



We Are Prior Lake!

August 16, 2021

Fall PAC Meeting 2021

# Activities Department



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# Laker Purpose



**We are an education based co-curricular program**

**We are an extension of the classroom**

**We emphasize growth & development**

**We reward effort not just winning**

**We give permission to fail**

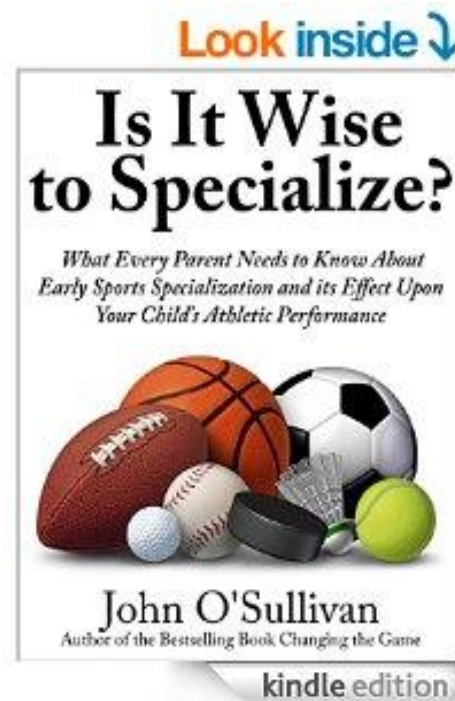
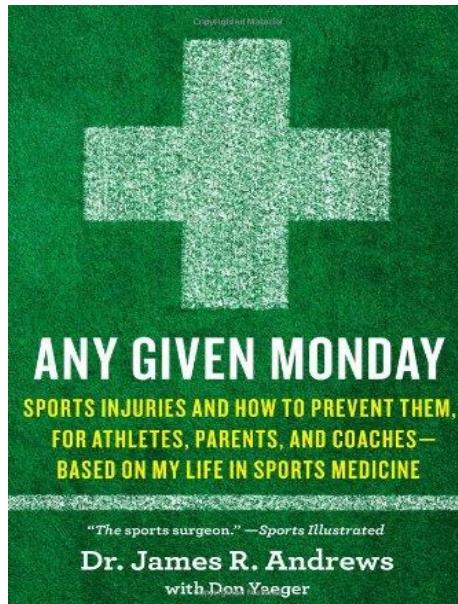
**We focus first on human beings and second on human doings**

**We prepare the person, not the path**

# Laker Purpose



- Student-athletes should be MULTI-SPORT athletes. We encourage all students to be involved in at least two seasons of athletics, if not three. As a department, we will encourage all of our students to go out and participate in other educational athletic opportunities throughout the year.



# Laker Purpose



## Dr. Andrews & John O'Sullivan's Findings/Recommendations

- Children who specialize in a single sport account for 50% of overuse injuries in young athletes.
- Children who specialize early in a single sport have higher rates of adult physical inactivity.
- Early specialization is one of the strongest predictors of injury. In one study, athletes who specialized were 70-93% more likely to be injured than children who played multiple sports.

# Laker Purpose



## Dr. Andrews & John O'Sullivan's Findings/Recommendations

- Children who specialize early are at a far greater risk for burnout due to stress, decreased motivation and lack of enjoyment
- Early sport specialization in female adolescents is associated with increase risk of anterior knee pain disorders which may lead to higher rates of future ACL tears.

# Laker Purpose



## Joe Mauer, USA Today



Played 3 sports in high school, only high school athlete to be named All-USA Player of the Year in two sports  
“I think kids are specializing way too soon. Playing basketball and football really helped me in baseball, doing different movements and seeing different situations helped out. I think once you get to the college level, you have to specialize. Being a quarterback at Florida State would be a full-time job. It would be difficult to do baseball and football in that situation. But as far as high school, I played three sports and it seemed to work out pretty good.”



## COVID PROTOCOL

- Positive test = 10 day quarantine from 1<sup>st</sup> day of showing symptoms
  - Must follow MSHSL return-to-play protocol and provide doctor's note indicating ok to return
- Household exposure but vaccinated = return to play immediately
- Household exposure but not vaccinated = 14 day quarantine
- Exposure outside of household = not requiring quarantine regardless of vaccination status
- If a positive case occurs on a team, team members and families will be notified
- Masks are required to be worn on school buses, per federal mandates governing public transportation
- Various policies and mandates will exist at away games and competitions – coaches will notify athletes of these



**Liz Cervenka**  
**Certified Athletic Trainer**  
**Prior Lake High School**

**[lizcervenka@tcomn.com](mailto:lizcervenka@tcomn.com)**

**952.270.6899**

**Team Physician: Neil Johnson, MD**

Fall PAC Meeting

# What is the role of the Athletic Trainer?

- Prevention
- Evaluation
- Treatment
- Rehab
- Return to Play

...of musculoskeletal injuries and concussions. My goal is to return the athlete back to play as soon as safely possible. Not to having them sitting out.

# Athletic Training Room

- Camp
  - Week 1: 7am-3pm
  - Week 2: 7am-3pm MTW, TH/F TBD
- Fall Hours 3:00pm-5:30pm
  - Will close early for event coverage
  - Pre-practice/Pre-Game prep
  - Injury follow up
  - New Injuries
- Location
  - Hallway between boys/girls athletic locker rooms



# TCO Burnsville

Contact Liz for help getting to the right provider for the injury.

## Orthopedic Urgent Care (Walk-In Clinic)

- 8am-8pm 7 Days a week
- Burnsville, Eagan, Edina

# MSHSL Bylaw 107.00



- **If your son/daughter is seen or treated by a physician or chiropractor for an injury or serious illness, they must bring a written note from the provider that clears to return to participation.**
- This is for student protection as well as to keep everyone informed as to the athlete's readiness to return to participation.

# Concussion Testing

- Baseline testing
  - Tool used to determine brain function during normal conditions
  - Approx. 30 minute computerized test
  - Retake baseline every 2 years
  - Cost: Free



# Concussion Testing

- Post Concussion Testing
  - Taken only if a concussion has been diagnosed by appropriate health care provider
  - Taken once symptom free
  - Not used to diagnose a concussion
  - Used to determine if athlete need to be out of activity/contact longer. Not used to return athlete back faster.
  - Cost: Free

# Fall Concussion Testing Dates

- TBD
  - Week of 30<sup>th</sup>. Early afternoon before practice.
- Location: 3<sup>rd</sup> Floor Testing Center
- First Come, First Served. Group starts together. If you arrive after instructions have been given, you will have to wait until the next session.



# Return to Play Protocols

Graduated return to play progressions are followed after injury/concussion/significant illness including COVID

# Contact Info

plhsactivities.org

- Training Room tab
  - [lizcervenka@tcomn.com](mailto:lizcervenka@tcomn.com)
  - Cell: 952.270.6899
  - Training Room: 952.226.8694

Effort is made to contact parent/guardian regarding injury and plan

Communication is vital. Please contact me if you have any questions or concerns.

# Chain of Communication



Student-athlete to coach

Parent & athlete to coach

Parent & athlete to Head Coach

Parent & athlete to AD

Parent to Building Principal

**Focus will be on the well-being of the student-athlete and the good of the team.**



# Athlete Accountability

- Attendance
- Behavior
- Academic Integrity
- Chemical

# Attendance



- In school all day, unless pre-excused by parent(s), in order to practice or play that evening.
- Pre-excused absences - doctor, dentist, funeral, college visit. Please notify **Activities and Attendance Offices in advance. (Email please)**
- No sleeping in the morning after a game/event!
- Too sick to come to school = too sick to play!



# Social Media

- Before I make a post, I pledge to ask myself:
- Who will see what I posted?
- Will anyone be offended, embarrassed or hurt by it?
- Am I proud of what I'm posting?
- How would I feel if someone posted it about me?
  
- Any types of posts that are related to school, harmful to students, or cause a disruption in school are subject to potential consequences.

# Academic Eligibility



\*Coaches have access to each players' grades and attendance.

\*Failure at a marking period results in academic probation.

- Mid Term grade Check October 8<sup>th</sup>
- A failing grade will result in probation

\* If student is still failing a class after two weeks, they will be ineligible until passing all classes.

- Grade check on October 22<sup>nd</sup>
- If Student is still failing any class, they'll be ruled ineligible

\*Student meets with teacher to develop a plan and timeline to address the failing grade.

\*Weekly progress from teacher.

# Chemical Eligibility



- Students shall not use or consume, have in possession, buy, sell, or give away tobacco, alcohol, other controlled substances, or drug paraphernalia.
- Possession – to have in locker, bag, car, on your person, or in residence.
- Applies 12 months a year.
- Applies continuously from the first signing of MSHSL Eligibility Form.
- Includes the use of E-Cigarettes (nicotine delivery system).



## Chemical Eligibility: 1<sup>st</sup> Violation



- **1<sup>st</sup> Violation**- Student will be ineligible for **25% of the number of consecutive interscholastic contests.**
- As a team member during ineligibility, athlete must attend practices, meet team and coaches expectations, and **complete the season.**
- **Violation may result in loss of post season awards and honors** and will disqualify student from any leadership positions (11<sup>th</sup> & 12<sup>th</sup> grade).

## Chemical Eligibility: 2<sup>nd</sup> Violation



- **2<sup>nd</sup> violation**- Ineligible for **50% of the number of consecutive interscholastic contests.**
- Athlete may choose to continue practicing with the team while serving 12 month suspension



## PARENTS – They need you!

- Research shows parents are a leading influence when it comes to youth choosing not to use alcohol or drugs.
- Help your son/daughter with planning and thinking things through. Keep conversations going. Stay connected.
- Actions speak louder than words. Try to role model healthy, safe choices. Asking for help is a sign of strength.



**A mom is making eggs for her teenage boy for breakfast, as he walks in.**

"Mom, don't burn them! Careful! Careful! Don't mess up, don't let them burn. You are going to mess up. Be careful! CAREFUL!"

**Finally the mom snaps.**

"I know what to do. I've cooked eggs before!"

"I know Mom, I was just trying to show you what it's like when I am playing soccer."

*Unknown*

**WEGOTPLAYERS**



- Based on psychological research, the three healthiest statements moms and dads can make as [kids] perform are:
- **Before the Competition:**
  - Have fun.
  - Play hard.
  - I love you.
- **After the competition:**
  - Did you have fun?
  - I'm proud of you.
  - I love you.
- - See more at: <http://fulleryouthinstitute.org/blog/the-only-six-words-parents-need-to-say-to-their-kids-about-sports-or-any-per#sthash.5Lqnl6fa.dpuf>

# Fall Kick Off at Charlies



Tuesday, August 24<sup>th</sup> from 4:00-8:00 PM

Proceeds go back to the general LABC Account!

Join us!!!

- State Farm Joe O'Connor
- Berkshire Hathaway Home Services, Jeff Young
- Classic Gymnastics
- Lakeside Family Eye Care
- Olson Dental
- Eileen's Cookies
- Speiker and Company



# Break Out Sessions

- VB: Stay in Gold Gym
- Football: Auditorium
- Boys Soccer: Band Room
- Girls Tennis: F211 (lecture hall)
- Girls Swim/Dive: Commons
- Boys CC: Room A112 (IT Wing)
- Girls CC: G216 A & B – multi-purpose room near main office