

2019  
to  
2020

**Athlos  
Academy  
Student-  
Athlete  
Handbook**

## **Student Athlete Handbook**

Athlos Academy Athletics  
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Herriman, UT 84096

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### **Handbook Highlights:**

- Parent Code of Conduct – Pages 4 - 7
  - Student Code of Conduct – Pages 7 – 8
  - Concussion Information Sheet – Pages 10 – 11
  - Consent and Liability Release – Page 12
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Athlos Academy is pleased to offer our middle students the opportunity to participate in Extra-Curricular Athletics. The purpose of this program is to aid in the development of Performance Character traits and physical well-being. It is our desire that students be given every opportunity to shine for themselves, their family, and for Athlos Academy.

### **Athlos Athletics Philosophy**

Athletics can play an important role in a student's school experience. Many lessons can be learned which assist in the development of performance character traits. Success must not be measured by wins and losses, but rather by the development of performance character traits, sport skills, and fitness.

It is imperative that parents and coaches both play a role in these development processes. Positive support and encouragement from each parent is crucial to help our athletes be successful. Parents are expected to set a positive example for their children and other athletes by respecting and supporting the program and coaching decisions that fall under the umbrella of the Athlos Athletics philosophy. All spectators are responsible to show respect for coaches, officials, athletes, administrators, and other spectators.

The information contained in this document should be read carefully and be agreed to by both the parents and student before the season begins.

### **2019 – 2020 Sports Available**

We have a great group of coaches that will direct our teams this year. AAU offers the following sports for 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders (team formation is contingent upon a minimum number of participants):

#### **Summer:**

- Girls' cross country
- Boys' cross country

#### **Fall/Winter:**

- Girls' basketball
- Boys' basketball
- Cheerleading

#### **Spring**

- Co-ed Ultimate Frisbee
- Co-ed Volleyball

### **Minimum Team Participant Policy**

In order for Athlos Academy of Utah to provide an opportunity for competitive and safe team experience for its student-athletes, a team must meet the minimum number of participants listed below. In the event that there is enough interest for two teams, a “developmental” team will be formed that will compete separately (schedule is the same).

Sport	Minimum number of participants
Girls' cross country	12 total boys and girls
Boys' cross country	
Cheerleading	12
Boys' basketball	8
Girls' basketball	8
Ultimate Frisbee	10

### **Uniforms and Equipment**

1. Your coach will inform you of the uniform expectations for each sport. Each athlete is expected to be in proper uniform for every game.
2. Treat all school equipment with care. Put all equipment in proper storage area after practice. It is here for your use. When it is lost or destroyed, it will then not be there for others to use. If you are found responsible for lost or destroyed equipment due to recklessness, you will be responsible for cost of replacement.
3. If you play on a team that has school uniforms your uniform must be returned at the end of the season. The uniform must be returned free of stains and clean.

### **Medical Information and Injury Procedures**

1. Report any injuries to your coach as soon as you are aware of them. If the injury is going to prevent the student-athlete from participating, then a doctor's note needs to be given to the coach.
  
2. AAU does not have athletic trainers or medical professionals on staff. In the event that an injury occurs, appropriate medical attention will be provided and/or called for at the discretion of the coaching staff present at the time of injury. Following an injury, a student-athlete will not be permitted to participate in practice or games without a medical release form provided by a medical practitioner. In the event that a coach or school representative feels that they must provide medical attention, Good Samaritan laws take effect.
  
3. Please see page 8 for information regarding concussion reporting.

### **Student Participation Fees**

There is a tremendous cost to operate an athletic program that is committed to excellence. All athletic fees are School Board appropriated and based on anticipated costs for the upcoming year. All fees must be paid **10 days** after the teams have been announced. Students participating in multiple sports will be eligible for a **10% discount** for their second and/or third sport. Free/reduced lunch students are also eligible for a discount and should contact the Lead Athletic Coach or School Office for more information. If you have questions or concerns about fees, please see the Lead Athletic Coach or School Director.

Sport(s)	Fees Last Year	2019-20 Fees**
Cross Country	140.00	140.00
Cheerleading	180.00	12-15 athletes: \$180 16-20 athletes: \$160 21+ athletes: \$140
Basketball	190.00	8-14 athletes: \$210 15-18 athletes: \$190 19-23 athletes: \$160 24+ athletes: \$150
Ultimate Frisbee	N/A	10-14 athletes: \$70 15-18 athletes: \$60 19-22 athletes: \$50 23+ athletes: \$40

\*\*If there is an estimated surplus from fees for a given sport, the Lead APC may reduce the fees to the next lowest level\*\*

### **Parent Code of Conduct**

Parents are an essential part of the success of any athletic program. Moreover, the support and encouragement you show your child is paramount to a positive athletic experience. The athletics program will also need your support. Parents may be needed to keep score, run the score clock, be line judges, etc. Your cooperative and enthusiastic support will be greatly appreciated.

### **Standards and Expectations**

1. Encourage your child to push their limits, set goals, respect their opponent, and respect their coach's decisions.
2. Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every competition. If continued disrespect is shown towards officials, other parents, coaches, student athletes, or administration, you may be asked to leave the premises. In this event, a refund will not be offered.
3. Place the emotional and physical well-being of the participants above any personal desires and refrain from comments or actions that are intended to bait, embarrass, intimidate, or anger others.
4. Keep all comments from the stands positive.
5. Promise to help your child enjoy their extra-curricular experience within your individual constraints. This includes but is not limited to providing encouragement and support, offering rides, donating your time, etc.
6. Teach your child to respect their coach by offering your support of the coaching staff and the Athlos Athletics Philosophy.
7. Communicate any issues with the head coach in a clear, level headed manner. Remember that sometimes children embellish and may only see their side of the story. Try your hardest to approach communications with your child and the coach without emotion.
8. Remember that middle school athletics are meant to be developmental. Wins are nice, but they are not the goal of the program.

### **Transportation**

1. Transportation to and from games and practices must be provided by a parent or guardian. If a parent or guardian is unable to transport their child, another family may transport the athlete as long as written authorization is provided by a parent/guardian.
2. Athletes must be picked up or walk home within 10 minutes after dismissal from practice or competition.

### **Communication Guide**

1. Both parents and coaches have extremely difficult jobs. Because of this, it is important that each party understand their role and empathize with the other party's role. By establishing this understanding, we are better able to accept the actions of the other and provide greater benefit to the students. Remember that as coaches, we have the well-being of each team member under our umbrella of responsibility.

2. Evaluation of skills and the athletic contribution to the team is the responsibility of the coach. With respect to the evaluation process and playing time, input from parents will not influence the coach's decision making. However, as the parent you have a right to understand what expectations are placed on your student when they are involved in our athletic program. This handbook is intended to help explain those expectations.
3. If a conflict or misunderstanding between an athlete and a coach occurs, learning to resolve it is an important educational experience for the athlete. Parents should react slowly. Children tend to exaggerate at times, leave out part of the story, or present a skewed version of an incident. Taking responsibility for your part in a conflict is a learned skill that requires maturity and honest self-reflection. Athletes vent frustration at the dinner table expecting mom and dad to take their side of the issue. Parents, however, realize that they were not present at practice to see how their child behaved, related to the coach, or to evaluate his or her skill and effort. Parents should always seek more information before drawing conclusions. The most productive long-term help a parent can give a child in awkward situations with a coach is to teach and model the skills of conflict resolution. Help your child resolve his or her own differences.
4. If a question or concern arises that requires communication, please first contact your child's coach. After competition players, coaches, and parents all tend to be emotionally charged. As a result, we ask that you please schedule a meeting with the coach the day(s) after a competition, if the need arises. If you have met with the coach and the issue is still not resolved, then you may schedule a meeting with the Lead Athletic Coach/School Director and the team coach.

### **Facilities**

1. Inappropriate activity which could result in injury to individuals or damage to equipment or property will not be tolerated. Student athlete and spectator behavior should reflect this attitude. This also includes guest schools' facilities. Failure to abide by these rules could result in immediate dismissal from the team or event.
2. During home events, please keep off the turf area. This includes guests that accompany you to the event, including children. Not only do we want to keep our turf and facilities in the best possible shape for our students during athletic movement class, but the school is also responsible for any possible injuries that may occur. Please do your part in helping us enforce this policy with your own guests or children.
3. Athlos Academy will close to the public 20 minutes after the conclusion of a sporting event. This time window should allow plenty of time for coaches to address their athletes and for a team or Athlos staff to clean up and close the building. Many of our coaches will have worked up to 12 hours by the time a sporting event concludes and they have their own familial responsibilities to consider as well. Please help us keep our great coaches active in our program by respecting their time in this manner.

## **TEN COMMANDMENTS FOR PARENTS WITH ATHLETIC CHILDREN**

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the rink, pool, or track or on the way back or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc with your athlete.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within his/her hearing.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky, in this."

## **Student Athlete Code of Conduct**

### **Participation Outcomes**

1. **Teamwork:** Develop social intelligence, leadership, and grit through hard work, respect for your coaches and teammates, and placing team objectives above personal desires.

2. **Success:** Perform at one's best exhibiting energy/zest, regardless of the final outcome.
3. **Good Sportsmanship:** Learn to accept winning with humility and losing with courage. Treat others with respect. Maintain focus/self-control, integrity, cooperation, and dependability.
4. **Develop a Healthy Body:** Develop good nutritional habits, get proper exercise and follow guidelines set up by coaches and athletic trainers.

### **Standards and Expectations**

1. All rules and regulations stated in the School Handbook will also apply to any school sponsored activity.
2. Student athletes are expected to be **on time** to every practice and game. They are to be dressed properly for games and practice.
3. Place team goals ahead of personal goals.
4. Game officials are always considered representatives of authority. The same respect expected toward other authority figures is also expected from athletes, parents, and coaches during the game. Exhibits of disrespect could result in removal from the game or suspension from the team. This includes technical or flagrant fouls or excessive obscene language.
5. Represent yourself, your team, and your school in the best way possible in the classroom as well as on the field/court/course. This includes winning with humility and accepting defeat gracefully as well as respecting your opponent.
6. Accept the rules contained in this document and set by your sport coach.

### **Respect for and Maintenance of Facilities**

1. Our facilities are designed for safe use by our students and visiting teams. An athlete should make every effort to keep the facilities neat and clean.
2. Inappropriate activity which could result in injury to individuals or damage to equipment or property will not be tolerated. Student athlete and spectator behavior should reflect this attitude. This also includes guest schools' facilities. Failure to abide by these rules could result in immediate dismissal from the team.
3. Teams are responsible for cleaning up the facility used (gymnasium, soccer field, etc.) after all practices and games. All trash, and personal items must be picked up and the facility restored to its original setup. Coaches will be responsible for checking facilities and dismissing their team.

### **Eligibility**

These requirements are our minimum requirements and the Administration of AAU reserves the right to review an individual student's scholastic and behavior performance.



1. Being a student athlete is hard work. Just as the title says, they are a student first. Therefore, they are excepted to:
  - a. During the sports season, a behavior contract will be completed every week. The student-athlete is required to have each of their teachers fill out and sign the contract. The student-athlete is responsible for turning in the completed contract on time.
  - b. Complete all class work. If an athlete is not meeting the exceptions in the classroom, then they will not be able to participate in games or practice until the issues are resolved.
  - c. If there are recurring academic or behavioral issues, the athlete could be removed from the team by the coach, lead coach, or school director.
  
2. In order for a student to participate in practice or a game, he/she must meet the following guidelines:
  - a. Game day: The athlete must be at school the entire school day (absence must be accompanied with a doctor's note).
  - b. Practice: The athlete must be in attendance at school the day of practice (absence must be accompanied with a doctor's note).
  - c. Coaches may make the decision to withhold an athlete from participating in competitions due to unexcused absence(s) from practice.
  - d. Exceptions to these rules may be made by the coach, lead coach, or school director.
  
3. A player who quits or is removed for any reason from an athletic team may not join another team without being reviewed by a panel consisting of the School Director, coaching staff, and/or the Lead Athletic Coach.

## Concussion Information Sheet\*

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and possibly death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### **Symptoms may include one or more of the following:**

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating the same question / comment

### **Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

**\*For more information, please see Athlos Academy Head Injury Policy, #5301.**

## Concussion Information Sheet, continued

### What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to great injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that athletes will often under report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. Law now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at the time and for the remainder of the day.”

**and**

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.”

You should also inform your child's coach if you think that your child may have a concussion. Remember it is better to miss one game than miss the whole season. When in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<https://www.cdc.gov/headsup/youthsports/index.html>

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Student-athlete name printed	Student-athlete signature	Date
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Parent / guardian name printed	Parent / guardian signature	Date
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Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport



**Athlos Academy Athletics / Team Informed Consent**

I understand that the Athlos Academy coaches will take all reasonable precautions to insure that the risk of injury to athletes is minimized. However, even though these precautions are taken, there is still a chance of injury, and in rare instances, even severe injury and death. I have been informed of these risks, understand them, and feel the benefits of participation outweigh the risks involved. My signature below gives my child permission to participate in Athlos Academy Extra-Curriculars and releases Athlos Academy of Utah from any liability.

**Athletic / Team Transport / Release of Liability**

Athlos Academy has a “meet you there” athletics / team policy. This means that our athletes / team members and their families must coordinate driving to and from athletic / team events. I / we acknowledge and understand that Athlos Academy does not provide transportation to athletic / team events. I / We understand that Education Code provides that all persons participating in school-related trips shall be deemed to have waived all claims against the academy of State of Utah for injury, accident, illness or death occurring during or by reason of the trip. I / We also understand that Athlos Academy will not be held responsible for medical services, hospital services, or accident insurance.

**Emergency and Health Information**

The undersigned parent(s) or legal guardian of \_\_\_\_\_ (please print) a minor, do hereby authorize and consent to any x-ray examination, anesthetic, medical or surgical treatment rendered by any member of the medical or emergency room staff licensed under the provisions of the Medicine Practice Act, or a Dentist licensed under the provisions of the Dental Practice Act and on the staff of any acute general hospital holding a current license to operate a hospital from the State of Utah Department of Health. Is it understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care deemed advisable by the aforementioned physical in the exercise of his best judgment. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that none of the above treatment will be withheld if the undersigned cannot be reached.

I agree to the above statements and will not hold Athlos Academy of Utah liable for any accidents, injuries or other events that may happen as a result of my child participating in after school athletics.

\_\_\_\_\_ Parent/Guardian signature \_\_\_\_\_ Date

**Parent/Guardian Contact Information**

**Father/Guardian:** \_\_\_\_\_ Cell #: \_\_\_\_\_

Email: \_\_\_\_\_ Lives with: \_\_\_Y \_\_\_N

**Mother/Guardian:** \_\_\_\_\_ Cell #: \_\_\_\_\_

Email: \_\_\_\_\_ Lives with: \_\_\_Y \_\_\_N

**Health Information**

This information is confidential and will be accessed only by the coach / Lead Athletic Coach / School Administrators. The undersigned below certifies this information is true and accurate.

Please mark if your child wears: \_\_\_ glasses \_\_\_ contacts \_\_\_ N/A

Has your child had any of the following? Please check and describe any problems.)

- |  |   |
|--|---|
| <input type="checkbox"/> Serious Illness               | <input type="checkbox"/> Operations       |
| <input type="checkbox"/> Head Injury                   | <input type="checkbox"/> Allergies        |
| <input type="checkbox"/> Seizures                      | <input type="checkbox"/> Hearing Problems |
| <input type="checkbox"/> Learning Difficulties         | <input type="checkbox"/> Serious Accident |
| <input type="checkbox"/> Hospitalizations              | <input type="checkbox"/> Ear Infections   |
| <input type="checkbox"/> Frequent colds; minor illness | <input type="checkbox"/> Vision Problems  |
| <input type="checkbox"/> Speech Difficulties           | <input type="checkbox"/> Other            |

Please describe any of the above boxes that you checked. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Please check below if your child is subject to any condition that may result in an emergency situation, such as:

- |                                    |                                   |  |  |
|------------------------------------|-----------------------------------|--|--|
| <input type="checkbox"/> Epilepsy  | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Fainting Spells | <input type="checkbox"/> Heart Condition |
| <input type="checkbox"/> Bee Sting | <input type="checkbox"/> Other    |  |  |

Please describe any of the above boxes that you checked. \_\_\_\_\_

\_\_\_\_\_

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Is your child taking any medication on a regular basis?  Yes  No

Are there any special conditions your child's coach should be aware of?

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Any limitations of physical activity?

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Currently under a doctor's care for health problems?

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Any other information the coach should know?

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I, \_\_\_\_\_ (*print parent name*), certify this information is correct.

\_\_\_\_\_ *signature* \_\_\_\_\_ *date*



**Student-Athlete / Participant Handbook**

It is your responsibility of the parent / guardian to review the Student-Athlete / Participant Handbook with your child. The undersigned below accepts this responsibility and certifies that he / she has read the handbook and agrees to abide by the policies of Athlos Academy.

**STUDENT - ATHLETE:**

I have read the 2019-2020 Student Athlete Handbook.

I commit to cooperation and philosophical support of its content as well as to adhere to the policies, standards, and guidelines as detailed in this handbook.

_____	_____	_____
Student's Name (Please print)	Grade	DOB
_____	_____	
Student's Signature	Date	

**PARENT / GUARDIAN:**

I have read the 2019-2020 Student Athlete Handbook.

I agree to partner with the coaches, faculty, and administration in upholding the rules and procedures outlined.

I understand that these rules will be enforced in a fair and consistent manner.

I understand that if I have concerns about my child, I need to contact the coach at the appropriate time.

I also understand that if issues do not seem to be resolved, I then need to contact the lead coach (Dan Price) with my concerns.

_____	_____
Parent / Guardian's Name (Please print)	Date
_____	
	Parent / Guardian Signature
_____	
	Email

**Athlos Academy of Utah – Emergency Contact Card**

*Please print legibly*

**STUDENT INFORMATION**

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION**

Please provide information for primary and alternative contact persons who may be notified in case of an emergency.

Name of primary contact: \_\_\_\_\_

Relation: \_\_\_\_\_ Email: : \_\_\_\_\_

Primary phone: \_\_\_\_\_ Alternate phone: : \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Insurance provider: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Name of alternative contact: \_\_\_\_\_

Relation: \_\_\_\_\_ Email: : \_\_\_\_\_

Primary phone: \_\_\_\_\_ Alternate phone: : \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

**CONDITIONS / ISSUES**

Please list any medical issues that the student may have: i.e. asthmas, allergies, ....

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In case of an emergency, I give permission for my information to be released for emergency purposes. I also agree that any of my emergency contacts listed on this card may be notified in an emergency, as needed.

\_\_\_\_\_ Parent / Guardian signature

The information requested on this form is confidential and for emergency use only. In the event of an emergency while participating in an athletic event, the information will be used by Athlos Academy of Utah personal. Please provide accurate, complete and true information.



# Training Load Questionnaire

## What is training load?

Training load is one way for us to monitor the physical “load” that is being placed on your child in their extra-curricular activities. It is not uncommon for a middle school athlete to participate on one or more club or rec teams in addition to their school sports teams. In order to structure our practices in a way to optimize the well-being of your child, we are asking that prior to the start of each sports season, the parents help us quantify this “training load”.

## How do we measure training load?

There are several ways to measure this load. We will be measuring this load each sport season by measuring 3 variables:

- 1) Frequency: how many times per week does this activity take place? You’ll want to include any **regular** activities for a certain sport season. This may include practices, competitions, weight training, individual lessons, etc.
- 2) Duration: how many minutes does each activity take? For example, if practice takes 2 hours then you’d write in 120 (minutes) for the duration. If the duration of events varies or a practice schedule has not been released, just provide an average or your best guess.
- 3) Intensity: on a scale of 1-10, how physically exhausting is the activity? For reference, we say that a “0” is like sitting on the couch and a “10” is pushing yourself so hard that you’re about to pass out. Remember that this number could be different for everybody, as it is all about the athlete’s perception.

To complete the Training Load Questionnaire, you’ll want to use the guidelines for each variable above and follow the example below:

Date Recorded=	Athlete Name and Grade	August				September				October				November				December				
August 16th 2018	Dan Price 7th	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
<b>Need:</b>	<b>Sport = Baseball</b>																					
<b>1. frequency (/wk)</b>	Inseason game	2	x	90	x	6	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
<b>2. Duration (min)</b>	Inseason practice	2	x	120	x	5	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
<b>3. Intensity</b>	Inseason training (pitching)	1	x	60	x	5	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
0=Rest	Out of season game																					
1=Very, Very Easy	Out of season practice																					
2=Easy	Out of season training																					
3=Moderate																						
4=Somewhat Hard	<b>Sport = Soccer</b>																					
5=Hard	Inseason game					1	x	60	x	8	---	---	---	---	---	---	---	---	---	---	---	---
6	Inseason practice					2	x	90	x	7	---	---	---	---	---	---	---	---	---	---	---	---

The numbers within each month represent the weeks in that month.

Write the frequency, duration, and intensity at the first week of the sport season.

The arrows denote when in the year each specific activity ends.

### **Why is this necessary?**

Pre-adolescence and adolescence are complicated times for our bodies. We all mature at different rates and we all have different weekly experiences that may place wear and tear on our bodies. Sport can be very demanding on our bodies. This demand is even more important to consider when placed upon a young body that is growing and changing every day. Making sure that your children are getting adequate nutrition and sleep will be paramount to their athletic and academic success. By measuring your child's training load, we can gather some insight into how much of a load their body is under. This will help our coaches when it comes to conditioning, practice time, and writing a practice schedule.

In addition to helping our coaches make informed decisions, the Training Load Questionnaire provides insight on a few other important factors. Youth sports isn't like it was when we were young. Athletes are now able to compete year-round, in some instances from 3<sup>rd</sup> or 4<sup>th</sup> grade (or earlier) on. These opportunities may seem great, but year-round organized sports participation, as well as participating in too many sports at once, may expose young athletes to an increased risk of injury. Moreover, recent evidence suggests that year-round sports participation may lead to burnout and eventual sport drop out. We like to think of sport as a vehicle for physical activity throughout the lifespan.

This is not to say that participating in sports (or multiple sports) is bad! We just have to be conscious of the risks and plan accordingly. We want your child to enjoy their Athlos sport experience! This questionnaire is intended to help us do our jobs as coaches to the best of our ability. Please complete the following questionnaire with your child and turn in to their sport coach.