

April 2023

## Village School After School Sports Program

The Spring Options: Track, **Mighty Milers (NEW!)**, Lacrosse and Ultimate Frisbee! **Mighty Milers is a new morning option for kids who want to train for the mile or start the day with a run.**

The program will be run by members of the Village School Faculty. The focus of the program is for students to develop an understanding and appreciation for the various activities. Equal participation, safety, sportsmanship and respect will be stressed. We hope that students will enjoy the physical challenges and discover a new passion to continue these activities outside of school.

**This program does require a fee:** To register and pay online using My School Bucks: Please visit [www.MySchoolBucks.com](http://www.MySchoolBucks.com) and log into our online payment system. This is the same system that we use for our online school lunch payments, so you may already have an account.

If you do not already have an account, click on “Sign up free”. This will prompt you to create an account by choosing the state (Massachusetts) and school district (Marblehead Public Schools) and then entering your personal information. This account should be established using the parent or guardian information. Once the “parent” account is set up, students can be added to the parent account by selecting the student’s school and by entering their name and student ID number. Their student ID number is the same number that students use to access their lunch account. If you need assistance with your child’s student ID, please contact your school office.

Once you are logged into our system, please visit the School Store, click on “Browse All Items”. Click on the item which you wish to pay. You will be prompted to select your child’s name. Click on “Add to Basket”, click on the orange shopping cart icon in the upper right hand corner, and then click on “View Cart/Checkout”. You may pay by e-check or by credit card.

**\*\*All participants must fill out the attached head injury release form. Students can not participate without first turning in this form. It must be filled out each season, and please make sure both sides of the sheet are signed by you and your child.**

Please fill out and return the permission/sign up form on the following page. **Be sure to make note of all dates and times of your child’s activities.** We welcome your child to the program and we are excited to get started.

Sincerely,  
Phil Murphy  
Physical Education Teacher

April 2023

# Village School After School Sports Program

Spring Session (April 24 -June 1)

Mondays-Track and Field

Tuesdays- Lacrosse

Thursdays-Ultimate Frisbee

Tue and Thur **Mornings** (7:15)- Mighty Milers (**meet at track**)

Boys and Girls of all grades are welcome at all programs. Your child can attend any combination of days and programs.

## 2:15-3:15 pm

**Please pick your children up promptly at the required time. Students report to the gym after school and get dismissed from the gym, so that is a good spot to arrange pick-up.**

**\*\*Mornings meet at track, if raining (need to use windshield wipers), meet in gym**

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Please email the info below to Mr. Murphy ([murphy.philip@marbleheadschoools.org](mailto:murphy.philip@marbleheadschoools.org)) or copy and turn into him.

I give permission for my child to attend the Village School After School Sports Program.

Your child's name: \_\_\_\_\_

Grade/HR teacher: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Check off the days your child will attend, any combination is OK:

Mondays-Track and Field \_\_\_\_\_

Tuesdays-Lacrosse \_\_\_\_\_

(Tue & Thurs AM)-Mighty Milers \_\_\_\_\_

Thursdays-Ultimate Frisbee \_\_\_\_\_

# MARBLEHEAD PUBLIC SCHOOLS

## STATE LAW REGARDING SFORTS-RELATED HEAD INJURY & CONCUSSIONS

The Commonwealth of Massachusetts Executive Office of Health and Human Services now requires that all schools with students grade 6 through grade 12 who participate in any extracurricular school sponsored athletics including Cheerleading and Marching Band must adhere to the following law.

Student-athletes and their parents, coaches, activity leaders, athletic directors, school nurses, and physicians must learn about the consequences of head injuries and concussions through training programs and written materials. The law requires that athletes and their parents inform their coaches about prior head injuries at the beginning of the season. If a student athlete becomes unconscious during a game or practice, the law now mandates taking the student out of play or practice, and requires written certification from a licensed medical professional for player to "return to play".

Parents and students must fill out and both sign the Preparticipation Head Injury Form (see attachment) and return to their coach or activity leader.

Parents and students, who plan to participate in any athletic program grades 6- 12 at Marblehead Pubic Schools, must also take a free online course. Two free on-line courses are available and contain all the information required by the law. The first is available through the National Federation of High School Coaches. You will need to click the "order here" button and complete a brief information form to register. At the end of the course, you will receive a completion receipt. The entire course, including registration, can be completed in less than 30 minutes.

Center for Disease Control and Prevention Heads Up Concussion in Youth Sports On-Line Training Program <https://www.cdc.gov/headsup/resources/training.html>

National Federation of State High School Associations Concussion in Sports – What you Need to Know  
<https://nfhslearn.com/?courseID=15000>

Please sign below that you have read the above and completed one of the courses listed. This is required in order to participate in any school sponsored extra-curricular athletics grades 6-12 at Marblehead Public Schools.

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Parent Signature\*

Date

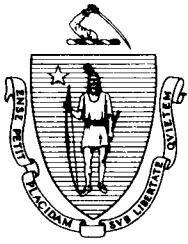
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Student Signature

Date

\*Please note that only one parent signature is sufficient

Please return these forms to your coach/activity director ASAP. AFTER you have completed one of the prescribed on-line courses.



The Commonwealth of Massachusetts  
 Executive Office of Health and Human Services  
 Department of Public Health  
 250 Washington Street, Boston, MA 02108-4619

CHARLES D. BAKER  
 Governor

KARYN E. POLITO  
 Lieutenant Governor

MARYLOU SUDDERS  
 Secretary

MONICA BHAREL, MD, MPH  
 Commissioner

**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, or official designated by the school, *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(s)	
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 \_\_\_\_\_  
 (Please print)

Student Athlete:

Signature/Date \_\_\_\_\_