2016-2017 Campbell County Boys Soccer Athlete/Parent Information

I. Coaching Staff

- 1. Coach Matt Ewald Varsity Head Coach, JV/Freshman Assistant
 - This is Coach Ewald's 7th year coaching high school soccer (6 years as Head Freshman/Varsity Assistant Coach at HHS and third year at CCHS)
 - Played 5 years at HHS, 3 years as a varsity player
 - Biology Teacher at CCHS
 - Phone #: 859-982-5002
 - Email: matthew.ewald@campbell.kyschools.us
- 2. Coach Jeremy Theetge Junior Varsity Head Coach, Varsity/Freshman Assistant
 - This is Coach Theetge's 3rd year coaching high school soccer (1 year as freshman head coach at Dixie, 1 year as a freshman head coach at CCHS, and 1st year as JV head coach)
 - Phone #:
 - Email: jrmyt89@gmail.com
- 3. Chris Terry Freshman Head Coach, Varsity/JV Assistant
 - 1st year coaching high school soccer and his 1st year with CCHS program
 - Math teacher at CCHS and also Assistant Track and Field Coach
 - Phone #:
 - Email: Christopher.terry@campbell.kyschools.us

As a coaching staff we are ready, willing, and able to put everything we have into the Campbell County High School soccer program. We are all students of this great game (yes we are still learning), we all love the game, and we are all here to help all of the players succeed on and off of the field. Our goal is to make this program a family, with everyone working to help everyone else get better!

CCHS Boys Soccer 2016

Any student interested in trying out for the high school soccer team <u>must</u> have a valid KHSAA Physical completed by a physician prior to participation in conditioning or try-outs. KHSAA Physical Forms can be found in the Athletic Office, in this packet, or you can download the form by clicking on the following links: www.camelpride.com, Fan Zone, Forms.

Open Field Sessions: CCHS Turf Field

Thursday May 12th and May 19th – 5:30 pm - 7:00 pm at the high school field.

Summer Conditioning: CCHS Turf Field and Track

Starting June 6th: Monday Wednesday and Friday - 8:00 am - 9:00 am

CCHS Try-outs: CCHS Turf Field

July 18th - July 22nd

Monday Wednesday and Friday: 7:30 am- 9:00 am

Tuesday and Thursday: 7:30 am - 9:00 am and 5:30 pm - 7:00 pm

KHSAA Dead Period:

June 25th - July 9th

Coaches can have no contact with athletes or parents during this time. No coach-led conditioning or training during this time as well.

CCHS Training: CCHS Turf Field

Starting July 25th

Monday Tuesday Wednesday Thursday Friday: 5:30 pm - 7:00 pm

Wednesday: 7:30 am - 9:00 am and 5:30 pm - 7:00 pm

Matt Ewald CCHS Boys Head Soccer Coach

matthew.ewald@campbell.kyschools.us

II. Pre-season Conditioning, Training Sessions, and Games

- Open field sessions these have been taking place on Thursdays from 5:30-7:00pm on the field.
 They have been a great way to get to know the players, the players to get to know the coaches, and the players to get to know each other. The main goal has always been to find time before the end of school to play some soccer!
- Pre-season Conditioning Program these will start on Monday, June 6th. I have attached a schedule of dates and times for these workouts. The goal of the pre-season conditioning program is to create an atmosphere where players want to be fit. Fitness is INCREDIBLY IMPORTANT to the game of soccer. Even the best-skilled player can benefit from being fit. During these sessions we will mix up conditioning, strength training, and simple technical drills to ensure that all players show up for try-outs ready to play. These are voluntary sessions, but attendance will be taken and it is important that all players try to attend as many of the sessions as possible.
 - Summer work is very important to a lot of players, and we understand this. We only expect that you take the schedule to work and try to work around some of the sessions.
 - Family vacations are also very important. The same is true with vacations as it is with work. Have fun and enjoy the summer, but try to make as many of the sessions as possible. The dead period is June 25th July 10th and this is always a good time to sneak out of town for a bit.
- <u>Try-outs</u> please see the schedule above for try-out dates and times. These will be held from July 18th July 22nd, at the high school. The goal of try-outs is to put together the best possible team for the upcoming season. We will focus on drills, activities, and simulated games that give us the best chance at putting together solid teams. We have a very large number of players returning this year, so we are expecting to make several cuts. Even though this is the hardest thing for a coach to have to do, it is a good problem to have when a ton of players come out for try-outs.
- Trainings after try-outs please see the schedule above for dates and times. We will start two-a-day training sessions after try-outs. These will not be every day, but it is important that we are able to work with the players as much as we can. Training sessions will be run by the individual coaches most of the time, with the possibility that we will train together if need be.
 These are mandatory! If you are part of the team, we expect you to be at every training.
 - Club training playing club is a great thing for high school soccer players. Club provides opportunities for exposure that players might not be able to get playing high school soccer. We do ask that you try to use the schedule to plan when you can attend our trainings and when you can attend club trainings. Communication is very important and we want to make sure that all parties know what is going on. It is still important that you train with your high school teammates as much as possible.

• <u>Games and trainings during the school year</u> – Our schedule is *mostly* finished for the year, but we are still trying to get into a turnament that will give us the opportunity to play some different teams from around the state. Trainings during the school year will take place from 5:30-7:00pm at the high school. Please check your email/text messages for updates.

III. Academics and Extra-Curricular Activities

All of the players that make up the Campbell County Soccer program are expected to be **students first, good members of the community second and quality soccer players third.** As coaches we are tasked with not only developing a player's skills on the field, but also ensuring that they are responsible in school and in the community. We will do everything that we can to make sure that this happens, and we only expect that you do the same in return!

- Academics it is mandatory that players are good students. I am in the building every day and will be keeping tabs on how everyone is doing in class. We expect that you will be putting forth your best effort and showing your teachers and classmates the utmost respect. Everyone has a bad day from time to time, but we need to work to make sure that this happens rarely. Playing soccer for Campbell County is a privilege and we will treat it that way.
 - We will follow the school and KHSAA academic/eligibility policy in regards to high school sports.
 - Students who do not comply with these policies will not be able to train or play with the team.
- Study sessions if a student is failing at least one class, there will be mandatory study sessions before training to try to bring that grade up. These sessions can take place with Coach Ewald, or with the teacher who teaches the class. We will have some time between the end of school and the beginning of training, so we will use that time to get the player caught up with school work.
- <u>Detentions</u> if a student has an after-school detention or Friday school, they will not be able to take part in that days training. If you are having trouble in class or you are having trouble making it to class, please come talk to one of the coaches or you teacher to see if there is something that can be done. We need to be good role models in the school, and having detentions is not a way of doing this.
- <u>Extra-curricular activities</u> be smart when you are outside of school. Use common sense and surround yourself with good people. If you get into trouble outside of school, there will be consequences with the team. **BE SMART!**

IV. Fees and Volunteering

- <u>Fees</u> fees for the season will be due after try-outs. They are \$65. We will discuss fees further
 after try-outs.
- <u>Team costs</u> aside from money that may need to be spent on cleats, shinguards, balls, etc., there will be minimal costs with the team. We will discuss all uniform costs after try-outs.

Volunteering – The Campbell County Soccer program is only as strong as the people we have within it. It is always important that we have parents and players who are willing to volunteer their time to ensure that our program is the best in the area. This may include working the ticket booth, working the concession stand, announcing games, videotaping games, and just helping out when we need help. We will put together a volunteer list that will be available after try-outs. The coaching staff thanks you in advance for all of your help in making sure that we have a fantastic season!

V. Our Philosophy

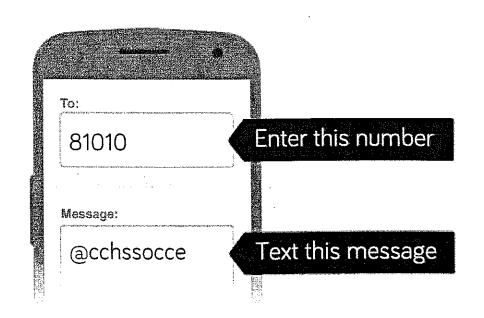
It is our goal, as soccer coaches and mentors to your sons, that we provide the best possible instruction in becoming a better soccer player and person. We will do everything that we can to provide the necessary skills to achieve our goals. We expect that each player will do everything they can for their family members, teammates, coaches and teachers. The Campbell County Camel Soccer Program is a family and we will all work together to make this the best season possible! GO CAMELS!

Coach Ewald would like you to join CCHS Boys Soccer!



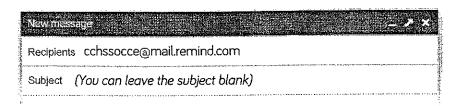
To receive messages via text, text @cchssocce to 81010. You can opt-out of messages at anytime by replying, 'unsubscribe @cchssocce'.

Trouble using 81010? Try texting @cchssocce to (270) 506-4003 instead.



*Standard text message rates apply.

Or to receive messages via email, send an email to cchssocce@mail.remind.com. To unsubscribe, reply with 'unsubscribe' in the subject line.



WHAT IS REMIND AND WHY IS IT SAFE?

Remind is a free, safe, and simple messaging tool that helps teachers share important updates and reminders with students & parents. Subscribe by text, email or using the Remind app. All personal information is kept private. Teachers will never see your phone number, nor will you see theirs.

Visit remind.com to learn more.

2016-2017 CCHS SPORTS PHYSICALS MONDAY, JUNE 6 PHYSICALS START @ 6:00PM

(all aged students are welcome)

\$20.00 PER STUDENT

(CASH OR CHECK, NO INSURANCE ACCEPTED)

KHSAA PHYSICAL FORM REQUIRED (CAMELPRIDE.COM - FAN ZONE - ALL FORMS)
PHYSICALS MUST BE SIGNED BY PARENT OR GUARDIAN ALL PHYSICALS KEPT ON FILE IN ATHLETIC OFFICE

QUESTIONS – CALL CCHS ATHLETICS @ 448-4896 or Angie Lambert email:angie.lambert@campbell.kyschools.us

Physicals are being presented by NovaCare Rehabilitation and UC Orthopedics















Athletic Participation Form Parental and Student Consent and Release For High School Level (grades 9-12) participation

KHSAA Form GE04 High School Parental Permission and Consent Rev. 4/15, page 1 of 2 © KHSAA, 2015

The student and parents/guardian must read this statement carefully and sign where required. By signing this form, all parties agree that they have accurately completed all sections of the form and have read and agree to the terms of this form as detailed. This form must be completed before the student participates (hereinafter including try out for, practice and/or compete) in interscholastic athletics. This form should be kept in a secure location until the student has exhausted eligibility, graduated from high school and reached the age of 19.

ATHLETE INFORMATION (This part must be completed by the student and family) School Year Name (Last, First, Initial) Home Address (Street, City, State, Zip): School Gender Grade Birth Place (County, State): Date of Birth: School Attendance History Varsity Play -School Year Grade School Name 9 10 11 12 I am planning to participate in the following (check all you might try to play): Soccer Golf Baseball Basketball Cross Country Football Volleyball Wrestling Softball Swimming Tennis Track and Field Competitive Cheer Other(s) Archery Bass Fishing Bowling **EMERGENCY CONTACT INFORMATION** Relation to Student Name (please print) Emergency Contact Address, including City, State and Zip Cell Phone Daytime Phone **REQUIRED INSURANCE INFORMATION (KHSAA Bylaw 12)** Prior to participation in practice of contests (including trying for a place on a team) in any sport or sport activity during the limitation of seasons as defined in Bylaw 23, all students are required to have medical insurance with coverage limits of at least \$25,000. If this coverage is provided through the school, contact, the Principal or Athletic Director regarding any potential claim. Individual schools and districts may impose additional requirements for insurance or coverage during additional periods for activities outside of Bylaw 23. Plan Policy Number / ID Number Group Number Insurance Carrier **EMERGENCY TREATMENT INFORMATION** The following information is recorded solely for potential hospitalization and emergency care needs and is not required to be recorded on this form. However, those failing to provide this information should be aware that this might be required by emergency treatment facilities prior to rendering service, and failure to provide could result in lack of appropriate care. Rirth Date Social Security Number

CONSENT INFORMATION TO PARTICIPATE, ACKNOWLEDGMENT OF RISK, ACKNOWLEDGEMENT OF ELIGIBILITY RULES, LIABILITY WAIVER AND CONSENT AND RELEASE

As parent/legal guardian, I agree to allow my child to participate in interscholastic athletics.

The student and parent/legal guardian recognize that participation in interscholastic athletics involves some inherent risks for potentially severe injuries, including but not limited to death, serious neck, head and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of the body, or effects to the general health and well being of the child. Because of these inherent risks, the student and parent/legal guardian recognize the importance of the student obeying the coaches' instructions regarding playing techniques, training and other team rules. By signing this form, the student and parent/legal guardian acknowledge that the student's participation is wholly voluntary and to having read and understood this provision.

The student and parent/legal guardian individually and on behalf of the student, hereby irrevocably, and unconditionally release, acquit, and forever discharge the KHSAA and its officers, agents, attorneys, representatives and employees (collectively, the "Releasees") from any and all losses, claims, demands, actions and causes of action, obligations, damages, and costs or expenses of any nature (including attorney's fees) that the student and/or parent/legal guardian incur or sustain to person, property or both, which arise out of, result from, occur during or are otherwise connected with the student's participation in interscholastic athletics if due to the ordinary negligence of the Releasees.

The student and parent/legal guardian acknowledge that they have read and understood the KHSAA Bylaws by distribution at http://khsaa.org/handbook/. Please be aware that a student is subject to the one-year period of ineligibility the bylaw commonly referred to as the "Transfer Rule." upon participation in any varsity contest regardless of the amount of participation or lack thereof.

The student and parent/legal guardian agree to abide by the KHSAA Bylaws and Due Process Procedure as now enacted or later amended. The student and parent/legal guardian further acknowledge that they agree to abide by the rulings of the Commissioner, Assistant Commissioner, Hearing Officer and Board of Control.

The student and parent/legal guardian acknowledge that the student must have medical insurance coverage up to a limit of \$25,000 in order to be eligible to participate in interscholastic athletics.

The student and parent/legal guardian, individually and on behalf of this student, give the high school, the KHSAA and their representatives permission to release this student's demographic information (including motion picture and still photographic images) and participation statistics (including height, weight and year in school, participation history and other performance based statistics) and other information as may be requested, and agree that the student may be photographed or otherwise digitally or electronically captured during school-based competition. All of this material may be used without permission or compensation specifically related to the KHSAA and its events.

The student and parent/legal guardian consent to this student receiving a physical examination as required by the KHSAA.

The student and parent/legal guardian, individually and on behalf of this student, consent to the high school and the KHSAA and their representatives to use and disclose the necessary personally identifiable information from the student's education records including academic, financial and health care information, to third parties including school representatives, coaches, athletic trainers, medical facilities, medical staffs, KHSAA legal counsel and the media, for the purpose of receiving proper/necessary medical care and complying with the KHSAA bylaws, including making determinations regarding eligibility to participate in interscholastic athletics and any administrative or legal proceedings resulting from participation or attempted participation in interscholastic athletics, without such disclosure constituting a violation of rights under the Family Educational Rights and Privacy Act. The student and parent/legal guardian, individually and on behalf of this student, further release the high school, the KHSAA and their representatives from any and all claims arising out of the use and disclosure of said necessary personally identifiable information, and agree to release to the high school, the KHSAA, and their representatives, upon request, the detailed and completed application for financial aid.

The student and parent/legal guardian, individually and on behalf of the student, hereby acknowledge that they are aware of and will review if desired, the education materials available through the KHSAA, the Centers for Disease Control and other agencies regarding education all individuals with respect to nature and risk of concussion and head injury, including the continuance of play after concussion or head injury.

The student and parent/legal guardian, individually and on behalf of the student, hereby consent to allow the student to receive medical treatment that may be deemed advisable by the high school, the KHSAA, and their representatives in the event of injury, accident or illness while participating in interscholastic athletics, including, but not limited to, transportation of the student to a medical facility.

STUDENT AND PARENT/GUARDIAN ACKNOWLEDGMENT OF RISK, ELIGIBILITY RULES, LIABILITY WAIVER AND CONSENT AND RELEASE AND EMERGENCY PERMISSION FORM

Students' Name (please print)	School
Student and Parent/Guardian Address including City,	State and Zip
Signature of Student	Date
Please list above any health problems/concerns this student may have, including allergies being used	(medications / others) and any medications presently
Name of Parent(s)/Guardian(s) who has/have custody of this student (please print	nt) Emergency Phone Number
Signature of Parent(s)/Guardian(s) who has/have custody of this student	Date · ·

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM



Note: This form is to be filled out by pallent and parent prior to seeing tho physician, physician assistant, advanced practice registered nurse, or chiropractor (if performed within the scope of practice). The form should be kept with the chart References to Physician on this form shall reference all permitted providers as detailed above and in KRS 168.070(2)(d) Date of birth Sex _____ Age ____ Grade _____ School _ Sport(s) Medicines and Altergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking Do you have any alleroies? ☐ Yes ☐ No If yes, please identify specific allergy below. Stinging Insects ☐ Pollens □ Food ☐ Medicines Explain "Yes" answers below. Circle questions you don't know the answers to. MEDICAL QUESTIONS Yes **GENERAL QUESTIONS** 28. Do you cough, wheeze, or have difficulty breathing during or 1. Has a doctor ever denied or restricted your participation in sports for after exercise? any reason? 27. Have you ever used an inhaler or taken asthma medicine? 2. Do you have any ongoing medical conditions? If so, please identify below: □ Asthma □ Anomia □ Diabetes □ Infections 28, is there anyone in your family who has asthma? 29. Were you born without or are you missing a lidney, an eye, a testicle 3. Have you ever spent the night in the hospital? (males), your spieen, or any other organ? 30. Do you have groin pain or a painful bulge or hernia in the groin area? 4. Have you ever had surgery? 31. Have you had infectious mononucleosis (mono) within the last month? HEART HEALTH QUESTIONS ABOUT YOU Yes No 32. Do you have any rashes, pressure sores, or other skin problems? 5. Have you ever passed out or nearly passed out DURING or AFTER exercise? 33. Have you had a herpes or MRSA skin infection? 6. Have you ever had discomfort, pain, tightness, or pressure in your 34. Have you ever had a head injury or concussion? chest during exercise? 35. Have you ever had a hit or blow to the head that caused confusion, 7. Does your heart ever race or skip beats (tregular beats) during exercise? prolonged headache, or memory problems? 8. Has a doctor ever told you that you have any heart problems? If so, 36. Do you have a history of seizure disorder? check all that apply: 37. Do you have headaches with exercise? ☐ High blood pressure ☐ A heart murmur 38. Have you ever had numbness, tingling, or weakness in your arms or ☐ High cholesterol ☐ A heart infection legs after being hit or falling? ☐ Kawasaki disease Other: 39. Have you ever been unable to move your arms or legs after being hit 9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardlogram) 40. Have you ever become III while exercising in the heat? 10. Do you get lightheaded or feel more short of breath than expected 41. Do you get frequent muscle cramps when exercising? during exercise? 42. Do you or someone in your family have sickle cell trait or disease? 11. Have you ever had an unexplained seizure? 12. Do you get more tired or short of breath more quickly than your friends 43. Have you had any problems with your eyes or vision? during exercise? 44. Have you had any eye injuries? **HEART HEALTH QUESTIONS ABOUT YOUR FAMILY** Yes No 45. Do you wear glasses or contact lenses? 13. Has any family member or relative died of heart problems or had an 46. Do you wear protective eyewear, such as goggles or a face shield? unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)? 47. Do you worry about your weight? 48. Are you trying to or has anyone recommended that you gain or 14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan lose weight? syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short OT syndrome, Brugada syndrome, or catecholaminergic 49. Are you on a special diet or do you avoid certain types of foods? polymorphic ventricular tachycardia? 50. Have you ever had an eating disorder? 15. Does anyone in your family have a heart problem, pacemaker, or 51. Do you have any concerns that you would like to discuss with a doctor? insplanted delibrillator? FEMALES ONLY 16. Has anyone in your family had unexplained fainting, unexplained 52. Have you ever had a menstrual period? seizures, or near drowning? 53. How old were you when you had your first menstrual period? Yes Νiο **BONE AND JOINT QUESTIONS** 54. How many periods have you had in the last 12 months? 17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game? Explain "yes" answers here 18. Have you ever had any broken or fractured bones or dislocated joints? 19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches? 20. Have you ever had a stress fracture? 21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism) 22. Do you regularly use a brace, ortholics, or other assistive device? 23. Do you have a bone, muscle, or joint injury that bothers you? 24. Do any of your joints become painful, swollen, feel warm, or look red? 25. Co you have any history of juvenile artiritis or connective tissue disease?

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Signature of parent/guardian

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete

■ PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM



_ Date of birth

PROVIDER REMINDERS 1. Consider additional questions on more sensitive issues • Do you feel stressed out or under a fot of pressure? • Do you ever feel sad, hopeless, depressed, or anxious? • Do you feel safe at your home or residence? • Have you ever fried olgarettes, chewing tobacco, snuff, or dip? • During the past 30 days, did you use chewing tobacco, snuff, or dip? • Do you drink alcohof or use any other drugs? • Have you ever taken anabolic steroids or used any other performance supplement? • Have you ever taken any supplements to halp you gain or lose weight or impreve your per • Do you wear a seat belt, use a helmet, and use condoms? 2. Consider reviewing questions on cardiovascular symptoms (questions 5–14).	formance?		
EXAMINATION	THE STATE OF STREET	s (A.C. Track), Italian	
Height Weight □ Ma	ale 🗆 Female		
BP / (/) Pulse Visi	on R 20/	1. 20/	Corrected 🖸 Y 🖾 N
MEDICAL	NORMAL		ADNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/threat - Pupils equal - Hearing			
Lymph nodes Heart* • Murraurs (auscultation standing, supine, +/- Valsalva)			
Location of point of maximal impulse (PMI) Pulses Simultaneous femoral and radial pulses			
Lungs Abdomen		1	
Genitourinary (mates only) ^b		+	
Skin HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic*			
MUSCULOSKELETAL	***************************************	10.25.	4,14,14,14,14,14,14,14,14,14,14,14,14,14
Neck Back			
Shoulder/arm			•
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh Knee			
Leg/ankle			
Foot/toes			
Functional			
Duck-walk, single leg hop			
*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history of exam. *Consider GU exam if in private setting, Naving third party present is recommended, *Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concursion. Cleared for all sports without restriction Cleared for all sports without restriction with recommendations for further evaluation or tree.	atment for		
T Alab dayyari			
Not cleared			
☐ Pending further evaluation			
☐ For any sports ☐ For certain sports			
•			
ReasonRecommendations		•	
Hecommendations			
I have examined the above-named student and completed the preparticipation physical participate in the sport(s) as outlined above. A copy of the physical exam is on record in tions arise after the athlete has been cleared for participation, the physician may rescine explained to the athlete (and parents/guardians).	nov office and can be re	ade avallable to the	school at the request of the parents. It condi- i and the potential consequences are completely
Name of physician (print/type)			Date
Address			Phone
Signature of physician			, MID or D
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