

Interscholastic vs. Professional Athletics

There is a fundamental difference between interscholastic and professional athletics.

Interscholastic: a classroom that teaches young people many values and characteristics that cannot be found in any other academic setting.

Interscholastic	Professional
Goal: Teaching Teaching life lessons is the most important. Students develop core values that benefit them into adulthood.	Goal: Winning Winning is most important because it brings fame, sells tickets and brings additional profits.
Expectations: Behavior Behavior, character, and attitude are important aspects of the evaluation process of student development.	Expectations: Performance Success on doing the job in the competitive environment is how the value of the individual is determined.



Keep Students Motivated!!

Studies have shown that children will continue to reap the benefits offered by athletics or quit when the following occur:

Why They Play	Why They Quit
1. Having Fun 2. Improving Skills 3. Develop Fitness/Exercise 4. Being with friends 5. Experiencing excitement of being on a team	1. Not having fun 2. Too much pressure from parents and peers 3. Emphasis on winning 4. Conflict with coaches 5. Not playing at all/enough



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This free course is presented as a social media conversation, showing how four different students learn about concussion in different ways. It includes high school students and medical professionals discussing concussion. The key goal is for students to be able to identify signs and symptoms of a concussion so that they can get immediate help before any further injury can occur.

<http://nfhslearn.com/courses/61059/concussion-for-students>



Concussion Safety Tips:

The appearance of any of these symptoms may signify a head injury that requires immediate medical attention:

- ◆ Headache
- ◆ Nausea
- ◆ Balance problems and dizziness
- ◆ Double or fuzzy vision
- ◆ Sensitivity to light or noise
- ◆ Feeling sluggish or “foggy”
- ◆ Change in sleep pattern
- ◆ Difficulty in remembering recent events
- ◆ Difficulty concentrating

Heat Illness Safety Prevention Tips:

- ◆ **Drink Up:** Drink plenty of fluids before practice. To be properly hydrated your urine should be light color. If it is dark in color you are not hydrated.
- ◆ **Allow Your Body Time:** Your body will adapt to the hot summer heat, but it will take up to 14 days. Start off slowly and increase practice intensity and duration over the first two weeks of training.
- ◆ **Have Fluids Close:** Fluids should be easily accessible during workouts, practice, and games. Drink often. Take fluid breaks on a regular schedule and drink at least 7-10 oz. every 20 minutes.
- ◆ **Drink It - Don't Pour It!:** While it might feel good to pour fluid over your head, it won't help restore body fluids or lower body temperature.