



# EXPECTATIONS OF A NORTH PITTSBURGH CATHOLIC IRONMAN

## HONOR THE FOUR PILLARS OF THE PROGRAM:

**GOD • FAMILY • SCHOOL • IRONMEN**

IT'S NOT ABOUT ME!

YOU WERE PUT ON THIS EARTH TO SERVE OTHERS, NOT TO BE SERVED!

BE WILLING TO SACRIFICE WHEN OTHERS ARE NOT!

PLAY/CHEER FOR YOUR TEAMMATES!

RESPECT OTHERS!

ENCOURAGE YOUR TEAMMATES!

LISTEN TO YOUR COACHES!

LASER FOCUS IN PRACTICE AND GAMES!

STAY HUMBLE, STAY HUNGRY!

PLAY WITH URGENCY AND PURPOSE!

MOVE THE CHAINS: GET BETTER EVERY MINUTE OF PRACTICE!

POSITIVE ATTITUDE IN EVERYTHING YOU DO!

ASK QUESTIONS!

LEARN FROM YOUR MISTAKES!

MY JOB TO GROW UP AND BE A MAN/WOMAN IS NON-NEGOTIABLE!

REALIZE THAT FOOTBALL AND CHEERLEADING WILL END ONE DAY.  
THEY ARE NOTHING MORE THAN VEHICLES TO A GREATER PURPOSE ...

**LIFE!**



# **NORTH PITTSBURGH CATHOLIC IRONMEN AWARENESS PLEDGE**

The NPC Ironmen organization has always placed the highest importance on student athlete safety and has been dedicated to do whatever is necessary to achieve this goal. The Ironmen are moving forward and becoming a concussion aware organization. To make sure we reach our goal, we the Ironmen family (coaches, parents and players) must all work together to identify, report, and allow for proper recovery time in cases of concussion by using the following guidelines;

- 1. Recovery time-** Recovery time varies from athlete to athlete and no two concussions will be the same. Proper recovery is vital to avoid more serious re-injury or lingering effects. Symptoms can show up at any point from immediately to 3 days or even longer after the initial injury. If after a bump, blow, or jolt to the head or body the athlete should receive medical attention if he/she exhibits any of the following:
  - a) One pupil larger than the other, convulsions or seizures
  - b) Is drowsy or cannot be awakened, cannot recognize people or places
  - c) Slurred speech or has unusual behavior
  - d) A headache or pressure in head that gets worse
  - e) Any vomiting or nausea
  - f) Weakness, numbness, or decreased coordination
  - g) Loses consciousness, even a brief loss of consciousness must be taken seriously
  - h) Becomes increasingly confused, restless, or agitated
- 2. Seek appropriate medical attention.**
- 3. Impact re-test-** We recommend another Impact Test after a concussion has occurred. Results of this test will be compared to baseline test results.
- 4. Clearance-** After suffering a concussion, it is mandatory that no athlete return to play or practice that same day- "WHEN IN DOUBT, SIT THEM OUT". Any symptom on the field requires at least 7 days of rest and follow up with an appropriate medical professional. Only after the athlete has been cleared by the appropriate medical professional will they be permitted to return to play.

Each student-athlete and their parents or guardians must read and understand this information sheet on concussions prior to participation in athletics. All coaches must complete a concussion awareness certification training course before coaching any athletic activity.