



# **Voyager Athletics**



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Athletic Director

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- I. Concussion Information
- II. State of Athletics Program
- III. Eligibility and Expectations
- IV. Handbook
  - I. Physicals and forms
  - II. Transportation, Holiday Games and Practices
  - III. Participation and after school care
  - IV. Uniforms
- V. Website
- VI. Sponsors

# Agenda

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# Signs and Symptoms

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- Difficulty thinking clearly, concentrating and remember new information
- Headache, Fuzzy or Blurry vision, queasy, vomiting, dizziness, sensitivity to light and noise
- Sadness, moody, irritable, nervous or worried, crying
- Sleep patterns change, trouble falling asleep, feeling tired

# What do I do

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- Tell your parent, coach and athletic trainer
- If headache gets worse over time or you are unable to control you body or speech – tell someone
- Could prevent you from performing well in class, paying attention and retention, we need to know
- See Nate and/or a doctor and follow return to play protocol, you should not return to activity if you think you might have a concussion

# Concussion

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- Parents should:
  - Express concerns directly to the coach.
  - Notify the coach of any schedule conflicts well in advance.
  - Discuss ways to help your child improve.
  - Discuss concerns regarding your child's academic and behavior issues.

**Appropriate matters to discuss with coaches:**

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- Playing Time
- Strategy
- Play calling
- Other student-athletes

**Inappropriate issues to discuss with coaches:**

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- Do not attempt to have a discussion with the coach before, during, or immediately after a contest or practice.
- Coaches have responsibilities to attend to before, during, and after a contest or practice.
- These are often emotional times for all individuals.
- Make an appointment to discuss matter with coach.
- Decisions made by Athletic Director are final.
- There should be no attempt to proceed with complaint/conflict.

# **Complaints/ Conflict Resolution**

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When parents and student-athletes choose to take their family vacations during a sports season, it must be understood that the time missed by the student-athlete can affect team chemistry, personal conditioning, the performance level of the individual and the overall performance of the team. Each and every individual on the team has a role, not just in the game, but in the practice climate as well, regardless of how much playing time the athlete is experiencing. Commitment during the vacation periods involves self-sacrifice, not only on the part of the athlete, but the family as well. ATTENDANCE IS MANDATORY DURING VACATION PERIODS.

# **Vacations/Holidays**



- A dismissal time, a departure time and a place of departure will be assigned for each away game.
- Parents will need to provide transportation for the athletes.
- When transporting an athlete to an away game, please do not get friends, girlfriends/boyfriends or other family members out of class early to attend game.

# **Transportation of Athletes**

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If an athlete quits a sport, he/she will not be allowed to start another sport until the first sport season is complete.

## **Quitting a Team**

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# **Voyager Athletic Eligibility**



## Voyager

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- Athletes must have attended 90% of previous semester.
- Only 9 days absent allowed
- Students must be present over half the school day to dress for practice or contest.

## NCHSAA

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- Athletes must have attended 85% of previous semester.
- Only 13 days absent allowed

# Attendance

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## Voyager

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- 1<sup>st</sup> Offense
- Student will miss all practices and games during the ISS time period.
- 2<sup>nd</sup> Offense
- Student will miss all practices and games during the ISS time period, plus one additional game.
- 3<sup>rd</sup> Offense
- Suspended from Athletics the remainder of the year.

## NCHSAA

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- Student will miss all practices and games during the ISS time period.

# ISS

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## Voyager

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- 1<sup>st</sup> Offense
- Athlete will miss all practices and games during the OSS time period.
- 2<sup>nd</sup> Offense
- Athlete will be suspended from athletics the remainder of the year.

## NCHSAA

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- Athlete will miss all practices and games during the OSS time period.

# OSS

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Please review the Voyager Athletic Handbook and complete compliance form – both links are below

Handbook – [www.tinyurl.com/vaahandbook](http://www.tinyurl.com/vaahandbook)

Video - [NCHSAA Video](#)

Compliance (select preseason powerpoint)

<https://app.formreleaf.com/organizations/voyager-academy>

# Required Completion Tracking

