



Tuckerman Bulldogs

Jackson County School District Athletic Handbook



Swifton Pirates

Jackson County School District

Department of Athletics

The following encompasses the following sports: Golf, Basketball, Baseball, Softball, and Cheerleading.

Vision Statement: The Jackson County School District Athletic Department is designed to provide students with the opportunity to participate in a variety of sports. Our vision is that athletics will be considered an asset to the academic mission of the schools and will help enhance the school life experience. We envision an athletic department that all of its participants: student-athletes, coaches, administrators, and parents can be proud of and one that promotes lifelong personal and community wellness as well as positive and productive citizens.

Beliefs:

◆We believe that athletics are an integral part of the total education program and a unique part of the junior high and senior high experience.

*We believe athletics teaches student-athletes many invaluable, intangible traits necessary to be productive in society such as: self-discipline, personal commitment, loyalty, sportsmanship, teamwork, work ethic, and the value of preparation.

*We believe athletics have a positive effect upon the student-athletes self-image, mental and social well-being, and ethical awareness.

Objectives:

◆Understand that athletics is a privilege, not a right. Each student-athlete is expected to not only follow school policy/guidelines, but also follow athletic department policy.

◆To allow every individual the maximum opportunity to participate in an activity while recognizing that sports, like life, is a competitive situation in which some will excel, some will succeed, some will fail, but all will benefit by merely being participants.

◆To provide our student-athletes with the best possible administration, coaching, and instruction available.

◆To provide our student-athletes with quality facilities and equipment that is safe.

◆To provide our student-athletes with safe, quality transportation to and from all competitions and events.

◆To provide our student-athletes with proper funding to meet all of their needs in the athletic arenas.

Eligibility for Extracurricular Activities

The Jackson County School District Athletic Department requires that all student-athletes and potential student-athletes meet all Jackson County School District, ADE, and AAA requirements.

7th and 8th Grade requirements

◆Beginning of the first semester

◆A student promoted from the 6th to 7th grade or 7th to 8th grade automatically meets AAA eligibility requirements for the first semester.

◆Beginning of the second semester

◆Student meets AAA eligibility requirements by successfully passing four (4) academic courses the previous semester, three of which must be core curriculum areas.

9th Grade requirements

◆Beginning of the first semester

◆Student meets AAA eligibility requirements by successfully passing four (4) academic courses the previous semester, three of which must be core curriculum areas.

◆Beginning of the second semester

◆Student meets AAA eligibility requirements by successfully passing four (4) academic courses the previous semester.

◆Ninth grade students must meet senior high academic eligibility by the end of the second semester in order to be eligible to participate the fall of their tenth grade year.

10th-12th Grade requirements

◆Beginning of the first semester

◆Student meets AAA eligibility requirements by successfully passing four (4) academic courses the previous semester.

◆Student meets AAA eligibility requirements with a minimum GAP of 2.0, based on the previous semester.

-If a student is not meeting AAA requirements, he/she must enroll in SIP for the semester and complete 100 minutes a week in the program.

◆If the student has above a 2.0 at the end of the semester he/she may stop attending SIP,

◆The student must improve his/her GPA at least one tenth of a point after the first semester of participation in SIP to remain in the program for the following semester,

◆If the student does not have a 2.0 at the end of the semester but improved his/her GPA one tenth of a point he/she must continue SIP the following semester,

◆A student is limited to two consecutive semesters in the SIP any time a student's GPA falls below a 2.0 for the previous semester.

◆Beginning of second semester

◆Student meets AAA eligibility requirements by successfully passing four (4) academic courses the previous semester,

◆Student meets AAA eligibility requirements with a minimum GPA of 2.0, based on the previous semester,

◆If student is not meeting AAA requirements he/she must enroll in SIP for the semester and complete 100 minutes a week in the program.

Supplemental Instructional Program (SIP)

SIP is an academic aid program designed by the Arkansas Activities Association (AAA) that allows student-athletes an opportunity to compete while working to meet AAA eligibility requirements. The following criteria must be met and maintained to be eligible for SIP:

-The student must have no unexcused absences for the current semester or its equivalent,

-The student must have no school disciplinary action for the current semester. The school may define school disciplinary action, but as a minimum the policy shall state that a student has been disciplined when being placed on suspension where the student is out of school for a period of time,

-The student must have no known criminal convictions,

-The rule restricts a student to a maximum of two consecutive semesters in the SIP any time a student's GPA falls below 2.0 for the previous semester.

Complaints

The following order should be followed in reporting a complaint by conferring with:

1. The coach that has direct supervision of the athlete at the time.
2. The head coach of the sport
3. The athletic director
4. The principal
5. The superintendent

NOTE: Parents should always call to schedule a meeting with the coach. Never approach a coach before, during, or after a practice or a game. All complaints will be addressed during scheduled meetings with the coach.

Physicals

All student-athletes are required by the Arkansas Activities Association (AAA) to have a valid (current) physical on file with the office of the athletic director along with a signed handbook prior to being allowed to participate in any extracurricular activity in the Jackson County School District.

Sign Out Procedures

All athletes must travel to athletic contests in transportation provided by the athletic department unless prior arrangements are made through the proper channels due to emergency situations. Students will be required to ride home on the bus unless their parent/guardian has gone through the proper sign out procedures. Siblings or other persons 18 years of age or older designated by the parent/guardian can sign out a student after an extracurricular activity if they are listed on the student's sign out list. In the instance of a parent/guardian wanting someone to sign out their child who is not listed on the sign out list must have prior approval and documentation to the head coach at least 30 minutes prior to the departure of the trip.

Holiday Practice and Games

Expect to have holiday games and practices through the course of each year. It is the responsibility of the student athlete and parent/guardian to communicate with the coach when he/she will be missing these practices and/or games.

Quitting a Sport

An athlete who chooses to leave a team before the conclusion of the 1st semester will be required to go into study hall until the semester ends. Then the athlete will be able to change their schedule to choose a class or other sport 2nd semester.

An athlete who chooses to leave a team during the break between 1st and 2nd semester will have the option to change their schedule to another class or sport for 2nd semester.

An athlete who has started the 2nd semester and has been on the team for the entire season and chooses to leave a team will be required to go to study hall for the remainder of the semester or another sport only after the team that was left has finished their season.

An athlete that begins a spring sport after finishing a fall sport will have ten days to determine if they want to stay in that sport. If the athlete leaves the sport within the ten day window, they can return to the previous sport off-season. If the athlete leaves the spring team after the ten day window, the athlete will go to study hall for the remainder of the semester.

An athlete that participates in a spring sport and is enrolled in the class beginning the 2nd semester will have the ten day window to determine if they want to remain in the class or change their schedule. Any changes after the ten days will result in the student being placed in study hall until the semester ends.

Exceptions can be made for medical reasons or if the head coaches of the sports involved and the athletic director agree to allow participation in the succeeding sport prior to the end of the dropped sport due to unforeseen circumstances. If the athlete is unable to complete a sport due to medical reasons, verification from a doctor must be given to the coaches by the athlete.

If a student is removed from a team by the head coach for disciplinary reasons, the student will not be allowed to participate in another sport until after the dropped sport has completed its season.

Awards and Recognition

The JCSD Athletic Department will conduct an end of year All Sports banquet to recognize all athletes.

Off-Season

Off-season workouts are designed and required by the department of athletics to prepare and train a student athlete both mentally and physically for an upcoming sport. Each athlete will be expected to participate in the off season for all sports in order to participate in that sport for the next season.

Summer Work-outs

All athletes are expected to maintain their physical conditioning throughout the summer. Coaches will inform athletes of any and all special workout programs to be followed. Weight rooms and gyms will be open as scheduled through the summer. Workout schedules and requirements will be provided by the coaches. It is the responsibility of the student athlete to communicate with the coach of each sport if he/she is going to miss summer workouts/requirements.

ISS

Student athletes who receive In and/or Out of school suspension or office detention will NOT be able to participate in games or practices until the suspension is completed at 3:20 the last day of the suspension. That student will be subject to extra running for missed practices and possible missed games.

Disciplinary Referrals Outside of Athletics

A student receiving discipline referrals could be subject to extra running and possible dismissal at the discretion of the head coach of the sport they are in.

Dismissal Policies

The athletic department may deem it necessary to disassociate an athlete from the sport for inappropriate behavior or actions. This decision will be made by the head coach of that sport and the athletic director. Dismissal from the team of an in-season sport does not necessarily mean dismissal from the program. Dismissal from a team and the entire athletic program may become necessary if the offense is deemed detrimental to the overall athletic program by the athletic director, head coach, and principal.

Social Media

Social media is not to be used to criticize or critique players, coaches, administrators, or teachers of JCSD or any of its athletic teams. Any negative social media postings will fall under the scope of conduct detrimental to the team and could result in disciplinary action or dismissal from the team.

Parent/Support Code of Conduct

The larger school-community has an interest and investment in the success of JCSD athletic programs. Parents and other supporters play a key role in reinforcing the educational goals of our program. Therefore, we expect these important supporters of our program to do the following:

1. Remember that a ticket to a school athletic event is a privilege to observe the contest.
2. Be a positive role model through their behavior at athletic contests.
3. Show respect for the opposing players, coaches, spectators, and support groups.
4. Be respectful of all official's decisions

5. Recognize and show appreciation for an outstanding play by either team.
6. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
7. Gain an understanding and appreciation for the rules of the sport.
8. Reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.
9. Be respectful of all coaching decisions and never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning
- Written warning
- Game suspension with written documentation of incident kept on file
- Season suspension
- Permanent dismissal

Insurance

The JCSD does provide supplemental accidental insurance for students who participate in athletics, AAA activities, or any school sponsored event. If an accident occurs, the form may be picked from the central office. Your child will be covered while participating in, practicing for, and travel to and from such an activity in a school furnished vehicle.

Cheerleading

The purpose of the JCSD Senior Cheerleading Squad is to: Create school spirit, pride, and loyalty; Promote interest in school activities and perform at school functions; Develop responsibility, teach self-respect, encourage honest effort, strive for perfection, and develop character; Teach teamwork and pride in a quality performance while maintaining high standards.

A Coach will be hired by the Jackson County School Board of Education upon recommendation of the Athletic Director. The Coach will be responsible for the daily running and activities of the JCSD Cheerleading Squad (7th Grade, Junior High, and High School). The Coach will be responsible for administering disciplinary procedures. The Coach may place certain restrictions on team members if necessary.

Each member must maintain a 2.0 grade point average. Each member must submit a completed application form BEFORE annual tryouts take place. The form must be signed by the candidate and the parent/guardian.

Drug Testing Policy

The JCSD School Board has adopted a drug screening policy for all athletic/spirit groups in grade 7-12, who represent JCSD. The Board believes this policy is necessary for the health and safety of the individuals involved in these activities.

Procedures for Testing:

1. Each student must have a signed parental/guardian consent form (athletic handbook/band/choir handbook) as a requirement for participation in any athletic/spirit group activity and the drug-testing policy. Failure to produce the signed consent form will result in the student being prohibited from participating until a form is signed and submitted to the school.
2. All student test results and test correspondence will be completely confidential between the school district, the testing company, and the student and their parents/guardians.
3. Students will be subject to urinalysis testing for participation in athletic/spirit groups.
4. Any student selected who refuses to submit to random drug testing and/or re-testing or submits a cold test will be subject to the provisions of a positive test.

JCSD shall randomly require selected students in grades eight (8) through twelve (12) to provide a urine specimen for urinalysis testing. The complete Chemical Screen Test Policy for Jackson County School District is located in the Student Handbook and can also be viewed on the JCSD website.

Arkansas Activities Association Concussion Fact Sheet for Athletes and Parents

WHAT IS A CONCUSSION

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding", "getting your bell rung," or what seems to be mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION

Observed by the Athlete

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Bothered by light
Bothered by noise
Feeling sluggish, hazy, foggy, or groggy
Difficulty paying attention
Memory Problems
Confusion
Does not "feel right"

Observed by the Parent / Guardian,

Coach, or Team mate Is confused about assignment or position
Forgets an instruction
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Can't recall events after hit or fall
Appears dazed or stunned

WHAT TO DO IF SIGNS/SYMPTOMS OF A CONCUSSION ARE PRESENT

Athlete

TELL YOUR COACH IMMEDIATELY

Inform parents
Seek medical attention
Give your self time to recover

Parent / Guardian Seek medical

attention
Keep your child out of play
Discuss play to return to play with coach
Address academic needs

WHERE CAN I FIND OUT MORE INFORMATION?

- Center for Disease Control www.cdc.gov/concussion/HeadUp/youth.html
- NFHS Free Concussion Course <http://nlhslearn.com/electiveDetail.aspx?courseID=15000>

RETURN TO PLAY GUIDELINES

1. Remove immediately from activity when signs/symptoms are present.
Release from medical professional required for return (Neuropsychologist, MD, DO, Nurse Practitioner, Certified Athletic Trainer, or Physician Assistant)
3. Follow school district's return to play guidelines and protocol

Did you know...?

- Up to 60% of the body is made up of water
- 92% of blood is made of water
- Water carries nutrients and oxygen to all the cells in your body
- Water helps turn food into energy
- Water regulates your body temperature
- You have a 10% decrease in your mental performance when you feel thirsty
- If you are dehydrated you are more likely to have trouble concentrating
- If you are well hydrated, exercise feels easier and more enjoyable

So drink more water!

How much do I need to drink?

Take your weight and divide it by two. Everybody needs at least 50 ounces of water a day and if you weigh over 100 pounds, then divide your weight by two to determine how much to drink (for example, if you are 150 pounds you should drink 75 ounces per day). And if you are sweating, you should drink even more!

When and what do I need to drink?

You should drink water and other healthy liquids throughout the day. Sports drinks are great if you have been working out or playing sports. Soft drinks are not a healthy choice for hydration and will actually make you dehydrate faster. Milk and juice are a great part of your diet, but they contain calories which you may need to keep an eye on for maintaining healthy weight.

What's the big deal?

Dehydration is a common problem for many young athletes playing in heat. These conditions are not only dangerous, but are also fatal in some cases. You can die from these illnesses. Don't take it lightly. It's not cool to see how long you can practice without drinking water. It's deadly.

Three Degrees of Heat Illness:

The three types of heat illness are Heat Cramps, Heat Exhaustion and the most serious and deadly form: H* Stroke. All three of these types of dehydration are dangerous, and that is why it is so important to know the warning signs.

Warning Signs!

Dehydration is a very common problem, and young athletes can experience consequences of dehydration even if they are as little as 2% dehydrated. Here are some warning signs:

- *Noticeable Thirst
- Decreased Performance
- * Nausea
- Muscle Cramps
- *Headache
- Fatigue
- *Weakness
- Lightheaded or Dizzy
- *Difficulty Paying Attention

Then what?

if you experience any of the previous symptoms, you need to take the following action:

1. Rest in a cool place
2. Drink a sports drink that contains the adequate amount of electrolytes.
3. Prevent dehydration in the future by consuming fluids before, during and after exercise.
4. Allow lots of time to rehydrate.

Heat Exhaustion

Symptoms of heat exhaustion include dizziness and fatigue, chills and rapid pulse.

If you experience these symptoms, immediately:

1. Rest in a cool place.
2. Drink a sports drink.
3. Lie down with legs elevated to promote circulation
4. You should begin to feel better soon. If not, you may have heat stroke.

Heat Stroke

Heat Stroke is a medical emergency! If not treated fast and appropriately, it can result in death!

Symptoms include:

Very High Body Temperature (rectal temperature over 104 degrees)

Altered central nervous system function (confusion or unconsciousness)

Healthy athlete collapses during intense exercise in the heat

Cool-Out Heat Stroke

immediate cool-down procedure is very important for someone suffering exertional Heat Stroke. Quickly get the person into an ice bath to get temperature down as quickly as possible. If an ice bath is not available, put ice packs all over the body, take a cool shower, use wet towels or spray water. Remember that heat exhaustion gets better, but heat stroke just gets worse. Call 911, cool first and then transport.



Know Your Sweat Rate

Athletes need to know how much they sweat and how much to drink to replace it:

Weigh in before and after practice and competition. Keep track of how much fluid you drink during workout.

Combine the amount of weight lost with the amount of fluid consumed to know how much to drink to stay hydrated.

Check your Urine

if your urine is colored dark yellow like apple juice, you probably aren't staying hydrated. It should be clear or light yellow-such as lemonade to know that you are drinking enough fluids.

Hydrate, hydrate, hydrate

- You should always drink before, during and after practice.
- BEFORE gives you a head start.
- DURING gives you the energy to keep going.
- AFTFR helps replace the lost fluids and electrolytes.

Know WHAT to drink

Water is always a good choice, but research has shown that sports drinks are best while working out. This is because sports drinks contain electrolytes, flavor to encourage you to drink and carbohydrates to send energy to your muscles. Avoid fruit juice, carbonated drinks, caffeine and energy drinks before or after activity.

Speak Up!

If you are feeling ill or need to rest, **TELL YOUR COACH!** Do not let these symptoms go by without saying something about it! Don't worry your coach won't think less of you and your teammates will respect you for protecting yourself. It is nothing short of dangerous and stupid to be quiet when you aren't feeling well. So speak up!

Heat Illness Prevention

There are a lot of factors that can cause heat illness, but here are some simple tips to keep you safe.

1. Acclimation - an athlete needs two weeks to get acclimated to work-out routines. Drink lots of liquids, stay hydrated and take some time to get used to the sport you will be participating in.
2. Proper Rest - Parents and coaches should encourage breaks in shaded areas, practice during cooler times of the day, such as the evening or early morning. Practices must be modified based on the conditions of weather and time of year.
3. Dress Code - Wear light-colored and lightweight clothing that does not constrict your body.

Temperature Awareness

Keep track of the heat index and the risk during activities. The 'heat index' is a measurement of air temperature and humidity.



QUIZ

Circle the correct response:

1. When conditioning for sports, the process of Acclimation takes:

- A. 1 Day
- B. 2 Days
- C. 1 Week
- D. 2 Weeks

2. Proper hydration is most important:

- A. Before practice or games
- B. During practice or games
- C. After practice or games
- D. They are all equally important

3. Unless discolored from medications, you know you are pretty well hydrated if your urine color is clear or looks like:

- A. Apple Juice
- B. Prune Juice
- C. Lemonade
- D. Limeade

4. Which of the following are signs of dehydration:

- A. Nausea
- B. Thirst
- C. Weakness
- D. All of the above

5. One treatment for dehydration is:

- A. Drink enough liquids
- B. Get used to it
- C. Vomit
- D. Work harder

6. Which of the following is a sign of heat stroke:

- A. Confusion
- B. Healthy athlete collapses during intense exercise
- C. High core body temperature
- D. All of the above

7. What is the most important treatment for a heat stroke victim:

- A. Resting in a cool place
- B. Re-hydrating before the next practice
- C. Rapid cooling and transport to a medical facility
- D. Eating a snack

8. Rapid cooling can be done by:

- A. Ice bath in a "cool place"
- B. Ice packs or cold, wet towels over the body
- C. Taking a cool shower
- D. All of the above

9. The heat index is a measure of:

- A. Humidity
- B. Air Temperature and humidity
- C. Air Temperature
- D. Barometric Pressure

10. In addition to water, the best drink to consume when you are working out is:

- A. An energy drink
- B. 100% juice
- C. You really should only drink water
- D. A sports drink

Jackson County School District

Student/Athlete Parent/Guardian Signature Form

Acknowledgment of Injury Risk - Preparation for and participation in athletics involves the risk of injuries ranging from minor to severe. By signing this form, parents acknowledge their understanding of these risks and indicate continued interest in participation. Initial this statement.

Athletic Insurance Information - The student's individual or family primary insurance will be responsible for medical coverage. Initial this statement.

Emergency Consent for Treatment of Injury - I give my consent for school officials, emergency personnel, trainers, etc. to treat my child in the event of injury or illness during the periods of time the child is away from his/her legal residence. Initial this statement.

Random Drug Screening - In accordance with the Jackson County School District drug testing policy, each student will be subject to random drug testing in order to be eligible for any team. Initial this statement.

Handbook Form - I have read and understand the requirements and guidelines of the JCSD Athletic Department and will abide by its rules and policies. Initial this statement.

Hydration and Heat Illness Review - I have read and reviewed the hydration and heat illness form and completed the quiz. Initial this statement.

Concussion Fact Sheet - I have read and reviewed the concussion fact sheet and understand it. I also acknowledge and I understand the risks of brain injuries associated with participation in school athletic activity. Initial this statement.

Extra-Curricular Activities Sign out List - Please include the names of up to four (4) people whom you approve to sign out your child from a school sponsored event.

1. _____
2. _____

Our signatures indicate that we have read and understand the information provided on this form and in the handbook:

Signature of the Parent/Guardian

Date

Signature of the Student

Date