

Summer 2019

Homer Community School's

# *KnightWriter*

A Homer student publication



Freshmen Cloe and Saraj being pretty cool dudes on the last week of school



Seniors Shayla Monk and Hailey Robertson posing in front of the big 1



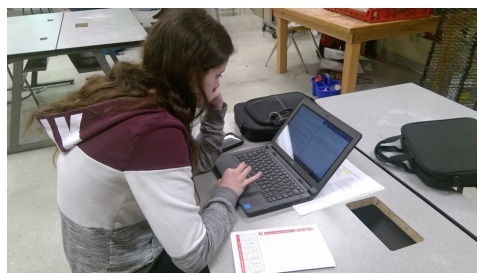
Sam, Senior and Greg, Sophomore working on Sam's truck during shop



Ms. Johnson's butterfly exhibit



State Track qualifiers Karrena Modlin & Carson Gaarder



Junior, Maria, works on article review for Mr. D



Jacob and Jon showing their friendship during lunch

## ***KnightWriter* Staff**

Editor: Daniel Riddle

Staff: Levi Vavra, Sammie Snake, John Rohde, Hunter Davis, Nick Roost, Jacob Huerta, Jadyn Cain

# Homer Track Results

by Hunter Davis

## *Lewis & Clark Conference Track Meet in Plainview*

**Girls 300 Meter Hurdles** - Aerial Chamberlain, 6<sup>th</sup> Annie Vavra, 8<sup>th</sup>  
**Girls High Jump** - Dylan Harris, 6<sup>th</sup>  
**Girls Long Jump** - Karrena Modlin, 8<sup>th</sup>  
**Girls Triple Jump** - Karrena Modlin, 3<sup>rd</sup>  
**Girls Shot put** - Emily Reis, 2<sup>nd</sup>  
**Boys 200 Meter Dash** - Jacob Huerta, 4<sup>th</sup>  
**Boys 400 Meter Dash** - Jacob Huerta, 5<sup>th</sup>  
**Boys 1600 Meter Run** - Grant Lander, 2<sup>nd</sup>  
**Boys 800 Meter Run** - Carson Gaarder, 1<sup>st</sup>  
**Boys 4x800 Meter Relay** - Carson Gaarder, Grant Lander, Timothy Harris, Caleb Kearnes – 4<sup>th</sup>

## *Rebel Relays in Sloan, Iowa*

**Girls 400 Meter Hurdles** – Aerial Chamberlain, 5<sup>th</sup>, Annie Vavra, 6<sup>th</sup>  
**Girls 4x200 Meter Relay** – Katie Baker, Skylar Moe, Hannah Elsea, Jocey Peters, 4<sup>th</sup>  
**Girls 800 Sprint Medley** – Jocey Peters, Hannah Elsea, Katie Baker, Skylar Moe, 5<sup>th</sup>  
**Girls 4x100 Meter Shuttle Hurdle** – Aerial Chamberlain, Annie Vavra, Dylan Harris, Jocey Peters, 6<sup>th</sup>  
**Girls High Jump** – Dylan Harris, 4<sup>th</sup> – Alison Nelsen, 5<sup>th</sup>  
**Girls Long Jump** – Karrena Modlin, 5<sup>th</sup>  
**Girls Shot Put** – Emily Reis, 6<sup>th</sup>  
**Girls Discuss Throw** – Emily Nelsen, 6<sup>th</sup>  
**Boys 800 Meter Run** – Carson Gaarder, 2<sup>nd</sup>  
**Boys 1600 Meter Run** – Grant Lander, 3<sup>rd</sup>  
**Boys 4x800 Meter Relay** – Carson Gaarder, Grant Lander, Caleb Kearnes, Timothy Harris, 1<sup>st</sup>  
**Boys Distance Medley** – Caleb Kearnes, Joseph Coffin, Carson Gaarder, Grant Lander, 3<sup>rd</sup>

## *District Track Meet in Hartington*

**Girls 400 Meter Dash** - Hannah Harris, 5<sup>th</sup>  
**Girls 300 Meter Hurdles** – Annie Vavra, 3<sup>rd</sup>, Dylan Harris, 5<sup>th</sup>  
**Girls High Jump** – Dylan Harris, 4<sup>th</sup> – Alison Nelsen, 5<sup>th</sup>  
**Girls Long Jump** - Karrena Modlin, 3<sup>rd</sup>  
**Girls Triple Jump** – Karrena Modlin, 2<sup>nd</sup>  
**Girls Shot Put** – Emily Reis, 3<sup>rd</sup>  
**Boys 200 Meter Dash** - Jacob Huerta, 5<sup>th</sup>  
**Boys 400 Meter Dash** – Jacob Huerta, 4<sup>th</sup>  
**Boys 800 Meter run** – Carson Gaarder, 2<sup>nd</sup>  
**Boys 1600 Meter run** – Grant Lander, 4<sup>th</sup>  
**Boys 300 Meter Hurdles** – Hunter Davis, 6<sup>th</sup>  
**Boys 4x100 Meter Relay** – Carson Gaarder, Caleb Kearnes, Joseph Coffin, Hunter Davis, 5<sup>th</sup>  
**Boys 4x400 Meter Relay** – Jacob Huerta, Carson Gaarder, Caleb Kearnes, Grant Lander, 4<sup>th</sup>  
**Boys 4x800 Meter Relay** – Caleb Kearnes, Hunter Davis, Grant Lander, Carson Gaarder, 3<sup>rd</sup>



**HOMER** *Community School*

# Summer Birthdays

by Jake Huerta

## June

Dale Stille 6/1  
Isabella Sherer 6/4  
Haylee Raff 6/6  
Anna Maie Janssen 6/6  
Elizabeth Vavra 6/7  
Tru King 6/7  
Kathryn Baker 6/8  
Amber Boyle 6/9  
Gracie Harris 6/10  
Derek Stroot 6/10  
Chloe Bind 6/11  
Ainsley Spurrell 6/12  
Emily Nelson 6/13  
Gage Otterpohl 6/14  
Chloe Dinsmore 6/15  
Trevor Flores 6/17  
Samantha Overgaard 6/17  
Faith Slavin 6/19  
Caedan Nelson 6/19  
Cash Dickey 6/20  
Tj Wilkinson 6/20  
Alivea Chamberlain 6/20  
Landon Gilster 6/21  
Morgan Horton 6/21  
Mateo Canales 6/22  
Logan Albrecht 6/22  
Sofia Reed 6/25  
Tawny Bolles 6/26  
Okie Bolles 6/26  
Jara Leigh Price 6/28  
Keiana Carney 6/29  
Emily Rasmussen 6/30  
Jovee Valentin 6/30

## July

Alison Nelson 7/1  
Gavin Albrecht 7/2  
Bodie Nelson 7/2  
Brennan Eriksen 7/3  
Tori Gaarder 7/3  
Tristan Gaarder 7/3  
Lilly Fellin 7/5  
Hope Noe 7/5  
Hayden Overgaard 7/6  
Dean Ruzicka 7/7  
Hayden Fredrickson 7/8  
Landen Fredrickson 7/11  
Matthew Georgesen 7/11  
Avery Overfelt 7/12  
Sienna Scott 7/12  
Christopher Chamberlain 7/13  
Miranda Noe 7/13  
Alexondra Rohde 7/15  
Cole VanLent 7/16  
Isabella Lundeen 7/16  
Arieli Ordonez-Puente 7/16  
Eli Hunter-Maxwell 7/16  
Andrew Schuldt 7/18  
Savanna Deemer 7/19  
Meadow Free 7/19  
Jalyn Jensen 7/20  
Jade Olson 7/20  
Trinity Ackerly-Roche 7/20  
Brayden Kennedy 7/22  
Brody Schultz 7/23  
Axton Caskey 7/23  
Brendon Dumdei 7/23  
Hailey Torticill 7/23  
Ryan Rasmussen 7/24  
Adreanna Dunn 7/24  
Karrena Modlin 7/28  
Kireel Flores 7/29  
Lance Polly 7/31  
Junius Snowball 7/31



## August

Cayelynn Jones 8/1  
Triston Owens 8/2  
Aiden Estochen 8/3  
Ricardo Flores 8/5  
Ryan Fowler 8/5  
Jaedyn Bousquet 8/6  
Jasmine Haire 8/6  
Alyssa Petersen 8/7  
Ava Walker 8/8  
Maci Cain 8/10  
Joshua Sanford 8/10  
Ross Abts 8/10  
Erin Parker 8/10  
Keaton Sell 8/15  
Kayle Deemer 8/15  
Angel Paredes 8/16  
Mia Regalado 8/17  
Karsyn Monk 8/18  
Sammi Martin 8/20  
Jace Fogarty 8/20  
Kasandra Hackney 8/20  
Athena Daniels 8/21  
Ireland Daniels 8/21  
Alexis Hough 8/22  
Jocely Peters 8/22  
Kylie Kocian 8/25  
Carlos Woehler 8/26  
Christopher Webb 8/27  
DayLen Fredrickson 8/27  
Olivia Ann Walker 8/28  
Lettie Hulit 8/29  
Clyde Bolles 8/30



# June 2019

## Homer School Activities

by Levi Vavra



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Kearney BBB camp
2 Kearney BBB camp	3 • Weight Training 7:30 – 9:00am • GBB North	4 • Weight Training 7:30 – 9:00am • BBB	5 Weight Training 7:30 – 9:00am	6 • Weight Training 7:30 – 9:00am • open gym	7 Augustana BBB camp	8 Augustana BBB camp
9	10 • Weight Training 7:30 – 9:00am • GBB North	11 • Weight Training 7:30 – 9:00am • BBB	12 Weight Training 7:30 – 9:00	13 • Weight Training 7:30 – 9:00am • open gym	14	15 UNO BBB camp
16	17 • Weight Training 7:30 – 9:00am • GBB North	18 • Weight Training 7:30 – 9:00am • BBB	19 Weight Training 7:30 – 9:00	20 • Weight Training 7:30 – 9:00am • open gym	21 WestPoint Beemer BBB camp	22
23	24 • Weight Training 7:30 – 9:00 am • BRLD JV	25 • Weight Training 7:30 – 9:00am • BBB	26 Weight Training 7:30 – 9:00	27 • Weight Training 7:30 – 9:00am • open gym	28	29
30						

# HOMER SCHOOL ACTIVITIES JULY 2019

by Sammie Snake

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WEIGHTS 730-900 am	2 WEIGHTS 730-900 am	3 NO WEIGHTS	4 NO WEIGHTS	5	6
7	8 WEIGHTS 730-900 am	9 WEIGHTS 730-900 am	10 WEIGHTS 730-900 am	11 WEIGHTS 730-900 am	12	13
14	15 • WEIGHTS 730-900 am • FB Equip- ment checkout	16 • Weights 730-900 am • FB Equip- ment checkout • open gym 7:00 pm	17 WEIGHTS 730-900 am	18 FB Camp	19	20
21	22 WEIGHTS 730-900 am	23 • WEIGHTS 730-900 am • open gym 7:00pm	24 WEIGHTS 730-900 am	25 • WEIGHTS 730-900 am • open gym 7:00pm	26	27
28	29 WEIGHTS MAX OUT	30 WEIGHTS MAX OUT	31			

# August 2019 Homer School Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 • First day of practice VB & FB	13 • Open house 6:00 -7:00 p.m.	14 • First day of school, 1:45p.m dismissal	15	16	17
18	19	20	21	22	23	24
25	26	27	28 • Picture day (Pk-12)	29 • VB Triangular vs. Hartington CC & Randolph @ 5:30	30 • FB Home vs. Emerson-Hubbard @7:00PM • Annual Fall hearing screenings	31



# HOMER HIGH SCHOOL

## 2019 Lady Knights Volleyball Schedule

### VARSITY

DATE	OPPONENT	SITE	TIME
8/29	Hartington CC/Randolph Triangular	Randolph	5:30
9/5	Emerson-Hubbard/Ponca Triangular	Emerson	5:15
9/10	Laurel-Concord-Coleridge	Homer	5:30
9/12, 14	Wakefield Invitational	Wakefield	5:30/8:30 A.M.
9/17	Osmond/Winside Triangular	Winside	5:15
9/19	Ponca	Ponca	5:30
9/21	Logan View Invitational	Hooper	8:30 A.M.
9/24	Guardian Angels Central Catholic	Homer	5:30
9/28	Wisner-Pilger Classic	Wisner	10:00 A.M.
10/3	Wynot	Wynot	5:30
10/8	Whiting/Winnebago Triangular	Winnebago	5:30
10/10	Emerson-Hubbard	Emerson	5:30
10/15	Pender	Pender	5:30
10/19	Conference Tournament (1 <sup>st</sup> Round)	TBD	TBD
10/21	Conference Tournament (2 <sup>nd</sup> Round)	Ponca/Plainview	TBD
10/22	Conference Tournament (Finals & Consolation)	Laurel	TBD
10/24	Wakefield/Winnebago Triangular	Winnebago	5:15
10/28-29	Subdistricts	TBD	TBD
11/2	District Finals	TBD	TBD
11/7-9	State Championships	Lincoln	TBD

### JUNIOR VARSITY

9/14	Wisner B Team Tourney	Wisner	8:00 A.M.
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### JUNIOR HIGH

9/10	Siouxland Christian	Sioux City	4:00
9/12	B-R-L-D	Homer	3:00
9/14	Hartington CC Tourney	Hartington	9:00 A.M.
9/16	Wakefield	Homer	3:00
9/24	Pender	Homer	3:00
10/10	Winnebago	Homer	3:00
10/14	Ponca	Ponca	3:00
10/19	Homer Tournament (Homer, B-R-L-D, GACC)	Homer	9:00 A.M.



# HOMER HIGH SCHOOL

## 2019 KNIGHTS FOOTBALL SCHEDULE

### VARSITY

DATE	OPPONENT	SITE	TIME
<b>8-30</b>	<b>Emerson-Hubbard</b>	<b>Homer</b>	<b>7:00</b>
9-6	BYE		
9-13	Pender	Pender	7:00
9-20	Creighton	Creighton	7:00
<b>9-27</b>	<b>Winnebago</b>	<b>Homer</b>	<b>7:00</b>
10-4	Wakefield	Wakefield	7:00
10-11	Wisner-Pilger	Wisner	7:00
<b>10-18</b>	<b>Guardian Angels CC</b>	<b>Homer</b>	<b>7:00</b>
<b>10-25</b>	<b>Omaha Nation</b>	<b>Homer (Homecoming)</b>	<b>7:00</b>
10-31	1 <sup>st</sup> Round D1 Playoffs	TBA	TBA
11-6	2 <sup>nd</sup> Round D1 Playoffs	TBA	TBA
11-12	Quarterfinals D1 Playoffs	TBA	TBA
11-18	Semifinals D1 Playoffs	TBA	TBA
11-25	D1 Championship	Lincoln	TBA

### JUNIOR VARSITY

9-9	Laurel-Concord-Coleridge	Laurel	5:45
<b>9-30</b>	<b>Emerson-Hubbard</b>	<b>Homer</b>	<b>5:45</b>
<b>10-14</b>	<b>Wakefield</b>	<b>Homer</b>	<b>5:45</b>

### JUNIOR HIGH

9-3	Guardian Angels Central Catholic	Beemer	4:00
9-9	Laurel-Concord-Coleridge	Laurel	4:00
9-16	Winnebago	Winnebago	4:00
<b>10-7</b>	<b>Pender</b>	<b>Homer</b>	<b>4:00</b>
<b>10-14</b>	<b>Wakefield-Allen-Emerson-Hubbard</b>	<b>Homer</b>	<b>4:00</b>





# HOMER HIGH SCHOOL

## 2019-2020 LADY KNIGHTS GIRLS' BASKETBALL

### VARSITY/JV

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
11-26	South Sioux City (Jamboree)	SSC	5:45
12-5	Winnebago	Winnebago	4:45/6:15
12-7	B-R-L-D	Homer	1:00/2:15
12-10	Laurel-Concord-Coleridge	Laurel	4:00/6:15
12-17	Wynot	Homer	4:45/6:15
12-19	Lawton-Bronson	Homer	4:45/6:15
12-20	Lutheran High NE	Norfolk	5:00/6:15
12-28,30	Holiday Tournament	Homer	TBA
1-3	River Valley	Correctionville (IA)	4:30/8:00
1-7	Randolph	Homer	4:45/6:15
1-10	West Sioux (IA)	Tyson EC	12:15
1-11	Omaha Nation	Macy	1:00/2:30
1-14	Pender	Homer	4:45/6:00
1-17	Hartington-Newcastle	Hartington	4:45/6:15
1-21	Emerson-Hubbard	Emerson	4:00/6:15
1-24	Walthill	Homer	4:45/6:15
1-21	Wakefield-Allen	Homer	5:30/7:00
1-28	Siouxland Christian	Homer	4:45/6:15
1-31 to 2-10	Lewis & Clark Conf. Tourney	TBA	TBA
2-11	Hartington Cedar Catholic	Homer	4:45/6:15
2-14	Ponca	Ponca	4:45/6:15
2-17,18,20	Sub-Districts	TBA	TBA
2-28	District Finals	TBA	TBA
3-5,6,7	State Tournament	Lincoln	TBA

### Freshmen-Sophomore

12-8	9-10 Tournament	Homer	9:00 A.M.
2-9	9-10 Tournament	Emerson	9:00 A.M.

### JUNIOR HIGH

12-12	Siouxland Christian	Sioux City	3:45
1-7	Pender	Homer	3:00
1-14	Winnebago	Winnebago	3:00
1-19	Ponca (G/B)	Homer	9:00 A.M.
1-30	Laurel-Concord-Coleridge	Homer	3:00
2-1	Ponca Tourney	Ponca	9:00 A.M.
2-6	B-R-L-D	Homer	3:00
2-8	Post-Holiday JH Tourney	Homer	9:00 A.M.
2-4	Wakefield	Wakefield	3:00



# HOMER HIGH SCHOOL

## 2019-2020 KNIGHTS BOYS' BASKETBALL

### VARSITY/JV

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
11-26	South Sioux City (Jamboree)	SSC	7:30
12-5	Winnebago	Winnebago	4:45/8:00
12-7	B-R-L-D	Homer	1:00/4:00
12-10	Laurel-Concord-Coleridge	Laurel	5:00/8:00
12-17	Wynot	Homer	4:45/8:00
12-19	Lawton-Bronson	Homer	4:45/8:00
12-20	Lutheran High NE	Norfolk	4:45/8:00
12-28,30	Holiday Tournament	Homer	TBA
1-3	River Valley	Correctionville (IA)	4:30/8:00
1-7	Randolph	Homer	4:45/8:00
1-10	Fremont Bergan	Homer	5:30/7:00
1-11	Omaha Nation	Macy	1:00/4:00
1-14	Pender	Homer	4:45/7:45
1-17	Hartington-Newcastle	Hartington	4:45/8:00
1-21	Emerson-Hubbard	Emerson	5:00/8:00
1-24	Walthill	Homer	4:45/8:00
1-28	Siouxland Christian	Homer	4:45/8:00
1-31 to 2-10	Lewis & Clark Conf. Tourney	TBA	TBA
2-11	Hartington Cedar Catholic	Homer	4:45/8:00
2-14	Ponca	Ponca	4:45/8:00
2-21	Wakefield	Wakefield	6:15/8:00
2-24,25,27	Sub-Districts	TBA	TBA
2-29	District Finals	TBA	TBA
3-12,13,14	State Tournament	LINCOLN	TBA

### 9-10 BOYS

1-5	Allen Tourney Round 1	Allen	TBA
1-12	Allen Tourney Round 2	Allen	TBA
1-26	Homer Tourney	Homer	9:00 A.M.

### JUNIOR HIGH

11-19	Winnebago	Winnebago	3:00
12-2	Pender	Homer	3:00
12-12	Siouxland Christian	Sioux City	4:45
12-17	Wisner-Pilger	Wisner	3:00
12-21	Ponca Tourney	Ponca	9:00
1-12	Homer Tourney	Homer	9:00 A.M.
1-17	Wakefield-Allen	Wakefield	3:00
1-19	Ponca (G/B)	Homer	9:00 A.M.



# HOMER HIGH SCHOOL

## 2020 SPRING SPORTS SCHEDULES

### 2020 BOYS' & GIRLS' TRACK SCHEDULE

#### HIGH SCHOOL

3-20	Wayne State College Indoor	Wayne State	12:30
3-24	Dan Lennon Relays	USD	11:00 A.M.
4-9	Ivan Krumwiede Invitational	Homer	12:00
4-16	Homer Invitational	Homer	3:00
4-18	Sioux City Relays	Olson Stadium	8:00 A.M.
4-21	W-P Boosters Invitational	Wisner	4:00
4-23	Ponca J.V. Invite	Ponca	1:00
4-28	Ponca Invitational	Ponca	3:00
5-2	Lewis & Clark Conference Meet	Plainview	9:30 A.M.
5-8	Rebel Relays	Sloan, IA	4:30
5-14	District Track Meet	TBA	TBA
5-22,23	State Track Meet	Omaha	TBA

#### JUNIOR HIGH

4-14	Wisner Invitational	Wisner	3:00
4-17	Ponca Invitational	Ponca	3:00
4-23	BRLD Wolverine Invitational	Lyons	11:30
4-27	Gator-Cadet Invitational	Wisner	3:00
5-5	Homer Invitational	Homer	3:00
5-11	Knight Invitational	Homer	3:00

### 2020 BOYS' & GIRLS' GOLF SCHEDULE

4-7	Crofton Invitational (v)	Crofton	10:00
4-16	Laurel Invitational (v)	Laurel	10:00
4-20	Ponca Invitational (v)	Ponca	11:30
4-30	Homer/Pender/Wakefield/SSC (v-jv)	Wakefield	4:00
5-4	Lewis & Clark Conference Tourney	Creighton	10:00 A.M.
5-12	Ponca/Osmond/Wakefield/Homer (jv-v)	Ponca	4:00
5-18	District Golf Tournament	TBA	TBA
5-27,28	State Golf Meet	Lincoln	TBA



# HOMER HIGH SCHOOL ATHLETICS REQUIRED FORMS

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## PHYSICAL, NSAA, AMBULANCE & CONCUSSION FORMS

Forms may be Submitted as early as May 1st for 2019-20 school year.

**ALL students in grades 7-12 who wish to participate in school athletics MUST submit all forms BEFORE they may begin practice.**

**ALL 7<sup>th</sup> graders MUST have a physical prior to the start of the school year, even if they do not plan to participate in school sports.**

**ATHLETES AND PARENTS MUST complete and sign all forms and have a doctor sign the physical clearance form.**

- You may pick up forms at the school office.
- You may also print the forms from the school website.

NOTE: all sections must be completed, signed and on file at the school prior to any participation.

**High school volleyball and football practices begin  
on Monday, 12 August, 2019.**

**Return complete forms to the school office.**



To be completed for  
students participating in  
all NSAA activities.



NEBRASKA SCHOOL ACTIVITIES ASSOCIATION (NSAA)  
Student and Parent Consent Form

School Year: 20\_\_\_\_-20\_\_\_\_ Member School: \_\_\_\_\_  
Name of Student: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

The undersigned(s) are the Student and the parent(s), guardian(s), or person(s) in charge of the above named Student and are collectively referred to as "Parent".

The Parent and Student hereby:

- (1) Understand and agree that participation in NSAA sponsored activities is voluntary on the part of the Student and is a privilege;
- (2) Understand and agree that (a) by this Consent Form the NSAA has provided to the Parent and Student of the existence of potential dangers associated with athletic participation; (b) participation in any athletic activity may involve injury of some type; (c) the severity of such injury can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck and spinal cord, and on rare occasions, injuries so severe as to result in total disability, paralysis and death; and, (d) even the best coaching, the use of the best protective equipment and strict observance of rules, injuries are still a possibility;
- (3) Consent and agree to participation of the Student in NSAA activities subject to all NSAA by-laws and rules interpretations for participation in NSAA sponsored activities, and the activities' rules of the NSAA member school for which the Student is participating; and,
- (4) Consent and agree to (a) the disclosure by the Member School at which the Student is enrolled to the NSAA, and subsequent disclosure by the NSAA, of information regarding the Student, including the student's name, address, telephone listing, electronic mail address, photograph, date of and place of birth, major fields of study, dates of attendance, grade level, enrollment status (e.g., full-time or part-time), participation in officially recognized activities and sports, weight and height as a member of athletic teams, degrees, honors and awards received, statistics regarding performance, records or documentation related to eligibility for NSAA sponsored activities, medical records, and any other information related to the Student's participation in NSAA sponsored activities; and, (b) the Student being photographed, video taped, audio taped, or recorded by any other means while participating in NSAA activities and contests, consent to and waive any privacy rights with regard to the display of such recordings, and waive any claims of ownership or other rights with regard to such photographs or recordings or to the broadcast, sale or display of such photographs or recordings.

I acknowledge that I have read paragraphs (1) through (4) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities.

DATED this \_\_\_\_ day of \_\_\_\_\_, \_\_\_\_.

\_\_\_\_\_  
Name of Student [Print Name]

\_\_\_\_\_  
Student Signature

(I am)(We are) the Student's [circle appropriate choice] (Parent) (Guardian). (I)(We) acknowledge that (I)(We) have read paragraphs (1) through (4) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities. Having read the warning in paragraph (3) above and understanding the potential risk of injury to my Student, (I)(we) hereby give (my)(our) permission for \_\_\_\_\_ [insert student name] to practice and compete for the above named high school in activities approved by the NSAA, **except those crossed out below:**

Baseball	Golf	Tennis	Play Production	Basketball	Swimming/Diving
Track	Football	Speech	Cross County	Soccer	Volleyball
Music	Unified Bowling	Softball	Wrestling	Debate	Journalism

DATED this \_\_\_\_ day of \_\_\_\_\_, \_\_\_\_.

\_\_\_\_\_  
Parent [Print Name]  
Revised June 2016

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

# Preparticipation Physical Evaluation

**CLEARANCE FORM**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Cleared for all sports without Restriction GRADE \_\_\_\_\_

Cleared, with recommendations for further treatment for: \_\_\_\_\_

Not cleared  Pending further evaluation  For any sports  For certain sports \_\_\_\_\_

Tdap booster administered on \_\_\_\_\_ (Required per Nebraska state law for students entering 7<sup>th</sup> grade)

Reasons / Recommendations: \_\_\_\_\_

## EMERGENCY INFORMATION

Allergies \_\_\_\_\_

Other Information \_\_\_\_\_

Name of physician (print) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of Physician \_\_\_\_\_, MD or DO

I have examined the above named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

## AMBULANCE / PERMISSION TO PROVIDE CARE

This section of this form is to allow Rescue Staff and Hospital Care to admit and/or provide immediate care to our son/daughter \_\_\_\_\_ in the event that parents, parent or legal guardian cannot be contacted. Our son/daughter will be participating for Homer Community School and if injured will be cared for by local rescue services and transported to the designated hospital by Rescue Squad.

Desired Hospital: (please circle)

ST. LUKES      MERCY MEDICAL CENTER      PENDER      WINNEBAGO

Medical information: (e.g. allergies, medication, etc.) \_\_\_\_\_

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

## **Concussion Awareness Homer Community School Student-Athlete / Parent Information Notification**

**This form must be signed by all student-athletes and parent/guardians before the student participates in any athletic, spirit practice or contest each school year.**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head. A concussion can also be caused by a blow to another part of the body with the force transmitted to the head. Concussions can range from mild to severe and can disrupt the way the brain normally works. Though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and 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 a 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.

### **Signs (observed by examiner)**

- Appears dazed or stunned
- Confusion
- Moves clumsily
- Loss of consciousness
- Behavior/personality changes
- Forgets events prior to injury (Retrograde amnesia)
- Forgets events after injury (Anterograde amnesia)

### **Symptoms (reported by athlete)**

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light
- Tinnitus (ringing in ears)
- Feeling “foggy”
- Concentration or memory issues
- Change in sleep pattern
- Feeling fatigued

Adapted from the CDC and the 3<sup>rd</sup> International Conference in Sport

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

Athletes with the signs and symptoms of a 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 greater 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 (second impact syndrome). This can lead to prolonged recovery, or to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under-report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is key for student-athlete safety.

### **If You Think Your Child has Suffered a Concussion**

Any athlete 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 written medical clearance from a health care professional (athletic trainer, primary care physician, or neurologist). Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think 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!**

### **Return to Practice and Competition**

Homer Community School Concussion Management Policy provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a health care professional (athletic trainer, primary care physician, or neurologist) has evaluated the athlete and provided a written authorization to return to practice and competition. Homer Community School recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. Homer Community School also recommends that an athlete's return to practice and competition should follow a graduated protocol under the supervision of the school's athletic trainer or licensed health care professional.

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

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

For education from the Nebraska Concussion Network go to:

<http://Neb.SportsConcussion.org>

_____ Student-Athlete Name Printed	_____ Student-Athlete Signature	_____ Date
_____ Parent or Legal Guardian Printed	_____ Parent /Legal Guardian Signature	_____ Date