



Softball 2019
Spring Season Packet

WHEN?

Those expressing interest in participating on the Softball team shall attend our two-day tryout on **Monday March 18 and Tuesday March 19**. Depending on the weather, the try-out location may be indoors or outdoors. All participants will be notified in advance of the location of the tryout.

WHO CAN PARTICIPATE?

Students in grades 7 - 12

HOW MANY TEAMS ARE THERE?

There will be a Varsity softball team. Depending upon amount of interest in participation and skill level, there may be a sub-varsity softball team. Cuts may need to be made depending on amount of participation and skill level. Teams will be determined after try-outs.

WHAT DO YOU NEED?

1. Signed athletic participation waiver form.
2. Completed concussion awareness form. Both the student and a parent/guardian must take the NFHS or CDC online concussion course and sign the form as proof of successful completion. If you have taken one within a year of the softball program, please inform date completed.
3. Completed pre-participation head injury form. Must be signed by both the student and a parent/guardian.
4. Updated physical form on file with the school. This means you need to have had a physical within **13 months of the last day of the season**, and it must be on file in the nurse's office.
5. Equipment/attire. Students should wear proper sneakers and athletic attire fit for participating on a synthetic carpeted indoor facility. Cleats can be worn outside on the grass field. A long-sleeve or sweatshirt could be beneficial with cooler temperatures.
6. User Fee Deposit: A deposit of \$175.00 is required to participate in the tryouts. After your child has been assigned to a team, you will be asked to pay the remaining balance if necessary. Here is the fee for each team:

Varsity - \$200.00

Junior Varsity/Middle School - \$175.00

The money is used to contribute towards transportation, equipment, facility rental, and referee costs.

WHAT SHOULD I DO WITH THESE FORMS?

In order to participate on the Softball team, please drop off the forms at Rising Tide, with Mrs. Kincade, Athletic Director, or at the front office at the Middle School or Upper School.

Forms are due Friday March 8.

More Details:

- Team practices will start at 3:30pm and Home Games will start at 4:00pm. Depending on the facility, practices will end at 4:30 pm or 5:00 pm during the season. Practices will be held at multiple facilities including:
 - a. Stephens Field - *Union Street, Plymouth*
 - b. Rising Tide Field - *59 Armstrong Rd.*
 - c. Team Mizuno Facility - *14 Apollo 11 Rd. #7*
 - d. 4 For 4 Facility - *100 Armstrong Rd.*
- Varsity teams will meet for practices and games Monday through Friday with possible rescheduled Saturday commitments. Sub-varsity teams will meet 2-5 days per week. The specific meeting dates will be posted on the athletics calendar with updates occurring daily if necessary. Varsity games will also be posted on *miaa.net*
- Transportation to practice and home matches will be provided by the school depending on the site location. All pick up after practice will be at the Softball facility.
- The Spring Softball Season runs from March 18 to May 27. If the team qualifies for the MIAA State tournament, the season will be extended until furthest advancement in the tournament. There is a vacation period of time where there may be a practice or game scheduled due to school/weather cancellations. If necessary for your child to miss practice/game over vacation, your child will not be penalized as long as proper notification is made to the coaching staff.
- A Parent communication email will be developed if there are any sudden changes in the schedule (such as a snow/rain cancellation). Please list the email addresses you would like to be part of this list if your child is selected on a team.

email: _____

email: _____

email: _____

**We will be hosting a meet the parents/coaches night on
Tuesday March 5th at 5:30pm at Rising Tide**



2018-2019 ATHLETIC PARTICIPATION WAIVER

Name of Student _____ Grade _____ Home Phone # _____

Address _____

Parent/Guardian's Name _____ Cell Phone # _____

Emergency Contact Person _____ Relationship _____

Emergency Contact Home Phone # _____ Cell Phone # _____

Participation in athletics can result in serious injury, even when measures have been taken to ensure safety. In the event of an injury the school will provide first aid, but all other treatment is the responsibility of the parent/guardian. Participating on an athletic team/club at Rising Tide is not required, and students do so on a voluntary basis with the permission of their parent(s) or guardian(s).

Families are required to pay a user fee for the clinic.

A student may be removed from the clinic at any point in the season if the grade-level team determines it is necessary. Students can be dismissed from the clinic for both academic and non-academic reasons.

A student will not be permitted to participate in any activities until s/he has a physical form on file with the school which has been completed within 13 months of the tryout date. A completed concussion awareness form, pre-participation head injury/concussion reporting form, and user fee must also be submitted before a student is allowed to participate in the tryout.

I hereby give permission for _____ to participate in the Rising Tide Athletics program.

Parent/Guardian signature

Date



CONCUSSION AWARENESS FORM

Dear Parents/Guardians:

As the prevalence and dangers of head injuries in athletics have become more evident, it is important for both student-athletes and their families to have a greater understanding of the issue. For the safety of our student-athletes, Rising Tide Charter Public School is requiring that both parents/guardians AND the student complete ONE of the following free online concussion courses. The completion of this course is required before your child tries out for an athletic team at Rising Tide. **It must be completed once per school year.**

Complete one of the online courses on concussion/head injuries. It should take less than 30 minutes to complete the course, including registration. **Please print a copy of the completion certificate and turn it in with this packet.**

- National Federation of High School Coaches Course, *Concussion In Sports - What You Need To Know*

<https://nfhslearn.com/courses?searchText=Concussion>

OR

- Centers for Disease Control Course, *Heads Up Concussion In Youth Sports*

http://www.cdc.gov/concussion/HeadsUp/online_training.html

Signing below acknowledges that you have successfully completed one of the online free sports concussion awareness courses.

Student-Athlete Name _____ Sport _____

Student-Athlete Signature _____ Date _____

Parent/Guardian Name _____

Parent/Guardian
Signature _____ Date _____



PRE-PARTICIPATION HEAD INJURY/CONCUSSION REPORTING FORM FOR EXTRACURRICULAR ACTIVITIES

This form should be completed by the student's parent(s) or legal guardian(s). It must be submitted to the Athletic Director in the Try-Out Packet prior to the start of each season a student plans to participate in an extracurricular athletic activity.

Student's Name	Sex
Date of Birth	Grade
School	Sport SOFTBALL
Home Address	Telephone

Has student ever experienced a traumatic head injury (a blow to the head)? Yes / NO

If yes, when? Dates (month/year): _____

Has student ever received medical attention for a head injury? Yes / No

If yes, when? Dates (month/year): _____

If yes, please describe the circumstances:

Was student diagnosed with a concussion? Yes_____ No_____

If yes, when? Dates (month/year): _____

Duration of symptoms (*such as headache, difficulty concentrating, fatigue*) for most recent concussion: _____

Parent/Guardian:

Name: _____ Signature/Date _____

Student Athlete:

Signature/Date _____