

WELCOME CEDAR CREST ATHLETES & FAMILIES

CEDAR CREST ATHLETE PARENT MEETING

INTRODUCTIONS

SEGMENT #1- CODE OF CONDUCT REVIEW

CEDAR CREST PLAYER/PARENT MANDATORY SEASON MEETING

FORMAT & PURPOSE

FORMAT

- 2 VIDEO SEGMENTS- WATCH EACH SEGMENT IN ITS ENTIRETY
- COMPLETE ALL SEGMENTS & COMPLETE THE CODE OF CONDUCT SUBMISSION (google doc) ON OR BEFORE August 18 (HS) Aug 28 (JH)

PURPOSE

- HIGHLIGHT & REVIEW SECTIONS OF THE ATHLETE-PARENT MANUAL
- PROVIDE CLARITY ON ATHLETIC TRAINING POLICIES & PROCEDURES

CEDAR CREST PLAYER/PARENT MANDATORY SEASON MEETING

IMPORTANT RESOURCES

NEW- CC Athletics Website: cedarcrestfalcons.com

- ▶ Schedules
- ▶ News
- ▶ Online Ticketing
- ▶ Contact Information
- ▶ Download the APP- sign-up for alerts & notifications
- ▶ Share the site with family & friends

CEDAR CREST PLAYER/PARENT MANDATORY SEASON MEETING

IMPORTANT RESOURCES

NEW- RANKONE- Athletic Training Platform

- ▶ Register athletes
- ▶ Complete required PIAA CIPPE Forms
- ▶ Upload completed PIAA Physical form

CEDAR CREST PLAYER/PARENT MANDATORY SEASON MEETING

SEGMENT 1- CODE OF CONDUCT REVIEW

***All have read and signed the digital copy that was sent to you by your coach prior to the season.**

- A. Sportsmanship- page 4 & SOCIAL MEDIA- PAGE 7**
- B. Chain of command & communication guidelines- page 5**
 - A. Athlete to coach first**
 - B. The treatment of your child by the coach**
 - C. Ways in which you, as the parent, can help your child improve their performance**
 - D. Concerns about your child's behavior in practice or contests**

CEDAR CREST PLAYER/PARENT MANDATORY SEASON MEETING

SEGMENT 1- CODE OF CONDUCT REVIEW

INAPPROPRIATE CONCERNS TO DISCUSS WITH A COACH- PAGE 6

- ▶ Playing Time
 - ▶ *Playing time discussions will be between the coach and athlete only.
- ▶ Team Strategy
- ▶ Play Calling
- ▶ Team Selection
- ▶ Another Athlete

CEDAR CREST PLAYER/PARENT MANDATORY SEASON MEETING

SEGMENT 1- CODE OF CONDUCT REVIEW

SCHOOL ATTENDANCE- PAGE 7

- ATHLETES MUST BE ON TIME & IN SCHOOL TO PARTICIPATE
- DR/APPT NOTE IF LATE OR LEAVING EARLY- email the AD prior to known appointments

ACADEMIC ELIGIBILITY- PAGE 7

- MONDAY THROUGH SUNDAY- CAN'T BE FAILING 2 SUBJECTS

OR

- MUST BE PASSING 4 CREDITS (SENIORS WITH LESS THAN FULL SCHEDULE)

CEDAR CREST PLAYER/PARENT MANDATORY SEASON MEETING

SEGMENT 1- CODE OF CONDUCT REVIEW

SPORTS INJURIES AND THE ATHLETIC TRAINER- PAGE 9 -10

- **INJURIES MUST BE REPORTED TO COACH & TRAINER**
- **ATHLETIC TRAINER &/OR TEAM DR. DETERMINE RETURN TO PLAY**
- **IF YOU SEE A DR- YOU MUST GET A NOTE FOR RETURN TO PLAY**

BUS RULES

- **All regular CLSD bus rules apply.**
- **ATHLETES NEED A NOTE TO RETURN FROM CONTEST WITH A PARENT**

CEDAR CREST PLAYER/PARENT MANDATORY SEASON MEETING

SEGMENT 1- CODE OF CONDUCT REVIEW

REVIEW THE CODE OF CONDUCT

***ANY QUESTIONS- CONTACT MR. RICK DISSINGER- ATHLETIC DIRECTOR
email: rdissinger@clsd.k12.pa.us**

CEDAR CREST SPORTS MEDICINE

ATHLETIC TRAINING PARENTS MEETING

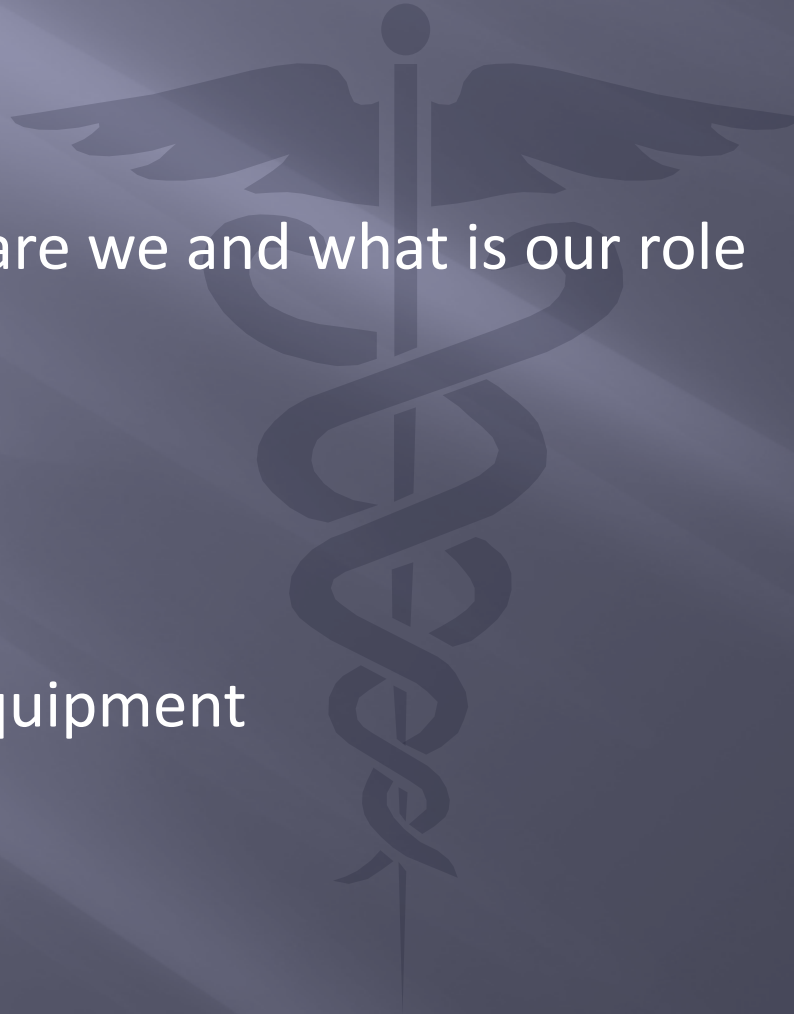
Objective: Introduce new parents and athletes and refresh returning parents and athletes to the Cedar Crest athletic training services.



Athletic Training Parents Meeting

Topics we will cover

- ▣ Sports Medicine Team
- ▣ Athletic trainers who are we and what is our role
- ▣ Procedures
- ▣ Insurance
- ▣ Medical Concerns
- ▣ Paperwork
- ▣ Medical braces and equipment
- ▣ Website



CEDAR CREST SPORTS MEDICINE

Sports Medicine Team

We are Medical Professionals

Dr. Jeffrey Yocum DO family medicine: Yocum Associates, Team and school district doctor

Dr. Robert Gallo MD Orthopedics Surgeon, Penn State Health

Lynnette Musser LAT, ATC Athletic Trainer

Chris Seldomridge LAT, ATC, CEAS, PES, AASDN-NS, ARC- LGI

Sam Grilo athletic training student LVC

WellSpan Residents

Pam Wildonger HS School Nurse

Nicole North MS School Nurse

Other healthcare professionals

CEDAR CREST SPORTS MEDICINE

Who are athletic trainers: We are licensed by the commonwealth of PA Dept. of State Bureau of Professional and Occupational Affairs under MD or DO who provide medical care in a variety ways.

Prevention/education

Clinical evaluation and diagnosis

immediate care

treatment

Rehabilitation and reconditioning

Organization and administration

Professional responsibility

CEDAR CREST SPORTS MEDICINE

Procedures

Reporting an injury

Doctor's Notes

- A) PIAA/ Team Physician
- B) PT and Chiropractor
- C) Notes to coach

athletic trainer's note



CEDAR CREST SPORTS MEDICINE

Insurance:

Provided to all participating athletes

Secondary coverage/ personal insurance is primary coverage

Request form

90 days

Athletic trainers do not receive claim numbers or any information regarding the claim once submitted

All receipts, invoices, EOB's (Estimate of Benefits) are submitted to the school and then we submit to our insurance company. Make copies for yourself.

Do not wait for school insurance to pay, You should pay all bills

Cedar Crest Sports Medicine

- ▣ Medical Concerns:
- ▣ Four Pillars of Life: Water, Nutrition, Exercise, Rest
- ▣ Concussion: Protocols; academic and return to play
- ▣ Opioid addiction: PA. dept. health/ TBI coalition, Doctors, ibuprofen and acetaminophen
- ▣ Sudden Cardiac Arrest
- ▣ Vaping
- ▣ Energy drinks: caffeine, taurine, guarana
- ▣ Female Triad: three conditions; A) disordered eating, B) over exercising, C) amenorrhea: abnormal absence of menstruation: a) osteoporosis: bone fragile

CEDAR CREST SPORTS MEDICINE

- ▣ Medication:
- ▣ Forms Need to be submitted to trainer (& school nurse)
- ▣ Completed by parent and doctor
- ▣ Over the counter (OTC)
- ▣ Prescription
- ▣ Supplements
- ▣ Insulin pumps
- ▣ Inhaler
- ▣ EpiPen or equivalent

CEDAR CREST SPORTS MEDICINE

- Paperwork: Rankone is the system used to collect forms
- PIAA CIPPE forms- all forms must be completed and submitted for an athlete to be cleared to begin practice.
- Physicals are only good for this school year ending May 31, 2023

CEDAR CREST SPORTS MEDICINE

- ▣ Medical Equipment /Braces
- ▣ Crutches,
- ▣ Braces : ankle, wrist, knee, elbow, etc.
- ▣ Ace wraps

*If you receive these items, please return them to that athletic trainers after you are no longer using the items.

CEDAR CREST SPORTS MEDICINE

- ▣ Questions Comments or Concerns
 - ▣ Thank You

▣ **GO FALCONS**