

2019-2020
Star City Athletic
Department



Student-Athlete & Parent
Athletic Handbook

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I. FORWARD

This material is presented to your son or daughter because he/she has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences, which assist students in personal growth.

We are concerned with the educational development of students through athletics and feel that a properly controlled, well-organized sports program meets the student's needs for self-expression, mental health, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational development.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct could mean exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility, discipline. There is no place in school athletics for students who will not discipline their minds and bodies for vigorous competition. We are striving for excellence, and do not want our athletes to compromise with mediocrity.

When your child joined in one of our sports programs, he/she committed our staff to certain responsibilities and obligations. We will:

1. Provide safe equipment and facilities
2. Provide equalized contests with skilled officials
3. Provide equalized contests with skilled coaches
4. Provide transportation adequately supervised

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We are taking this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the Department of Athletics to make rules that govern the spirit of competition for the community. These rules need a broad basis of community support, which are achieved only through communication with the parent.

II. GENERAL INFORMATION

ATHLETIC GOALS AND OBJECTIVES

Our goal – the student athlete shall become a positive influence in our society, not just a good athlete.

Our Specific Objectives

The student athlete shall learn teamwork. To work with others in a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. It is important to place the team's goals and objectives above personal desires.

TO BE SUCCESSFUL. Our society is very competitive. We will not always win, but we succeed when we continually strive to do so. We can learn to accept defeat only by striving to win with earnest dedication. We will develop a desire to excel.

SPORTSMANSHIP. We will accept success and defeat like a true athlete, knowing we have done our best. We will treat others, as we would have others treat us. We will develop desirable social traits, including emotional control, honesty, cooperation and dependability.

TO IMPROVE. Continual improvement is essential to good citizenship. As an athlete, we must set goals and we must constantly try to reach those goals. We will try to better ourselves in the skills involved and in those characteristics set forth as being desirable.

ENJOY ATHLETICS. It is necessary for us to acknowledge all of the personal rewards we derive from athletics, and to give sufficiently of ourselves in order to preserve and improve the program.

TO DEVELOP DESIRABLE PERSONAL HEALTH HABITS. To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop a desire to maintain this level of physical fitness after formal competition has been completed.

Responsibilities to Yourself

The most important of these responsibilities is to broaden yourself and to develop strength of character. You owe it to yourself to get the greatest possible good from your school experiences, your studies and your participation in other extra-curricular activities.

Responsibilities to Your School

Another responsibility you assume as a squad member is to your school. Star City cannot maintain its position as an outstanding school unless you do your best in

whatever activity you participate. By performing in athletics to the maximum of your ability and with poise, you are contributing to the reputation of your school.

You assume a leadership role when you are on an athletic squad. The student body and citizens of the community know you. You're on the state level with the spotlight on you. The student body and citizens of other communities judge our school by your leadership, conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to our school by your faithful exemplification of these objectives.

Responsibilities to Others

As a squad member you also bear a heavy responsibility to your home. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability every day, and that you have played the game "all out," you can keep your self- respect and your family can be proud of you.

The younger students in Star City Schools are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them so they may develop Bulldog Pride.

REQUIREMENTS FOR PARTICIPATION

Remember that as an athlete you are not eligible to participate in any sport until the following items have been completed:

1. Physical examination completed and cards on file in coach's office.
2. Maintain a 2.0 grade point average for the term prior to the sporting event.
3. The athlete must have on file, a consent form signed by the parent/legal guardian for the drug test.
4. The athlete must have on file a form signed by the parent/legal guardian that they and the athlete have read the handbook and will abide by it.

CONDUCT OF AN ATHLETE

An athlete is a student first. Therefore all athletes will follow all rules and regulations found in the student handbook. The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all the following areas:

ON THE FIELD: In the area of athletic competition, a real athlete does not use profanity or illegal tactics, and learns fast that losing is part of the game. You should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory.

IN THE CLASSROOM: As an athlete, you must plan your schedule so that you give

sufficient time and energy to your studies to ensure academic success. In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and show respect for other students and faculty at all times. Horseplay and unnecessary boisterousness are not approved habits of behavior. A healthy athlete should have a good attendance record and strive to be a model citizen.

ON THE CAMPUS: The way we act and look on campus is of great importance. Athletes should accept the responsibilities that come with being a leader. All student handbook policies will be adhered to. Any discipline problem will be dealt with in accordance with the student handbook.

REQUIREMENTS FOR ELIGIBILITY FOR TRYOUTS

Due to a limited number of uniforms it is necessary for students to try out for an athletic team before the student's schedule reflects an athletic period. A student must meet the following requirements before the student is allowed to try out for an athletic team:

1. Physical examination completed and cards on file in coach's office.
2. Maintain a 2.0 grade point average for the term prior to the sporting event or meet requirements of the S.I.P. program.
3. The athlete must have on file, a consent form signed by the parent for the drug test.
4. The athlete must have on file a form signed by the legal guardian that they and the athlete have read the handbook and will abide by it.
5. Student's behavior record will be evaluated.

A tryout does not guarantee an athlete a position on the team. The coaches of a particular sport conduct tryouts. The athlete trying out is evaluated on criteria set for the particular fundamentals of each sport.

DRESS POLICY

A member of an athletic team is expected to be well groomed. Appearance, expression and actions always influence people's opinions of athletes, the team and the school. Once you have volunteered to be a member of a squad, you have made a choice to uphold certain STANDARDS expected of athletes in this community. The way an athlete acts and looks is of great importance, thus proper dress, appearance, grooming, and personal cleanliness are expected. Proper dress and appearance will be established by the coach and is an ongoing process.

PARENT/PLAYER/COACH COMMUNICATION

CHAIN OF COMMAND PROTOCOL:

- Player – Coach
- Parent – Coach
- Parent – Athletic Director
- Parent – Building Principal
- Parent – Superintendent

ISSUES NOT APPROPRIATE TO DISCUSS WITH A COACH:

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH THE CORRECT PROCEDURE TO FOLLOW IS:

1. Call to set up an appointment
2. The Star City High School phone number is 870-628-4111 and the Middle School phone number is 870-628-5125.
3. If the coach cannot be reached, call the Athletic Director. A meeting will be set up for you.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

THE NEXT STEP:

- What a parent can do if the meeting with the coach did not provide satisfactory resolution.

- Call and set up a meeting with the Athletic Director (870-628-4237).
- Continue down the chain of command protocol listed above.
- Parenting and coaching are both difficult jobs. Establishing an understanding of each position, we are better able to accept the actions of others and provide greater benefits to the student athlete.

III. DRUG TESTING

MISSION STATEMENT:

The Star City School District recognizes that drug abuse is a significant problem for students, detrimentally affecting overall health, behavior, learning ability, reflexes and development. The Star City School District is determined to help students by providing another option to say, "NO". Drug abuse includes, but is not limited to, the use of illegal drugs, alcohol, and the misuse of legal drugs and medications.

PURPOSE OF A CHEMICAL ABUSE POLICY:

1. To allow the student participants in all activities representing Star City Schools to know that we are concerned about their total well-being. We are not interested in prosecuting the students, but instead we are interested in helping students who have problems.
2. To confirm and support Arkansas State laws concerning the use of mind and physical altering chemicals.
3. To assist students representing the Star City School District to resist peer pressure that directs them toward the abuse or misuse of chemical substances.
4. To work with parents to assist in keeping their children free from mind and physical altering chemicals.
5. To deter chemical abuse or misuse by students through the use of random drug testing.

DEFINITIONS

Drug: Any substance considered illegal by Arkansas state laws or which is controlled by the US Food & Drug Administration under the Controlled Substance Act unless prescribed by a licensed physician or a person licensed prescriptive authority to the individual taking the substance.

School Year: From the first day of classes in the fall until the last day of classes in the spring.

Summer Programs: Any practices, camps, or activities required in the summer.

Activity Programs:

Art Club	Football
Band	Golf
Baseball	HOSA (Health Occupations Students of America)
Basketball	Library Club
Beta Club	Math Club
Bulldog Times Staff	Robotics Club
Cheerleading	Science Club
Chess Club	Spanish Club
Choral Groups	Speech Club
Color Guard	Fire Marshall
Cross Country	First Priority
EAST (Environmental and Spatial Technology)	Rocket Staff
FBLA (Future Business Leaders of America)	Soccer
FCCLA (Family & Career & Community Leaders of America)	Softball
FFA (Future Farmers of America)	Tennis
	Track
	Others as Formed

*Also students who drive on campus to school are subject to this program.

PROCEDURES FOR STUDENTS

Consent: Each student wishing to participate in any activity or to drive a vehicle on campus as well as the students' parents or legal guardian will consent in writing to the Star City School District's random drug testing program. Written consent of this policy is a form provided by the District. No student will be allowed to participate in any activity or to drive on campus absent of such consent. This form is binding for the remainder of the school year unless the District is notified in writing by the student's parent or guardian that the student no longer wishes to participate in activities or does not wish to drive on campus. This notification will also be given to the Coach\Sponsor.

Student Selection: The names of all students who participate in activities or who drive on campus will be collected and sent to the Drug Testing Coordinator. He\She will send those names to the Testing Agency, school principals, and the superintendent of schools. The testing agency will create a computer generated pool of names from which students will be randomly selected for drug testing. All of those involved in this process will take every measure to insure the least intrusive means as possible. In random selection, a student may be selected more than one time in a school year. It is possible for a student to not be selected during a school year, but no student will be tested randomly more than three times per school year.

There will be a 20% selection of names for the month of September and additional 10% selection of names four times during the school year. If a student is absent on the day of the test, he/she will be responsible for providing a urine sample under the

supervision of the school nurse at a designated location within 48 hours of the original test date.

Reasonable Suspicion:

Reasonable Suspicion is defined as a reasonable suspicion by a school administrator or a District employee that a student has used, possessed or sold illegal drugs or alcohol on campus or at a school sponsored event. This includes the misuse of prescription medications on campus or at a school sponsored event. Students under the influence of said chemicals will be subject to the consequences of the student handbook.

Students identified under the Reasonable Suspicion clause will be notified along with their parents or legal guardian. They will be required to submit to a drug test at that time. The cost of this test will be the responsibility of the student. Students who refuse to test will be removed from all activities and from driving on campus.

The Reasonable Suspicion Clause only pertains to students in the drug testing program.

Court Documented Positive Drug Test:

Students who are drug tested in the juvenile court system are subject to the same procedures for first, second and third offenses in the Star City High School Drug Testing Policy.

Sample Collection:

Representatives of the testing company will collect the urine samples. Samples will be collected at a convenient time of day. All students providing samples will be given the opportunity of doing so in an individual stall with the doors closed.

Testing Agency:

The Star City School District will choose a highly qualified testing agency for the purpose of collecting, processing and maintaining privacy with respect to test results and related matters. Only testing performed by this testing agency will be recognized by the Star City School District.

Prescription Medications:

In a students' sample, the existence of lawfully prescribed medication is not a violation as long as it was taken in accordance with a physician's prescription to that specific student. If the student is taking a prescription medication at the time of the test, he/she should inform the testing coordinator immediately. The student will be asked to provide a doctor's prescription to verify the prescription. If the student fails to provide the verification of the doctor's prescription, he/she will be subject to actions specified by a positive test.

Scope of Tests: The drug tests will follow Federal Standards. Student's samples will not be screened for any substance other than illegal drugs and alcohol.

Limited Access to Results: The testing lab will be authorized to report results to the Drug Coordinator and the appropriate principal.

Procedures in Event of a First Positive Test: Whenever a student's test results indicate the presence of illegal or prescription drugs, the following will occur:

If the prescription medications are prescribed to the student, the positive results will be voided at that time. All others will be deemed positive. If the sample is positive, a custodial parent or legal guardian will be notified and a meeting will be scheduled with the student, parent\guardian, coordinator, principal, and head coach or sponsor. The Drug Testing Policy procedure will be covered including an explanation of the consequences.

A STUDENT MAY REQUEST A RETEST AT HIS\HER OWN EXPENSE WITHIN A 24 HOUR PERIOD OF A POSITIVE TEST. THE SPECIMEN MUST BE GIVEN AT ONE OF THE DESIGNATED LABS.

The initial urinalysis method is an immunoassay screen. The retest utilizes a gas chromatography/mass confirmation (GC/MC) test. If the retest is negative, the student will be considered to have a negative test results. If the retest is positive, the student will be considered to have positive test result.

No student will be allowed to participate in activity programs without a negative test result.

The student will be encouraged to seek treatment and/or counseling for drug related problems. The Star City School District will not assume any expense incurred for attendance in any drug rehabilitation programs or for any counseling services.

The student will be placed on probation for twenty (20) days. The student under probation will not be allowed to drive on campus, to participate in any competitions, presentations, or activities representing Star City School District, nor may a student dress out for any competition.

After twenty (20) days, the student will be tested again at his/her expense. A written copy of the results will be given to the Drug Coordinator. If the student refuses to take this test, the probation will continue.

If the test is negative, the probation will be lifted.

If the test is positive, the student will not be allowed to drive on campus or participate in any activity for ninety (90) consecutive school days. If the semester or school year ends before this time is completed, the probation will carry into the next semester or school year.

A student may be required to practice or participate in off-season activities at the discretion of the head coach or sponsor provided the student has a medical release from a physician.

This probation will not be responsible for lowering the student's grade. The student will be allowed to obtain grades other than activity performance grades, but it is his/her responsibility to do the required work.

Second Positive Drug Test:

A second positive result within the period of one hundred and eighty days (180) consecutive school days will result in the student being suspended from driving on campus and from participating in any activity programs for a period of ninety (90) consecutive school days.

If the semester or school year ends before this time is completed, the suspension will carry over into the next semester or school year.

The GC/MS test is also an option at the student's expense. Just as in the First Positive Drug Test, to be removed from suspension the test must return as a negative test.

Third Positive Drug Test:

For the third positive result within a period of two consecutive years, the student will be permanently suspended from driving on campus and from participating in any activity program for the remainder of his/her enrollment in the Star City School District. This remains in effect if the student withdraws from school to attend another school and returns and re-enrolls in the Star City School District.

Non-Punitive Nature or Policy:

There will be absolutely no penalty whatsoever as far as academics are concerned in the event of a positive drug test. The results of a drug test pursuant to this policy will not be documented in any students' academic records. Information regarding the results of drug tests will not be given or disclosed to criminal or juvenile authorities absent legal compulsion by valid and binding subpoena or other legal process, at which time the student's custodial parent or legal guardian will be notified as soon as possible by the District.

Other Disciplinary Measures:

The Star City School District is not precluded from using other disciplinary measures as outlined in the student handbook dealing with the student discipline policy.

IV. DRUG TESTING PARENTAL CONSENT AND CONSENT TO SHARE WITH PARENT(S) OR GUARDIAN(S)

Parent/Legal Guardian Section

I, parent or legal guardian, do understand that my minor child will submit to testing for the presence of drugs, and my consent is hereby given for my minor child to be tested by the Star City school District and described by this form.

I understand that test results, written or otherwise, received through the Star City School District shall be kept confidential, and, without consent, may only be released to the Star City School District and Star City School District Board of Education.

I understand that I will be entitled to be informed, upon written request and confirmation of identity, of any test results by the Star City School District performed upon my minor child.

Applicant Section

I, _____ (player or athlete), do understand that I will submit to testing for the presence of drugs, and my consent is hereby given for the release of such testing results to my parent(s) or legal guardian (s) in addition to those instances and person provided by the Star City School District and Star City School District Board of Education. I understand that my parent or legal guardian's consent for me to submit to testing is being sought, and is approved with his or her signature of this packet.

I understand that test results, written or otherwise, received through the Star City School District shall be kept confidential, and , without consent, may only be released to the Star City School District and Star City School District Board of Education. Further, I understand that any and all test results shall be the property of the Star City School District.

Student Signature_____ Date _____

I understand that my parent (s) or legal guardian (s) will be entitled to be informed, upon written request and confirmation of identity, of any test results by the Star City School District and consent to release such results.

Student Signature_____ Date _____

V. MISSING SCHOOL

Athletes or Parent/Guardian, should make contact with their coach in regards to school absences. Attendance is very important to the academic success of our student athletes and any absence from school should be for legitimate reasons.

VI. FELONY VIOLATIONS

The community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. It is our intent to preserve rules that reasonably pertain to the health and safety

of students. The welfare of the student is our major consideration.

If an athlete is convicted of a criminal act that is a felony, the following disciplinary action will be taken:

- 1st offense: The athlete will be dismissed from athletics for the remainder of the season.
- 2nd offense: The athlete will be dismissed from athletics for one calendar year.
- 3rd offense: The athlete will be dismissed from athletics for the remainder of his/her scholastic career.

VII. ATHLETIC DEPARTMENT POLICIES

CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES – An individual student who attempts to participate in multiple extra-curricular activities could be in a position of a possible conflict of obligation. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities, and to this end, will attempt to schedule events in a manner so as to minimize conflicts. Students and coaches have a responsibility to do everything they can to avoid continuous conflicts. It also means notifying the faculty sponsors involved immediately when a conflict arises. School related activities will take precedence over non- school sponsored activities. When conflicts arise, the sponsors will get together and work out a solution so the student does not feel in the middle. If a solution cannot be found, then the administration will make the decision based on the following:

- The relative importance of each event.
- The importance of each event to the student.
- The relative contribution the student can make.
- How long each event has been scheduled.
- Parental preference.

Once the decision has been made and the student followed that decision, the faculty sponsor will not penalize the student in any way. If it becomes obvious that a student cannot fulfill the obligation a school activity has, he/she should withdraw from that activity.

DROPPING OR TRANSFERRING SPORTS – There is not a place in athletics for

quitters. A quitter may lose the privilege of participating in athletics. If an athlete quits a sport he/she may not be allowed to start another sport until the season they quit has ended. Process of leaving the team will be complete when the following have been completed.

- Athlete must meet with coach.
- Check in all equipment issued to you.
- Decisions in regard to future participation will be at the discretion of the head coaches and/or athletic director.

EQUIPMENT – School equipment checked out by the student athlete is his/her responsibility. He/She is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.

INJURY -- An athlete who experienced an injury shall be removed from play and may not return to play until the coach has received written permission from a parent/legal guardian or medical professional of the athlete.

SOCIAL MEDIA POLICY

The purpose of this policy is to inform student athletes on the disruptive impact of inappropriate social media postings on the school, athletics program, and morale and successes of our programs.

- Prohibitive behaviors include but are not limited to:
- Sexually explicit language
- Profane, lewd, indecent, or defamatory language
- Derogatory language regarding school personnel or other students
- Comments designed to harass or bully students or school personnel
- Nude/sexually –oriented/indecent photos/or altered photos

TRANSPORTATION – Athletes will remain with their squad and under the supervision of their coach when attending away games. All regular school bus rules will be followed, including: food, noise, remaining in seats, care and respect for equipment.

VIII. PROCEDURES FOR DISMISSAL OF ATHLETES FROM A TEAM

Athletics is a privilege not a right. In the event an athlete is suspended or dismissed from a team, parents will be contacted by the coach for explanation, or to set up a meeting if needed. Suspension of an athlete will involve a parent conference about the athlete's behavior and why an athlete is being suspended from the team and for how many games an athlete is suspended. The athlete will practice during this time with additional activities after practice. The coach will document, in writing, the date and time of the conference and give a brief statement as to why the athlete was put on suspension. Written notification will be given to the athlete to take home.

The coach reserves the right to punish behavior which is subversive to good order and discipline in athletics.

IX. TRANSPORTATION RELEASE (FROM ATHLETIC EVENTS)

Athletes will be allowed to return home following an athletic contest by the following options:

- On school provided transportation. (bus)
- With prior written approval and/or phone contact, an athlete may be allowed to ride home with a parent or legal guardian.
- Emergencies will be cleared by the Athletic Director.
- Coaches should have visual and verbal contact with the parent or guardian before dismissing the athlete to leave the team.

Coaches will provide the most accurate time they can for the return of the buses from an athletic contest. Please be patient with us as sometimes we are delayed by unpredictable circumstances. (Overtime games, traffic, weather, injury, etc...)

I understand that the ability of the coaches and other school officials to properly supervise students may be impaired when students are not under their direct control. I agree that coaches should not be held accountable with students who are authorized to use alternative means of transportation. I understand that coaches reserve the right to refuse requests by players to leave their teams if, in the coaches opinions, it serves in the best interest of the individual or the program.

X. AAA INFORMATION - ELIGIBILITY

The following information comes directly from the Arkansas Activities Association Handbook regarding student eligibility:

INTRODUCTION

Participation in competitive interscholastic activities as a part of a school's educational program is a privilege and not a right. The eligibility rules of this association are designed to promote the educational values derived from participation in interscholastic activities, prevent exploitation of youth by special interest groups and to ensure that interscholastic activities shall remain an integral part of the educational program. Students wishing to participate in interscholastic activities shall have the opportunity to become eligible for these activities when they meet all eligibility rules. They will remain eligible for the opportunity to participate provide they do not

1. Exceed any limitations,
2. Fail to meet any minimums, or
3. Violate any other rules of the association.

They may, however, regain their opportunity to participate at a later date by correcting any deficiencies, which caused the ineligibility. NOTE: Students who exceed the junior high age rule or junior high semester rule limitations shall have the opportunity to be eligible for senior high activities. NOTE: Students who exceed the senior high age rule or the senior high semester rule limitations shall have no further opportunity to be eligible.

Eligibility rules apply to students in grades 7-12 inclusive; specific rules for junior high schools apply to students in grades 7-9 inclusive; specific rules for senior high schools apply to students in grades 9-12 inclusive. In the rules that follow, the singular includes the plural and the plural includes the singular as the context requires or permits. Where appropriate, personal pronouns refer to either gender.

Rule 1. RESIDENCE:

A. A student's eligibility for interscholastic athletics shall be in the public school district of the parent's residence. Refer to other residence and transfer rules for limitations and situations. The AAA recognizes only one residence for eligibility. A change in residence consists of a complete and bona fide move from one domicile to another.

B. A student may meet the residence requirement to another AAA member school

after attending said member school for one calendar year (365 days from initial enrollment).

C. A student shall also meet the residence requirement if the student receives a legal transfer from one public school to another (release and acceptance respectively by the boards of both schools). Transfers must take place prior to Labor Day.

D. Member schools accredited by the Arkansas Nonpublic School Accrediting Association shall be required to have student eligibility boundaries which will be limited to the county in which the school resides and/or a 25-mile radius of the school. Students who live outside the boundaries may participate in all AAA sanctioned athletic events as long as they have been enrolled in the nonpublic school before Labor Day of the 10th grade year. Those enrolling after Labor Day of their 10th grade year may not participate in the interscholastic athletics for 365 days from the first day of their enrollment.

LEGAL ATTENDANCE:

A student's eligibility for interscholastic athletics with respect to the residence rule may be in the public school that the student is legally attending at the beginning of the fall semester, provided attendance is not for athletic purposes. Refer to other residence and transfer rules for additional limitations and situations.

Rule 3. RECRUITMENT.

A. Recruitment of an athlete by anyone is expressly prohibited by the Arkansas Activities Association. A student transferring or attempting to transfer from one school to another due to recruitment or inducement may be ineligible for interscholastic competition for a period of up to one full year (365 days) from the date of transfer or attempted transfer.

B. A student who is a prospective athlete shall not be offered or accept any inducement, such as free or reduced tuition, employment, books, or any other benefit, other than that which is provided to all students. In addition, nonpublic schools should establish a plan, filed with the AAA office and followed, which includes, but is not limited to the following:

- A statement of philosophy and policy concerning the reduction or waiver of tuition of any other benefit.
- A procedure used to determine the qualification for waiver or reduction. The Princeton School Scholarship Service or its equivalent should be used for determining the amount of waiver or reduction for such students.
- A description of how the waiving or reducing is equally available and applied to students in similar circumstances; and

- The payment of tuition by someone other than a student's immediate family or an established program must be approved by the AAA Board of Directors.

C. In addition, nonpublic member schools providing financial assistance programs for athletes shall present to the Executive Director of the AAA by October 1 of each year, a statement signed by the school's authorized representative with the following information:

- The total number of students enrolled
- The number of students receiving aid
- The number of students participating in athletics
- The number of students participating in athletics who are receiving aid

(The Princeton School Scholarship Service is the organization that determines need-based aid for families when students are applying to colleges for financial aid. It is an unbiased third party.)

Rationale – *Recruiting an athlete is a serious offense as it creates an unfair advantage.*

Rule 4. BONA FIDE STUDENT. A student participating in interscholastic activities must be a bona fide student of the school; a bona fide student is one who has not graduated from a high school and who is enrolled in and attending regularly at least four academic courses in the high school. These courses shall be from those identified in the Arkansas Department of Education Standards of Accreditation. The Arkansas Activities Association in cooperation with the Arkansas Department of Education makes an exception to the bona fide student rule for students in the Arkansas School for Math and Science. Because the ASMS is an ADE accredited school, is a boarding school located in the Hot Springs School District and is a member of the Arkansas Activities Association, students from ASMS may participate at Hot Springs High School in those sports or activities not offered by the Arkansas School for Math and Science.

Rationale – *It is important that each athlete be a full time member of the student body. NOTE: Enrollment in academic classes in a college does not affect eligibility as long as the student is a bona fide student of a high school. NOTE: A local school may make an exception for a student in the last semester of the senior year provided the student is enrolled in and attending regularly at least one academic course and is meeting all requirements for graduation.*

Rule 5. DROPOUTS. A student dropping out of school, suspended with no credit or expelled from school at any time during the school year must return to school and meet the scholarship requirements for one full semester.

Rationale – *An athlete must re-establish his eligibility after dropping out by attending one semester before regaining eligibility.*

Rule 6. SEMESTERS.

- A. Junior High – A student repeating either the 7th or 8th grade for any reason shall not have the opportunity for eligibility during the complete year that is repeated.
- B. Senior High – A student is limited to eight consecutive semesters of opportunity for eligibility beginning with the student's first enrollment in the 9th grade (or earlier as defined in Rule 7. Age Note).

Editor's Note: *A 9th grade student may compete for the junior high or for the Senior high, in the same member school district with separate campuses, with permission from the involved principals. (Refer to Bylaws, Art. II, Section 7, Rule 1 Classification of Students) If a 9th grade student competes for the junior high, the student may then compete for the senior high after the completion of that junior high sport season except for Class 7A as stated in the rule noted above. A 9th grade student may not compete for the senior high and then return and compete for the junior high in the same sport. Semesters are applied towards the limitations regardless of the following: if the school doesn't offer a sport; if the student doesn't participate; if a student isn't eligible or, if the student's earlier enrollment was in a different school system. NOTE: The 5th and 6th semesters (normally the 9th grade) are applied toward both the junior and senior high limitations. This is due to the rule allowing the school's administration to permit a 9th grade student to participate at either level. (Refer to Bylaws, Art. II, Rule 1 of Section 7 – Classification of Students).*

A 7th or 8th grade student who is ineligible for junior high athletics due only to the age rule may be eligible to participate in senior high. (Refer to Bylaws, Art. II, Rule 3 of Section 7 – Classification of Students).

Rationale – *A student is limited to a total of 12 semesters of opportunity for eligibility upon entering the 7th grade. The final eight semesters shall be consecutive.*

Rule 7. AGE.

- A. Junior High. A junior high student is not eligible for junior high competition if the student's 16th birthday is on or before September 1.

NOTE: In the year a student in junior high school becomes too old for junior high participation the student may be allowed to participate for the senior high, if all other eligibility rules are met.

- B. Senior High. A senior high student is not eligible for interscholastic participation. if the student's 19th birthday is on or before September 1.

Rationale – *The age rule and the semester rule are both attempts to equalize competition among athletes in AAA member schools as well as to encourage athletes to graduate with their class.*

Rule 8. AMATEUR.

- A. The amateur rule for eligibility in interscholastic athletics requires the student to engage in sports solely for the pleasure and physical, mental, or social benefit derived from participation in sports and to whom sport is nothing more than an avocation.
- B. The junior high or senior high student who violates the amateur rule in any of the AAA- sponsored sports may lose eligibility in that sport for up to one full year (365 days).
- C. Violations. A student may not:
1. Compete under an assumed name.
 2. Accept monetary awards or compensation. This includes: cash, gift certificates, expenses for a trip or any other of this type award.
 3. Accept gifts or awards exceeding \$100.00 in value unless the gifts or awards are given under the auspices of the school; however, the student may receive awards of equipment in golf, tennis and road races as permitted in the amateur rules of the USGA, the USTA, and USATF.
 4. Receive remuneration for coaching, instructing, or preparing any person for competition; except, he may receive from an organization offering instruction in sport skills to youth, monetary compensation on an hourly basis or as a salary for teaching basic skills.
 5. A student who has participated inter scholastically may not permit his name, picture, or person to be used to advertise, recommend, or promote a firm or a product.

NOTE: *An athlete may be named a player of the week or game and be presented a certificate or plaque provided there is no advertising connected with the picture or announcement.*

NOTE: *A team picture may appear on a calendar or poster. This indicates support for the school.*

6. Compete with or against a professional except in:
 - Pro-Am golf meets; when the scores of the professional and the amateur are not combined for a team score;

- Semi-professional baseball games; however, the student must complete within the definition of amateurism.

7. Appear in a competition before or during a professional event except as approved by the Arkansas Activities Association. NOTE: Since it is impossible to cover all instances of possible violations to the amateur rule, it is suggested that the Executive Director be consulted in any questionable case.

Rule 12. PARTICIPATION ON NON-SCHOOL TEAMS

A. Team Sports.

a. A student who is a member of a school's athletic team and who has engaged in interscholastic competition may not try out for, practice with, or otherwise participate with, or be a member of a non-school athletic team in the same sport, in season, without losing eligibility for up to a full year (365 days) from the date of such participation with the non-school team.

b. This limitation shall apply to the team sports of football, basketball, volleyball, baseball, softball, and soccer. However, a member of an interscholastic baseball, softball or soccer team may try out for or practice with a non-school team on days when the school team does not practice or play. This exception for baseball, softball and soccer shall not apply in weeks the school team is involved in AAA-sponsored championship tournaments.

c. Participation on a non-school athletic team in the same sport *in season* shall define *in season* as the AAA established beginning date until the end of the state tournament in that sport for students in grades 10-12 and students in grade 9 who have participated inter scholastically with the senior varsity team in the sports of football, volleyball, and basketball.

d. Students in grades 7-8 and students in grade 9 who have not participated inter scholastically on a senior varsity team shall have the end of season defined as when their school's team is finished in each sport. A member of an interscholastic spirit team may not compete on a non-school team during the interscholastic spirit season.

SECTION 3. NON-COMPETITIVE SPIRIT TEAMS

- **Rule 1. Eligibility.** A student participating as a member of a school's non-competitive cheer or dance team must meet eligibility requirements for interscholastic non-athletic competitive activities. Exception: The semester rule for students in a 7-12 school shall be a total of twelve semesters.
- **Rule 2. Physical Examination.** In any year that a student tries out for or

participates as a member of the school's noncompetitive cheer or dance team, the student shall be required to present to the coach a physical examination verification prior to beginning an organized practice or workshop for tryouts which shall be valid for one calendar year.

- **Rule 3. Student Participation**

- Only a school's cheer team members are authorized to participate on the sidelines, floor, or field during an athletic contest except when dance/pom teams are authorized by the school administration.
- An individual who is designated as a part of the spirit team to stand or perform with the team on the sidelines, floor, or field during an athletic contest or spirit competition (ex: mascot) must meet all eligibility requirements of cheer and dance team members.

- **Rule 4. Cheer Team Limitation at Regional/State Events.** No more than twelve members of a school's cheer team shall be permitted on the sidelines (floor) during play at regional and state basketball tournaments. The complete team may perform at full time-outs and between quarters and games.

***NOTE –** The above section is only a small excerpt from the Arkansas Activities Association Handbook. This handbook can be found online at the AAA website (<http://www.ahsaa.org>). Any questions regarding a student-athlete's eligibility should be directed to the sport's coach or athletic director.

XI. Insurance Information

The following facts should be fully understood by the parents and guardians of all Star City School District athletics and students who participate in school sponsored activities in grades Kindergarten through 12th.

1. The Star City School District has entered into a contractual agreement with Health Special Risk student resources for athletic and extracurricular insurance underwritten by Mutual of Omaha Insurance Company for students in grades Kindergarten through 12th. This coverage is for AAA sponsored activities including all AAA athletic events. Your child will be covered while participating in, practicing for and traveling to and from such an activity in a school furnished vehicle.
2. The Star City School District assumes no responsibility as a result of injuries that occur during an athletic or AAA event, however, this insurance is provided at school expense. This is a SECONDARY INSURANCE to whatever health insurance the parent / guardian has for their children, and all claims should be filed with the primary health insurance company and with Health Special Risk. You will need to indicate on the claim form the name and address of your regular insurance carrier.

3. If the student has no health insurance, Health Special Risk will become the primary carrier and will pay accordingly. The parent or guardian should indicate on the claim form if they have no other health insurance.
4. All policies have limitations. Health Special Risk will pay up to the amounts that are listed on the student brochure (see attached). Parents will be responsible for any amounts remaining after both the primary health insurance and Health Special Risk limitations have been reached.
5. The Star City School District and its employees are NOT responsible for any costs for treatment to your child by any doctor.
6. In case of an injury, it is the responsibility of the parent to file a claim form. These forms are available with the trainer or coach, or the Athletic Director's office located at 400 East Arkansas Avenue. Claim forms can also be printed from Health Special Risk Students Resources' website at www.hsri.com. The coaches, trainers, sponsors or administrative personnel will be happy to help complete the form, however, no school district employee is responsible for filing your claim.
7. As with any policy, there are policy exclusions. Please review the policy exclusions and limitations that are listed in the brochure.
8. **Treatment must begin within 30 days from the injury and claims must be filed within 90 days from the injury.** Benefits will be paid for covered expenses incurred within 52 weeks from the date of the accident.
9. Since the insurance is for AAA sponsored events only, you may wish to purchase the additional insurance that is available to your child. This should be purchased at the beginning of the school year. The At School Coverage provides coverage for injuries at school or during school-sponsored activities during the regular school year. The 24 Hour Coverage provides coverage 24 hours a day until one year after the date the school year begins.

If you have any questions, feel free to call Randy Raley, Athletic Director, (870-628-4237).

I have read and understand that the coverage provided by Star City School District has certain limitations and is considered primary coverage only if I have no other coverage for my child(ren). I further understand that Star City School District is not responsible for payment of any medical expenses not paid by Health Special Risk.

ACKNOWLEDGEMENT OF WARNING STATEMENTS

By Parents: We/I the parent do hereby acknowledge that we/I have been fully advised, cautioned and warned by the proper administrative and coaching personnel of the Star City School District that our/my child named above may suffer serious injury, including but not limited to sprains, fractures, brain damage, paralysis or even death, by participating in athletics.

Notwithstanding such warnings, and with full knowledge and understanding of the risk of serious injury to our/my child, we/I give our consent for participation in athletics.

I agree that the terms hereof shall serve as an ASSUMPTION OF RISKS AND RELEASE for all members of my family, for my heirs, estate, executor, administrator, assignees, indemnities, subrogates, or other releases; and I further agree that if any part of this ASSUMPTION OF RISKS AND RELEASE is held void, the remainder shall continue in full force and effect.

By Students: I hereby acknowledge that I have been properly advised, cautioned and warned by the proper administrative and coaching personnel of the Star City School District that by participating in athletics, I am exposing myself to the risk of sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete impairment of the use of my limbs; brain damage; paralysis; or even death. Having been so cautioned and warned it is still my desire to participate in athletics. I hereby further acknowledge that I do so with full knowledge and understanding of the risk of serious injury to which I am exposing myself by participating in athletics.

I agree that the terms hereof shall serve as an ASSUMPTION OF RISKS AND RELEASE for all members of my family, for my heirs, estate, executor, administrator, assignees, indemnities, subrogates, or other releases; and I further agree that if any part of this ASSUMPTION OF RISKS AND RELEASE is held void, the remainder shall continue in full force and effect.

Athletic Travel Policy

Inasmuch as the administration and teaching staff of the Star City Schools will be assuming the supervisory responsibility of your son/daughter on a trip away from the school, we feel it is important that the student and the parents fully understand the rules which govern such trips. All trips are a continuation of the school day and as such, students participating on these trips are subject to the rules and regulations which govern our school while they are on campus. Because the students will be representing Star City Schools, and because their conduct, behavior and safety are our responsibility, we have established the following guidelines, which must be adhered to while they are away from home.

1. The luggage and personal effects of the students may be inspected prior to departing and at any time during the trip.
2. Any student found to be in possession of, or under the influence of alcohol or controlled substances will be left home, if this determination is made prior to departure. Students found in possession of controlled substances or alcohol or under their influence after departure are subject to immediate arrest and being sent home at their parent's expense.
3. Students must observe all civil laws and regulations. Apprehension by law enforcement agencies leading to a substantiated charge will not be the responsibility of Star City Schools.
4. If the trip requires overnight lodging, students will not disturb other guests at the lodging and will abide by all rules and directives issued by the group advisor and chaperones.
5. In the event a student is injured or becomes ill while on the trip, the chaperone will immediately seek medical attention and contact the student's parents/guardians as soon as possible.
6. Students will be expected to know and observe the time and location of all departures. The group will not be delayed by the tardiness of individuals.
7. The establishment and enforcement of any guidelines not covered in items one to six, guidelines that are necessary to insure the success of the trip, will be left to the discretion of the administrator or his/her representative in charge.

Any student caught in the infraction of the above listed rules may be sent home at the parent's expense and will be subject to further disciplinary action by the action.

Participation in a field trip is an extracurricular activity. It is a privilege that will be denied hereafter for a period of time to be specified by the group advisor and administration if, in their opinion, the group has misrepresented Star City Schools through inappropriate behavior.

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 Teammate

- 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 OF A CONCUSSION ARE PRESENT

Athlete

- TELL YOUR COACH IMMEDIATELY
- Inform parents
- Seek medical attention
- Give yourself time to recover

Parent / Guardian

- Seek medical attention
- Keep your child out of play
- Discuss play to return to play with coach
- Address academic need

WHERE CAN I FIND OUT MORE INFORMATION?

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

RETURN TO PLAY GUIDELINES

1. Remove immediately from activity when signs/symptoms are present.
2. 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.

HYDRATION FACT SHEET



Welcome to the Hydration Parent Meeting

Directions:

Review the following information and complete the quiz below by circling the correct answer.

Did you know...?

- 75% 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. 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. 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: Heat 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
- Muscle Cramps
- Weakness
- Decreased Performance
- Nausea
- Headache
- Fatigue
- 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 well, 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 athletes collapse 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 a cooling tub to get temperature down as quickly as possible. 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.

Ok, you know the facts, now what are you going to do about it?

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.
- AFTER 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.



GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

Universal Hygiene Protocol for All Sports:

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

Infectious Skin Diseases

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.

Star City School District Athletic Department

Student-Athlete Information

In case of injury or serious illness, I hereby grant permission for school employees to secure medical services for the student below throughout grades 7-12.

Athlete Name _____ Grade _____ DOB _____

Parents and/or Guardian's Name _____

Home Address _____

City _____ State _____ Zip Code _____

Athlete Cell Number - (____) _____

Mother (cell) - (____) _____

Mother (work) - (____) _____

Father (cell) - (____) _____

Father (work) - (____) _____

Athlete Email _____ Parent Email _____

Alternate Contact in case of emergency _____

Number - (____) _____ Relationship _____

PRIMARY INSURANCE INFORMATION:

Primary Health Insurance Carrier _____ Preferred Hospital _____

Group Number _____ I.D. Number _____

Family Physician _____ Office Number _____

List of medications currently taking: _____

List of any medical concerns (diabetes, heart trouble, epilepsy, etc.) _____

Are you allergic to any medications? Yes / No

If Yes, List Medications: _____

Permission Slip

I/We give permission for _____ to participate in organized school athletics, realizing that such activity involves the potential for injury that is inherent in all sports.

I/We acknowledge that even with the best coaching, use of the most advanced protective equipment, and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis, or even death.

Signature of Parent/Guardian _____ Date _____

Signature of Student-Athlete _____ Date _____

Star City School District Athletic Department
Student-Athlete & Parent/Guardian Signature Form

Acknowledge of Injury Risks - Preparation for and participation in interscholastic athletics involves the risk of injuries ranging from minor to severe. By signing this form parents/guardians acknowledge their understanding of these risks and indicate continued interest in participation.

Athletic Insurance Information - The student-athlete's individual or family primary insurance will be responsible for medical coverage; however, the Star City School District does provide limited athletic insurance which serves only as secondary insurance. The Star City School District will NOT be responsible for the payment of medical expenses beyond those payments made by the district's insurance company.

Emergency Release and Contact Information - In all situations requiring medical treatment whether minor or emergency, effort will be made to contact parents or guardians. However, in the event of a medical emergency, district personnel are authorized to seek medical care at the **nearest medical facility** appropriate to the squad member's injury or illness. Therefore, parent/guardian authorization and emergency medical notification information are required.

Concussion, Heat/Hydration/Infectious Disease Issues - I acknowledge that I have received, reviewed, and understand the attached AAA Concussion in Sports Fact Sheet for Athletes Parents. I also acknowledge and I understand the risks of brain injuries associated with participation in school athletic activity. I also understand that it requires a team approach between the coach, parent, and athlete to properly hydrate to prevent heat illness. The information presented is to provide you with the knowledge you need to help the athletic staff keep your child safe at practices and games.

I, (athlete) _____ have read the Student-Athlete & Parent Athletic Handbook and understand and agree to the policy information.

I, (parent/guardian) _____ have read the Student-Athlete & Parent Athletic Handbook and understand and agree to the above policy information. I give my permission for my son/daughter to participate in athletics at Star City Public Schools.

DRUG TESTING PARENTAL CONSENT AND CONSENT TO SHARE WITH PARENT(S) OR GUARDIAN(S) FORM

Parent/Legal Guardian Section

I, parent or legal guardian, _____ do understand that my minor child will submit to testing for the presence of drugs, and my consent is hereby given for my minor child to be tested by the Star City school District and described by this form.

I understand that test results, written or otherwise, received through the Star City School District shall be kept confidential, and, without consent, may only be released to the Star City School District and Star City School District Board of Education.

I understand that I will be entitled to be informed, upon written request and confirmation of identity, of any test results by the Star City School District performed upon my minor child.

Parent/Guardian Signature _____ Date _____

Applicant Section

I, _____ (player or athlete), do understand that I will submit to testing for the presence of drugs, and my consent is hereby given for the release of such testing results to my parent(s) or legal guardian (s) in addition to those instances and person provided by the Star City School District and Star City School District Board of Education. I understand that my parent or legal guardian’s consent for me to submit to testing is being sought, and is approved with his or her signature of this packet.

I understand that test results, written or otherwise, received through the Star City School District shall be kept confidential, and , without consent, may only be released to the Star City School District and Star City School District Board of Education. Further, I understand that any and all test results shall be the property of the Star City School District.

I understand that my parent (s) or legal guardian (s) will be entitled to be informed, upon written request and confirmation of identity, of any test results by the Star City School District and consent to release such results.

Student Signature _____ Date _____

MEDICAL RELEASE FOR RETURN TO ATHLETIC PARTICIPATION

This release is to certify that _____ has been examined

(Student-Athlete's Name)

due to experiencing the signs, symptoms and behavior consistent with a concussion/brain injury/illness or other injury. Following an examination, it is my medical opinion that he/she:

_____ **Is UNABLE to return to any participation in athletics until further notice.**

Return appointment scheduled on: _____

(Date)

_____ **May return to LIMITED participation in athletics on** _____

(Restrictions are noted below)

(Date)

_____ **Following return to limited participation this STUDENT NEEDS TO RETURN FOR RE-EVALUATION before being released for full participation in athletics.**

_____ **May RETURN TO FULL participation in athletics on** _____

(Date)

Restrictions: _____

Appropriate Health Care Provider's Name (Type or Print)

(Date)

Appropriate Health Care Provider's Signature

(Phone Number)

Parent's or Guardian's Permission and Release

I hereby give my consent for my son/daughter to return to participation following his/her concussion/illness or other injury as per the instruction detailed above.

Parent's or Guardian's Signature

(Date)

Parent's or Guardian's Home/Cell Phone #

Parent's or Guardian's Work Phone #

Note of Dismissal, Suspension or Quitting (circle)

Date of Parent/Guardian contact _____

Date athlete quit: _____

Date of dismissal: _____

Suspension:

Date Suspension will start _____

Date Suspension will end _____

Coach's Signature _____ Date _____