall, winter, and spring, and vary by participation number and interest.
Mustang Athletics’ Mission Statement

Mustang Athletics is committed to excellence in athletics while supporting the educational mission of Currey Ingram Academy. We meet student-athletes at their individual skill levels and educational needs and provide a challenging environment for skill development in both team and individual sports. Mustang Athletics is connected to the whole student: academically, socially, emotionally and physically through intentional preparation and planning throughout the school day and season. We focus on creating opportunities for all student-athletes to develop skills through individual instruction, peer interaction and competition. While winning is not an end in itself, we believe that our student-athletes’ efforts to be their best will lead them to succeed.

Our mission is that all individuals associated with Mustang Athletics (coaches, staff, student-athletes, parents and alumni) will value character traits developed through athletic participation. We expect all participants to respect themselves and others, demonstrate loyalty, be good teammates and put the team before themselves, handle failure like they handle success, have school pride, have a strong work ethic, be honest, and show up and be prepared.

Currey Ingram Academy’s Mission Statement

The mission of Currey Ingram Academy is to provide an exemplary K-12 day school program that empowers students with learning differences to achieve their fullest potential.

The school delivers on this mission by providing:
* Small classes
* Evidence-based instruction
* Individualized learning plans for every student
* Strong arts, athletics and extracurricular activities
* Speech-language and academic occupational therapies
* Character education and social coaching
* Personalized college preparation and counseling
* Parent, community and professional education opportunities
ATHLETIC DEPARTMENT CONTACTS

Athletic Department

Website: www.curreyingram.org/athletics
Email: gomustangs@curreyingram.org
Hotline: 615.507.3190
Phone: Currey Ingram Academy Main Office- 615.507.3242
Address: Currey Ingram Academy
Athletic Department
6544 Murray Lane
Brentwood, TN 37027
Follow us on Twitter @CIAMustangs

Contact Information

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Reid McFadden, CAA
Associate Athletic Director, Grades 5-12
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Office: 615.507.3187

Belinda "Bo" Storie
Lower School Athletic Director, Grades K-4
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Office: 615.507.3180, ext. 450

Ty Avolio
Tennis Director, Grades K-12
ty.avolio@curreyingram.org
Office: 615.507.3180, ext. 262
I. Athletic Vision and Priorities

Mustang Athletics will be a leader in modeling and implementing success and excellence in athletics and academics. We will intentionally engage the CIA family (student-athletes, alumni, coaches, faculty, staff, parents and community) in a way that cultivates school pride.

The priorities of Mustang Athletics include
1. Student Safety
2. Student Experience

Currey Ingram Academy is proud to partner with and committed to the principles of Positive Coaching Alliance. For information about the PCA, visit www.positivecoach.org.

II. Effective Parent/Coach/Player Relations

A. Building an athletic program in which each student-athlete experiences success is a top priority. Through effective parent/coach/player relations, this can and will be accomplished.

B. With full recognition and respect for each parent’s responsibility, it must be kept in mind that for athletic participation, parents have delegated their responsibility and authority for the student-athlete to the coach. Parents are expected to conduct themselves responsibly and respectfully towards coaches, student-athletes, opposing teams, and officials.

*Please refer to the Parent Agreement, viewable in the Appendix.*

C. How to get questions answered:
Parents with questions answered should use the proper communication channels and procedures. Please wait 24 hours after the competition to contact the head coach to discuss your concerns. If you feel you are not heard or sufficiently responded to, please don’t hesitate to contact the Athletic Director. Coaches are instructed to share parent correspondence with the Athletic Director.

D. The coaches give support to student-athletes by developing skill sets, building character, showing commitment, and providing health and fitness in a safe environment. It is reasonable to expect that any parent who has permitted his/her student-athlete to participate on a team should be fully supportive of the coach.

E. Parents and guardians are expected to comply with the Parent Agreement. Student-athletes are expected to comply with the Student-Athlete Agreement. (Reference Appendix)

III. Description of Program

A. Affiliation

1. Currey Ingram Academy competes as an independent athletic institution. In any case where one of our teams competes in a league, (i.e. Harpeth Valley Athletic Conference, West Nashville Sports League, Nashville Youth Athletics, etc.), we will operate under the rules and regulations set by the governing body of the league.
2. Currey Ingram Academy will abide by the rules set forth by the National Federation of State High School Associations for all sports.
B. Facilities/Fields/Equipment Care
1. Athletic equipment and facilities are for the use of athletic teams only, unless permission is given by the Athletic Director.
2. Students are expected to respect, maintain, and care for the facilities and equipment they use. All damage to facilities or equipment should be reported to the Athletic Director as soon as possible.
3. Students will need to seek permission from a coach or Athletic Director before entering storage areas or offices.
4. All equipment/facilities shall be handled with the utmost respect. No hanging on rims/nets, backboards, braces, soccer goals, no sitting on balls, etc., is permitted.
5. Only tennis/basketball shoes are permitted on the gym floor for athletic practices. See gym rules outside each gym for specific rules pertaining to each space. (Appendix)
6. Use of equipment should be limited to the sport for which it is intended.
7. All equipment should be returned to the proper storage area after use.
8. Uniforms are to receive the utmost care. The cost to replace damaged and/or lost uniforms and/or equipment will be the responsibility of the athlete to whom it was issued. Families will be charged for unreturned uniforms.
9. Direct supervision by a coach or Athletic Director is required before a student enters the weight room.
10. Facilities may only be used with prior permission from the Athletic Department. Proof of liability insurance will be required and there may be a fee for use. An administrator must be present for facility use and is at the discretion of the Athletic Director.

C. Locker Room Conduct
1. Locker rooms are supervised by a coach or administrator for students in grades 5-8.
2. Locker rooms are to be left clean after each practice.
3. Under no circumstances should photographs or videos be taken in any locker room.
4. No horseplay in the locker rooms at any time.
5. All personal items are the responsibility of the owner.
6. No glass containers of any kind.
7. Any student-athlete involved in damaging a home or away locker room will pay for the repairs personally and face appropriate consequences as a result of the choice made.

IV. Eligibility
A. Age
Currey Ingram Academy will always abide by rules in place for the athletic leagues. The coach and Athletic Director will clear all players with league administrators before using a player not covered by the league’s guidelines. Depending on league requirements, players may be required to provide a copy of their birth certificate.
We will follow the NFHS guidelines for age participation (Cannot turn 19 years old before August 1 of Senior Year). Our student-athletes have four years of eligibility once they start ninth grade.

B. Grades
1. Currey Ingram Academy is first and foremost an academic institution. All student-athletes must meet the requirements established by their respective Division Head in order to participate in an athletic practice or game.
2. Currey Ingram Academy will never knowingly use a student-athlete who does not meet the educational requirements established by a particular athletic association.
3. For more input involving academic requirements, please see your respective Division Handbook.
C. Behavioral Probation
Student-athletes placed on Behavioral Probation at any time during the school year may be ineligible to practice or play on any athletic team until the behavioral probation is lifted. The Athletic Director will be responsible for determining consequences in regard to behavior. These consequences can range from practice/game suspension to dismissal from the team.

Middle School student-athletes on behavioral plans will have an athletic stipulation included.

D. Athletic Director’s Discretion
The Athletic Director and Head Coach may use their discretion regarding student-athlete eligibility. The Head Coach will also inform student-athletes of their academic eligibility status.

E. Attitude
If a coach or administrator determines that a student-athlete is not demonstrating a positive overall attitude, the student may be placed on a behavioral probation and/or dismissed from the team. A parent-student conference will be scheduled with the Athletic Director and respective Division Head to discuss action taken.

F. Transfer Students
Student-athletes may begin competition immediately, upon enrollment. A student must have an enrolled contract complete in order to participate.

G. School Attendance
School attendance is not only expected but also required under the school’s guidelines. The Athletic Department will always uphold the school’s handbook policies.
1. All student-athletes are expected to have good attendance records.
2. All student-athletes should be in class at least half the academic day in order to practice or play in a game that afternoon.
3. A doctor or dentist appointment is excusable on the day of a practice, as is any absence, which was pre-arranged with the school office, including religious holidays, college, and school visits.
4. Any student who cannot participate in physical education class due to sickness or injury will not be allowed to practice or play games until his or her class participation resumes.
5. Student-athletes returning late from a game will not be excused for any tardiness or from assignments or tests given the following day.
6. Each student-athlete is responsible for work missed due to athletic absences.
7. If the student-athlete will be departing school prior to the end of the school day, they are responsible to turn in any assignments due to the teachers of the classes they will miss. This must be done prior to departure.

H. Dress Code
The student’s Division Head should clear all clothing distributed or purchased through athletics in order to be worn during school hours. The Athletic Department will always stand by the Division Head’s ruling.
1. It is important that our student-athletes follow the dress code rules established by Currey Ingram Academy.
2. If student-athletes are issued a game or practice uniform, they may only participate if the correct uniform is worn.
3. Student-athletes forgetting their uniforms on game or practice days will only be given an extra uniform to wear for that game or practice, if one is available.
4. All student-athletes arriving to off-campus sites will be required to be in dress code at all times, unless otherwise determined by the head coach. Should a student-athlete wear casual attire to the site, the coaching staff and administration of Currey Ingram Academy reserve the right to disallow any clothing, shoes, or jewelry that is considered “extreme” in regards to fad or fashion trends. Any article of dress or hairstyle that the coaching staff and administration feel is inappropriate to the situation or occasion will not be allowed.
5. While we don’t require students to wear Mustang Athletics’ gear at all times, student-athletes should refrain from wearing gear from other secondary schools (K-12 schools) when practicing, playing, working out or competing on as a Mustang student-athlete. Students in gear from other secondary schools, will be asked to turn their gear inside out or find another option.

I. Guidelines for Away Athletic Trips (including summer camps and practices)
All rules are set-up for the well being of the players and the school. Student-athletes traveling for athletic events must have a completed Athletic Transportation Form on file (see appendix).

1. All student-athletes are to represent Currey Ingram Academy with school pride at all times.
2. There is to be no screaming or yelling on the bus. All students are to be seated and not moving around when the bus is moving.
3. Students in grades 5-8, will not be permitted to use any personal electronic items (including smart phones) while on an away trip. These items will be collected and given back either when the student leaves with a parent from the away site or upon arrival back to CIA. If they need to use the device to call or contact a parent or adult guardian, they will be permitted to do so with their coach. Laptops can be used for homework only.
   For all grades, any personal electronic items (including smart phones) brought are subject to be taken at the discretion of the supervising coach or administrator. A student listening to unacceptable music or watching inappropriate content will lose the privilege to have those devices on any other trips for the rest of the school year. If music or content is in doubt, ask for approval in advance.
4. When boys and girls are traveling in the same vehicle, they will not be allowed to sit together.
5. The driver of the bus has the responsibility to transport our students safely. It is imperative to follow their requests.
6. On overnight trips, the Athletic Director and/or coach will assign rooms to each student. Students are required to stay in the rooms with the team. They will not be permitted to stay with parents and/or others outside of the coaching staff, unless prior approval is given by the Athletic Director.
7. Lights out on overnight trips involves everyone on the trip. The term “lights out” means that all students are in their assigned rooms with the lights off, in bed, going to sleep, and electronics off. The coach and/or Athletic Director will set lights out.
8. All dress code rules should be followed on away trips.

V. Transportation
A. Vehicles

1. All student-athletes are required to ride on the team transportation if the school provides it. By signing your student up for a sport and team that travels to away games, you are consenting that they are approved for travel via school transportation.
2. School vehicles are to be cleaned by the teams before they exit the bus.
3. Any damage done to the vehicle due to horseplay and/or carelessness will be the responsibility of the individual(s) who caused the damage.
4. An student-athlete is allowed to ride home with a parent from an away game. However, it is the responsibility of the student-athlete to be sure the head coach is aware that he or she is not traveling on the school’s vehicle.
5. Student-athletes will be permitted to ride home with another adult other than a parent or legal guardian as long as the head coach receives permission from the parent prior to leaving for the game that day.

B. Consequences
Failure to adhere to handbook guidelines as it relates to transportation will result in appropriate disciplinary action determined by the coach and Athletic Director.

VI. Playing Time Policy
*Please refer to the Parent Agreement, viewable in the Appendix.*
A. It should be noted that playing an extracurricular sport is a privilege not a right.

B. The amount of playing time is up to the discretion of the coach. Each coach will do what is best for the team and will take practice, attitude, and conduct into consideration when it comes to playing time. Varsity sports are a more competitive environment and not all student-athletes are guaranteed playing time.

C. Commitment: Once a student-athlete has been selected to be on a team or squad, he/she will not be allowed to quit unless a parent conference with the head coach, Athletic Director and Assistant Athletic Director.

D. If a student-athlete quits during one season of the year without the consent of the coach/ sponsor, he/she may forfeit the privilege of participating in any sport for the remainder of that semester and the following semester.

*Note:* All Parents and student-athletes need to understand that they may not be placed on a particular team; they may not make the starting team; they may not play at all in a game.

VII. Suspension from School
A. Student-athletes cannot participate in any games or practice while they are suspended from school unless cleared by Division Head and Athletic Director. (ISS or OSS)

B. Any suspension that involves the team and/or major infractions may result in that student-athlete being dismissed from the team according to the suspension policies in the CIA Student Handbook.

VIII. Placement Period (For MS & Varsity Athletics)
A. If an excessive number of students are interested in playing, then a placement period may be held to determine the teams. Student-athletes will be placed according to attitude, skill, experience, and familiarity with the game. Once teams are assigned, one team (Gold Team) will participate with the most competitive schedule, and the other team(s) (Green Team, Mustang Team, etc.) may participate in various ways, including an outside league or execute as a skills club.

B. Coaches and Administrators will determine how student-athletes are placed on teams based on their performance, attitude, and team needs during the placement period and/or prior playing experience.

IX. Technical Fouls/Cautions/Ejections
A. Receiving of a penalty by any student-athlete in a contest may result in the removal of that student-athlete from the game/match for a period deemed necessary by the head coach.
B. Any student-athlete receiving an ejection in any sport will be required to meet with the Athletic Director before competing in the next game/match. Consequences will be at the discretion of the Athletic Director and may include suspension from play.

C. If a student-athlete displays a consistent attitude or behavior contrary to the purpose of the athletic program at Currey Ingram Academy, he/she may be removed from the team.

X. Practice
A. Practices are important to each team's success and attendance will be required.

B. A student-athlete should not be absent from a practice (except in the case of illness) without prior permission from the coach. It is the responsibility of the student-athlete to inform the coach when he/she will not be able to attend practice and the reason why.

C. The individual coach will handle unexcused absences from a practice. Two unexcused absences may result in removal from the team.

D. Students that are not picked up by a parent or legal guardian within 15 minutes following the conclusion of practice will be escorted to Aftercare (Boost for grades 5-8), and additional fees may apply.

Students participating in Varsity Athletics should be picked up at the conclusion of practice or games, home or away. Excessive tardiness could result in removal from the team.

XI. Preseason Meetings/Games and Practice Schedules
A. Prior to each season, team meetings will be held to discuss the upcoming season for Varsity and Middle School teams, when needed. Attendance at these meetings is strongly encouraged.

B. Practice and game schedules will also be discussed at this meeting.

C. Current schedules may be found at www.curreyingram.org/athletics.

XII. Athletic Spectator & Parent Guidelines
*Please refer to the Parent Agreement, viewable in the Appendix. All parents are expected to abide by the guidelines in the Parent Agreement, whether a signed copy is on file in the Athletic Department, or not.*

A. Be respectful during opening prayers, moments of silence and/or the National Anthem.

B. Remember to practice good and fair sportsmanship as you support our teams.

C. Remain off the playing surface (courts or fields) before, during halftime, and after the games/matches. Please keep all children in the stands and away from the team's benches and ends of the fields or courts.

D. ABSOLUTELY NO coaching from the sidelines will be tolerated, your child or others on the team.

E. Always be courteous to the officials, referees, and umpires. Do not approach an official before, during or after a game or match for any reason.

F. Respect the halftime shows or events at home or away sporting events.
G. All parents are expected to volunteer during games as needed (i.e. concessions, clock keeping, snacks, etc.) per the Athletics Parent Agreement (see Appendix).

XIII. Health and Safety
Every student-athlete is required to have a Medical Form and proof of medical insurance on file in the athletic office before he/she will be permitted to practice or participate in the athletic program at Currey Ingram Academy.

Per Tennessee state law (Public Chapter 148, effective January 1, 2014), every student-athlete and parent/legal guardian are required to be educated and informed about the nature, risk and symptoms of concussions/head injury. (See Appendix.)

If the student has no medical insurance, he/she will be required to purchase medical insurance through the school.

Medical forms, Concussion forms and Consent for Athletic Participation, Transportation and Emergency Care forms can be obtained through the school office and athletic office. (Also see website and appendix.)

Any student-athlete who has been restricted from participation because of an illness or injury any time before or during the season must secure a doctor’s release to be eligible to participate again on a team/squad at Currey Ingram Academy.

Any student-athlete who has suffered a concussion, must complete a return to play plan and be cleared by a doctor before returning to play. No exceptions.

In the event of an emergency, Mustang Athletics will follow Currey Ingram’s Crisis Management Plan and holds its own Emergency Action Plan for athletic events.

XIV. Weather and Athletics
A. If weather cancels school at Currey Ingram Academy, athletic practices and events MAY be held at the discretion of the Head of School and Athletic Director. Coaches will notify individual teams regarding athletic activities for that day.

B. If weather cancels school at our opponent’s school, the Athletic Director will communicate with the opponent’s administrators and decide if play will continue and at what location.

C. All weather information will be available on the Athletic Hotline, 615.507.3190, posted on Twitter (@CIAMustangs) and online at www.curreyingram.org/athletics. Information and updates will be posted as soon as possible.

XV. Awards
Awards are issued at the athletic banquet. Participation recognition will be given in each sport. We believe that attendance at these awards ceremonies is important to celebrate the successes of the student-athletes and the team. In addition, the Athletic Department will award “Mustang Awards” to student-athletes fully meeting the department’s mission. Additional awards will be given at the discretion of the Athletic Department.
XVI. Social Media Policy
Please consult the Division Handbook for Currey Ingram Academy’s policy on Social Media. Mustang Athletics upholds this policy.

XVII. Hazing Policy
Mustang Athletics is an anti-hazing athletic program. Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity or organization. Failure to comply with Mustang Athletics’ anti-hazing policy may result in consequences to be determined by Director of Athletics. Parents will be notified.

XVIII. Fees per Sport
Fees are charged to supplement, not cover, costs including coach stipends, uniform use, student-athlete t-shirt, equipment use, facility use, bus transportation, league fees, and other miscellaneous expenses. Fees for athletic participation will be charged to your student's account at the start of each season. Fees will be tiered, based on placement, level of play, and league. Sport seasons include fall, winter, and spring.

**Varsity/Upper School Sports per Sport Season:**
- School Team per season - $130
- Club per season - $80

**Middle School Sports per Sport Season:**
- School Team per season - $110
- Club per season - $80
- Outside League Team per season - Outside League Fee and if necessary, additional fee from CIA may apply, not to exceed $110 total for the season.

* Cross Country may have an additional per runner fee for timing at meets.
Mustang Athletics Parent Agreement

• Parents will support the missions of CIA and Mustang Athletics.
• Parents will abide by the rules, guidelines and eligibility requirements set by any league we are affiliated with or those in which our student-athletes participate.
• Parents and their student-athlete(s) will uphold the rules and guidelines of the current Athletic Handbook (available online at www.curreyingram.org/athletics).
• It is the policy of CIA that once a student begins a team sport, he or she is committed to the team for the entire season. Withdrawal from the team prior to the end of the season is permissible only if there is a common agreement among the student, parents, coach and Athletic Director that non-participation is in the best interest of the student and the school.
• **Players are expected to attend all practices and games and arrive on time.** Arrangements for excused absences or tardiness should be made with the coach well in advance. Unexcused absences and tardiness could affect playing time.
  o Excused absences: family emergency, illness (doctor’s note should be given to the coach), appointment with the doctor, and any absence that is approved by the coach in advance.
  o Unexcused absences: Any absence that does not fall under excused.
• Good sportsmanship is expected at Currey Ingram Academy. Parents should cheer for their team and players in a positive manner. Inappropriate behavior towards officials, opposing players, and coaches will not be tolerated.
• Coaching will come from the coaches of the teams. Parents should refrain from yelling instructions from the stands or sidelines, as this can be confusing to the students playing the game.
• If a parent has concerns about the coaching please wait 24 hours after the competition to address them directly with the coach.
• In an effort to maintain positive team relations amongst the students, coaches, and parents, please refrain from public negative commentary as it could have an overall aversive effect on the players.
• Effective communication is encouraged between coaches, players and parents. However, the Athletic Department and its coaches will not entertain discussions that pertain to the following topics:
  o Other Players
  o Game Strategy
• Volunteer help is needed throughout the season. Parents are expected to assist during games as needed (i.e. concessions, clock keeping, snacks, etc.).

**Parent Agreements must be submitted before students will be allowed to participate. However, in the event that it is not on file, it is assumed that the parent agrees to its terms by allowing their child to play and by submitting the Athletics Medical Form for the school year.**

I agree to and understand the policies stated above.

Parent Signature ___________________________ Date __________

Print Parent Name ___________________________ Print Student-Athlete Name ___________________________
Currey Ingram Academy
Consent for Athletics Participation, Emergency Medical Care, & Transportation Form

This form must be completed and returned before a student can participate in a sport.

Student Information

Name ________________________________ Gender: M  F  Grade: _____ Age: _____ Date of Birth: _________

Home Address ______________________________________________________________________________________

Allergies and Medications (list all): ________________________________________________________________

Parent/Guardian Information

Household 1
Parent 1 Name __________________________ Relationship: ___________ Cell: __________________________

Parent 2 Name __________________________ Relationship: ___________ Cell: __________________________

Household 2 (if applicable)
Parent 1 Name __________________________ Relationship: ___________ Cell: __________________________

Parent 2 Name __________________________ Relationship: ___________ Cell: __________________________

Emergency Contacts (if parents/guardians are not available):
Relationship Name Phone Phone Type

________________________________________________________________________________________

________________________________________________________________________________________

Insurance Information: ______ I do not have family medical insurance.

Company: ___________________________ Policy # ___________________________ Group # __________________

I/We hereby give consent for __________________________ to represent Currey Ingram Academy in athletics realizing that such activity involves potential for injury. I/We acknowledge that even with the best coaching, the most advanced equipment and strict observation of the rules, injuries are still possible. On rare occasions, these injuries may be severe and result in disability, paralysis, and even death. I/We further grant permission to the school and league of participation, its physicians, athletic trainers, and/or EMT to render aid, treatment, medical, or surgical care deemed reasonably necessary to the health and well being of the above named during or resulting from participation in athletics. I/We agree to assume financial responsibility for all expenses of such care. I/We agree to provide the school's Athletics Medical Form completed by the student-athlete's physician to provide adequate information that the student is in satisfactory physical condition to participate in school athletics. As parent or legal guardian, I/We remain fully responsible for any legal responsibility which may result from any personal actions taken by the above named student-athlete.

I/We are aware that participating in sports will involve travel with the team. I/We acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child to participate in the sport and travel with the team.

Parent's Signature __________________________ Date __________________________

Parent’s Printed Name __________________________
Currey Ingram Academy Athletics Medical Form

This form must be completed and returned before a student can participate in a sport.

Student Information

Name ___________________________ Gender: M  F  Grade :_____  Age: _____  Date of Birth: _________

Parent’s Name(s) __________________________________________________________________________________________________________

Contact # ___________________________  Sport(s) ________________________________________________________________

Physician’s Approval

Please Check One:

______ Cleared for all sports without restriction.

______ Cleared for all sports without restriction with recommendations for further evaluation or treatment for: ____________________________________________________________

______ Not cleared.

______ Pending further evaluation

______ For any sports

______ For certain sports: ____________________________________________________________

REASON: ______________________________________________________________________________________

I hereby certify that I have examined the above-named student and completed the pre-participation physical examination. The athlete does not present apparent clinical contraindications to be allowed to practice and to participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete and his/her parent/guardian(s).

Remarks: ______________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

______________________________  ______________________________
Physician’s Printed Name  Physician’s Phone Number

______________________________  ______________________________
Physician’s Signature, MD or DD  Date
Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion/head injury.

Read and keep this page.
Sign and return the signature page.

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider* says s/he is symptom-free and it’s OK to return to play.

<table>
<thead>
<tr>
<th>SIGNS OBSERVED BY COACHING STAFF</th>
<th>SYMPTOMS REPORTED BY ATHLETES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appears dazed or stunned</td>
<td>Headache or “pressure” in head</td>
</tr>
<tr>
<td>Is confused about assignment or position</td>
<td>Nausea or vomiting</td>
</tr>
<tr>
<td>Forgets an instruction</td>
<td>Balance problems or dizziness</td>
</tr>
<tr>
<td>Is unsure of game, score or opponent</td>
<td>Double or blurry vision</td>
</tr>
<tr>
<td>Moves clumsily</td>
<td>Sensitivity to light</td>
</tr>
<tr>
<td>Answers questions slowly</td>
<td>Sensitivity to noise</td>
</tr>
<tr>
<td>Loses consciousness, even briefly</td>
<td>Feeling sluggish, hazy, foggy or groggy</td>
</tr>
<tr>
<td>Shows mood, behavior or personality changes</td>
<td>Concentration or memory problems</td>
</tr>
<tr>
<td>Can’t recall events prior to hit or fall</td>
<td>Confusion</td>
</tr>
<tr>
<td>Can’t recall events after hit or fall</td>
<td>Just not “feeling right” or “feeling down”</td>
</tr>
</tbody>
</table>

*Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training
CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow or jolt to the head or body if s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHY SHOULD AN ATHLETE REPORT HIS OR HER SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. They can even be fatal.

Remember:

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider* says s/he is symptom-free and it’s OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

* Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.
# Student-athlete & Parent/Legal Guardian Concussion Statement

Must be **signed and returned** to school or community youth athletic activity prior to participation in practice or play.

**Student-Athlete Name:** _____________________________________________

**Parent/Legal Guardian Name(s):** ______________________________________

After reading the information sheet, I am aware of the following information:

<table>
<thead>
<tr>
<th>Student-Athlete initials</th>
<th>Parent/Legal Guardian initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>A concussion is a brain injury which should be reported to my parents, my coach(es) or a medical professional if one is available.</td>
<td>N/A</td>
</tr>
<tr>
<td>A concussion cannot be “seen.” Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.</td>
<td>N/A</td>
</tr>
<tr>
<td>I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.</td>
<td>N/A</td>
</tr>
<tr>
<td>I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.</td>
<td>N/A</td>
</tr>
<tr>
<td>I will/my child will need written permission from a <strong>health care provider</strong> to return to play or practice after a concussion.</td>
<td>N/A</td>
</tr>
<tr>
<td>Most concussions take days or weeks to get better. A more serious concussion can last for months or longer.</td>
<td>N/A</td>
</tr>
<tr>
<td>After a bump, blow or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse.</td>
<td>N/A</td>
</tr>
<tr>
<td>After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away.</td>
<td>N/A</td>
</tr>
<tr>
<td>Sometimes repeat concussion can cause serious and long-lasting problems and even death.</td>
<td>N/A</td>
</tr>
<tr>
<td>I have read the concussion symptoms on the Concussion Information Sheet.</td>
<td>N/A</td>
</tr>
</tbody>
</table>

* **Health care provider** means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training

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**Signature of Student-Athlete** ____________________________ **Date** __________

**Signature of Parent/Legal guardian** ____________________________ **Date** __________
Mustang Athletics Student-Athlete Agreement

Mustang Athletics’ Mission Statement

Mustang Athletics is committed to excellence in athletics while supporting the educational mission of Currey Ingram Academy. We meet student-athletes at their individual skill levels and educational needs and provide a challenging environment for skill development in both team and individual sports. Mustang Athletics is connected to the whole student: academically, socially, emotionally and physically through intentional preparation and planning throughout the school day and season. We focus on creating opportunities for all student-athletes to develop skills through individual instruction, peer interaction and competition. While winning is not an end in itself, we believe that our student-athletes’ efforts to be their best will lead them to succeed.

Our mission is that all individuals associated with Mustang Athletics (coaches, staff, student-athletes and parents) will value character traits developed through athletic participation. We expect all participants to respect themselves and others, demonstrate loyalty, be good teammates and put the team before themselves, handle failure like they handle success, have school pride, have a strong work ethic, be honest, and show up and be prepared.

I agree to comply with the Mustang Athletics Mission Statement and to uphold all commitments and responsibilities to my teammates and coaches.

_________________________________________________________________________________________________________________________

Student-Athlete Signature Date

_________________________________________________________________________________________________________________________

Print Student-Athlete Name

**Student-Athlete Agreements must be signed and returned to the Athletic Department before students will be allowed to participate. However, in the event that it is not on file, it is assumed that the student-athlete agrees to its terms.**
Gymnasium Rules

Frist Gymnasium:
* RESPECT the facilities.
* Students should always be supervised when in the gym and using equipment.
* Athletic shoes only. No street shoes or black-soled shoes (including school uniform appropriate shoes) should be worn on the gym floor.
* Athletic Department equipment only:
  Physical Education Department equipment should be approved by athletic department staff before each use.
  * No wheeled equipment, other than ball racks.
    (Bikes, scooters, roller skates, skateboards, etc.)
  * No marking equipment should be worn or used in the gym.
    (Cleats, wheeled shoes, rackets, bats, hockey sticks, lacrosse sticks, etc.)
* Do not drag equipment across the floor.
* All equipment needs to be returned to storage at the conclusion of its use.
  (Equipment left out is at risk of being used and damaged as well as used improperly and is a safety liability.)
* No food or drinks should be brought into the gymnasium. Plastic water bottles with lids will be permitted. Only food and drinks sold at the concession stand will be permitted.
* No gum.
* Clean-up and report any spills or accidents to athletic department staff immediately.
* No animals.

Mustang Gymnasium:
* RESPECT the facilities.
* Students should always be supervised when in the gym and using equipment, specifically when using wheeled or marking equipment that could damage the floor if used improperly.
* Athletic shoes preferred.
* Do not drag equipment across the floor.
* All equipment needs to be returned to storage at the conclusion of its use.
  (Equipment left out is at risk of being used and damaged as well as used improperly and is a safety liability.)
* No food or drinks should be brought into the gymnasium. Plastic water bottles with lids will be permitted. Only food and drinks sold at the concession stand will be permitted.
* No gum.
* Clean-up and report any spills or accidents to athletic department staff immediately.
* No animals.