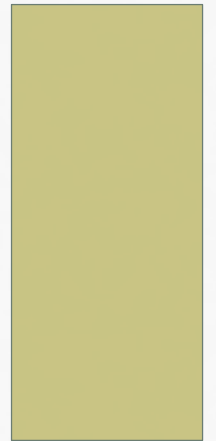




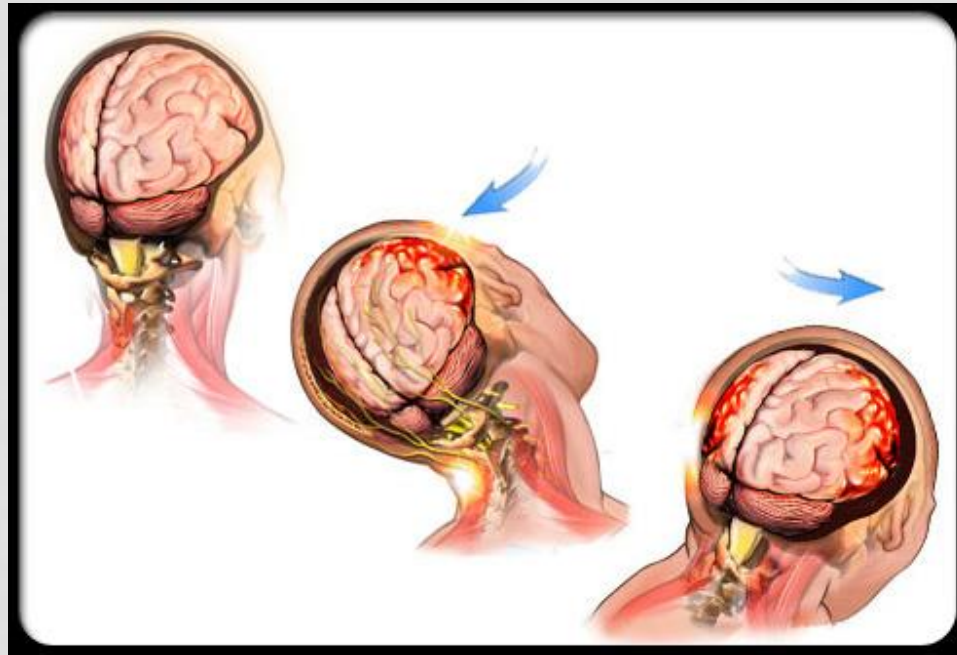
ATHLETE/PARENT MEETING

FALL 2017

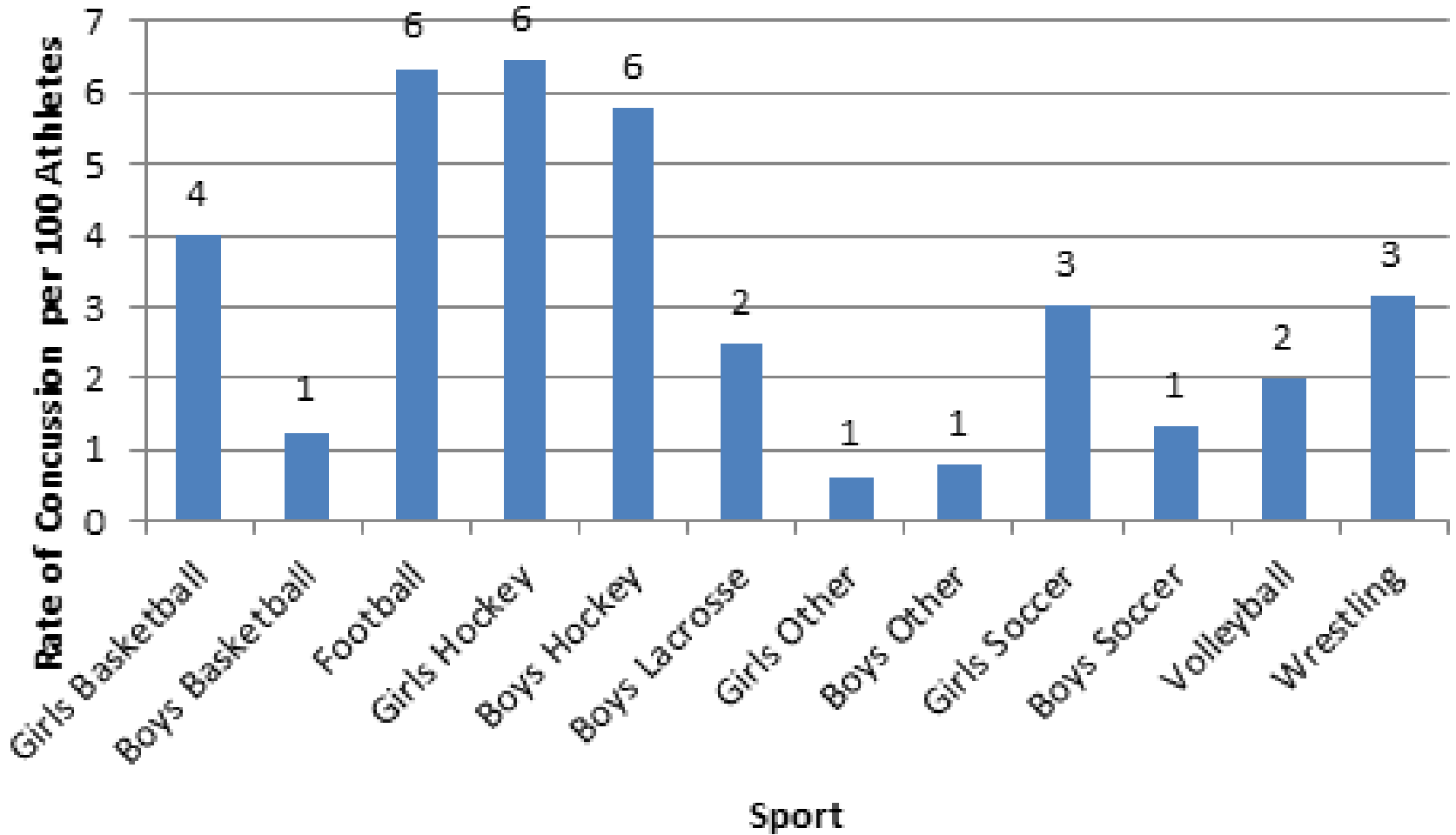


Concussion Info

- Concussion is considered a milder form of a traumatic brain injury.
 - Can be severe: Long periods of unconsciousness, coma, or death.



CONCUSSION RATES



WHAT IS CTE?

- **Chronic Traumatic Encephalopathy**
- The brain progressively starts to break down due to a protein that clumps and kills brain cells
- Long term memory problems, aggressiveness, depression, impulsivity, early onset dementia
- Caused by repeated subconcussive hits to the head
- Most research on NFL/collegiate



CTE DAMAGE



HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  **Get a headache**
-  **Feel dizzy, sluggish or foggy**
-  **Be bothered by light or noise**
-  **Have double or blurry vision**
-  **Vomit or feel sick to your stomach**
-  **Have trouble focusing or problems remembering**
-  **Feel more emotional or "down"**
-  **Feel confused**
-  **Have problems with sleep**

Concussion symptoms usually show up right away, but you might not notice that something "isn't right" for hours or days. A concussion feels different to each person, so it is important to tell your parents and doctor how you are feeling.

HOW CAN I HELP MY TEAM?



PROTECT YOUR BRAIN.

Avoid hits to the head and follow the rules for safe and fair play to lower your chances of getting a concussion. Ask your coaches for more tips.



BE A TEAM PLAYER. You play an important role as part of a team. Encourage your teammates to report their symptoms and help them feel comfortable taking the time they need to get better.

WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?



REPORT IT. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.



GIVE YOUR BRAIN TIME TO HEAL.

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

WHY SHOULD I TELL MY COACH AND PARENT ABOUT MY SYMPTOMS?

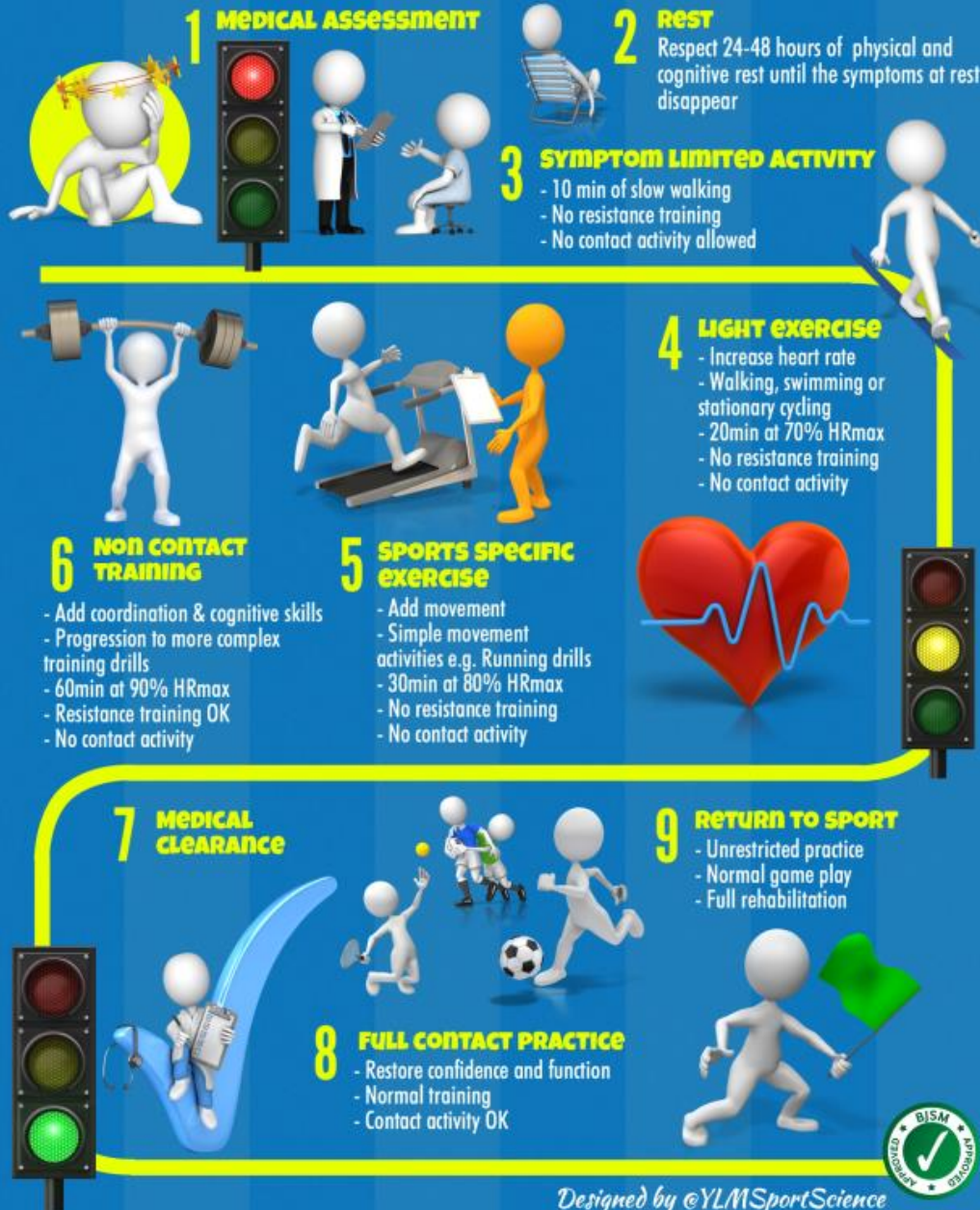
- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.



CONSENSUS STATEMENT ON CONCUSSION IN SPORT

Reference: by McCrory P. et al. BJSM 2017

GRADUATED RETURN-TO-SPORT STRATEGY



When can I return?

- There should be at least 24 hours (or longer) for each step of the progression.
- If any symptoms worsen during exercise, the athlete should go back to the previous step.

WESTOSHAFALCONS.ORG



JOIN LOGIN

FALCONS ATHLETICS

CENTRAL HIGH SCHOOL

[Home](#) [FALL](#) [WINTER](#) [SPRING](#) [ATHLETIC HALL OF FAME](#) [SPORTS CALENDAR](#) [CHS BOOSTER CLUB](#) [CHS APPAREL](#) [MORE ▾](#)

LL
d
0PM

BOYS JV1 GOLF
(H) vs Waterford
Today @ 3:30PM

BOYS VARSITY GOLF
(A) vs Badger High School, Del...
Thursday Apr 20 @ 1:00PM

BOYS JV1 GOLF
(A) vs Wilmot Union, Badger Hi...
Thursday Apr 20 @ 3:00PM

BOYS VARSITY TRACK
(H) vs Wilmot Union, Waterford..
Thursday Apr 20 @ 4:00PM

GIRLS VARSITY TRACK
(H) vs Wilmot Union, Waterford..
Thursday Apr 20 @ 4:00PM

BOYS VARSITY TE...
(A) vs Elkhorn A...
Thursday Apr 20



Defensive Driving Specialists

IS YOUR TEEN PREPARED?

CONTACT US: ALAN MUSILEK | 262.210.1960 ▶

"WHERE LIFE TAKES PRIORITY OVER A LICENSE."



ANNOUNCEMENTS

× Close Ad

March 2017 - Spring Sports Practice Schedule
Posted 1 month ago @ 2:04PM


[Athletic Hall of Fame](#)


SPORT INFORMATION


VARSITY FOOTBALL ★ Fall 2017

[SCHEDULE](#) [COACHES](#) [ROSTER](#) [SUMMARIES & HEADLINES](#) [NEWS](#) [PHOTOS](#) [CAMPS](#) [TEAM INFORMATION](#)










Upcoming Games

 **Tuesday Aug 1 @ 7:00AM (H)**
vs TBD


 **Friday Aug 11 @ 1:00PM (A)**
vs Milwaukee Hamilton

 **Friday Aug 18 @ 7:00PM (A)**
vs Milwaukee Washington

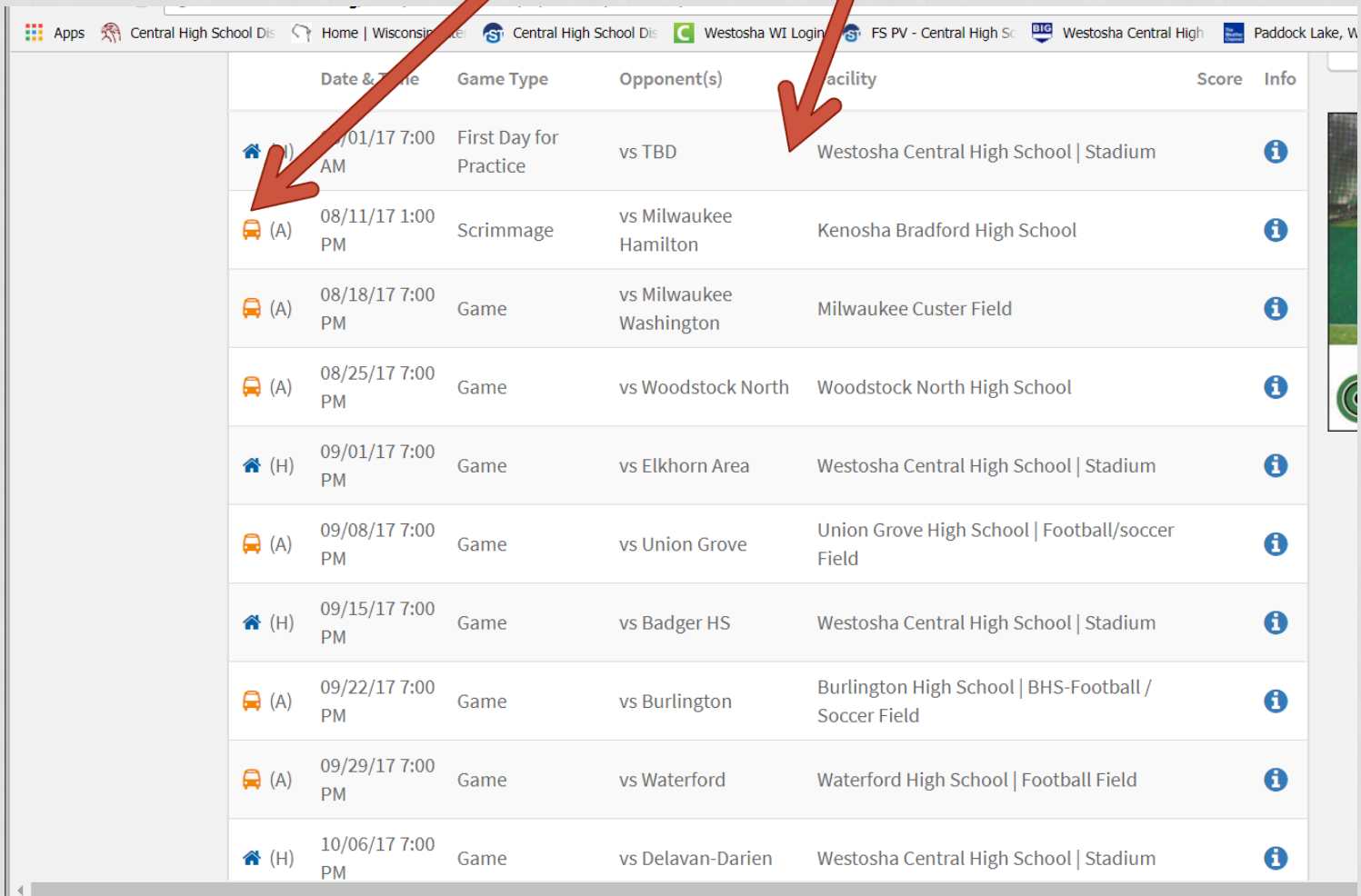
Full Schedule





















Key:  Home  Away  Practice  School  Other  Scrimmage  Try Outs  Postponed  Cancelled

The schedule below comes to this site from rSchooltoday. To view the original calendar please [click here](#).

Date & Time	Game Type	Opponent(s)	Facility	Score	Info
08/01/17 7:00	First Day for	TBD	W... C... H... C... H... C...		

Bus Times/Schedules



	Date & Time	Game Type	Opponent(s)	Facility	Score	Info
	08/01/17 7:00 AM	First Day for Practice	vs TBD	Westosha Central High School Stadium		
 (A)	08/11/17 1:00 PM	Scrimmage	vs Milwaukee Hamilton	Kenosha Bradford High School		
 (A)	08/18/17 7:00 PM	Game	vs Milwaukee Washington	Milwaukee Custer Field		
 (A)	08/25/17 7:00 PM	Game	vs Woodstock North	Woodstock North High School		
 (H)	09/01/17 7:00 PM	Game	vs Elkhorn Area	Westosha Central High School Stadium		
 (A)	09/08/17 7:00 PM	Game	vs Union Grove	Union Grove High School Football/soccer Field		
 (H)	09/15/17 7:00 PM	Game	vs Badger HS	Westosha Central High School Stadium		
 (A)	09/22/17 7:00 PM	Game	vs Burlington	Burlington High School BHS-Football / Soccer Field		
 (A)	09/29/17 7:00 PM	Game	vs Waterford	Waterford High School Football Field		
 (H)	10/06/17 7:00 PM	Game	vs Delavan-Darien	Westosha Central High School Stadium		

What do I need to play?

- **Online forms**

- Go to the westoshafalcons.org website

- **Copy of an up-to-date physical
(4/1/16 or more recent)**

- Easiest to get one Freshmen and Junior year
 - Walk-in clinic
- 3 Options (hard copy, upload, or email)

- **\$50 Athletic Fee – Entire Year**

- National Average - \$375 per sport
- KUSD - \$75 per sport per season

PHYSICAL FORM AND REGISTRATION

FALCONS ATHLETICS
WESTOSHA CENTRAL HIGH SCHOOL

FALL WINTER SPRING ATHLETIC HALL OF FAME SPORTS CALENDAR CHS BOOSTER CLUB CHS APPAREL MORE

BOYS VARSITY BASKETBALL
RECORD: 20 - 6


SCHEDULE COACHES ROSTER SUMMARY

FALCON PRIDE

GAME SUMMARIES

FRESHMEN/NEW STUDENTS




Home Registration ▾ Other Forms ▾ Schedules ▾ Sign-In



• • ○ • •

Homepage

Parents, Complete Your Athletics Registration Online!

 SPORTS  Fine Arts 

Please click register button at the top of the webpage or the green button on the right **IF A NEW ATHLETE**. If you are a **RETURNING ATHLETE** please select the **"Sign-In"** option on the **RIGHT SIDE AT THE TOP** of the page. A form will need to be completed for each child.

Please read and follow these steps carefully to be fully registered. **IMPORTANT:** You are only registered once ALL steps are completed.

Step 1: Physical examinations taken April 1 and thereafter are valid for the following two school years; physical examinations taken prior to April 1 are valid only for the remainder of that school year and the following school year. This means any physical prior to April 1, 2014 will not be accepted for the 2015-2016 school year.

REGISTER NOW

Quicklinks

[WIAAWI](#)

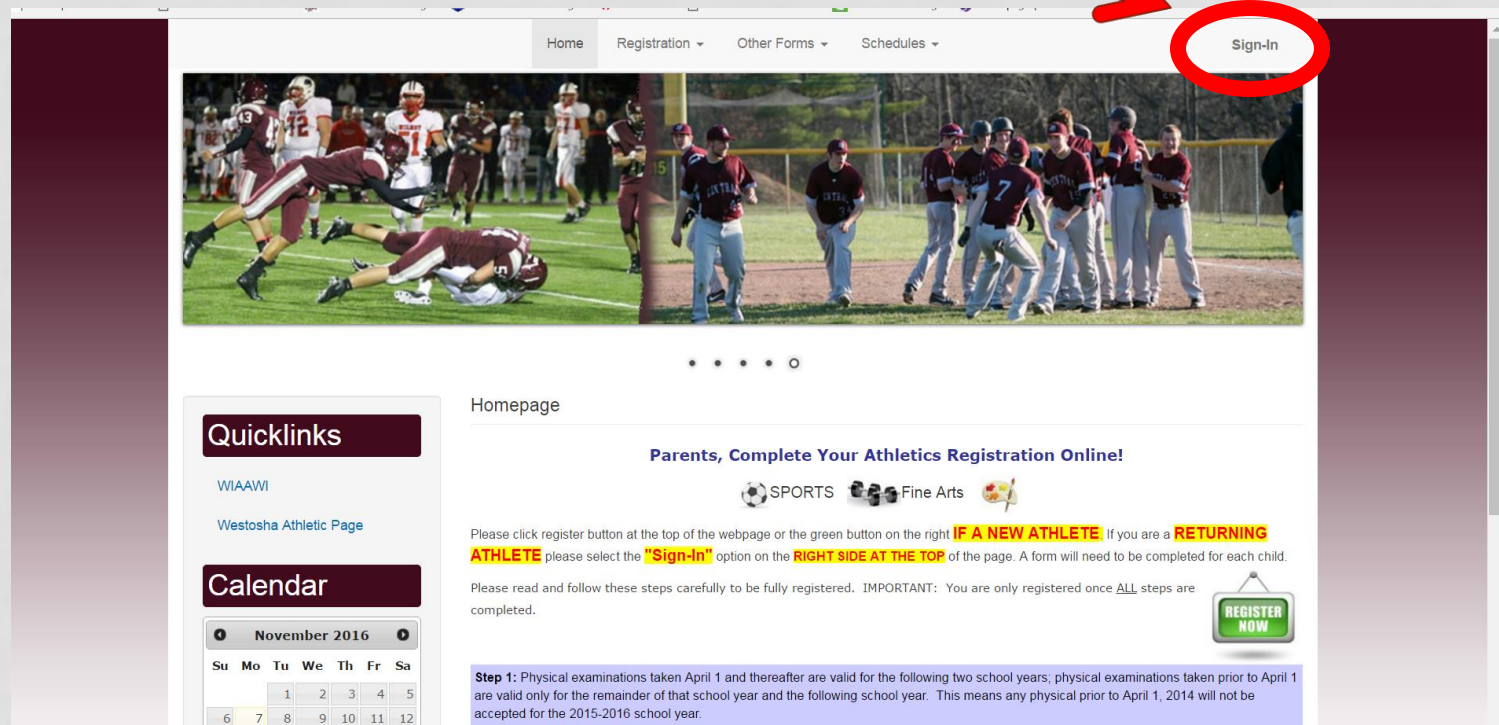
[Westosha Athletic Page](#)

Calendar

November 2016

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12

RETURNING PLAYERS



The screenshot shows a website with a navigation bar at the top containing 'Home', 'Registration', 'Other Forms', and 'Schedules'. The 'Sign-In' button is circled in red and pointed to by a red arrow from the title above. Below the navigation bar is a large image of a football game. Underneath the image is a 'Homepage' section with a heading 'Parents, Complete Your Athletics Registration Online!' and icons for 'SPORTS', 'Fine Arts', and 'Arts'. The main text reads: 'Please click register button at the top of the webpage or the green button on the right **IF A NEW ATHLETE**. If you are a **RETURNING ATHLETE** please select the **"Sign-In"** option on the **RIGHT SIDE AT THE TOP** of the page. A form will need to be completed for each child. Please read and follow these steps carefully to be fully registered. IMPORTANT: You are only registered once ALL steps are completed.' A green 'REGISTER NOW' button is visible on the right. A 'Calendar' widget for November 2016 is on the left, and a 'Quicklinks' section contains 'WIAAWI' and 'Westosha Athletic Page'. A blue box at the bottom contains the text: 'Step 1: Physical examinations taken April 1 and thereafter are valid for the following two school years; physical examinations taken prior to April 1 are valid only for the remainder of that school year and the following school year. This means any physical prior to April 1, 2014 will not be accepted for the 2015-2016 school year.'

- **Able to have student-athlete register in two minutes if previously registered.**
 - Have the student go to the Athletic Office
 - Questions – Please call CHS Athletic Office

Handbook Information

- **Article I violations – Illegal Activities**

- Penalty Table
- 20 hours of school service

- **Article II Violations**

- Extra-curricular participants will be suspended from participation or conduct contrary to the ideals, principles, and standards of Westosha Central High School and/or the WIAA. Examples include, but are not limited to:

1. Insubordination to his/her teachers, coaches, or advisors
2. Unexcused absences from practices, games, or activities
3. Truancy, unexcused and unverified absences from school
4. In school suspension (ISS)
5. Out of school suspension (OSS)

- All Article II violations accumulate until the participant completes one calendar year without an Article II violation.

- **Article II Consequence(s)**

- **First Offense:** One game or event suspension
- **Second Offense:** Two game or event suspension
- **Third Offense:** Penalty Calculation Table

Handbook Information

- **Friday Absence**

- If a student is absent and the following day there is no school, the athlete is excluded from competition (absent Friday and Saturday game)
 - Includes wrestling meets & basketball games

- **School Attendance**

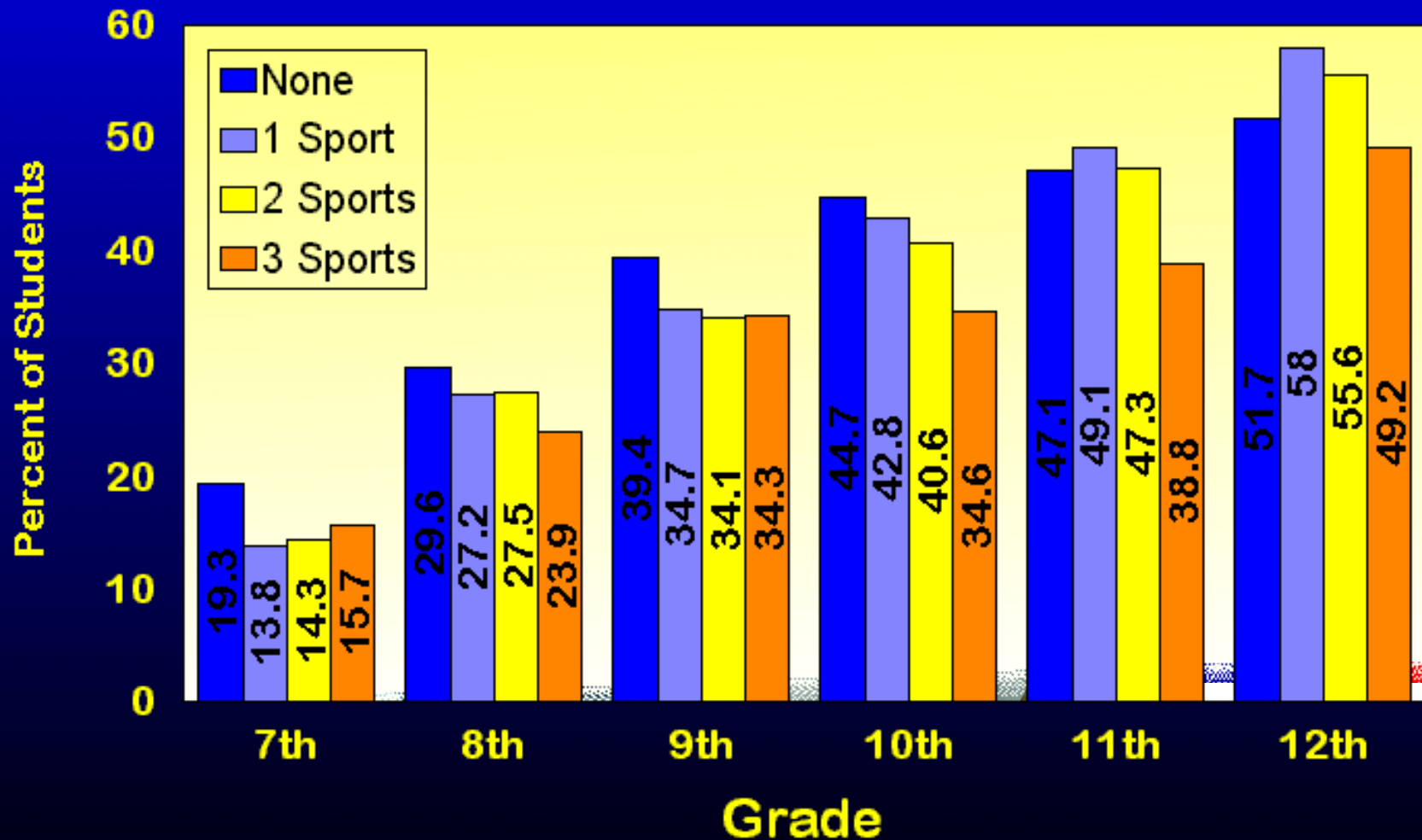
- Must be in school by 8:00 a.m. to practice or play that evening.
 - Senior skip day(s)

ACADEMIC ELIGIBILITY

- Each semester, academic eligibility checks will begin the first Thursday following **20 school days** and every Thursday after that until the end of the semester.
- **Students having grades of 70% or higher are academically eligible** until the following week's grade check.

Monthly Alcohol Use

Percent of Students Reporting Alcohol Use in the Past Month



GRADES BELOW A 70%

For students having any grades lower than 70% and a **cumulative GPA** below a 3.25, the following will happen (freshman after 1st semester):

- An email will be sent to the student, parent, coach/advisor indicating the student is not academically eligible based on score in the class(es) and **will be considered ineligible starting the following Monday through Sunday.**

Westosha Booster Club

The screenshot shows the website for Westosha Central High School's Falcons Athletics. The main header features the school's logo and the text "FALCONS ATHLETICS WESTOSHA CENTRAL HIGH SCHOOL". A navigation menu includes links for "FALL", "WINTER", "SPORTS CALENDAR", and "CHS BOOSTER CLUB", which is highlighted by a red arrow. Below the menu, there is a grid of sports events. A sidebar on the right contains social media icons for Facebook and Twitter, and a vertical menu with a plus sign. Below the main content area, there are two advertisements: one for "Defensive Driving Specialists" and another for "Work From Home" opportunities.

SPORTS CALENDAR	CHS BOOSTER CLUB	PHOTOS	MORE			
VARSITY FOOTBALL (H) vs TBD Tuesday Aug 1 @ 7:00AM	FRESHMAN FOOTBALL (H) vs TBD Tuesday Aug 1 @ 7:00AM	JV FOOTBALL (H) vs TBD Tuesday Aug 1 @ 7:00AM	GIRLS VARSITY GOLF (H) vs TBD Monday Aug 7 @ 11:00AM	GIRLS JV GOLF (H) vs Tuesday Aug 8 @ TBD	GIRLS VARSITY SWIMMING (H) vs TBD Tuesday Aug 8 @ TBD	GIRLS VARSITY GOLF (H) vs TBD Tuesday Aug 8 @ TBD

Defensive Driving Specialists
IS YOUR TEEN PREPARED?
CONTACT US: ALAN MUSILEK | 262.210.1960
"WHERE LIFE TAKES PRIORITY OVER A LICENSE."

WORK FROM HOME
SUPPORT YOUR SCHOOL BY SELLING ADS
• Enjoy a flexible schedule
• Receive 40% commission per ad sold
• Help your local school earn revenue
CLICK TO LEARN MORE

CHS BOOSTER CLUB SPONSORSHIP



BOOSTER NEWS

A BOOSTER CLUB UPDATE FOR CHS FALCON FANS!

Dear Falcon Families & Supporters,

The Central High School Booster Club is proud to support CHS athletics--more than 15 teams--each school year! Our outstanding success is made possible by CHS Booster Club supporters like YOU!

Throughout the decades, our mission remains the same: bringing advantages to CHS athletes and building positive community relationships. We invite you to learn more about CHS Booster Club and become a Booster Club sponsor this year! Your sponsorship will include a membership card & benefits detailed below!

Sincerely,

Margie Blair

Margie Blair
CHS Booster Club co-president

Mary Sue Lux

Mary Sue Lux
CHS Booster Club co-president

FOLLOW US!

Facebook: Westosha Central Booster Club

Twitter: @CHS_BoosterClub

@Westosha CHS

CHECK OUT ALL WE DO!

★ CONCESSIONS

Our largest source of annual revenue. Support Booster Club by grabbing a snack or dinner at your next game!

★ SPIRITWEAR

Be an official Falcon Fan! CHS spiritwear is available for purchase at home games.

★ COMMUNITY OUTREACH

Booster Club sponsors Homecoming festivities, feeder school promotions, alumni relations, and more!

★ ATHLETIC EQUIPMENT PURCHASES

Booster Club allocates more than **\$50,000** annually to our fifteen CHS athletic teams!

★ ATHLETE SCHOLARSHIPS

Your CHS Booster Club awards annual scholarships to top senior athletes.

★ PRINTED SPORTS PROGRAM

Get the scoop on your team! Our program is published seasonally and features team photos & rosters.

OUR 2015-16 SUPPORT OF CHS SPORTS:

WRESTLING MATS / TRACK HURDLES / CHEERLEADING UNIFORMS / SOCCER UNIFORMS
VOLLEYBALL WARM-UPS / BASKETBALL EQUIPMENT / TENNIS UNIFORMS / TRACK WARM-UPS

★ REGISTER TODAY:

- YES!** Please count me in as a CHS Booster Club sponsor!
Please make checks payable to Central High School Booster Club.



\$25 SPONSOR ★

- EACH SPONSORSHIP INCLUDES:**
- Recognition in 2016-17 sports programs
 - Entry in raffles at selected home events
 - Spiritwear & concessions vouchers

WHY BE A SPONSOR?

- **Football**

- New end zone camera & headsets

Wrestling

- New singlets and competition mat

- **Boys Basketball**

- New uniforms, travel suits and balls

- **Girls Basketball**

- New uniforms, travel suits and balls

- **Girls Soccer**

- New uniforms, travel suits and bags

SENIOR BANNERS



- \$60 per banner
- Displayed by the field – please email Mr. Lindh or Mrs. Nutting if interested

CONNECT WITH @WESOTHACHS

CONNECT W/ CHS

Twitter

Tweets by @WestoshaCHS



WestoshaCHS

@WestoshaCHS



Congrats to the 2016 WIAA Sectional Champs!!

The girls swim team was undefeated this year in conference dual... fb.me/7jbeoifXR



2m



WestoshaCHS

@WestoshaCHS



Thanks to the student volunteers that helped to prepare to distribute turkey dinner fixings and groceries to over 350 families in need.



[Embed](#)

[View on Twitter](#)



THANK YOU!!!

