

2018 Parker Junior High Cross-Country Permission Slip, Schedule and notes



Thank you for your interest in Parker Junior High Cross-Country!

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Running cross-country for Parker Junior High is a fun and exhilarating experience that students never forget. Dozens of our formers come back to discuss their fondest memories of training together, competing together, building new friendships and strengthening old ones, as well as, the lessons about hard work, competing in high-stakes situations, and being in the shape of their life.

Parker has developed a winning tradition over the past several years and has earned multiple trips to the state meets for both boys and girls, numerous conference titles and a very strong regular season record through supportive parents, motivated

students, hard work, carefully designed (yet enjoyable) practices and done it while having a LOT of fun.

**Training/Practices** - Throughout the season, students will be taught the basics of running, pacing, speed, endurance, strength, competition, sportsmanship and being part of a team. We ask that you help the students drink plenty of water (avoid soda), eat a balanced diet (plenty of fruits and vegetables, “real” food and lean meats) and sleep at least 8-10 hours a night. This will help them avoid injury and perform their best. **Students are STRONGLY encouraged to have a drink and snack ready to consume immediately after practice each day, such as a banana, sandwich, etc.** Students are encouraged to bring water bottles to use during practice.

We will have practice every day Monday through Friday until approximately 4:15, except on days of meets. **Students must have a sports physical before beginning practice. Physicals are good for 395 days.**

### **Parent Meeting**

There will be an informational meeting for parents early in the season about the basics of the sport with a chance for parents to ask questions about practice, meets, training, diet, etc. A date and time for this meeting will be posted at [pjhrunning.com](http://pjhrunning.com)

### **Staying in touch**

We have an email list of all students who sign up for cross-country although it is not finalized until a week or two into the season. We usually send out meet information and results/pictures via email throughout the season.

We also have a ***Remind 101*** account for parents to be notified of last minute changes with practices and meets due to weather or other unforeseen events. You can text the message @pjhrunning.com to the number 81010 to receive updates.

### **Tips for optimal student success**

Attend every practice unless an emergency  
Have a chocolate milk or sports drink and fruit after each practice/race  
Get plenty of sleep  
Go easy on easy days and hard on hard days  
Don't worry about time, just compete  
Believe in yourself and believe that you will improve a LOT by the end of the season  
Learn to become friends with discomfort  
Stay positive and support your teammates

### Meets -

- The 7<sup>th</sup>-grade boys and girls will run together first on Mondays, and the 8<sup>th</sup>-grade boys and girls will run together first on Wednesdays. Invitationals, Conference, Sectionals and State will have different schedules that will be distributed during the season. At each meet, students are to run a warm up before their race and a cool down after every race. A warm up consists of our lunge routine, 5-10 minutes of jogging and 4-6 strides. **Note: 6<sup>th</sup>-grade runners will compete with either the 7<sup>th</sup> or 8<sup>th</sup> grade runners.**
- Meets typically last about 45-60 minutes. Parents should be ready to pick up their child from Parker at 4:15. Parents may also “sign out” runners at the meet and take them home directly.
- The top 5 runners for each time count in the team score. The winning team has the lowest score when adding the place of their top 5 runners together. That being said, every runner is important as they are working to improve themselves and their teammates.

Parent involvement - Our program has been very fortunate to have support from parents at home. To help your child be their best, we ask that you please encourage them to be at practice daily (the more you run the better you will become), to run 1 day for 15-25 minutes on the weekend, sleep 8 or more hours a night, eat healthy and avoid stress. Parent encouragement and support throughout the season is also critical. The kids will be tired mentally and physically at points during the season, and this is normal. Please remind them that this will pass, and at the end of the season, they will look back and be proud they pushed through this. Please also remind them that they are part of a team, their effort matters and their teammates benefit from their efforts.

Attire/Shoes - Runners are required to wear their Parker gym shorts and shirt for practices and meets unless they have purchased a Parker Cross-country t-shirt (order forms will be sent out) or they are given a Parker Cross-Country meet uniform by making the top 7 for invites and the final meets of the year. Running shoes are strongly encouraged. Running spikes are allowed and encouraged for meets and can be used again for track. Cleats are not permitted.

Students are encouraged to have a basic digital watch for practices. They cannot wear these in most meets though.

Parker's cross-country team has a great arrangement with [runningwarehouse.com](http://runningwarehouse.com) for shoe discounts. Use the code `parkerjhsd` at checkout for 15% off. This site has free shipping as well and fantastic prices.

**Cell Phones/chromebooks** - Students may bring cell phones with them in order to stay in communication with you during meets. School chromebooks are not to be taken out at meets or practices unless otherwise directed to by one of the coaches.

**Transportation** - Athletes are required to ride the school bus to meets. After a meet, athletes may be signed out by their parents and ride home with them. On days of meets, students will call for a ride on our way home from the meet to arrange a pickup time from Parker if they are not picked up from the meet.

**Expectations** - Athletes are subject to dismissal from the team if:

- he/she is picked up 10+ minutes late from practice or a meet twice during the season.
- he/she cheats (claims to but does not run the full distance) during a meet or repeatedly during practice.
- he/she demonstrates gross insubordination towards a coach.
- he/she has two or more unexcused absences from practice. \*\*\*

\*\*\* Please write us a note to excuse your son or daughter from practice or a meet if necessary.

**Fees** - There is a \$30 fee associated with all Parker extracurricular activities. The fee is due TO LISA WEBBER IN PARKER'S FRONT OFFICE by the end of the FIRST WEEK OF SCHOOL. Some families qualify for fee waivers. Inquire with the front office if you think that you are eligible.

**Conference Meet** - Each school may enter 7 seventh-grade girls, 7 seventh-grade boys, 7 eighth-grade girls, and 7 eighth-grade boys in this meet. Runners will be chosen to participate in this meet based upon their performance and dedication during the entire season. Major factors used for consideration include the number of times a runner finishes within the top 7 of their team and the particular place that

they finish. Because courses differ, times are difficult to compare across different meets and are not used as a primary factor. Runners will be notified regarding their participation at the practice following the last regular season meet.

Other information - We have a team website, **[pjhrunning.com](http://pjhrunning.com)**, and have a team **Facebook page** where we post news, a schedule, offseason information, running tips, meet photos, meet results and more. Please check out the sites.

**2018 Parker Junior High Cross-Country Schedule**  
(subject to change - check [pjhrunning.com](http://pjhrunning.com))

<b>Date</b>	<b>Event Time</b>	<b>Host (Opponents)</b>	<b>Location</b>	<b>Qualifying Criteria to Race</b>
Please check <a href="http://pjhrunning.com">pjhrunning.com</a> !				
	Parent Info Meeting 6 pm	Parker	Parker	
	Blue vs. Gold Intrasquad Meet	Parker	Apollo Park, Homewood, IL	
	3:30 - 4:30 practice at Apollo Park	Parker	Apollo Park, Homewood, IL	
<b>September</b>	<b>TBD</b>	<b>Conference Meet</b>	<b>Apollo Park in Homewood</b>	<b>top 14 girls top 14 boys</b>
<b>October</b>	<b>TBD</b>	<b>Sectional Meet</b>	<b>Apollo Park in Homewood</b>	<b>top 7 girls top 7 boys</b>
<b>October</b>	<b>TBD</b>	<b>State Meet</b>	<b>Normal Parkside Jr. High Normal, IL</b>	<b>top 7 girls top 7 boys</b>

We look forward to a fun and successful season!! If you have questions please don't hesitate to contact us.

## Students

### Student Athlete Concussions and Head Injuries

The Superintendent or designee shall develop and implement a program to manage concussions and head injuries suffered by student athletes. The program shall:

1. Comply with the concussion protocols, policies, and by-laws of the Illinois High School Association, including its *Protocol for NFHS Concussion Playing Rules and its Return to Play Policy*. These specifically require that:
  - a. A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game shall be removed from participation or competition at that time.
  - b. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer.
  - c. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.
2. Inform student athletes and their parents/guardians about this policy in the *Agreement to Participate* or other written instrument that a student athlete and his or her parent/guardian must sign before the student is allowed to participate in a practice or interscholastic competition.
3. Provide coaches and student athletes and their parents/guardians with educational materials from the Illinois High School Association regarding the nature and risk of concussions and head injuries, including the risks inherent in continuing to play after a concussion or head injury.
4. Include a requirement for staff members to notify the parent/guardian of a student who exhibits symptoms consistent with that of a concussion.

LEGAL REF.: 105 ILCS 5/10-20.53.

CROSS REF.: 4:170 (Safety), 7:300 (Extracurricular Athletics)

ADOPTED: February 13, 2012

## **Concussion Information Sheet**

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to a greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents, and students is the key to the student-athlete's safety.

### **If you think your child has suffered a concussion...**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury of concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to-Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>



## Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### Symptoms may include one or more of the following:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Headaches</li><li>• "Pressure in head"</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Amnesia</li><li>• "Don't feel right"</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul> |
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### Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport  
Document created 7/1/2012



**Heads Up to Schools:  
KNOW YOUR  
CONCUSSION  
ABCs**

Assess the situation. Be alert for signs and symptoms. Contact a health care professional.

**A Fact Sheet for Parents**

**What is a concussion?**

A concussion is a type of 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.

**What are the signs and symptoms of a concussion?**

You can't 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 your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

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

**SIGNS AND SYMPTOMS OF A CONCUSSION**

SIGNS OBSERVED BY PARENTS OR GUARDIANS	SYMPTOMS REPORTED BY YOUR CHILD OR TEEN	
<ul style="list-style-type: none"> <li>• Appears dazed or stunned</li> <li>• Is confused about events</li> <li>• Answers questions slowly</li> <li>• Repeats questions</li> <li>• Can't recall events prior to the hit, bump, or fall</li> <li>• Can't recall events after the hit, bump, or fall</li> <li>• Loses consciousness (even briefly)</li> <li>• Shows behavior or personality changes</li> <li>• Forgets class schedule or assignments</li> </ul>	<p><b>Thinking/Remembering:</b></p> <ul style="list-style-type: none"> <li>• Difficulty thinking clearly</li> <li>• Difficulty concentrating or remembering</li> <li>• Feeling more slowed down</li> <li>• Feeling sluggish, hazy, foggy, or groggy</li> </ul> <p><b>Physical:</b></p> <ul style="list-style-type: none"> <li>• Headache or "pressure" in head</li> <li>• Nausea or vomiting</li> <li>• Balance problems or dizziness</li> <li>• Fatigue or feeling tired</li> <li>• Blurry or double vision</li> <li>• Sensitivity to light or noise</li> <li>• Numbness or tingling</li> <li>• Does not "feel right"</li> </ul>	<p><b>Emotional:</b></p> <ul style="list-style-type: none"> <li>• Irritable</li> <li>• Sad</li> <li>• More emotional than usual</li> <li>• Nervous</li> </ul> <p><b>Sleep*:</b></p> <ul style="list-style-type: none"> <li>• Drowsy</li> <li>• Sleeps less than usual</li> <li>• Sleeps more than usual</li> <li>• Has trouble falling asleep</li> </ul> <p><small>*Only ask about sleep symptoms if the injury occurred on a prior day.</small></p>

To download this fact sheet in Spanish, please visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion). Para obtener una copia electrónica de esta hoja de información en español, por favor visite: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

Cross-Country Permission Slips

Please keep the pages above and complete and turn in the pages below.

ATHLETE'S NAME (PRINT)

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GRADE                      6      7      8      (circle one)

PLEASE INDICATE WHETHER YOUR CHILD WILL BE PICKED UP OR WILL WALK HOME FROM PRACTICES AND/OR MEETS.

\_\_\_\_\_ PICKED UP                      \_\_\_\_\_ WALK HOME      (check one)

\*\*\* IF FOR SOME REASON THIS CHANGES OR THERE IS AN EXCEPTION, PLEASE NOTIFY US BEFOREHAND, IF POSSIBLE.

PLEASE INDICATE BELOW IF YOUR CHILD HAS ANY HEALTH CONCERNS OF WHICH WE NEED TO BE AWARE.

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THANK YOU!!

I GIVE PERMISSION FOR MY CHILD TO PARTICIPATE IN CROSS-COUNTRY.

**PLEASE PRINT CLEARLY SO THAT OUR RECORDS ARE CORRECT!**

\_\_\_\_\_  
PARENT'S NAME (PRINT)

\_\_\_\_\_  
PARENT'S SIGNATURE

\_\_\_\_\_  
DAYTIME PHONE NUMBER

\_\_\_\_\_  
PARENT'S EMAIL ADDRESS

Parker Junior High

[pjhrunning.com](http://pjhrunning.com)

Student/Parent Contract for Extracurricular Activities  
2018-2019

All students participating in sports or extracurricular clubs and activities will remain at school upon conclusion of the regular school day. All clubs, activities, and sports, unless there is a meet or game, will meet at 3:05. Study Halls have been arranged from 2:38 – 3:05 and are mandatory for continued participation in extracurricular activities and sports. The following guidelines will apply to all participating students:

- Students must remain in the building and report to their assigned Study Hall by 2:38. Attendance will be taken.
- While in Study Hall students are expected to work on homework. Study Hall is not a social time.
- All Parker Junior High behavioral expectations apply during Study Hall.
- Dry snacks and water bottles will be permitted in Study Hall.

Non-compliance with the above guidelines will result in the student being removed from the team or activity for the remainder of the year.

Additionally, any fees incurred for participation in a sport or activity must be paid in full prior to the student participating. If the season/activity begins and fees are not paid, a student will be dropped from the roster.

These guidelines have been put into place to insure all students have a successful experience in their extra-curricular activities. Participation in Parker Junior High's many extra-curricular activities is a privilege, which must be maintained through the demonstration of good character and positive behavior.

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Student Signature

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Date

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Parent/Guardian Signature

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Date

Dear Parent/Guardian:

Concussions are brain injuries which can be very serious. It is the policy of Flossmoor School District 161 to ensure that parents, students and coaches are aware of signs, symptoms, and behaviors consistent with a concussion.

- a. A student athlete who exhibits signs, symptoms or behaviors consistent with a concussion in a practice or a game shall be removed from participation or competition at that time.
- b. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer.
- c. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

Please review the attached information with your student athlete. The information must be reviewed and signed by the student athlete and parent/guardian before the student is allowed to participate in a practice or interscholastic competition.

*Kathy Knawa*  
Kathy Knawa RN, MS, NCSN  
District Nurse

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**PLEASE SIGN, DETACH, AND RETURN THIS PORTION OF THE FORM  
TO YOUR COACH**

\_\_\_\_\_  
Student Athlete Name Printed

\_\_\_\_\_  
Student Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Name Printed

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## SPORTS PHYSICALS

Students must have a valid sports physical on file prior to trying out for any sport. Sport physicals are valid for 395 days from the date it was originally completed by the physician. The date on the physical must cover the entire length of the sport when submitted. Physicals must be on an IHSA Pre Participation form or the State of Illinois Certificate of Child Health Examination form (Interscholastic Sports area must be addressed). Either form can be downloaded from the school district website as no other forms will be accepted. It is the parent's responsibility to ensure that the student has a valid sports physical on file with the nurse prior to the date of tryouts.

I have read the above information regarding sports physicals.

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date