

Joaquin High School Boys Athletic Handbook

**“Get Better Today Than You Were
Yesterday, Get Better Tomorrow Than
You Were Today!”**

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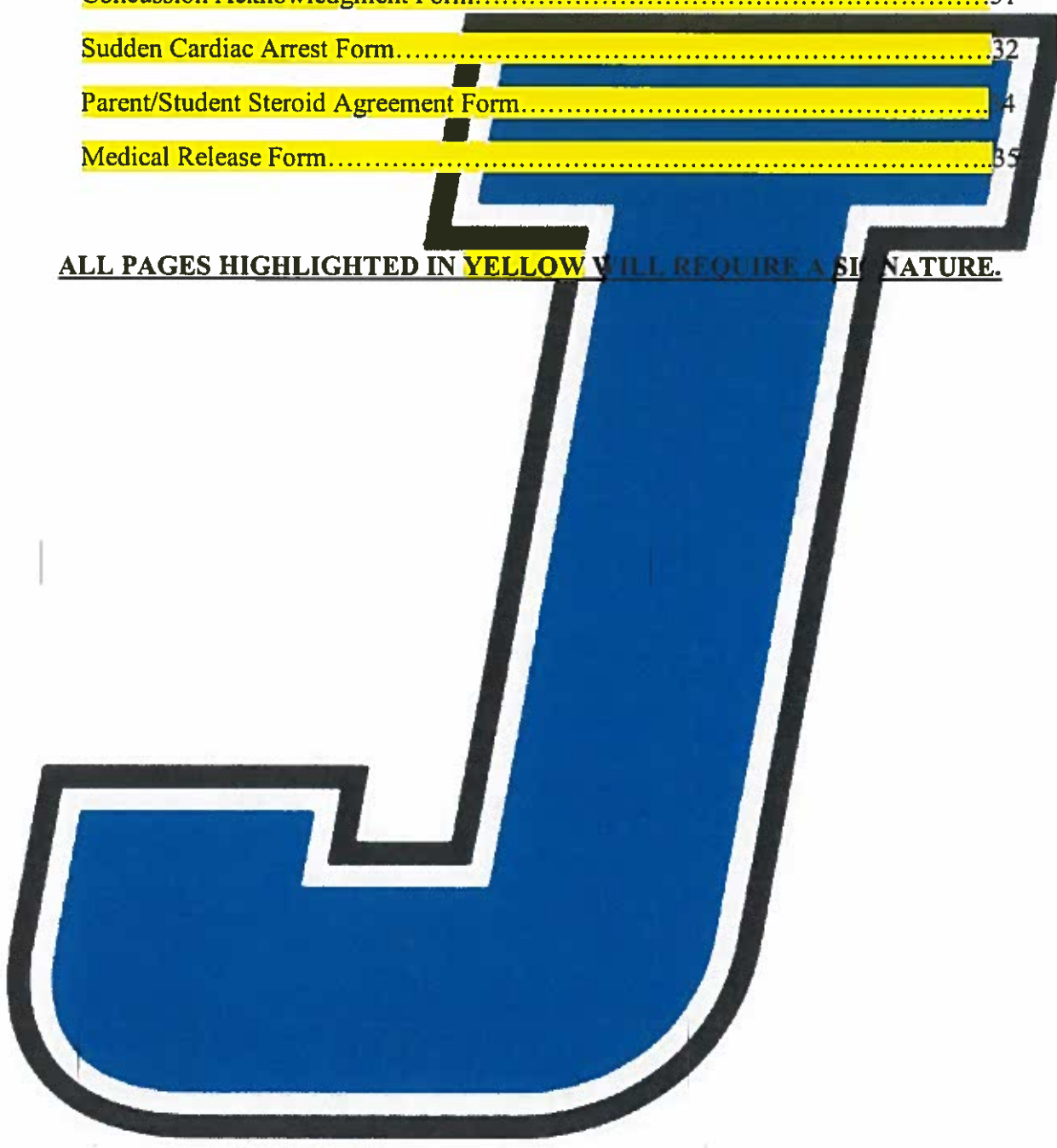
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5 Beliefs to Success

1. "Get Better Today Than You Were Yesterday, Get Better Tomorrow Than You Were Today."

No matter how you choose to apply this statement I believe it can lead you on a pathway to success in whatever endeavor you choose to apply it. This statement begins with me in mind first and foremost. I will always strive to improve as a coach, teacher, leader, and overall as a person. I feel as though this is my number one duty as an Athletic Director and Head Football Coach. This philosophy will be what our entire Athletic Program is based around. I will also expect my staff members to enrich themselves in this idea. It is a must in order to build the kind of program we all want for our student athletes. Our athletes must always see their leaders wanting to improve and striving for perfection. When each individual on a team decides they will do everything possible to improve themselves each and every day you will have a team who is hard to beat.

2. Do Your Job!

This is a statement that I believe can hold true to any facet of life. It is a statement that coaches and players will hear me stress time and time again. I believe this statement, just like all the others must begin with me in mind. My job, first and foremost is to be the dedicated and constant leader of the program, in good times as well as bad. "No one needs a leader when it is bright outside; they need it when the light is dim." Every coach and player alike will have a job to do each and every day and on each and every play. Ball games and more importantly, success in life are most often won by who is willing to, "Do Their Job" whatever that might be; to the absolute best of their ability.

3. Compete with a Great Competitive Spirit

Learning how to compete at the highest level possible is an enhancement to one's character that every individual can carry with them far after their playing days are finished. Competition is something we can never escape from, it is all around us, all the time. Whether it is competing for a promotion at work, or even simply to be a better spouse or parent we must always be prepared to compete in order to improve. This thought not only

pertains to the playing fields but importantly to life. Athletes who play in this program will be challenged on daily basis to improve themselves in all aspects of life, physically, mentally, and emotionally. By accomplishing this, victories will come not only in sports but also in the lives of our athletes. Our goal will always be to simply break our opponents will throughout the duration of a competition. Due to the tendency and great competitive spirit, our teams compete with.

4. Be Proudful

People often times assume pride to be a negative characteristic. However, in this program we will up lift the word. To be successful, no matter what you are trying to accomplish, one must take complete pride in being the best they can be. We must take pride in the town we are playing for as well as the school we are representing. It will be our goal to not only accomplish this on the playing fields but off of them as well. When an athlete chooses to take total pride in being the best he or she can be as a player, a teammate, a student, a son, a daughter, a sibling, and overall as a human being. Not only will your athletic programs be successful, your community will prosper also.

5. Prepare for the Process, Not the Outcome

Often times, with any endeavor in life we become preoccupied by looking at what the potential outcome will be and forget about the essential preparation required throughout the process. We must always have short-term memories; today's victory doesn't automatically earn you one in the future. There must always be a burning desire to outwork your opponent while continuing to improve yourself all at the same time. We must always prepare and compete every play as if we were two scores down.

Complacency is a direct path to failure, not only on the playing fields, but in any facet of life. We will never be satisfied. We will be proud of the successes we accomplish, but always mindful and willing to embrace the next challenge ahead.

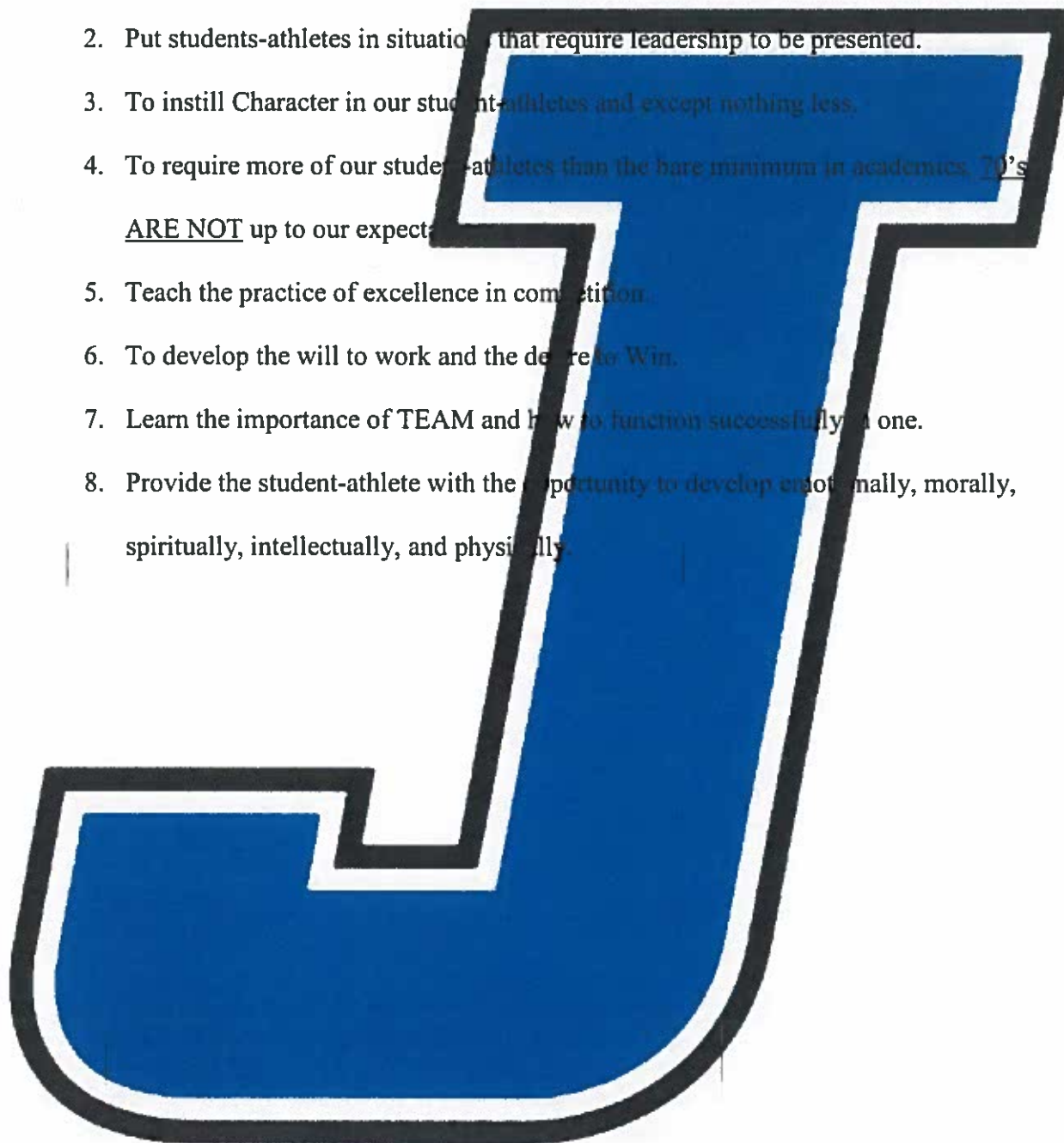
Goals of the Athletic Program

1. To promote Academics first and foremost throughout our entire program
2. To prepare young men and women to be champions in life as well as on the playing fields.
3. To enhance our athletes learning capacity in athletics and academics.
4. All programs will have the opportunity to succeed
5. All programs will stress 100% effort in all endeavors; the playing field, courts, and classrooms.
6. All programs will win with class and lose with dignity.
7. All programs will play fair, by the rules, and earn respect by playing tough all the time.
8. Team will always be stressed as the first priority.
9. All programs will work with the same mentality which is, "To get better today than you were yesterday, and get better tomorrow than you were today!"
10. Win District, Bi-District, Regional Finals, Quarter Finals, Semi-finals, and STATE

CHAMPIONSHIPS!

Objectives of the Athletic Program

1. Contribute to the overall positive development and maturity of the student-athlete.
2. Put students-athletes in situations that require leadership to be presented.
3. To instill Character in our student-athletes and expect nothing less.
4. To require more of our student-athletes than the bare minimum in academics. 70's ARE NOT up to our expectations.
5. Teach the practice of excellence in competition.
6. To develop the will to work and the desire to Win.
7. Learn the importance of TEAM and how to function successfully as one.
8. Provide the student-athlete with the opportunity to develop emotionally, morally, spiritually, intellectually, and physically.



Rules of the Athletic Program:

- These are the basic rules and standards of our entire athletic program. Each Head Coach will be given the opportunity to go into greater detail of rules within their own sport. However, these rules will be in place for all sports, with Zero Exceptions.

1. Give 100% Effort All the Time!

- This will be something that is stressed throughout our entire program.
- I believe that it is a necessity in order to have a successful Athletic Program.

2. Do Not Lie or Steal!

- Doing so can result in total dismissal from all aspects of the athletic program.
- You cannot truly have the best team possible if there is not total trust among players and coaches.

3. All Grades Must Stay above a 70 Average

- Education will always be first in this Athletic Program.
- When a player lets his or her grades fall below this mark they have a greater responsibility that needs to be addressed.

4. Practice Attendance

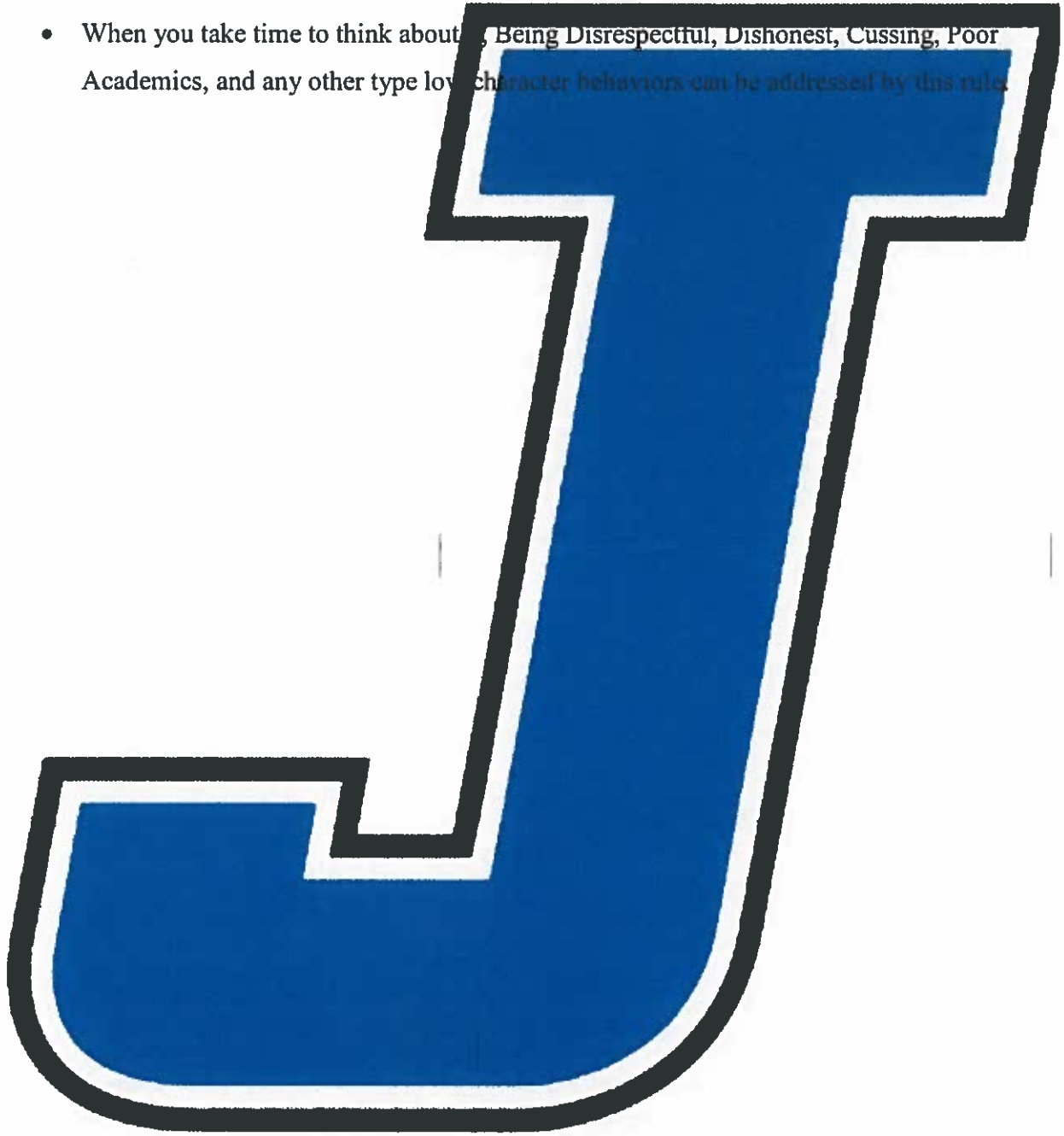
- The 1st unexcused absence will result in a Ram Reminder before the next athletic competition, the 2nd will result in 2 Ram Reminders before the next athletic competition, and the 3rd unexcused absence during that sport will result in a dismissal from the team. Once this has taken place we will consider this the same as quitting. Therefore an athlete must go through the quit program in order to be reinstated into the athletic program.


5. Players Are to Address Coaches and All Adults by (Coach, Mr., or Ms., Along with Their Last Name).

- By requiring our players to be respectful it presents a positive outlook on our school.
- Having manners and high character is a tool our athletes can take with them the rest of their lives.

6. Don't Do Anything That Would Embarrass Your Mama!

- Even though it seems to be a very broad and almost comical statement, I believe this ONE rule can basically run your entire Athletic Program.
- When you take time to think about it, Being Disrespectful, Dishonest, Cussing, Poor Academics, and any other type of low character behaviors can be addressed by this rule.





Roles & Expectations

Role of the Athletic Director:

The role of the athletic director is one of leadership. He is to provide structure, fairness, opportunity, an example, understanding, and execution of what is right – at the right times. He must make hard decisions with grace, fairness, passion and compassion. He must develop an inviting atmosphere, all the while being the first to demonstrate the willingness to work. The role of the Athletic Director is extremely vast and seemingly, to some, impossible to fulfill in every capacity. No question about it, it is a tough job.

I believe the most important role of the Athletic Director is the one he has with the young people in the school system. Not only to the students who choose to participate in sports, but also to all the young people in the school system in which he is serving. To contradict this would contradict the role of who he's really the Athletic Director. I believe the role with the students of the school is to create something unique and special for all the kids in school. It is my goal and hope that kids who attend the school system for which I serve, will take with them, a true understanding and pride of their school colors, their school song and have something special to "brag" about at their 20-year reunion.

The next important role an Athletic Director must achieve is to be a great administrator. This is his most critical role. A great coach who doesn't understand his cooperative and supportive role within the administrative team will not last nor will he have an opportunity to make the impact he wishes. It is the same concept I believe is critical to the Athletic Program and all coaches putting the total Program before their own sport. Likewise, for our Athletic Program to be great, we must put the priorities and total good of the entire Independent School District **FIRST**. We do this by understanding our role as an Administrator and understanding that the Athletic Director is here to serve the Principal and Superintendent and the goals of the District. To support, encourage and help achieve the goals of the Campus and to take ownership of the Administrative Agenda.

Another key focal point is the role the Athletic Director plays in academics. I will be very successful achieving academic accountability in my role as a coach and Athletic Director. This role encompasses so much. From this comes the understanding of the teachers by ALL coaches, to our daily (yes **daily – not weekly**) grade check system for the student athlete, to support by pursuing awards for academic accomplishments and developing academic habits conducive to success through consistent monitoring and accountability. It is my **#1 Goal** to never have a Varsity, Junior Varsity, or Jr. High athlete become academically ineligible.

The final role of high priority an Athletic Director/Head Football coach must achieve is being the face of the Program to the community here in Joaquin. This is difficult to fulfill as there are as many different personalities, wants, desires, criticisms, praise, etc. as there are people in this town. Regardless, the Athletic Director must be steadfast in his mission, consistent and true to himself, and be honest in all dealings (good or bad). The Athletic Director & Head Football Coach is never off of the clock it is a 24/7/365 job. The community he represents in how he conducts himself on and off of the field of play.

Athletic Director & Head Football Coach

- Support the administration and work closely with them.
- Support all sports as well as maintain success for each sport.
- Support professional growth from members of his staff.
- Encourage assistant coaches' thoughts and ideas.
- Hire talented, motivated, and high character individuals to be on your staff.
- Always present yourself in a professional, high character, and high moral manner.
- Work hard with faculty members. When the faculty and athletic staff work together problems can be solved much quicker and small problems do not become large ones.
- Should always be loyal to his staff members.
- Be involved with the community. An Athletic Program is only as strong as the community which supports it.
- Take the time to know every player in the program, our program is really just another large Family.
- Set a Christian example, and encourage players in their religious beliefs.
- Manage and oversee all athletic budgets.
- Be well organized.

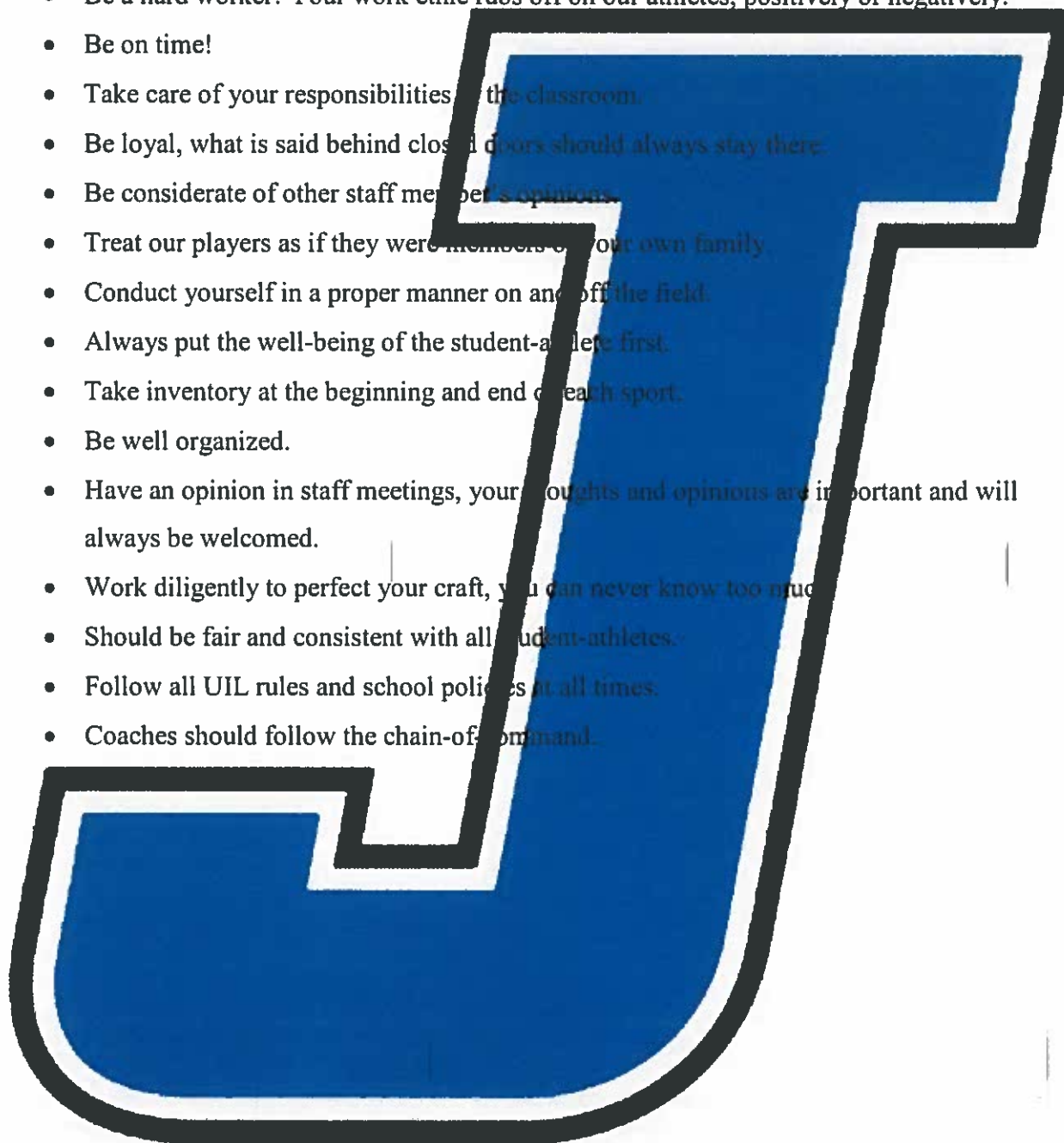
Don't be a know it all, you can always learn something new!

Do not be afraid to challenge the status quo.

- Always strive to be better.
- Set high standards for your program and expect nothing less.
- Love your players as if they were your own child or family.
- Be the hardest worker in the entire program; set the standards that everyone else is expected to follow.

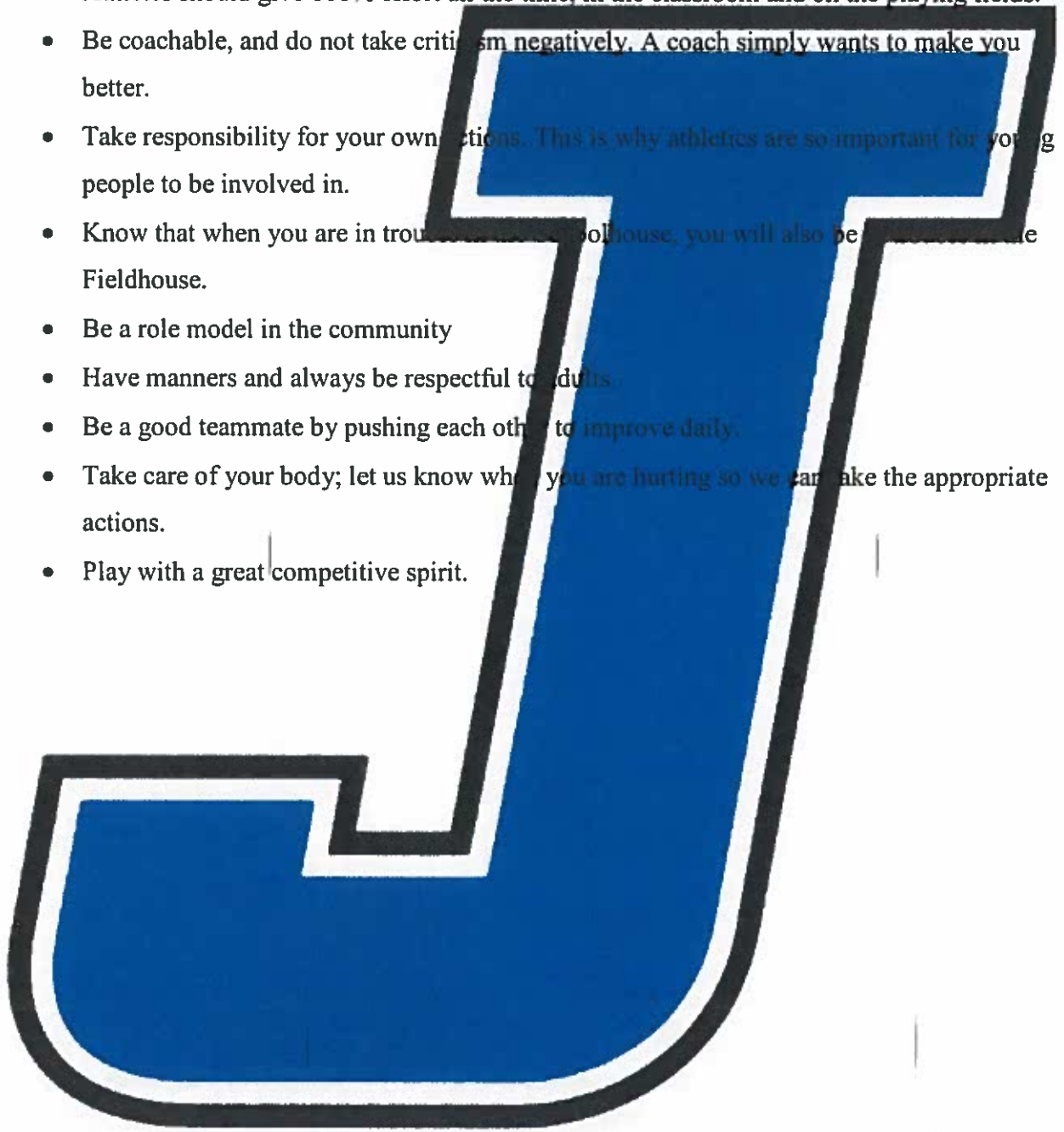
Assistant Coaches:

- Have a desire to work with young men and women.
- Be a hard worker! Your work ethic rubs off on our athletes, positively or negatively.
- Be on time!
- Take care of your responsibilities in the classroom.
- Be loyal, what is said behind closed doors should always stay there.
- Be considerate of other staff member's opinions.
- Treat our players as if they were members of your own family.
- Conduct yourself in a proper manner on and off the field.
- Always put the well-being of the student-athlete first.
- Take inventory at the beginning and end of each sport.
- Be well organized.
- Have an opinion in staff meetings, your thoughts and opinions are important and will always be welcomed.
- Work diligently to perfect your craft, you can never know too much.
- Should be fair and consistent with all student-athletes.
- Follow all UIL rules and school policies at all times.
- Coaches should follow the chain-of-command.



Athletes:

- Should be a student first, their studies will always come before athletics.
- Athletes should give 100% effort all the time, in the classroom and on the playing fields.
- Be coachable, and do not take criticism negatively. A coach simply wants to make you better.
- Take responsibility for your own actions. This is why athletics are so important for young people to be involved in.
- Know that when you are in trouble in the gymnasium, you will also be in trouble in the Fieldhouse.
- Be a role model in the community
- Have manners and always be respectful to adults.
- Be a good teammate by pushing each other to improve daily.
- Take care of your body; let us know when you are hurting so we can take the appropriate actions.
- Play with a great competitive spirit.



General Athletic Policies

Equipment:

- Any District equipment issued to a student is the financial responsibility of the student and for the student's use while participating in a school-related activity/organization.
- Students must care for the District issued equipment as if it were their own.
- Equipment must be properly stored, in the proper location, and shall be kept clean and maintained.
- Students who lose or damage District equipment will be required to pay for the cost of replacement.
- All District equipment must be returned at the end of the season or school year, as directed by the coach/director.
- Individually owned equipment is the sole responsibility of the student; MSD will not be responsible for any loss or damage that occurs to student-owned equipment.
- If uniforms are required for an activity/organization, the student shall be required to ensure that the uniform is worn only at appropriate times and is neat and clean for the practice, performance, competition, or game/tournament.

Locker Room:

- The locker room will be your home away from home, so treat it as such and take pride in keeping it clean and tidy.
- Lockers will have a certain way they are to be arranged, make sure yours is done right!
- Throw away trash such as paper, athletic tape, and anything else that doesn't belong in your locker in a trash can.
- Every athlete should take a shower after a workout, this helps cut out infections such as Staph.
- There should never be horseplay in the locker room. It will not be tolerated.
- Do not write your name on, nor otherwise deface a locker or other equipment in the locker room that does not belong to you. If you want to make your mark, do it on the FIELD OF PLAY!
- Under no circumstance should you borrow another player's equipment, with or without permission. If you need something, ask a coach or manager in a timely manner.

Training Room:

- No horseplay in the training room.
- All injuries will be attended to after you take a shower.
- Do not miss scheduled treatments.
- Do not come or go into the training room without permission from a coach or trainer.

Travel:

- Student/Athletes will be expected to travel to and from all athletic contests as a TEAM, in school provided transportation.
- Student/Athletes will only be released from the parent or guardian. If at all possible the Athletic Director or Coach should be notified of the situation prior to the day of the contest.
- Special or Emergency situations will be dealt with on an individual basis.
- If this becomes an issue the Student/Athlete will not be allowed to participate in out of town games.

Chain of Command:

- If a Parent or Student/Athlete has a question or complaint about anything dealing with Joaquin High School this is the chain of command they should follow.
 - A. Never confront a coach during or after a contest.
 - B. An appointment should be made the following day of the incident or question.
 - C. All meetings will have the Athletic Director, Head Coach, and Principal.
 - D. This is the order all questions or complaints should follow:
 1. The Coach of the Team
 2. Athletic Director
 3. Principal
 4. Superintendent
 5. School Board

SHARING ATHLETES:

Sharing Athletes in a small school is inevitable. There is no getting around it and it is something that we must learn to be successful in all sports programs at Joaquin High School. The backbone of every great Program lies in the individual efforts of each and every athlete. We WILL be a great Program!

Priorities and Considerations for Sharing Athletes:

If a student/athlete wishes to participate in two separate sports occurring simultaneously, that wish WILL BE granted. We will not deny a student/athlete in our program the privilege to participate in sports of their choice.

If a student/athlete so chooses to participate in more than one sport at one time, they WILL BE equally committed to all sports participating in. This is a must and is consistent with our standard of excellence. Again, they are expected to make every practice and every contest in all sports they choose to participate in. Again, consistency must exist for integrity to be rich.

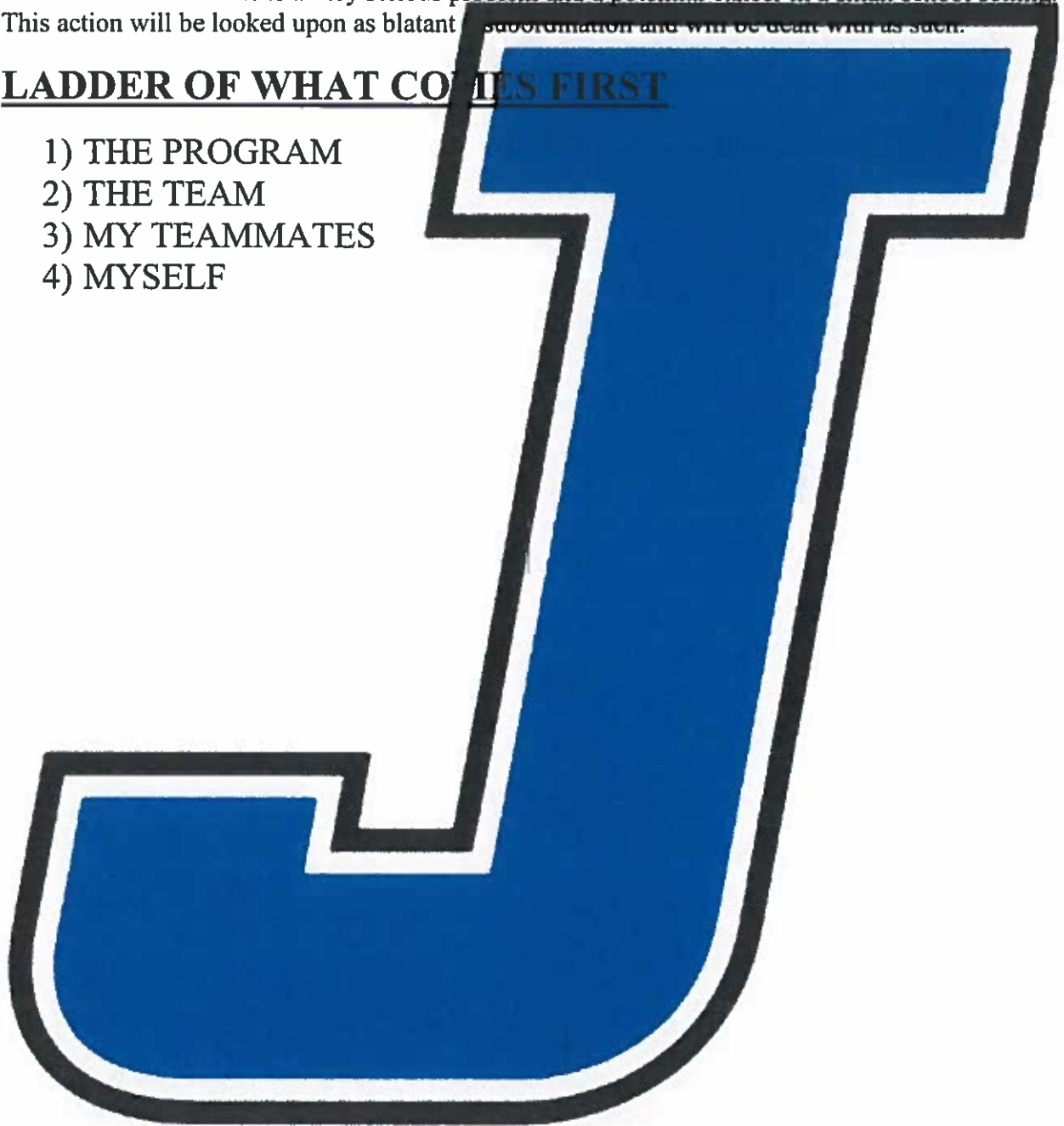
Head Coaches of a sport WILL coordinate schedules of both practices and actual contests so that our goal of all our student/athletes participating in any sport of their choice WILL exist. In the event that scheduling has failed and a conflict cannot be avoided, the priority of the entire

program will be considered and common sense will prevail. We will always do what is right for the entire Program 1st, the Team Sport 2nd, and the Individual Athlete 3rd.

Absolutely at no point will discouraging an athlete to participate in anything they so choose ever be tolerated! This is a very serious problem and a potential cancer in a small school setting. This action will be looked upon as blatant ~~subordination~~ and will be dealt with as such.

LADDER OF WHAT COMES FIRST

- 1) THE PROGRAM
- 2) THE TEAM
- 3) MY TEAMMATES
- 4) MYSELF



Athletic Participation Policies:

Eligibility Rules:

- We will follow all rules set forth by the U.I.L. 100% with no exceptions!
- Student/Athletes must meet all minimum eligibility rules and requirements set forth by the UIL and Joaquin ISD.
- Additional rules and requirements may be required for each particular sport as a prerequisite for participation.

Rules of Conduct:

- Athletics is a privilege not a right.
- Student/Athletes will follow the School District Code of Conduct.
- Show respect for all officials and staff.
- Participate in every practice, competition, game, tournament, etc., unless the coach/director has granted an excused absence/tardy.
- Adhere to the grooming standards established by the individual activity sponsor's regulations.
- Demonstrate a sportsmanlike behavior.
- Demonstrate a positive attitude.
- Be polite to others
- Maintain good conduct in their classes.

Athletic Period/School Attendance:

- Athletes will be required to be in the athletic period every day.
- Athletes must arrive before 3rd period ends (10:30 AM) and give a reason for why he/she is missing the athletic period.
- Any athlete with an unexcused absence from the athletic period will have a punishment.
- If an athlete is truant, he will not be allowed to participate in games.
- Any athlete who just comes to the athletic period and does not attend his other classes without an excuse will be punished.

In School Suspension:

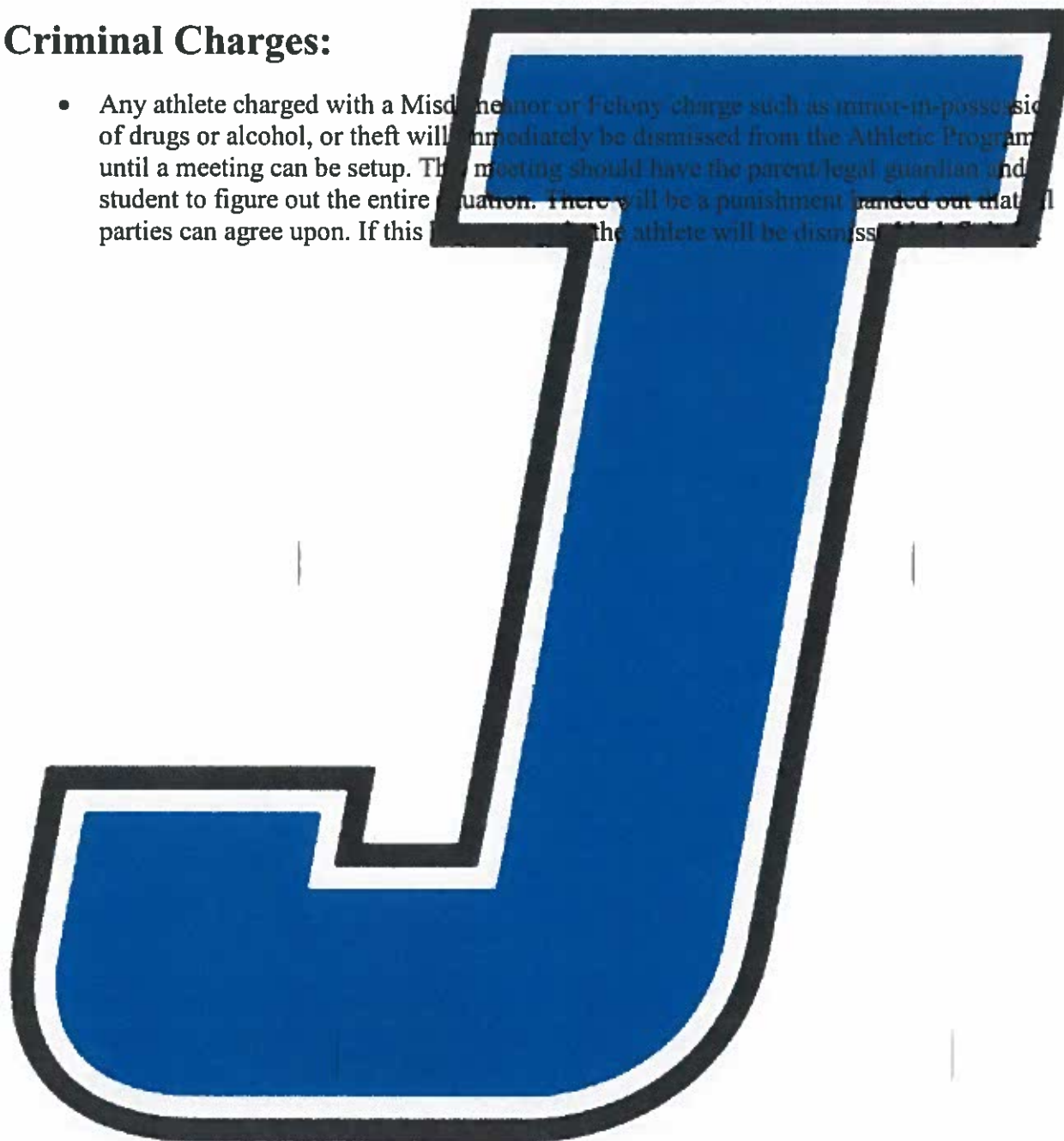
Students assigned ISS will be expected to participate in practice during the duration of their assignment. However, there will be a punishment for missing the Athletic Period. It will be considered an unexcused absence.

- Students who are in ISS will not be allowed to participate in games until they have finished the time given to them.
- Students who are suspended or placed in alternative school will not be allowed to participate in athletics or travel with the team for the duration of their assignment. Suspension or alternative school assignment can be considered grounds for dismissal.

from the Athletic Program. Each case will be considered based on the situation or reason for assignment.

Criminal Charges:

- Any athlete charged with a Misdemeanor or Felony charge such as minor-in-possession of drugs or alcohol, or theft will immediately be dismissed from the Athletic Program until a meeting can be setup. This meeting should have the parent/legal guardian and student to figure out the entire situation. There will be a punishment handed out that all parties can agree upon. If this punishment is not agreed upon, the athlete will be dismissed from the Athletic Program.



Joaquin Boys Athletic Program Quit/Dismissal Policy

To quit or to "give up", could be the greatest crime one could commit against their own will. The Joaquin Boys Athletic Program will be known for possessing a tenacious and intense competitive spirit. We will embody class, dignity (in both victory and defeat) and integrity at all times. We will always compete for something a scoreboard cannot measure. We will strive to win the battle of wills in everything we do. Because of this, the scoreboard will end in our favor many more times than not.

The greatest violation of this "spirit," would be to quit. This is something that is unacceptable in our Program. We want to go against the current societal trends of everything being "easy" to teaching our kids the value of finishing what you start.

While we know not all sports are for all kids, we also know, quitting is for no one. So we have a policy to encourage our athletes to be men of their word and live a temporary commitment from start to finish. This is an important trait that can be carried with them far after their high school days come to an end.

Grace Period

Every sport will have a predetermined "grace period". This will be 1 week or 5 practices, whichever comes first. At any time during the grace period the student decides this is not for them, they can withdraw with no penalty. As a matter of fact, they will get encouragement and thanks from me for actually giving it a try to see if it was for them or not. We believe it is good that kids try many things. However, if they decide to continue on after the grace period, then they are expected to complete every practice, game, etc. for that sport until that season is finished.

Athletic Dismissal

What Joaquin expect our athletes to be present for every practice and game. They will also be expected to come with a hardworking, respectful, and program oriented mentality. If an athlete decides that they do not want to buy into the overall Athletic Program, they will be dismissed from the Athletic Program and will be placed in the Quit Policy. Being dismissed from the Athletic Program can come from a multitude of infractions which include, but are not limited to (Non Compliance in the Off-season Program, Disrespect to a Coach, Skipping, Not Attending Practices, Stealing). If a problem occurs, the athlete will be brought in and spoken with by the Athletic Director. In most cases this will take place prior to being dismissed from the Athletic Program. We want to try to resolve the problem so a dismissal will not have to take place in the future.

The Dismissal of an Athlete is 100% up to the Athletic Director and Coach of that Sport.

We must remember Athletics is a Privilege and not a Right!

Accountability and Consequences

When a player quits the team or is dismissed by the coach after the grace period, he will be required to run 30 miles before being allowed to participate in any sport within the Athletic Program. These 30 miles must be completed within 10 school days. If the athlete will not complete the 30 miles, the athlete will have to start over. Once the 30 miles have been completed, the athlete will be allowed to return to the Athletic Program and participate in the next calendar sport. These miles must be done before or after school and be monitored by a coach.

A meeting will take place between the Athletic Director, Coach, Parent/Guardian, and Athlete if the athlete quit due to an extenuating circumstance. However, the final decision will be decided by the Athletic Director.

If an Athlete Quits and does not meet the requirements stated above, they will be dismissed from the Athletic Program until they meet those requirements.



Discipline

In order for any Athletic Program to be successful it must have discipline. We will pride ourselves on producing young men who are of great character and exemplify discipline on and off of the playing fields. If you choose to be a member of this program it is a 24/7/365 commitment.

Discipline of Student Athletes

- A. The discipline of the student athlete will be administered by the coach directly responsible for the athlete. Exception; only designated coaches will be allowed to use corporal punishment.
- B. Discipline will be consistent and fair throughout the athletic program. There will be standard discipline procedures for behavioral problems.
- C. No student athlete will ever be punished for attending another school activity that he is a team or squad member. However, there may be make-up activities required for the athletes to learn that they missed while absent.

Disciplinary Actions:

- A. Corporal Punishment
- B. Ram Reminder (Bear Crawls, Tire Flips, Towel Pushes, Log Rolls, and Tumble Rolls)
- C. Extra Running
- D. Suspension for part of a game.
- E. Suspension for one or more games.
- F. Suspension from the Team

Removal from the Athletic Program and placed into the "Quit Policy"

Drug Testing

Interrogations

By School Officials

Administrators, teachers, and other professional personnel may question a student regarding the student's own conduct or the conduct of other students. In the context of school discipline, students have no claim to the right not to incriminate themselves.

By Police or Other Authorities

For provisions pertaining to student questioning by law enforcement officials or other lawful authorities, see GRA(LOCAL).

Desks and Lockers

Desks, lockers, and similar items are the property of the District and are provided for student use as a matter of convenience. Lockers and desks are subject to blanket searches or inspections by District administrators. Searches or inspections may be conducted at any time and without notice. Students shall be fully responsible for the security and contents of desks or lockers assigned to them. Students shall make certain that lockers are locked and that the keys or combinations are not given to others. Students shall not place or keep in a desk or locker any article or material prohibited by law, District policy, or the Student Code of Conduct. Students shall be held responsible for any prohibited items found in their desks or lockers.

Vehicles

Students shall be fully responsible for the security and contents of vehicles driven or parked on school property. Students shall make certain that their parked vehicles are locked and that the keys are not given to others. Students shall not place or keep in a vehicle on school property any article or material prohibited by law, District policy, or the Student Code of Conduct.

If there is reasonable cause to believe that a vehicle on school property contains contraband, it may be searched by school officials or by personnel whose services have been engaged by the District to conduct such searches. Students shall be held responsible for any prohibited items found in their vehicles on school property.

If a vehicle subject to search is locked, the student shall be asked to unlock the vehicle. If the student refuses, the District shall contact the student's parents. If the parents also refuse to permit a search of the vehicle, the District may turn the matter over to local law enforcement officials.

Use of Trained Dogs

The District shall use specially trained nonaggressive dogs to sniff out and alert officials to the current presence of concealed prohibited items, illicit substances defined in FNCF(LEGAL), and alcohol. This program is implemented in response to the District's commitment to maintaining a safe school environment conducive to education.

Such visits to schools shall be unannounced. The dogs shall be used to sniff vacant classrooms, vacant common areas, the areas around student lockers, and the areas around vehicles parked on school property. The dogs shall not be used with students. If a dog alerts to a locker, a vehicle, or an item in a classroom, it may be searched by school officials. Searches of vehicles shall be conducted as described above.

Notice

At the beginning of the school year, the District shall inform students of the District's policy on searches, as outlined above, and shall specifically notify students that:

1. Lockers may be sniffed by trained dogs at any time.
2. Vehicles parked on school property may be sniffed by trained dogs at any time.
3. Classrooms and other common areas may be sniffed by trained dogs at any time when students are not present.
4. If contraband of any kind is found, the possessing student shall be subject to appropriate disciplinary action in accordance with the Student Code of Conduct.

Parent Notification

The student's parent or guardian shall be notified if any prohibited articles or materials are found in a student's locker, in a student's vehicle parked on school property, or on the student's person, as a result of a search conducted in accordance with this policy.

Mandatory Drug-Testing Program

The District requires drug testing of any student in grades 7-12 who chooses to participate in school-sponsored extracurricular activities.

Covered Activities

School-sponsored extracurricular activities for which testing is required include athletics, band, and cheerleading.

Scope

A student participating in these activities shall be tested for the presence of illegal drugs and alcohol at the beginning of each school year and prior to joining an extracurricular program at any time during the school year.

Purpose

The purposes of the drug-testing program are to prevent injury, illness, and harm resulting from the use of illegal and performance-enhancing drugs or alcohol; help enforce a drug-free educational environment; deter student use of illegal and performance-enhancing drugs or alcohol; and educate students regarding the harm caused by the use of illegal and performance-enhancing drugs or alcohol.

Distribution of Policy

The District shall provide each parent and student a copy of the drug-testing policy and consent form prior to the student's participation in an affected activity.

Orientation Meetings

The District shall conduct meetings with parents and interested student participants prior to the beginning of the fall practice period.

District employees shall explain the drug-testing program, review the policy and consent form, and provide an educational presentation on the harmful effects of drug and alcohol abuse.

Student attendance at the orientation meeting is mandatory; however, parent attendance is not required.

Consent

Before a student is eligible to participate in extracurricular activities, the student shall be required annually to sign a consent form agreeing to be subject to the rules and procedures of the drug-testing program. If the student is under the age of 18, the student's parent or guardian shall also sign a consent form. If appropriate consent is not given, the student shall not be allowed to participate in extracurricular activities.

Use of Results

Drug test results shall be used only to determine eligibility for participation in extracurricular activities. Positive drug test results shall not be used to impose disciplinary sanctions or academic penalties.

Nevertheless, nothing in this policy shall limit or affect the application of state law, local policy, or the Student Code of Conduct. A student who commits a disciplinary offense shall be subject to consequences in accordance with the Student Code of Conduct.

Confidentiality

Drug-test results shall be confidential and shall be disclosed only to the student, the student's parents, and designated District officials who need the information in order to administer the drug-testing program. Drug-test results shall not be disclosed without the student's consent. Results shall not be otherwise disclosed except as required by law.

Testing Laboratory

The Board shall contract with a certified drug-testing laboratory to conduct testing of students' urine samples.

Testing laboratories shall not release statistics regarding the rate of positive drug tests to any person or organization without consent of the District.

Substances for Which Tests Are Conducted

The District shall make available to students and parents a list of the exact substances for which tests will be conducted.

Collection Procedures

Personnel from the drug-testing laboratory shall collect urine samples under conditions that are no more intrusive than the conditions experienced in a public restroom. When selected for testing, a student shall be escorted to the school's testing site by a District employee and shall remain under employee supervision until the student provides a sample. A student shall produce a sample within a closed restroom stall. A District employee of the same gender as the student shall be present when any samples are collected.

Random Testing

Random tests shall be conducted on as many as six dates throughout the school year. Students participating in the program shall be separated into a pool for students in grades 7–8 and a pool for students in grades 9–12.

No less than ten percent and no more than 20 percent of the students participating in the program shall be randomly selected for each random test date. The drug-testing laboratory shall use a random selection method to identify students chosen for random testing. Students shall not receive prior notice of the testing date or time.

Refusal to Test or Tampering

A student who refuses to be tested when selected or who is determined to have tampered with a sample shall be deemed to have a positive test result and shall be subject to the appropriate consequences depending on previous positive test results, if any.

If a student is absent on the day of the random test, a sample shall be collected on the next random testing date.

Confirmation of Positive Results

An initial positive test shall be confirmed by a second test of the same specimen before being reported as positive.

Upon receiving results of a student's positive drug test, the District shall schedule a meeting with the student, the student's parent if the student is under the age of 18, and the coach or manager of the extracurricular activity, as applicable, to review the test results and discuss consequences.

The student or parent shall have ten school days following the meeting to provide a medical explanation for a positive result.

Retesting

If the student wishes to return to participation in extracurricular activities after any applicable consequences, the student must be retested at the end of the period of suspension and have a negative test result; following that, the student shall be retested on the next six random test dates so long as the student wishes to participate in extracurricular activities.

Drug Abuse Prevention

The District shall notify the parent and student of drug and alcohol abuse prevention resources available in the area.

Consequences

Consequences of positive test results shall be cumulative through the end of the current school year.

First Offense

Upon a first offense of receiving a confirmed positive drug test, a student shall be suspended from any extracurricular activity for 45 calendar days following the date the student and parent are notified of the test results.

During the period of suspension, the student may participate in practices but not in any competitive activities or performances.

Second Offense

Upon a second offense of receiving a confirmed positive drug test, a student shall be suspended from any extracurricular activity for 90 calendar days following the date the student and parent are notified of the test results.

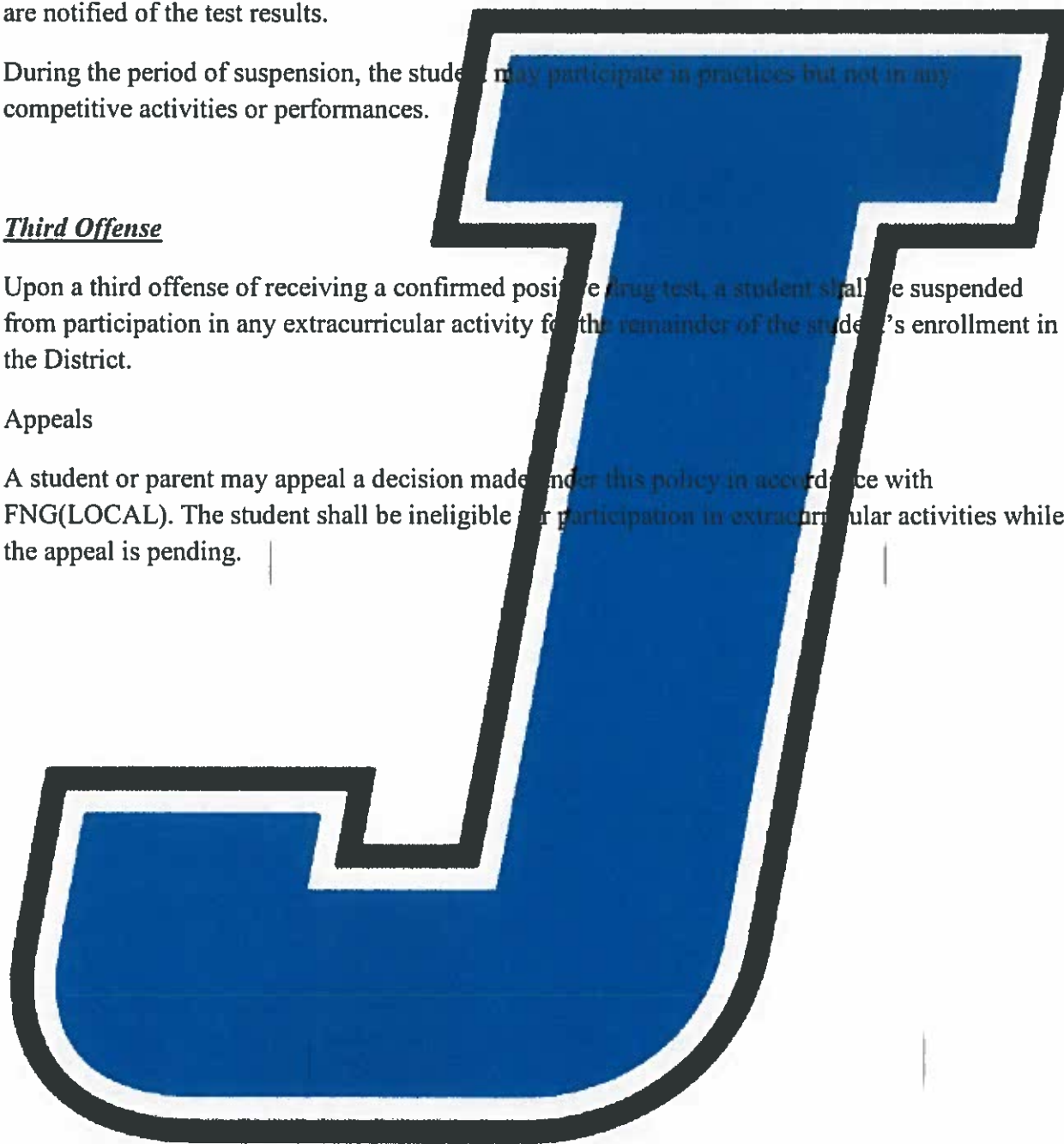
During the period of suspension, the student may participate in practices but not in any competitive activities or performances.

Third Offense

Upon a third offense of receiving a confirmed positive drug test, a student shall be suspended from participation in any extracurricular activity for the remainder of the student's enrollment in the District.

Appeals

A student or parent may appeal a decision made under this policy in accordance with FNG(LOCAL). The student shall be ineligible for participation in extracurricular activities while the appeal is pending.



Closing Statement:

While the purpose of this booklet is not to cover every possibility that might occur in our athletic program, we do hope to let each person who is concerned about our program know what we expect of the athletes. We feel that if parents and athletes alike understand our policies, conflicts are not as likely to arise. We urge every parent to help us to guide your child in the proper direction. Your influence is a valuable aid to us as we attempt to do this. We will spend almost as much waking time with your child as you will and we desperately need your help in supporting us, the program and its policies.

If anyone, parent or athlete, has any questions about our program or beliefs, please feel free to come and talk with us. We want the involvement of the parents and we feel very strongly about what we are trying to do. We want to keep as many people as possible in our athletic program but we only want those who are dedicated to doing their best. We will not accept anything less.

Go Rams!!

Boys Athletic Director:

Wade Lawson

Joaquin Athletic Handbook Signatures:

By signing this you have read and acknowledge to abide by all rules and guidelines stated above by Joaquin ISD.

Parent/Guardian:

Signature:

Date:

Athlete:

Date:



CONCUSSION ACKNOWLEDGEMENT FORM

Name of Student _____

Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

Prevention – Teach and practice safe play & proper technique.
 – Follow the rules of play.
 – Make sure the required protective equipment is worn for all practices and games.
 – Protective equipment must fit properly and be inspected on a regular basis.

Signs and Symptoms of Concussion – The signs and symptoms of concussion may include but are not limited to: Headache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence.

Treatment of Concussion - The student-athlete/cheerleader shall be removed from practice or participation immediately if suspected to have sustained a concussion. Every student-athlete/cheerleader suspected of sustaining a concussion shall be seen by a physician before they may return to athletic or cheerleading participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete/cheerleader may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.

Return to Play - According to the Texas Education Code, Section 38.157:

A student removed from an interscholastic athletics practice or competition (including per UIL rule, cheerleading) under Section 38.156 may not be permitted to practice or participate again following the force or impact believed to have caused the concussion until:

(1) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student;

(2) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play;

(3) the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; and

(4) the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:

(A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;

(B) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and

(C) have signed a consent form indicating that the person signing:

(i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;

(ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;

(iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and

(iv) understands the immunity provisions under Section 38.159.

 Parent or Guardian Signature

 Date

 Student Signature

 Date



SUDDEN CARDIAC ARREST (SCA) – AWARENESS FORM

The Basic Facts on Sudden Cardiac Arrest

Website Resources:

American Heart Association:
www.heart.org

Lead Author: Arnold Fenrich, MD
and Benjamin Levine, MD

Additional Reviewers: UIL Medical
Advisory Committee

Revised 2016

What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What causes Sudden Cardiac Arrest?

Inherited (passed on from family) conditions present at birth of the heart muscle:

Hypertrophic Cardiomyopathy – hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in athletes in the U.S.

Arrhythmogenic Right Ventricular Cardiomyopathy – replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.

Marfan Syndrome – a disorder of the structure of blood vessels that makes them prone to rupture; often associated with very long arms and unusually flexible joints.

Inherited conditions present at birth of the electrical system:

Long QT Syndrome – abnormality in the ion channels (electrical system) of the heart.

Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome – other types of electrical abnormalities that are rare but run in families.

NonInherited (not passed on from the family, but still present at birth) conditions:

Coronary Artery Abnormalities – abnormality of the blood vessels that supply blood to the heart muscle. This is the second most common cause of sudden cardiac arrest in athletes in the U.S.

Aortic valve abnormalities – failure of the aortic valve (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.

Non-compaction Cardiomyopathy – a condition where the heart muscle does not develop normally.

Wolff-Parkinson-White Syndrome – an extra conducting fiber is present in the heart's electrical system and can increase the risk of arrhythmias.

Conditions not present at birth but acquired later in life:

Commotio Cordis – concussion of the heart that can occur from being hit in the chest by a ball, puck, or fist.

Myocarditis – infection or inflammation of the heart, usually caused by a virus.

Recreational/Performance-Enhancing drug use.

Idiopathic: Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age < 50

ANY of these symptoms and warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.

What is the treatment for Sudden Cardiac Arrest?

Time is critical and an immediate response is vital.

- **CALL 911**
- **Begin CPR**
- **Use an Automated External Defibrillator (AED)**

What are ways to screen for Sudden Cardiac Arrest?

The American Heart Association recommends a pre-participation history and physical including 14 important cardiac elements.

The UIL Pre-Participation Physical Evaluation – Medical History form includes ALL 14 of these important cardiac elements and is mandatory annually.

<p>What are the current recommendations for screening young athletes?</p> <p>The University Interscholastic League requires use of the specific Preparticipation Medical History form on a yearly basis. This process begins with the parents and student-athletes answering questions about symptoms during exercise (such as chest pain, dizziness, fainting, palpitations or shortness of breath); and questions about family health history.</p> <p>It is important to know if any family member died suddenly during physical activity or during a seizure. It is also important to know if anyone in the family under the age of 50 had an unexplained sudden death such as drowning or car accidents. This information must be provided annually because it is essential to identify those at risk for sudden cardiac death.</p> <p>The University Interscholastic League requires the Preparticipation Physical Examination form prior to junior high athletic participation and again prior to the 1st and 3rd years of high school participation. The required physical exam includes measurement of blood pressure and a careful listening examination of the heart, especially for murmurs and rhythm abnormalities. If there are no warning signs reported on the health history and no abnormalities discovered on exam, no additional evaluation or testing is recommended for cardiac issues/concerns.</p>	<p>Are there additional options available to screen for cardiac conditions?</p> <p>Additional screening using an electrocardiogram (ECG) and/or an echocardiogram (Echo) is readily available to all athletes from their personal physicians, but is not mandatory, and is generally not recommended by either the American Heart Association (AHA) or the American College of Cardiology (ACC). Limitations of additional screening include the possibility (~10%) of "false positives", which leads to unnecessary stress for the student and parent or guardian as well as unnecessary restriction from athletic participation. There is also a possibility of "false negatives", since not all cardiac conditions will be identified by additional screening.</p>	<p>Can Sudden Cardiac Arrest be prevented just through proper screening?</p> <p>A proper evaluation (Preparticipation Physical Evaluation - Medical History) should find many, but not all, conditions that could cause sudden death in the athlete. This is because some diseases are difficult to uncover and may only develop later in life. Others can develop following a normal screening evaluation, such as an infection of the heart muscle from a virus. This is why a medical history and a review of the family health history need to be performed on a yearly basis. With proper screening and evaluation, most cases can be identified and prevented.</p>	<p>➤ Each school has a developed safety procedure to respond to a medical emergency involving a cardiac arrest.</p> <p>The American Academy of Pediatrics recommends the AED should be placed in a central location that is accessible and ideally no more than a 1 to 1 1/2 minute walk from any location and that a call is made to activate 911 emergency system while the AED is being retrieved.</p>
<p>Why have an AED on site during sporting events?</p> <p>The only effective treatment for ventricular fibrillation is immediate use of an automated external defibrillator (AED). An AED can restore the heart back into a normal rhythm. An AED is also life-saving for ventricular fibrillation caused by a blow to the chest over the heart (commotio cordis).</p> <p>Texas Senate Bill 7 requires that any school sponsored athletic event or team practice in Texas public high schools the following must be available:</p> <ul style="list-style-type: none"> ➤ An AED is in an unlocked location on school property within a reasonable proximity to the athletic field or gymnasium ➤ All coaches, athletic trainers, PE teacher, nurses, band directors and cheerleader sponsors are certified in cardiopulmonary resuscitation (CPR) and the use of the AED. 			
<p>When should a student athlete see a heart specialist?</p> <p>If a qualified examiner has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist may perform a more thorough evaluation, including an electrocardiogram (ECG), which is a graph of the electrical activity of the heart. An echocardiogram, which is an ultrasound test to allow for direct visualization of the heart structure, may also be done. The specialist may also order a treadmill exercise test and/or a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.</p>			
<p>Student & Parent/Guardian Signatures</p> <p>I certify that I have read and understand the above information.</p>			
<p>Parent/Guardian Signature</p>			
<p>Parent/Guardian Name (Print)</p>			
<p>Date</p>			
<p>Student Signature</p>			
<p>Student Name (Print)</p>			
<p>Date</p>			



University Interscholastic League



Parent and Student Agreement/Acknowledgement Form Anabolic Steroid Use and Random Steroid Testing

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uil-texas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in UIL athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from anabolic steroid use and may be asked to submit to testing for the presence of anabolic steroids in his/her body. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my student's high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uil-texas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by UIL.

Name (Print): _____

Signature: _____ Date: _____

Relationship to student: _____

School Year (to be completed annually) _____

Medical Release Form

Athlete Name: _____

Date of Birth: _____

Address: _____

Parent/Guardian: _____

Parent/Guardian Phone Numbers:

Home: _____ Cell: _____

Family Insurance Company: _____

Policy Number: _____

I hereby authorize the Coaches, Trainer, and/ or Administrator listed below to administer medical admission to the hospital or doctor they deem necessary for treatment of injuries received during athletic contest or practice. It is understood the Coach, Trainer, and/or Administrator shall make reasonable effort to contact the parent/guardian before giving permission for treatment.

Wade Lawson (AD)

Terri Gray (JH/HS Principal)

Jon Jones (Asst. Principal/Coach)

Ryan Fuller (Supt)

Nick Clark (Trainer)

Jared Jones (Coach)

Mike Lawson (Coach)

Jared Duck (Coach)

Chad Lawrence (Coach)

Reed Westbrook (Coach)

BaylorScott&White Trainer

JISD Girls Coaching Staff

Signature of Parent/Guardian: _____

Date: _____