

**ARLINGTON
INDEPENDENT SCHOOL DISTRICT**

DEPARTMENT OF ATHLETICS



**Parent/Student-Athlete
Handbook
2015-2016**



Arlington

INDEPENDENT SCHOOL DISTRICT

Dear Parent/Guardian:

Your son or daughter has expressed a desire to participate in the Athletic Program in the Arlington ISD. It is the belief of the coaching staff that athletics can do more for your child than teach him/her to play the sport he/she has chosen.

We believe athletics instills the desire to win, attain personal goals ensuring maximum team effort, builds strength of body, and strength of character. The latter of these qualities determines the success of the first three.

It is our belief that strength of character is the foundation upon which to build the well-developed, well-polished individual. Athletes, as people in any specialized field, have a unique role to play. Athletes are constantly being monitored by their peers, teachers, and the community. By constantly being under this scrutiny, athletes must have strength of character and be constantly aware of the role they have assumed. They must be certain they present to their peers, teachers, and community respect, sincerity, and honesty expected of a young lady or gentleman.

We believe very strongly that our athletes should possess these qualities. Because of this belief, we have established the following set of guidelines to be followed by all athletes in the Arlington ISD.

ALL ATHLETES, REGARDLESS OF SPORT, MUST:

- Abide by all University Interscholastic League (UIL) rule specifications, and abide by local athletic policy.
- Attend every practice session and athletic contest unless ill or emergency situations. (Parents or athlete must call in if the athlete is not attending a practice session.)
- At all times, respond to every situation as a young lady or gentleman.
- Abide by all Arlington ISD, Athletic Department, and campus guidelines and policies.
- Maintain academic intensity to achieve success in the classroom.

Violation of these policies will result in appropriate disciplinary action being taken against the student and could result in his/her removal from the athletic program in the Arlington ISD. Therefore, we ask your cooperation in motivating your son or daughter to observe these rules so that he or she will receive the maximum benefit from the program.

Enclosed is an information handbook for Arlington ISD Athletics, which includes guidelines and policies for the student-athletes. We have discussed these rules with your son or daughter. Please read them and discuss them again with your son or daughter.

Sincerely,

Kevin Ozee
Director of Athletics
Kozeel@aisd.net

Mission of Arlington ISD Athletic Department

To have the best multi-school, education-based athletic program in the nation.

Philosophy of Arlington ISD Athletics

The Arlington Independent School District believes that a dynamic program of student activities is vital to the educational development of the student.

The Arlington ISD Department of Athletics should provide a variety of experiences to enhance the development of positive student habits and attitudes that will prepare them for adult life in a democratic society.

Athletics should function as an integral part of the total curriculum. It should offer opportunities to serve the institution, to assist in the development of positive relationships and good will, to promote self-realization, all-around growth, and good citizenship qualities.

The Arlington ISD athletic program is based on the premise that athletes are students first and that athletic participation is a privilege rather than a right. Students learn teamwork and group responsibility. They also learn to deal with success and to overcome adversity.

The athletic program in Arlington ISD is structured very intentionally, with specific goals in mind for athletes at each level. All athletes are required to properly represent AISD on and off the field, or they will not be afforded the privilege of representing AISD in interscholastic competition.

At the junior high level our primary goal is to make the athletic experience for the students enjoyable. It is a time to focus on participation and camaraderie among team members. This allows the students to have fun while learning the fundamentals of the sport. All athletes who try out and make a junior high school team, are in attendance daily at practice, and are eligible academically will participate in every single game. Winning is a secondary issue for our program at this level. We believe that if a junior high school student has a great experience with their friends, and learns the fundamentals of their respective sport, we have accomplished the most important foundational goals in building the total athletic program.

As the students move up through our program into **high school**, we begin shaping them toward the day they will begin competing at the varsity level. Similar to middle school, our freshmen and junior varsity teams are centered on player development. While the playing time percentage may vary, we attempt to ensure each student has an opportunity to participate in all games as long as the student is academically and medically eligible to participate and has been present at all practices. Again, the final score is less important than facilitating player growth.

At the varsity level, we play to win championships. Playing time is at the varsity head coach's discretion, driven by the intent to win. Varsity players are mature both athletically and mentally and their dedication and commitment to their team must supersede their personal desires. One of life's greatest lessons and gifts is the privilege of living for a purpose bigger than self. We firmly believe a team can, and should compete at the highest level, giving maximum effort, in a way that honors AISD and the teams in which they compete.

U.I.L SPORTS OFFERED BY AISD ATHLETICS

HIGH SCHOOL (9-12)

Baseball
Basketball (Boys and Girls)
Cross Country (Boys and Girls)
Football
Golf (Boys and Girls)
Gymnastics
Soccer (Boys and Girls)
Softball
Sports Medicine (Boys and Girls)
Swimming and Diving (Boys and Girls)
Tennis (Boys and Girls)
Track (Boys and Girls)
Volleyball
Wrestling (Boys and Girls)

JUNIOR HIGH SCHOOLS (7-8)

Basketball (Boys and Girls)
Cross Country (Boys and Girls)
Football
Soccer (Boys and Girls)
Tennis (Boys and Girls)
Track (Boys and Girls)
Volleyball
Wrestling (Boys and Girls)

Please note that in the junior high schools all sports practice before or after school when in-season. Due to coaching staff and schedule constraints, some junior high school sports only practice after school when in-season. The junior high school athletic class period is designed to be general Athletic Development class when sports are not in-season and all student-athletes are encouraged to participate in the class even if his/her sport is only practiced before or after school.

Also, please note that some club sports (7 on 7, fall baseball, etc.) utilize Arlington ISD campus names and logos but are not sanctioned by the University Interscholastic League and thus not affiliated with the AISD Athletic Department. Since the students who belong to the club sport teams are AISD students, we fully support them in their endeavors. Please direct all questions relating to these club sports to each club's coach or club director.

WHAT WE VALUE

- We are about scholarship in junior high school and high school more than athletic scholarships to college.
- While we value championships, we value developing championship people more.
- We value graduation rates more than winning percentages.
- We are about the education of students more than entertainment of the public.
- We focus on the team, not the individual.
- We focus on developing character, not characters.
- We are about the process.
- We are an education-based program.

~ PURSUING VICTORY WITH HONOR ~

Basic Philosophy

Winning Is Important

Winning is important and trying to win is essential. Without the passionate pursuit of victory much of the enjoyment, as well as the educational and spiritual value, of sports will be lost.

Honor Is More Important

Sports programs should not trivialize winning or the desire to win. To dismiss victory by saying, "It's only a game" can be disrespectful to athletes and coaches who devote their time to being the best they can be in the pursuit of individual victories, records, championships, and medals. But the greatest value of sports is its ability to enhance and uplift the character of participants and spectators.

Ethics Is Essential to True Winning

The best strategy to improve sports is not to de-emphasize winning but to more vigorously emphasize that adherence to ethical standards and sportsmanship in the honorable pursuit of victory is essential to winning in its true sense. It is one thing to be declared the winner, it is quite another to really win.

There Is No True Victory Without Honor

Cheating and bad sportsmanship are not options. They rob victory of meaning and replace the high ideals of sport with the petty values of a dog-eat-dog marketplace. Victories attained in dishonorable ways are hollow and degrade the concept of sport.

Ethics and Sportsmanship Are Ground Rules

Programs that adopt Pursuing Victory With Honor are expected to take whatever steps are necessary to assure that coaches and athletes are committed to principles of ethics and sportsmanship as ground rules governing the pursuit of victory. Their responsibilities to demonstrate and develop good character must never be subordinate to the desire to win. It is never proper to act unethically in order to win.

Benefits of Sports Come From the Competition, Not the Outcome

Quality amateur sports programs are based on the belief that vital lessons and great value of sports are learned from the honorable pursuit of victory, from the competition itself rather than the outcome.

Reprinted with the permission of the Josephson Institute of Ethics.

~

ARLINGTON ISD **ATHLETIC DEPARTMENT OBJECTIVES**

- Promote improvement through self-evaluation
- Retain, attract, and hire exemplary coaches
- Promote consistency and unity throughout the Athletic Department
- Increase parent and community partnerships with the Athletic Department
- Increase faculty/staff awareness and involvement with the Athletic Department
- Maintain a high level of expectation for success
- Use athletics as a tool to prepare our student-athletes for the future
- Increase scholarship opportunities for student-athletes
- Promote athletic programs and activities with aggressive communication
- Win championships with class and character

Arlington ISD Athletics The Parent's Role

Being the parent of an interscholastic athlete can be a great experience. Arlington ISD has many different sports. Parents' participation with their son or daughter can be and should be an enjoyable activity. Their support is very important to their athletes, the school and community. To make this experience the most rewarding for all concerned, the following are some suggestions on being a supportive athletic parent:

1. **Be positive** - Being on a school team is quite an accomplishment. Do not let playing time dictate the athlete's happiness. Celebrate the fact he/she was good enough to make a team. When things are not going well for your son/daughter or for the team is when parents need to be most positive and supportive.
2. **Be supportive of the coaching staff in front of your son/daughter**. Nothing can damage teamwork faster than athletes doubting the capabilities of their coaches. The coaches are trying to do their best at every moment. If you have concerns, follow the AISD Athletic Department communication process. Our staff will listen, appreciate your confidentiality and give you a timely response.
3. **Be part of a parent network** - Whether you are part of a booster club or not, very special relationships can be fostered over the careers of athletes by socializing with other parents. This socialization can take place at games, after games, at team dinners, etc. Parents need support too! Be positive with each other and do not hesitate to remind each other about remaining positive at all times. If you hear a "rumor" that concerns you about any athletic issue, call an AISD coach to verify or clarify what you've heard. Don't perpetuate a rumor by passing it on or by remaining silent about an issue that could affect a program.
4. **Booster parents** - We appreciate the fact that you are an active booster parent and supportive of our total program. Don't feel you are obligated to donate funds or equipment to our athletic program in order for it to be successful. While we have financial needs from time to time, our district historically has made a strong commitment to athletics. Your attendance at our sporting events and encouraging other fans to come and watch our athletic teams perform would be of tremendous support. Booster parents are also encouraged to be involved in ongoing booster meetings and projects for all sports.
5. **Winning and losing** - It shall be our staff's goal to pursue excellence in the school's athletic program, through motivating students to achieve to the best of their ability, while honoring themselves with their talents. Winning, under a positive goal-oriented environment, can be a natural and enjoyable outgrowth of this attitude. Everyone enjoys a well-played victory, but a "Winning is Everything" philosophy cannot become the controlling force. Too much is sacrificed when that philosophy is dominant. The philosophy is to be honorable in our attitudes and skills; and whether we win the physical victory or not, we have still won the game of life.
6. **College Scholarships** - Having lofty expectations for our children is a normal and healthy goal. In striving for these expectations, we must also be realistic. Not everyone can receive a college scholarship, nor should your child's athletic success be measured by the number of offers he or she receives. We have received our share of scholarships based on all the hard work you, the athletes and the coaches have put in. Our coaches will help individuals and parents in whatever way they can to find an opportunity for those who wish to pursue collegiate careers. Coaches will not, however, recommend a school at which the athlete cannot potentially be successful.
8. **Other thoughts** - The success of our athletic program is not dictated by the athlete alone. Our school's teams, students and adult supporters should work together. If the contributions of either are less than total, everyone stands to lose. We have a tremendous amount of support for our athletes by the coaches, administration and the board. We thank you for your support and participation.

THE CAP PACT

CAP- PACT Core Principles

- **Coach, Athlete, Parent Are In Partnership**
- **Partnerships are Built on Honest, Open Communication**
- **Communication is Two-Way and Based Upon Mutual Respect**
- **Disputes Are Resolved According to Specific Written Procedures**

Each section reflects what each constituent – Coach, Athlete, Parent – expects from the other.

Parent's Expectations of Coach:

1. Treat my athlete fairly.
2. Let me know if my athlete is experiencing any problems (physical, social, emotional).
3. Communicate clearly your expectations of my athlete and I.
4. Keep in mind that as parents we identify with our athlete's achievements.
5. Be a good role model.
6. Protect my athlete from bullying or social ostracism by cliques.

Coach's Expectations of Parents:

1. Recognize my commitment and that I am not doing it for the money.
2. Offer praise for accomplishments and support for my efforts.
3. Keep me informed of any home issues that might affect your athlete.
4. Follow established grievance guidelines when there is a problem.
5. Be an enthusiastic and respectful fan at games.
6. Support your athlete's efforts and commitment to the program.
7. Monitor your athlete's schedule to help avoid over involvement in diverse activities.
8. Screen your athlete from conflicting input from outside coaches and experts.
9. Do not gossip or complain about me at home, in the community or in social media.
10. Do not substitute your agenda for your athlete.

Coach's Expectations of Athlete:

1. Set realistic personal goals for yourself and follow them.
2. Be honest about your ability level.
3. Let me know if you have an injury or you are ill.
4. Understand that my feedback on your performance is constructive.
5. Take pride in your team.
6. Support your fellow athletes.
7. Let me know if you are having academic problems or issues with peers.
8. Let me know if concerns exist in your home or personal life that might affect your participation.
9. Discuss with me if you are receiving conflicting advice about your performance from other coaches or your parents.
10. Show respect for my position as a coach and the need to make decisions that are in the best interest of the team.
11. Refrain from any use of illegal substances including alcohol.
12. Always display good sportsmanship to opponents and referees/judges.

13. Let me know if you are having conflicts with the scheduling demands of a job or other school related activities.

Athlete's Expectations of Coach:

1. Treat me fairly. Do not play favorites.
2. Do not embarrass me in front of my teammates.
3. Understand that the sport/team might not be as important to me as to you.
4. Understand the pressure I am under from my parents.
5. Understand the conflicts with school work and other activities.
6. Understand that my outside job is necessary for my family and I.
7. Praise me when I am doing something good.
8. Make sure that I am not bullied or harassed by cliques on the team.
9. Help me set realistic goals for myself.
10. Be there for me if I need advice about something personal in my life.

Athlete's Expectations of Parents:

1. Allow me to follow my dreams and goals in athletics. Don't live your unfilled dreams through me.
2. Find a way to support me without undue pressure.
3. Show the coach respect.
4. Have positive communication with my coach and if issues arise, follow the adopted process.
5. Understand the conflicts I have with school work and other activities.
6. Be a good listener, especially when you don't agree with everything I say.

AISD Athletics Complaints/Concerns Process and Guidelines

Our goals are to facilitate communication between player and coach, then coach and parent/student and to address concerns in a collaborative, effective manner. If you are a student or parent who has a concern or complaint about a sport, coach or coaching style, please follow the prescribed CAP PACT process and follow the recommended UIL guidelines.

Coaches cannot address a problem unless they know that a problem exists. Most of the time, problems stem between coaches and parents from a miscommunication or misinterpretation of an issue. Therefore, we ask that your child talk first with the coach and address the problem directly. If the outcome of that meeting is not satisfactory, we ask that the parent and student meet together with the coach.

The AISD Athletic Department is here to work alongside parents to encourage an enjoyable experience for the student-athlete in AISD Athletics. We will do whatever it takes in working with parents to achieve that goal. When an issue or conflict arises, please give due diligence and follow the department communication protocol.

Remember the "24 hour" rule: Please wait 24 hours before approaching a coach either in person, by phone or through email. This allows all involved a "cooling down" period and also provides for a time for reflection.

Again, we are committed to effective communication and problem solving and look forward to meeting with students and parents to build and maintain top caliber athletic programs in AISD. We ask and encourage you to follow the procedures outlined below.

~PARENT / COACH COMMUNICATION GUIDELINES ~
PORTIONS REPRINTED FROM THE U.I.L. PARENT INFORMATION MANUAL

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents, you have the right to know what is expected of you and your student-athlete. Coaches have the right to know that if parents have a concern; they will discuss it with the coach at the appropriate time and place.

Communication, you as a parent should expect from your child's coach:

- 1) Coach's philosophy
- 2) Expectations the coach has for your son or daughter, as well as other players on the team
- 3) Locations and times of practices and contests
- 4) Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations
- 5) Procedures that will be followed if your child becomes injured during participation

Communication coaches can expect from you as parents:

- 1) Concerns regarding your son or daughter expressed directly to the coach at the appropriate time and place
- 2) Specific concerns in regard to the coach's philosophy and/or expectations
- 3) Notification of any schedule conflicts well in advance

As your child becomes involved in interscholastic athletics, he/she will experience some of the most rewarding moments of his/her life. As we all experience in life, there are times when outcomes are not as we had hoped. This will happen in athletic competitions and create lifelong learning opportunities for your child and the coach. Discussion and honest communication are needed at these times.

Appropriate concerns to discuss with a coach:

- 1) The mental and physical treatment of your child
- 2) What your child needs to do to improve
- 3) Concerns about your child's behavior

It is very difficult to accept your child is not playing as much as you may hope. Coaches make decisions based on what they believe and know is in the best interests of all students participating. Based on careful review of the items above, certain things can and should be discussed with your child's coach.

Other items, such as those listed next, must be left to the discretion of the coach.

Issues NOT appropriate for discussion with your child's coach:

- 1) Athlete's playing time
- 2) Team strategy
- 3) Play calling
- 4) Any situation that deals with other student-athletes

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

ARLINGTON ISD ATHLETICS
COMPLAINT/CONCERN COMMUNICATION PROCESS

If you have a concern to discuss with the coach, the following procedure should be followed:

Informal

Telephone the coach or send him/her an email about your concerns and allow the coach two (2) school days to discuss the matter with you and offer a solution. Please do not approach a coach during a game or practice. If both parties agree that it is necessary, a face to face meeting will be held.

Step 1

If the informal interaction does not resolve the issue, put your concerns in writing (email or letter) to the coach with an explanation of why the informal process did not solve the problem. You will receive a written reply from the coach offering a solution within three (3) school days.

Step 2

1. If the Step 1 response does not resolve the issue, within three (3) school days of receipt of the response from the coach put your reasons for disagreement with the offered solution in detail and in writing to the Campus Athletic Coordinator.
2. Attach the Step 1 response from the coach.
3. The Campus Athletic Coordinator will conduct an independent investigation of the complaint and contact you to schedule a meeting, if needed, to seek resolution of the issue.
4. Within three (3) school days from receipt of your request the Campus Athletic Coordinator will send a written reply to the complaint/concern.

Step 3

1. If the Step 2 response does not resolve the issue, within three (3) school days of receipt of the response from the Campus Athletic Coordinator put your reasons for disagreement with the offered solution in detail and in writing to the Arlington ISD Athletic Director's Office.
2. Attach the Step 1 response from the coach and Step 2 response from the Campus Athletic Coordinator.
3. The AISD Athletic Director or AISD Assistant Athletic Director will work with the Campus Principal and will conduct an independent investigation of the complaint and contact you to schedule a meeting, if needed, to seek resolution of the issue.
4. Within three (3) school days from receipt of your request the AISD Athletic Director/Asst. Director will send a written reply to the complaint/concern.

Notes:

- *Complaint/Concern Defined: A complaint (or concern) is an oral or written communication questioning the conduct or failure to act by a coach or other athletic department staff in which the athlete's parent (legal guardian) feels aggrieved or dissatisfied.*

- *If the complaint/concern is in regards to a potential criminal act or immoral behavior by the coach, initiate your complaint in writing at Step 2.*
- *AISD Athletics' CAP PACT does not replace the district's formal grievance process. For more information about the formal grievance process, please consult with the AISD Athletic Director.*
- *AISD Athletic Office phone number 682.867.1950*

~ UIL BEHAVIOR EXPECTATIONS OF SPECTATORS ~

- Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition-not to intimidate or ridicule the other team or its fans.
- Remember that school athletics are a learning experience for students and that mistakes are sometimes made.
- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.
- A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).
- Use only cheers that support and uplift the teams involved.
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.
- Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.
- Game officials can ask that school administrators have unruly fans removed from a contest facility.
- There is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.
- Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense.
- The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.
- **Failure to adhere to expectations may result in a ban of attendance at athletic events and practices.**

Arlington Independent School District

Athletic Guidelines and Code of Conduct

ATHLETIC CODE OF CONDUCT

AISD SCHOOL BOARD POLICY FO (Local) EXTRACURRICULAR STANDARDS OF BEHAVIOR

With the approval of the principal and Superintendent, sponsors and coaches of extracurricular activities may develop and enforce standards of behavior that are higher than the District-developed Student Code of Conduct and may condition membership or participation in the activity on adherence to those standards. **Extracurricular standards of behavior may take into consideration conduct *that occurs at any time, on or off school property.*** Extracurricular behavioral standards shall not have the effect of discriminating on the basis of gender, race, color, disability, religion, ethnicity, or national origin.

A student shall be informed of any extracurricular behavior standards at the beginning of each school year or when the student first begins participation in the activity. A student and his or her parent shall sign and return to the sponsor or coach a statement that they have read the extracurricular behavior standards and consent to them as a condition of participation in the activity.

Standards of behavior for an extracurricular activity are independent of the Student Code of Conduct. Violations of these standards of behavior that are also violations of the Student Code of Conduct may result in independent disciplinary actions.

A student may be removed from participation in extracurricular activities or may be excluded from school honors for violation of extracurricular standards of behavior for an activity or for violation of the Student Code of Conduct.

The discipline code for athletes has been developed to comply with the District's Board-approved Arlington ISD Student Code of Conduct, but **with increased requirements due to the leadership role assumed by athletes.** It is the intent of the athletic staff of Arlington ISD to emphasize that self-discipline is an integral and essential part of any successful academic and athletic program. Specific definitions of the various levels of discipline violations can be found in the Board-approved AISD Student Code of Conduct. Students disciplined for infractions at the campus-level will also receive one or more of the following consequences as a result of the athletic code of conduct.

All students are expected to adhere to the Arlington ISD Code of Conduct as it applies to school-related or school-sponsored activities. Students involved in extracurricular and co-curricular activities are expected to exhibit the highest standards of ethics and conduct. Arlington ISD students, staff, and parents view participation in these extracurricular or co-curricular activities as a privilege and not a right. Therefore, the teachers, sponsors, coaches, and directors of these activities may develop and enforce codes of conduct that will take into consideration both school-related misconduct and conduct that occurs outside of the school's usual jurisdiction, regardless of time or location. This would include any misconduct that would reflect negatively upon Arlington ISD.

Upon notice from law enforcement that a student has engaged in conduct defined as a felony offense, the student will lose extracurricular privileges.

Student Discipline for Drugs and Alcohol [see Board Policy FO (Local)]

- Extracurricular activities

Any student who represents the AISD by participating in extracurricular activities or is a member or participant in any AISD sponsored club or organization will be suspended from membership and/or any and all participation if the student is found by the AISD to have engaged in conduct which would constitute a violation of any law related to alcohol, dangerous drugs, marijuana and/or controlled substances, volatile chemicals and abuse-able glue or aerosol paint, as such substance is defined in the *Student Code of Conduct*, regardless of whether or not such conduct occurs on school property or at school-sponsored or school-related events and regardless of whether or not such conduct occurs while school is in session or during the school year.

Off campus, non-school related conduct, which occurs at any time, is subject to these consequences. These consequences affect all extracurricular activities and participation in all activities of the organization or club regardless of whether or not the activities are during the school year. The length of suspension from membership or participation shall be for the remainder of the school year or season whichever is later.

- Counseling option

The student may regain his/her eligibility for extracurricular activities by fulfilling the counseling options [FO(Regulation)].

The district will enter into only one counseling agreement per school organizational level (i.e., elementary, junior high, high school).

These consequences are incorporated in and are in addition to any other applicable consequences for school-related misconduct as set out in the *Student Code of Conduct*, including but not limited to removal to DAEP or expulsion. A student would lose extracurricular privileges if he/she is found to have violated this policy by one of the following means:

1. Student admission through discussion with coaches/sponsors and/or school administrators
2. Legal citation issued or arrested and taken into custody by any law enforcement agency
3. AISD employee witness

This policy would not affect a student who may be with others who are violating the policy, unless the student admits the violation, is issued a citation, or arrested and taken into custody by any law enforcement agency, or is witnessed in violation by an AISD employee.

ALCOHOL/DRUG COUNSELING OPTION

[FO (Regulation)]

In accordance with current policy (FO Local), a student who has violated the Arlington Independent School District's policy on alcohol and drugs will lose his/her extracurricular privileges for the school year or season, whichever is later. The student may regain his/her eligibility for extracurricular activities by meeting the following requirements:

1. The student and parents meet with the administrator, counselor and intervention specialist and sign an agreement which as a minimum would include:
 - a. A minimum six-week period of guided reflection and thought,
 - b. Weekly meetings with the intervention specialist by the student,
 - c. Parent participation with the intervention specialist, if possible,
 - d. The student meeting the attendance, academic and behavioral standards set forth in the agreement, and
 - e. Clear goals for changes in behavior.
2. At the end of six weeks, the school administration, counselor, student, intervention specialist and the student's parents will meet to discuss progress made during the six-week period.
3. The intervention specialist, counselor and administrator will consult with the district's intervention specialist to determine if the student can return to extracurricular activities after reviewing the information provided during the meeting held at the end of six weeks.
4. All students who have alcohol/drug offenses on campus will be required to participate in a minimum six-week counseling program outlined in paragraph one above.
5. All students who have alcohol/drug offenses off campus would be offered this service even if he/she is not involved in extracurricular activities.
6. A second offense will result in the student being removed from extracurricular activities for the remainder of the school year or season, whichever is later.

While under suspension from extracurricular and co-curricular activities, students will continue to attend their academic classes. Additionally, while under suspension from activities, students may participate in any tryout, election, or process that would allow them to participate in an activity that begins after their suspension is lifted. Students elected or selected from an organization or team while suspended from extracurricular activities may participate only after their days of suspension from extracurricular and co-curricular activities have been completed. Notwithstanding the foregoing, students will not be allowed to participate in any tryout, election, or other process that takes place while they are assigned to DAEP or suspended from school.

SUSPENSION OR EXPULSION FROM THE PROGRAM

For athletes to re-enter the athletic program after having been removed for any reason, the following procedure will be followed:

Athletes and their parent(s)/guardian(s) will meet with the Athletic Disciplinary Council. At this meeting a probationary contract for re-entry into the athletic program will be developed. After discussing the specific contents and obligations outlined in the contract, all parties present will be required to sign the contract.

*The Athletic Disciplinary Council shall be composed of the Campus Athletic Coordinator, the head coach of the sport involved, and the principal or an appropriate assistant principal of the campus. Upon re-entry into the program on a probationary status, athletes will be suspended from any participation in any competition other than practices for a period of ten consecutive school days.

The suspension will begin on the first day of re-enrollment on the school campus.

During the ten-day suspension, athletes will be required to complete additional sport-appropriate conditioning activities as directed by the coach.

Expulsion from School

For any behavior that requires mandatory expulsion from school and all school-sponsored/school-related activities. Athletes will automatically be suspended from the athletic program for a period of one calendar year from the date of the incident. Upon completion of this suspension from athletics, athletes who desire re-entry into the program must meet with the Athletic Disciplinary Council and be accompanied by their parent/guardian. At this meeting, a probationary contract will be developed outlining the requirements for re-entry. If all parties agree to the contract, as evidenced by their signatures, the student will be allowed to re-enter the program on a probationary basis.

Deferred Adjudication for Felony Offense

Deferred adjudication does not infer innocence. A judge may, after receiving a plea of guilt or a plea of nolo-contendere, defer further proceedings without entering an adjudication of guilt, and place a defendant on community service. In effect, if the defendant complies with the conditions of probation as ordered by the judge for a specified period of time, the defendant would receive the benefit of not actually being found guilty of the offense as charged. During the period of deferred adjudication, athletes will remain suspended from participation in any athletic activities.

Indictment for a Felony

Athletes, while under indictment for a felony whether on or off campus, will not be allowed to participate in any capacity in the athletic program. (This includes exclusion from both practices and games.) When guilt or innocence is established, re-admission to the athletic program will be determined based upon that outcome. In cases where the campus has jurisdiction to take disciplinary action, the student must complete any campus-level disciplinary sanctions before returning to the Athletic Program. Likewise, students on deferred adjudication will need to complete the probationary period specified by the judge prior to consideration for reinstatement in the athletic program.

Appeals

Disciplinary actions resulting from a violation of the Arlington ISD Athletic Code of Conduct are not appealable.

ARLINGTON ISD ATHLETIC DEPARTMENT POLICIES

ACADEMIC REQUIREMENTS FOR ELIGIBILITY-NO PASS NO PLAY

A student shall be suspended from participation in after school athletics after a grade evaluation period (six weeks) in which the student received a grade lower than the equivalent of 70 on a scale of 100 in any academic class. A suspension continues for at least three school weeks and is not removed during the school year until the conditions of reinstatement, described below, are met.

Until the suspension is removed or the school year ends, the District shall review the grades of a student suspended under these provisions at the end of each three-week period following the date on which the suspension began. At the time of a review, the suspension is removed if the student's grade in each class, other than an identified honors or advanced class, is equal to or greater than the equivalent of 70 on a scale of 100. The principal and each of the student's teachers shall make the determination concerning the student's grades.

AMATEUR RULE (UIL)- Section 441 of the UIL Constitution & Contest Rules.

Section 441: AMATEUR ATHLETIC STATUS

An amateur participates in athletics for the aesthetic, physical, mental, and social benefits to be derived. Therefore, the purpose of such participation is playing for the intrinsic rewards rather than for valuable consideration. The amateur rule is a safeguard against exploitation and commercialization of high school students. It poses a responsibility on the student at all times (whether in school or outside school) to abide by the letter and intent of amateurism. Schools are charged with the responsibility of informing students of all applicable subsections of this rule and enforcing this rule. Administrators and coaches must insure that athletes receive only services specifically permitted by written rule. Any breach of the rule undermines the educational goals of interscholastic athletics.

(a) NOT AN AMATEUR. For purposes of competing in an athletic contest, a student in grades 9-12 is not an amateur if that individual, within the preceding 12 months received money or other valuable consideration for teaching or participating in a League sponsored school sport or received valuable consideration for allowing his or her name to be used in promoting a product, plan or service related to a League contest or accepted money or other valuable consideration from school booster club funds for any non-school purpose. It is a violation of the athletic amateur rule for parents of student athletes to accept tickets to athletic contests where their children are participating. It is also a violation for parents of student athletes to accept free pass gate admission to athletic contests where their children are participating unless they are at the contest in another capacity, i.e., if the parent is an employee of the school or a board member, or working at a concession booth, etc. (See Official Interpretations #11 and 12, Appendix I of the UIL CCR.)

(b) EXCEPTIONS:

- (1) Seniors may sign a letter of intent or scholarship agreement which contains the conditions of a scholarship with a postsecondary institution.
- (2) For purposes of competing in an athletic contest, the participant school, school district or a student's parent(s) may provide medical examination and services, athletic insurance, transportation and other travel expenses incurred in competing away from home, or supplies and services during and in connection with a game or practice period. Jerseys or game shirts may be worn on game day as well as during practice or competition, with school district approval.
- (3) Participant schools and member school districts may permit student athletes to attend contests by permit admission through a pass gate.
- (4) A student-athlete in grades 9-12 may accept funds that are administered by the United States Olympic Committee (USOC) pursuant to its Operation Gold program.
- (5) Student athletes may accept small "goodie bags" consisting of cookies, candy and symbolic gifts from their classmates, if allowed by local school policy.

(6) Student athletes may accept travel expenses and attend free banquets in connection with an awards ceremony to accept a national and/or state-wide award, after completing their eligibility in that sport.
(7) This rule is sport-specific. For example if a student violates the rule in one sport, such as accepting a prize for winning a hole-in-one contest in golf, that student would be ineligible only for golf.

Student athletes in grades 9-12 may only accept symbolic awards for participation in school related activities. Symbolic awards student athletes may accept include medals, trophies, plaques, certificates, etc. Student athletes may not accept t-shirts, gift certificates, equipment or other valuable consideration for participation in school sponsored athletic activities. Participation in activities not sponsored by the UIL (bowling, rodeo, archery, gymnastics, etc.) is not subject to the UIL Athletic Amateur Rule.

Student-athletes shall be in compliance with the Athletic Amateur Rule from the first day of attendance in the ninth grade through their last day of UIL athletic competition in grade twelve. This includes during school and during non-school time and applies to all UIL competition and to non-school participation in the same sports sponsored by the UIL. Participation in activities not sponsored by the UIL (bowling, rodeo, archery, gymnastics, etc.) is not subject to the UIL Athletic Amateur Rule.

Students may accept a medal, trophy, patch, or other symbolic award for participating in competitions, if the award is given by the organization conducting the competition.

It would not be a violation for student athletes to raise funds for non-school participation. No school funds (including booster club funds), equipment or transportation could be involved in non-school activities. The non-school fundraiser could not be related to the school and the student athletes must do it all on their own or with the assistance of their parents.

Students may participate in all-star contests provided they do not receive any valuable consideration. Students who are selected for all-star teams based on non-school competition may have lodging, meals and transportation provided by the non-school league for subsequent all-star team participation. Team coaches or league sponsors should disburse funds for these allowable expenses. All non-school groups should be structured to protect the amateur status of students in grades 9-12. Financial records should be maintained. UIL member schools may not participate in sponsoring all-star contests.

If an athlete receives a scholarship for an activity or collects donations to go, can that athlete receive a tee-shirt or pair of shoes given to all who participate in that activity? Yes. The rule is not intended to cause athletes to be treated any differently than other students whose parents have paid their expenses

If the sponsor of the activity provides an athlete with apparel for use in the camp, league, etc., may the athlete keep the used apparel after the activity?

Yes, provided all participants in the activity will keep the clothing, and provided that the apparel is nothing more than individual player uniforms, shoes, etc. The receipt of additional items of clothing, balls, gloves, bats, etc., not used by the individual during the activity could be deemed a violation.

The penalty to a student-athlete is forfeiture of varsity athletic eligibility in the sport for which the violation occurred for one calendar year from the date of the violation. **Student athletes are prohibited from accepting valuable consideration for participation in school athletics - anything that is not given or offered to the entire student body on the same basis that it is given or offered to an athlete.** Valuable consideration is defined as tangible or intangible property or service including anything that is usable, wearable, salable or consumable.

Salable food items or trinkets given to athletes by students, cheerleaders, drill team members, little/big brothers or sisters, school boosters, parents of other students, teachers or others violate this rule (see exception for “goodie bags” to follow).

*Homemade “spirit signs” made from paper and normal supplies a student purchases for school use may be placed on the students’ lockers or in their yards. Trinkets and food items cannot be attached. Yard signs should be made of commercial quality wood, plastic, etc. If not purchased or made by the individual player’s parent, they must be returned after the season.

*The school may provide meals for contests held away from the home school only. If the school does not pay for meals, the individual parents need to purchase their own child’s food. **Parents may purchase anything they wish for their own child items of valuable consideration for their child’s teammates.** The school may also provide supplies for games and practices and transportation for school field trips. Students should pay admission fees during school field trips.

*Parties for athletes are governed by the following State Executive Committee interpretation of

The following are interpretations of the amateur rule:

(a) VALUABLE CONSIDERATION SCHOOL TEAMS AND ATHLETES MAY ACCEPT:

1. Pre-Season. School athletic teams may be given pre-season meals, if approved by the school.
2. Post-Season. School athletic teams may be given post-season meals, if approved by the school. Banquet favors or gifts are considered valuable consideration and are subject to the Awards and Amateur Rules if they are given to a student athlete at any time.
3. Other. If approved by the school, school athletic teams and athletes may be invited to and may attend functions where free admission is offered, or where refreshments and/or meals are served. Athletes or athletic teams may be recognized at these functions, but may not accept anything, other than food items, that is not given to all other students.

(b) ADDITIONAL VALUABLE CONSIDER-ATION THAT SCHOOL TEAMS AND ATHLETES MAY ACCEPT:

Examples of items deemed allowable under this interpretation if approved by the school, include but are not limited to:

1. meals, snacks or snack foods during or after practices;
2. parties provided by parents or other students that are strictly for a school athletic team.

ALWAYS CHECK THE RULES PRIOR TO TAKING ACTION!

ATHLETIC PERIOD

The athletic period is considered a class period and will be treated as such. All students must attend their respective athletic period each day. Please make every effort to schedule appointments after school so that the student-athlete will not miss any class periods.

AWARDS/LETTERING POLICY

Each varsity sport has specific criteria for earning a varsity letter award. The head coach of each sport will provide each varsity team member with the lettering criteria. Earned letter awards (letter jackets, letter blankets) may be denied or taken up in the event a student-athlete violates the code of conduct or acts in a manner that embarrasses the Arlington ISD Athletic Program.

CREDIT REQUIREMENTS FOR HIGH SCHOOL ELIGIBILITY DURING FIRST 6 WEEKS

The standards below determine academic eligibility for the first six weeks of the school year. Students in non-compliance may request a hardship appeal of their academic eligibility through the UIL.

- a. GRADES NINE AND BELOW. Students must have been promoted from the previous grade.

- b. SECOND YEAR OF HIGH SCHOOL. Five accumulated credits that count toward state graduation requirements.
- c. THIRD YEAR OF HIGH SCHOOL. Ten accumulated credits that count toward state graduation requirements or student must have earned at least five credits within the last twelve months that count toward state graduation requirements.
- d. FOURTH YEAR OF HIGH SCHOOL. Fifteen accumulated credits that count toward state graduation requirements or student must have earned at least five credits within the last twelve months that count toward state graduation requirements.

DRESS CODE FOR EXTRACURRICULAR ACTIVITIES

The principal, in cooperation with the sponsor, coach, or other person in charge of an extracurricular activity, may regulate the dress and grooming of students who participate in the activity. Students who violate dress and grooming standards established for such an activity may be removed or excluded from the activity for a period determined by the principal or sponsor and may be subject to other disciplinary action, as specified in the Student Code of Conduct. *AISD School Board Policy FNCA(Local)*

DUAL PARTICIPATION/NON-SCHOOL SANCTIONED PARTICIPATION/CLUB SPORTS

All athletes participating in Arlington ISD Athletics make a commitment to the team, their teammates and their school. Each program demands the dedication of time and energy of the athlete. Part of this commitment is to be a student first and strive for academic excellence. Another integral part of that commitment is to place the Arlington ISD Athletic team above participation in any non-school sanctioned activity and attend all practices and games scheduled by Arlington ISD Coaches.

If an athlete chooses to miss an Arlington ISD Athletic practice or game because of participation in an activity not under the auspices of Arlington ISD, the student-athlete will face consequences. Each varsity head coach will determine and communicate to the parents and student-athletes prior to the season the consequences for missing an Arlington ISD Athletic game or practice. Repeated absences may result in the student-athlete's removal from the team.

Non-athletic Arlington ISD school sanctioned activities do not fall under this policy.

The Athletic Director may make an exception to this policy if the student-athlete is participating on a national or international level and representing the United States, i.e. US Olympic Team.

ELIGIBILITY REQUIREMENTS- UIL

Eligibility rules are found in [Section 400 and 440](#) of the *UIL Constitution and Contest Rules*. Any question regarding a student's eligibility, should be addressed to the school principal and/or superintendent. Residence requirements according to [Sections 400 \(d\), 440, and 442](#) should be thoroughly investigated for any student new to school.

Students are eligible to represent their school in varsity interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. ([See 504 handicapped exception.](#))
- have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.

- are full-time day students in a participant high school.
- initially enrolled in the ninth grade not more than four calendar years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see [Section 442](#) of the *Constitution and Contest Rules*).
- have observed all provisions of the [Awards Rule](#).
- have not represented a college in a contest.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the [Athletic Amateur Rule](#). For purposes of competing in an athletic contest, a student in grades 9-12 is not an amateur if that individual, within the preceding 12 months received money or other valuable consideration for teaching or participating in a League sponsored school sport or received valuable consideration for allowing his or her name to be used in promoting a product, plan, or service related to a League contest or accepted money or other valuable consideration from school booster club funds for any non-school purpose. It is a violation of the athletic amateur rule for parents of student athletes to accept tickets to athletic contests where their children are participating. It is also a violation for parents of student athletes to accept free pass gate admission to athletic contests where their children are participating unless they are at the contest in another capacity, i.e., if the parent is an employee of the school or a board member, or working at a concession booth, etc. If a student did not realize that accepting the valuable consideration was a violation of the amateur rule, and returns the valuable consideration within 30 days after being informed of the violation, that student may regain athletic eligibility as of the date the valuable consideration is returned. If a student fails to return it within 30 days, that student remains ineligible for one year from when he or she accepted it. During the period of time a student is in possession of valuable consideration, he or she is ineligible for varsity athletic competition in the sport for which the violation occurred. Any games or contests in which the student participated during that time would be forfeited as the minimum penalty. This rule is sport-specific. For example if a student violates the rule in one sport, such as accepting a prize for winning a hole-in-one contest in golf, that student would be ineligible only for golf.
- did not change schools for athletic purposes.

ELIGIBILITY REQUIREMENTS FOR 7TH AND 8TH GRADE PARTICIPANTS- UIL

An individual may participate in League athletic competition or contests as a representative of a participant school if he/she:

1. Has met the requirements of Section 1400 (a) (above) regarding general eligibility:
2. For 7th grade athletic competition, has not reached his/her 14th birthday on or before September 1, and has not enrolled in the 9th grade.
3. For 8th grade athletic competition, has not reached his/her 15th birthday on or before September 1, and has not enrolled in the 9th grade.
4. A student who initially entered the 7th or 8th grade the current school year and is too old for 7th or 8th grade participation may participate according to age, that is, 7th graders on the 8th grade, 9th grade, high school junior varsity or high school varsity team, and 8th graders on the 9th grade, high school junior varsity, or high school varsity team.
 - A. Four Consecutive Years. A student has only four consecutive calendar years to complete high school varsity eligibility. Exception: See [Section 463](#).
 - B. Athletic Class. Overage junior high school students who have reached their 15th birthday on or before September 1 of that school year may be assigned to high school athletic periods if they are participating with the high school sub-varsity or varsity. Otherwise 7th and 8th grade students remain in their junior high school athletic class throughout the school year.
 - C. Full Participation Allowed. Only 7th and 8th grade students who are too old to represent the 8th grade team may participate on the high school's athletic team. Overage junior high school students who participate with a high school 9th grade, sub-varsity or varsity team, may participate fully under the rules for high school athletes in that sport, including, but not limited to, rules governing number of games, post-season games, etc.
5. Is a full-time student in grade seven or eight at the school he/she represents. Exception: Seventh and eighth grade students from public K-8 schools that do not field a team, may participate on the 7th and 8th grade baseball, basketball, football, soccer, softball, and/or volleyball teams at the junior high school in the attendance area where they reside or which is a part of the designated receiving school district. (Parochial, private, and home schooled students are not eligible.)
6. Has been in attendance and has passed the number of courses required by state law and by rules of the State Board of Education, and is passing the number of courses required by state law and by rules of the State Board of Education.
7. Has not repeated the 7th or 8th grade for athletic purposes. A student who repeats the 7th or 8th grade for athletic purposes shall be eligible for only two consecutive years in 7th and 8th grade athletic competition after the first enrollment in the 7th grade. A student held back one year in the 7th or 8th grade for athletic purposes shall lose the fourth year of eligibility after entering the 9th grade. A student held back for two years for athletic purposes shall lose the third and fourth years of eligibility after entering the 9th grade.
8. Has not changed schools for athletic purposes.

EQUIPMENT AND UNIFORMS

Each athlete will be issued the proper equipment, workout uniform, and game uniform. In the event the equipment or uniform(s) is not returned at the end of the season, the athlete will have to reimburse the athletic

department for the replacement cost. Per UIL rules (C&CR Section 441), no equipment or uniforms may be given to athletes to keep on a permanent basis.

HAZING

A person commits an offense if the person:

1. Engages in hazing.
2. Solicits, encourages, directs, aids, or attempts to aid another in engaging in hazing.
3. Has firsthand knowledge of the planning of a specific hazing incident involving a student in an educational institution, or firsthand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge in writing to the principal, Superintendent, or designee.

“Hazing” means any intentional, knowing, or reckless act occurring on or off the campus of an educational institution directed against a student, by one person alone or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are or include other students. The term includes:

1. Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body, or similar activity.
2. Any type of physical activity, such as sleep deprivation, exposure to the elements, confinement in a small space, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
3. Any activity involving consumption of a food, liquid, alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
4. Any activity that intimidates or threatens the student with ostracism, that subjects the student to extreme mental stress, shame, or humiliation, or that adversely affects the mental health or dignity of the student or discourages the student from entering or remaining registered in an educational institution, or that may reasonably be expected to cause a student to leave the organization or the institution rather than submit to acts described above.

Any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code. *AISD Board Policy FNCC (Legal)*

INJURIES

AISD employs fully licensed Athletic Trainers.

Athletic training is practiced by athletic trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. In Texas, athletic trainers practice under state statutes recognizing them as qualified health care professionals similar to physical therapists, occupational therapists and other health care professionals.

Injuries must be reported to an Arlington ISD athletic trainer(s) as soon as possible. Unless the injury is an extreme emergency please contact the athletic trainer prior to visiting a doctor. Anytime a doctor is consulted for an injury, the student-athlete must present a written clearance for participation in athletics from the doctor before he/she is allowed to participate in AISD Athletics.

In many cases, the athletic trainer can save the student-athlete a trip to a doctor's office or a physical therapist's office thus saving on co-pays, etc. Please consult with the athletic trainers on all injuries and/or prescribed rehabilitation of injury programs.

**Please review the UIL Safety and Health information and AISD Sports Medicine information page at the back of this manual.

MULTI-SPORT PARTICIPATION

Participation in multiple sports is encouraged. However, an athlete must complete the season in a sport before they move on to the next sport's season unless mutually agreed upon by the varsity head coaches and athletic director. Arlington ISD coaches will make every effort to insure that a student may participate in as many activities as they wish.

NON-SCHOOL PARTICIPATION REGULATIONS (UIL)

UIL rules restrict school coaches in grades 7-12 from interacting with student-athletes in grades 7-12 from their attendance zone in team sport non-school activities. School coaches are prohibited from providing transportation for student-athletes to non-school activities, or from providing instruction during the off-season except for allowable off-season programs during the school day. No school funds (including booster club funds), equipment or transportation can be used for non-school activities. Coaches shall not be involved in any activity which would bring financial gain to the coach by using a student's participation in a camp or clinic, such as a rebate for each player sent to a particular camp or from each player using a particular product.

Student athletes are allowed to participate in non-school competitions, camps and clinics at any time during the school year and summer, unless prohibited by local school district policies.

Non-School Participation Not Required. School coaches shall not require student-athletes to participate in non-school activities. School coaches and personnel should make every effort to insure that student-athletes realize that participation in non-school activities is strictly voluntary and never required. Participation in non-school activities shall not be a prerequisite for trying out for a school team.

Private Instruction

Private Lessons. A student may take a private lesson anytime except during the school day, including the athletic period or during school practice sessions. Schools shall not pay for these private lessons. Private lessons may not occur during the academic day, or during the athletic period.

Private Instruction- Individual Sports. Coaches shall not charge a fee for private instruction to student-athletes during the school year. The restriction on charging fees for private instruction applies only to those students who 1) are in grades 9-12; 2) are from the coach's attendance zone; and 3) participate in the sport for which the coach is responsible.

Private Instruction- Team Sports. UIL rules prohibit school coaches in grades 7-12 from working with student athletes in grades 7-12 from their own attendance zone in team sports in the off season and during the summer. It would be a violation for a school coach in grades 7-12 to provide instruction to a student athlete in grades 7-12 from his/her attendance zone who participates in a team sport.

PARENT RESIDENCE RULE- UIL

Section 442: RESIDENCE IN SCHOOL DISTRICT AND ATTENDANCE ZONE

This section applies to the first calendar year of attendance in grades 9-12. Parent(s) in the context of this rule means parents or adoptive parents who adopted the student prior to the student's first entry in the ninth grade.

- (a) **PRESUMPTION OF RESIDENCE OF STUDENT, PARENT(S), SPOUSE.** The residence of a single, divorced or widowed student is presumed to be that of the parents of the student. The residence of a married student is presumed to be that of his or her spouse.
- (b) **GUARDIAN OF PERSON.** If a student's parents are alive but a guardian of his or her person was appointed by appropriate authority and recorded in the county clerk's office more than one year ago, the residence of the student is presumed to be that of the guardian if the student has continuously resided with the guardian for a calendar year or more. If no legal guardianship has been taken out, three years' residence with and support of a contestant establishes guardianship within the meaning of this rule.
- (c) **GUARDIAN.** If a student's parents are dead and a guardian of his or her person has been appointed by appropriate authority, the residence of the student is presumed to be that of the guardian.
- (d) **Relative; Supporter.** If a student's parents are dead and a guardianship of his or her person has not been appointed, the residence of the student is presumed to be that of the grandparent, aunt, uncle, adult brother or sister or other person with whom the student is living and by whom the student is supported.
- (e) **CUSTODIAL.** The residence of a student assigned by appropriate authority to a foster home or a home licensed by the state as a child care boarding facility, or placed in a home by the Texas Youth Commission, is presumed to be at the home. If a student's parent(s) move the student to a foster home in another school district, the student is not eligible, but may apply for a waiver.
- (f) **DIVORCED PARENTS.** The residence of a student whose parents are divorced is presumed to be that of either parent.
- (g) **SEPARATED PARENTS.**
 - (1) If a student's parents separate (and are not divorced), and if one parent remains in the attendance zone where the student has been attending school, the student's residence is presumed to be that of the parent who did not move.
 - (2) If a student transfers to a new school with a separated (but not divorced) parent, the student is ineligible for one calendar year, but may apply for a waiver.
- (h) **CRITERIA OF RESIDENCE.** The intent of this section is to insure that unless circumstances fit one of the exceptions above, any relocation of residence is a complete and permanent move for the family. The residence shall be the domicile which is a fixed, permanent and principal home for legal purposes. The residence is not bona fide under UIL rules unless it complies with all of the following criteria.
 - (1) Does the student's parent, guardian or other person whose residence determines the student's residence own a house or condominium or rent a house, apartment or other living quarters in the school district and attendance zone? *Parents must provide documentation to verify the purchase, lease or rental of a home located in the new attendance zone. A lease agreement or rental agreement should be for a reasonable duration.*
 - (2) Do the student and the parent or guardian have their furniture and personal effects in the district and attendance zone? *There should be no personal effects or furniture belonging to the family in the previous residence.*
 - (3) Do the student and the parent or guardian receive their mail (other than office mail) in the district and attendance zone? *The family should have submitted a change of mailing address to the Post Office.*
 - (4) Are the parents or guardians registered to vote in the district and attendance zone? *If either of the parents was registered to vote at the previous address, they should have applied for a new voter registration card at the new address.*
 - (5) Do the parents or guardians regularly live in the district and attendance zone and intend to live there indefinitely? *The new residence should accommodate the entire family. The former house*

should be on the market at a reasonable market price or sold, or the lease or rental agreement terminated. All utilities and telephone service should be disconnected or no longer in the family's name. All licensed drivers in the household should have complied with DPS regulations for changing their address.

(6) Do parents live in the district and attendance zone for the first calendar year? *If the parents of a contestant move from the district or school zone before the student has been in attendance for one year, the student loses athletic eligibility in the school district from which the parents move, and remains ineligible there for varsity athletics until a year is up.*

PARTICIPATION

Each varsity head coach sets the criteria for participation on a team. The chance to participate on a school team may require a team selection period. Expectations for making a team or staying on a team will be communicated prior to the season and/or team selection period.

PHYSICAL EXAMS

Prior to participating in athletics a current physical examination form and medical history form must be on file with the athletic trainer. This includes tryouts, participation in off season strength and conditioning programs, and competition. ***NO EXCEPTIONS.***

Arlington ISD requires the athletic physical exam to be completed on an annual basis and is good for twelve months from the exam date. The medical athletic history form, UIL Acknowledgement, UIL Steroid Notification Agreement, UIL Concussion Acknowledgement, UIL Sudden Cardiac Awareness, and AISD data page, and emergency release forms must also be completed annually.

All forms must be cleared by an Arlington ISD Athletic Trainer prior to participating in athletics.

PLAYING TIME

Student-athletes in the Arlington Independent School District Athletic Program earn playing time for game and scrimmage situations by, first, being a member in good standing of the school community. Second, a student-athlete must attend practice and work to the best of his/her ability. Third, a student-athlete must be a team player and execute the specific role assigned to him/her by the coach. Fourth, a student-athlete must demonstrate a commitment to fair-play and sportsmanship at all times. And finally, a student-athlete must support the team by contributing in a positive way to the team's learning environment. In other words, the student-athlete must focus on learning tasks and assignments and not disrupt other players.

At the junior high school level every player will play in every game unless a player fails to maintain expectations regarding behavior, academics, or practice attendance. It is not required that each player play the same amount of time.

At the high school level, playing time is 100% at the coach's discretion and is never negotiable. More information regarding this subject can be found on our "Athletic Philosophy" page.

QUITTING A SPORT

Any athlete who quits a team or is dropped from the team will not be permitted to work out with another team until the previous sport season has been completed. If both varsity head coaches are in agreement, the student athlete may move to the next sport before the end of the season. If an athlete quits, he/she will forfeit his/her award for the sport.

STRENGTH AND CONDITIONING (DEVELOPMENTAL PERIOD)

All athletes will participate in strength and conditioning activities. The strength and conditioning program is the period of time when athletes from any sport are not competing against other schools in a UIL sanctioned event in their chosen sport.

An athlete who participates in only one sport will be required to participate in that sport's conditioning program. For example, an athlete may not quit the football team after football season in December and expect to get back on the team the next season in August.

Athletes who participate in two or more sports will participate in their non-spring sport conditioning program. For example, a basketball player will go through a conditioning program before he/she participates in his/her spring sport (i.e. track).

When a multi-sport athlete reaches the varsity level of competition the conditioning requirement will be waived according to the discretion of the Athletic Director and the head coaches of the sports involved.

SCHOOL HOLIDAY PARTICIPATION

While we realize the importance of school holidays, avoiding competition or practice on every school holiday sometimes is not feasible especially at the varsity level. Thus, the head coach of each sport may require participation on school holidays if the sport is in season with the following stipulations.

1. The student-athletes and parents are given notice prior to the start of the season.
2. The student-athletes and parents are given notice of the consequences if a practice is missed prior to the start of the season.
3. Competition and practices must be scheduled in accordance with UIL rules

Please check with your coach prior to planning vacations or appointments.

TRANSPORTATION

Per AISD School Board policy, FMG (Local), athletes will be required to ride to and from an athletic event in transportation provided by the District.

TEAM SELECTION

Coaches may conduct a team selection period for participation on a team. Students must have a completed physical examination form on file with the athletic trainer prior to the team selection period.

There are many factors that enter into the selection of members for all of our athletic teams. This process is probably one of, if not the toughest part of coaching. As coaches we try very hard to be fair in our judgments, as we fully realize the athlete's desire to be a member of our teams and the disappointments associated with not making a team or making the team the player had hoped to make.

It is impossible to make a purely objective evaluation, based entirely on the mastery of sport skills, or any other criteria. Too many other things have to be considered in order to maintain a successful program. Consequently, subjective evaluations are basically opinions and are open to many arguments both for and against these evaluations. Please keep in mind that the coaches have been hired as professionals to make these types of decisions. Also realize that the coaches want to make the teams and the program the best they can possibly be and will not exclude players they believe will accomplish this in the end.

Coaches will make selections based on the following general guidelines:

1. Players that will make our teams better.
2. Players we believe have a realistic chance to play on a varsity team at some point in their career.
3. Players that fit the available positions for the greatest benefit of the team.

Players that understand two areas of evaluation for team placement and playing time: **effort and execution.**

With Regards To the Team Selection Process.

Team selections are based on selection criteria (sometimes referred to as rubrics or assessments), which address the sport-specific skills and abilities needed to play the sport and, in some cases, performance benchmarks (i.e., the level of performance in the skills and abilities) required to make a given team. In keeping with the modified approach, however, it is the AISD Athletic Program's goal to maximize student participation in athletics. At present, many teams can accommodate the large number of students who try out. However, this does not guarantee that every student who tries out for a team will be placed on a team. Past athletic success does not guarantee success in the future. Student-athletes must demonstrate a strong commitment to both team and player development every year before being placed on a team. Furthermore, once a player is selected for a team, it is his/her responsibility to maintain that commitment for continued team and individual improvement.

By no means is this an all-inclusive list we use to evaluate players but it does cover many of the things we look for in the selection of our teams. We strive to use our best possible professional judgment, and if we error, we try to do so by keeping more players on squads, rather than less. As always, we appreciate and value each student as an individual, but will base all decisions on what is best for the **TEAM**.

WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC PARTICIPATION

Student-athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

WEATHER

In the event of severe weather or pending severe weather, a decision will be made by 1:00pm to postpone or cancel an event based on the information and forecast available at the time. A decision to postpone or cancel will be disseminated via our staff, the AISD Communications Department, AISD Athletics' Facebook and Twitter accounts, and through email lists. Should severe weather present itself during an event, the game administrator and the game officials will make the decision based on the department's weather safety guidelines.

~SAFETY AND HEALTH INFORMATION ~

Reprinted from the UIL Parent Information manual

~WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC PARTICIPATION ~

Student athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The UIL encourages student athletes in all sports, and their parents, to discuss risks and risk minimization with coaches and school administrators.

HEAD INJURIES

Signs and Symptoms of Mild Head Injury

Parents need to be aware of the observable signs and symptoms of a concussion:

Headache

Nausea

Balance problems or dizziness

Double or fuzzy vision

Sensitivity to light or noise

Feeling slowed down

Feeling “foggy” or “not sharp”

Change in sleep pattern

Concentration or memory problems

Irritability

Sadness

Feeling more emotional

Post-concussion Syndrome

Following a mild head injury, athletes may suffer a number of lingering symptoms for varying lengths of time. If any of the following list of post-concussive symptoms are noted, the athlete should not be allowed to return to participation and should be referred for physician evaluation if symptoms persist.

Depression

Numbness/tingling

Dizziness

Poor balance

Drowsiness

Poor concentration

Excess sleep

Ringing in the ears

Fatigue

Sadness

Feeling “in fog”

Sensitivity to light

Headache
Sensitivity to noise
Irritability
Trouble falling asleep
Memory problems
Vomiting
Nausea
Nervousness

Second-Impact Syndrome

Second-impact syndrome is a rare event, which poses a significant concern for athletes who return too soon after suffering a previous concussion. Second-impact syndrome is characterized by an autoregulatory dysfunction that causes rapid and fatal brain swelling, and can result in death in as little as two to five minutes. It is particularly important to note that virtually all of the second-impact syndrome cases that have been reported have occurred in adolescent athletes. The progressive signs of second-impact syndrome are as follows:

- * Previous history of concussion
- * Visual, motor or sensory changes
- * Difficulty with memory and/or thought process
- * Collapse into coma
- * Signs of cranial nerve and brainstem pressure

Cumulative Effects of Repeated Concussions

At this time, there is little known about the cumulative effect of concussions. However, early research suggests that athletes who have sustained at least one mild head injury (MHI) have a greater risk for repeated MHI and that the severity of subsequent MHI may be increased. Until research can further illuminate the potential cumulative effects of concussion, it is recommended that athletes sustaining more than one concussion should be referred for follow up evaluation and assessment to determine any residual effects that might preclude participation in contact or collision sports.

Reference:

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

PO Box 690

Indianapolis, Indiana 46260

Phone: 317-972-6900, Fax: 317.822.5700

www.nfhs.org

Prepared by Vito Perriello, M.D., a member of the NFHS Sports Medicine Advisory Committee.

Concussion management protocol

The UIL Legislative Council in concert with the Medical Advisory Committee has mandated the implementation of a Concussion Management Protocol for all UIL activities.

While all interested parties understand that concussion and brain injury are not the only risk associated with participation in extracurricular activities, a comprehensive and standardized plan to deal with occurrences of such injuries is a step in a positive direction for the health and safety of our participants.

A traumatic brain injury occurs when an outside force impacts the head hard enough to cause the brain to move within the skull or if the force causes the skull to break and directly hurts the brain.

A direct blow to the head can be great enough to injure the brain inside the skull. A direct force to the head can also break the skull and directly hurt the brain. This type of injury can occur from motor vehicle crashes, firearms, falls, sports, and physical violence, such as hitting or striking with an object.

A rapid acceleration and deceleration of the head can force the brain to move back and forth across the inside of the skull. The stress from the rapid movements pulls apart nerve fibers and causes damage to brain tissue.

In order to provide a consistent and safe process for dealing with possible traumatic brain injuries, the UIL contracted with the Brain Injury Association of America to provide 25,000 Management of Concussion in Sports Palm Cards to the schools and coaches of Texas. These cards will be the protocol that must be followed by every school when dealing with possible head injuries that occur in any practice or game situation for all UIL activities.

These pocket-size concussion cards are designed for sideline evaluation by coaches and/or athletic trainers. Information contained on the card includes a brief explanation on the grades of concussion, management recommendations for the coach and/or trainer, guidelines on when the athlete can return to play and sideline evaluation tests.

STERIODS AND STEROID TESTING

UIL Anabolic Steroid Testing Program Information

The following is information pertaining to the UIL Anabolic Steroid Testing Program. Mandated by Senate Bill 8, passed by the 80th Texas Legislature, this statewide random testing program will affect student-athletes in grades 9-12, regardless of sport, gender or participation level.

The National Center for Drug Free Sport, Inc. has been selected to conduct the UIL Anabolic Steroid Testing Program.

The UIL has been directed to test a statistically significant number of student-athletes in grades 9-12 at approximately 30% of UIL member high schools. The selection process of schools and student-athletes will be random.

According to state law, a student-athlete is prohibited from participating in an athletic competition sponsored or sanctioned by the UIL unless:

- 1) the Student-athlete agrees not to use Anabolic Steroids; and,
- 2) if enrolled in high school, the Student-athlete submits to random testing for the presence of Anabolic Steroids in the Student-athlete's body; and
- 3) the UIL obtains from the Student-athlete's Parent, a UIL-approved acknowledgement and consent form signed by the Parent and acknowledging that:
 - a) the Parent's child, if enrolled in high school, may be subject to random Anabolic Steroid testing; and
 - b) the Parent or guardian consents to such testing; and
 - c) state law prohibits possessing, dispensing, delivering, or administering a steroid in a manner not allowed by state law;
 - d) state law provides that bodybuilding, muscle enhancement, or the increase of muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose;
 - e) only a licensed practitioner with prescriptive authority may prescribe a steroid for a person; and
 - f) a violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

Use of anabolic steroids not prescribed by a doctor, and/or use of nutritional or dietary supplements (available online and in many stores) that may contain or be contaminated with steroid-like chemicals, can cause a positive steroid test result. A positive result on a steroid test will result in a loss of eligibility for a minimum of 30 days.

Nutritional or dietary supplements include but may not be limited to:

- supplements marketed as 'pro-hormones' of testosterone (e.g.; andro; DHEA, etc.)
- numerous herbal extracts (e.g.; crysin, saw palmetto, tribulus terrestris, etc.)
- protein powders, amino acids supplements and creatine
- vitamin supplements and mineral supplements

Dietary supplements are not considered to be a food or a drug and therefore the contents and purity of these products is NOT tested closely or regulated by the Food and Drug Administration (FDA).

Athletes must be aware that they are responsible for everything they eat, drink and put into their body. Ignorance and/or lack of intent are not acceptable excuses for a positive steroid test result. The UIL and TEA want to make students, parents, coaches and school administrators aware that dietary supplements can contain, or be contaminated with, steroid-like chemicals that can cause a 'positive' test result. A positive result on a steroid test will result in a loss of eligibility for a minimum of 30 days. Contact the University Interscholastic League at 512-471-5883 or online at www.uil.utexas.edu with questions or to obtain additional information.

Information is also available from the National Center for Drug Free Sport, through the Resource Exchange Center (REC).

The Resource Exchange Center (REC) is a service solely dedicated to making sure participants are provided with up-to-date, confidential and accurate information on dietary supplements and dangerous or banned substances.

The REC is available 24 hours a day seven days a week by calling the UIL hotline or by logging into: <http://www.drugfreesport.com/rec> , and entering the assigned password. All correspondence with the REC can be done so anonymously, and will be kept confidential. Questions received by the REC will be answered within 24 hours of submission during regular business hours. REC is available 24 hours a day via the web. Calls to a person are during normal business hours (8:30am - 5:00pm CST).

The password to the REC for the Texas State High Schools: `texashs` (not case sensitive)

The 800 number to the REC for the UIL: 877-733-1135

Steroids

(Source: Drug Enforcement Administration, and the National Federation of State High School Associations)

What are anabolic steroids?

Anabolic steroids are synthetically produced variants of the naturally occurring male hormone testosterone. Both males and females have testosterone produced in their bodies: males in the testes, and females in the ovaries and other tissues. The full name for this class of drugs is androgenic (promoting masculine characteristics) anabolic (tissue building) steroids (the class of drugs). Some of the common street (slang) names for anabolic steroids include arnolds, gym candy, pumpers, roids, stackers, weight trainers, and juice.

Why do young people misuse steroids?

Anabolic steroids are primarily used by those who claim steroids give them a competitive advantage and/or improve their physical performance. Steroids are purported to increase lean body mass, strength and aggressiveness. As a result, young people take steroids to increase their muscle size and strength, which they believe improves personal appearance. For some young people appearance is the key to life. However, no anabolic, androgenic steroid is purely anabolic. In other words, the use of steroids won't lead to muscle growth without also leading to other unintended, undesirable side effects.

Are all steroids illegal?

Doctors may prescribe steroids to patients for legitimate medical purposes such as loss of function of testicles, breast cancer, low red blood cell count, delayed puberty and debilitated states resulting from surgery or sickness. Veterinarians administer steroids to animals (e.g. cats, cattle, dogs, and horses) for legitimate purposes such as to promote feed efficiency, and to improve weight gain, vigor, and hair coat. They are also used in veterinary practice to treat anemia and counteract tissue breakdown during illness and trauma. For purposes of illegal use there are several sources; the most common illegal source is from smuggling steroids into the United States from other countries such as Mexico and European countries. Smuggling from these areas is easier because a prescription is not required for the purchase of steroids. Less often steroids found in the illicit market are diverted from legitimate sources (e.g. thefts or inappropriate prescribing) or produced in clandestine laboratories. **The possession or sale of anabolic steroids in the United States without a prescription is illegal.**

How are steroids taken?

Anabolic steroids dispensed for legitimate medical purposes are administered several ways including injection into the muscles or under the skin, by mouth, pellet implantation under the skin and by application to the skin (e.g. gels or patches). These same routes are used for purposes of abusing steroids, with injection and oral administration being the most common. The length of time that steroids stay in the body varies from a couple of days to more than 12 months.

Physical & Psychological dangers

Steroid users are vulnerable to physical and psychological side effects, many of which are irreversible in women. The short-term adverse physical effects of anabolic steroid abuse are fairly well known. However, the long-term adverse physical effects of anabolic steroid abuse have not been studied, and as such, are not known.

Effects of Steroids

FOR BOYS:

- Baldness
- Development of breasts
- Shrinkage of testicles
- Loss of function of testicles

FOR GIRLS:

- Growth of facial and body hair
- Deepened voice
- Breast reduction
- Menstrual irregularities

FOR BOTH:

- Acne
- Thick, oily skin
- Jaundice (yellowing of the skin)
- Swelling – Fluid retention
- Stunted growth (close the growth plates in the long bones and permanently stunt their growth)
- Increase in bad cholesterol levels
- Decrease in good cholesterol levels
- Mood swings
- Increase in feelings of hostility
- Increase in aggressive behavior

Laws and penalties for anabolic steroid abuse

Federal law placed anabolic steroids in Schedule III of the Controlled Substances Act (CSA) as of February 27, 1991. The possession or sale of anabolic steroids without a valid prescription is illegal. Simple possession of illicitly obtained anabolic steroids carries a maximum penalty of one year in prison and a minimum \$1,000 fine if this is an individual's first drug offense. The maximum penalty for trafficking is five years in prison and a fine of \$250,000 if this is the individual's first felony drug offense. If this is the second felony drug offense, the maximum period of imprisonment and the maximum fine both double. While the above listed penalties are for federal offenses, individual states have also implemented fines and penalties for illegal use of anabolic steroids.

The International Olympic Committee (IOC), National Collegiate Athletic Association (NCAA), and many professional sports leagues (e.g. Major League Baseball, National Basketball Association, National Football League (NFL), and National Hockey League) have banned the use of steroids by athletes, both because of their potential dangerous side effects and because they give the user an unfair advantage. The IOC, NCAA, and NFL have also banned the use of steroid precursors (e.g. androstenedione) by athletes for the same reason steroids were banned. The IOC and professional sports leagues use urine testing to detect steroid use both in and out of competition.

What can you do to help a friend who is abusing steroids?

The most important aspect to curtailing abuse is education concerning dangerous and harmful side effects, and symptoms of abuse. Athletes and others must understand that they can excel in sports and have a great body without steroids. They should focus on getting proper diet, rest, and good overall mental and physical health. These things are all factors in how the body is shaped and conditioned. Millions of people have excelled in sports and look great without steroids.

Nutritional/Dietary Supplements Information **(Source: NCAA Sports Medicine Handbook)**

Nutritional and dietary supplements are marketed to student athletes to improve performance, recovery time, and muscle-building capability. These items are marketed in this regard despite the lack of proof of effectiveness. In addition, such substances can be expensive and may potentially be harmful to health or performance. Of greater concern is the lack of regulation and safety in the manufacture of dietary supplements. Many compounds obtained from specialty “nutrition” stores and mail order businesses may not be subject to the strict regulations set by the United States Food and Drug Administration. Therefore, contents of many of these compounds are not represented accurately on the list of ingredients and may contain impurities. Therefore, student-athletes should be instructed to consult with their family physician before taking ANY nutritional supplement.

Protein and amino acid supplements are popular with strength-training student-athletes. Although protein is needed to repair and build muscles after strenuous training, most studies have shown that student-athletes ingest a sufficient amount without supplements. The recommended amount of protein in the diet should be 12-15 percent of total energy intake (about 1.4-1.6 gm/kg of body weight) for all types of student-athletes. Although selected amino acid supplements are purported to increase the production of anabolic hormones, studies using manufacturer-recommended amounts have not found increases in growth hormone or muscle mass.

Creatine has been found in some laboratory studies to enhance short-term, high-intensity exercise capability, delay fatigue on repeated bouts of such exercise and increase strength. Several studies have contradicted these claims, and, moreover, the safety of creatine supplements has not been verified. Some weight gains have been found in creatine users, but the cause is unclear, and some scientists believe the gains to be a result of fluid retention only. Many other “high-tech” nutritional or dietary supplements may seem to be effective at first, but this is likely a placebo effect — if student-athletes believe these substances will enhance performance, they may train harder or work more efficiently.

Student-athletes should be aware that nutritional supplements are not limited to pills and powders; “energy” drinks that contain stimulants are popular. Many of these contain large amounts of either caffeine or other stimulants. In addition, the use of stimulants while exercising can increase the risk of heat illness. Student-athletes should be provided accurate and sound information on nutritional supplements. It is not worth risking safety for products that have not been scientifically proven to improve performance.

Androstenedione **(Source: Food and Drug Administration)**

Summary:

Androstenedione and related molecules, if given in sufficient quantities and for sufficient duration, are likely to cause androgenic (promoting masculine characteristics) (and thus anabolic (tissue building)) or estrogenic (promoting feminine characteristics) effects in humans. Although these compounds possess at most weak intrinsic androgenic activity, they are pro-hormones for both androgens (testosterone) and estrogens. The biochemical evidence supporting the effect of androstenedione to raise circulating levels of testosterone and estrogens is strong. This, in conjunction with the known potential for site-of-action direct conversion of androstenedione to testosterone, leads to a conclusion of a direct relationship between risk of androgenic or estrogenic effects of treatment and dose and duration of treatment. In particular, androstenedione

and related molecules consumed in sufficient quantities to have any anabolic (tissue building) effects will confer androgenic and estrogenic risks, although risks may also be present with consumption that is not sufficient to produce obvious anabolic effects.

Children and adolescents are particularly vulnerable to irreversible effects of androstenedione via its conversion to active sex steroids. These effects include disruption of normal sexual development, specifically virilization in girls associated with severe acne, excessive body and facial hair, deepening of the voice, disruption of the menstrual cycle, and infertility. The conversion to estrogens can cause feminization of boys, with breast enlargement and testicular atrophy. In girls, exposure to excess estrogens may confer long-term increased risk for breast and uterine cancer. Finally, in boys and girls, the combined effects of excessive androgens and estrogens can induce premature puberty, early closure of the growth plates of long bones, resulting in significant compromise of adult stature.

Steroid hormone metabolism and actions of androgens and estrogens

Androstenedione (“andro”) and its derivatives are believed to possess little intrinsic activity as hormones, but andro and its derivatives can be readily converted to active androgens (male hormones, possessing anabolic activity) and estrogens (female hormones). After ingestion and absorption into the blood stream, they may be metabolized (converted) in liver and, perhaps more importantly, at peripheral sites of action (like muscle) to testosterone and subsequently aromatized (another metabolic conversion) to estradiol (potent estrogen) in adipose (fat) tissue. These molecules may thus be considered pro-hormones of both potent androgens and estrogens. That is, consumption of these intermediate molecules can “drive” production of active sex hormones and thereby effect desired (i.e., muscle growth) and undesired (see below) changes in those ingesting them.

Potential adverse effects of ‘Andro’:

The following lists the well-known adverse effects of excess androgens (male hormones) and estrogens (female hormones). These adverse effects will occur to varying degrees based on potency of the administered hormone, dose, and duration of exposure. It is important to note that not all effects, be they deemed primarily cosmetic or serious health consequences, are fully or even partially reversible.

Androgenic

Acne/seborrhea (oily skin)

Hirsutism (excessive hairiness, particularly on the face and trunk, i.e., male-pattern)

Male pattern baldness

Deepening of the voice due to laryngeal hypertrophy

Weight gain, altered fat:muscle ratios

Loss of female body contour

Altered menstrual cycling

Testicular atrophy

Reduction in HDL-C, potentially increasing risk of atherosclerosis

Alterations in coagulation

Edema (swelling of soft tissue of the extremities due to abnormal retention of fluid)

Erythrocytosis (increased red cell production, thickening the blood)

Obstructive sleep apnea (periodic slowing or cessation of breathing during sleep, a risk for combined heart and lung disease and death)

Fetal effects via transplacental transfer

Liver disease (a known problem with 17-alkylated anabolic steroids) including cancer

Increased aggressiveness

Estrogenic effects

Gynecomastia (breast enlargement in males)

Testicular atrophy

Impotence

Abnormal menstrual cycling

Endometrial hyperplasia (abnormal growth of the lining of the uterus, a risk for uterine cancer)

Blood clots

Glucose intolerance/diabetes

Hypertriglyceridemia (elevated fats in the blood, a risk for heart disease and pancreatic injury)

Effects of sex hormones generally (not restricted to androgens or estrogens)

Sex hormone related epilepsy

Migraine headache

Premature closure of growth plates of bone with reduction in height (mostly an estrogenic effect)

Precocious (early) puberty

Conclusion:

Those taking sufficient quantities of these pro-hormones to effect anabolism (the goal of the athlete in training) are by definition at risk for androgenic as well as estrogenic effects, all as a result of metabolic conversion of the precursor hormones to active sex steroids. However, even some of those not taking sufficient quantities for sufficient durations to provide obvious performance enhancement or muscle growth may still be at risk for adverse effects of androgen and/or estrogen excess, regardless of age or gender.

Parents, coaches and administrators should be aware of Texas state law as well. According to Section 38.011 of the Texas Education Code:

§ 38.011. Dietary Supplements

(a) A school district employee may not:

- (1) knowingly sell, market, or distribute a dietary supplement that contains performance enhancing compounds to a primary or secondary education student with whom the employee has contact as part of the employee's school district duties; or
- (2) knowingly endorse or suggest the ingestion, intranasal application, or inhalation of a dietary supplement that contains performance enhancing compounds by a primary or secondary education student with whom the employee has contact as part of the employee's school district duties.

(b) This section does not prohibit a school district employee from:

- (1) providing or endorsing a dietary supplement that contains performance enhancing compounds to, or suggesting the ingestion, intranasal application, or inhalation of a dietary supplement that contains performance enhancing compounds by, the employee's child; or
- (2) selling, marketing, or distributing a dietary supplement that contains performance enhancing compounds to, or endorsing or suggesting the ingestion, intranasal application, or inhalation of a dietary supplement that contains performance enhancing compounds by, a primary or secondary education student as part of activities that:

(A) do not occur on school property or at a school-related function;

(B) are entirely separate from any aspect of the employee's employment with the school district; and

(C) do not in any way involve information about or contacts with students that the employee has had access to, directly or indirectly, through any aspect of the employee's employment with the school district.

(c) A person who violates this section commits an offense. An offense under this section is a Class C misdemeanor.

(d) In this section:

(1) "Dietary supplement" has the meaning assigned by 21 U.S.C. Section 321 and its subsequent amendments.

(2) "Performance enhancing compound" means a manufactured product for oral ingestion, intranasal application, or inhalation that:

(A) contains a stimulant, amino acid, hormone precursor, herb or other botanical, or any other substance other than an essential vitamin or mineral; and

(B) is intended to increase athletic or intellectual performance, promote muscle growth, or increase an individual's endurance or capacity for exercise.

Added by Acts 1999, 76th Leg., ch. 1086, § 1, eff. Sept. 1, 1999.

HEAT RELATED ISSUES

Dehydration, Its Effects on Performance, and its Relationship to Heat Illness

1. Dehydration can affect an athlete's performance in less than an hour of exercise — sooner if the athlete begins the session dehydrated.
2. Dehydration of just one to two percent of body weight (only 1.5-3 lb. for a 150-pound athlete) can negatively influence performance.
3. Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
4. High-body-fat athletes can have a harder time with exercise and can become dehydrated faster than lower-body-fat athletes working out under the same environmental conditions.
5. Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
6. Medications/fevers greatly affect an athlete's dehydration problems.
7. Environmental temperature and humidity both contribute to dehydration and heat illnesses.
8. Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
9. Wear light-weight and light-colored clothing.

Recommendations for Hydration to prevent heat illness.

WHAT NOT TO DRINK

- Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

HYDRATION TIPS AND FLUID GUIDELINES

- Drink according to a schedule based on individual fluid needs.

- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early — By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

WHAT TO DRINK DURING EXERCISE

- If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- Salt should never be added to drinks, and salt tablets should be avoided.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

EATING DISORDERS

Athletes and parents should be educated on the maintenance of healthy weight through sound eating behaviors and appropriate exercise.

Athletes who demonstrate unhealthy weight-control practices should be referred to the proper professional.

Athletes who intend to gain or lose weight should do so under the direction of a physician and follow the established principals for healthy weight reduction or gain.

Athletes should be routinely monitored for changes in menstrual function, growth, diet, weight and body composition during the course of a season.

PREVENTION

To maintain proper weight control and optimal body composition, a lifetime commitment to proper diet and regular physical activity is required.

Discourage the use of rubber suits, steam rooms, hot boxes, saunas, laxatives and diuretics.

Educate coaches, athletes, administrators and parents about the adverse consequences of prolonged fasting and dehydration on performance and health.

Educate coaches, athletes, administrators and parents regarding adequate nutrition needed to maintain normal growth and development.

Emphasize the need for daily caloric intake from a balanced diet high in carbohydrates, low in fat, with adequate protein.

Recommended weight loss should not exceed one kilogram (approximately two pounds) per week.

resources

AAP. Promotion of healthy Weight-Control Practices in Young Athletes. Pediatrics. 1996; 97:752-753.

ACSM. Weight loss in wrestlers. Medicine and Science in Sports and Exercise. 1996;28=:ix-xii.

SUDDEN CARDIAC DEATH

Is my child at risk of dying while playing sports?

Arnold L. Fenrich, M.D.

1. What is Sudden Cardiac Death?

- a) Sudden cardiac death is an abrupt occurrence where the heart ceases to function and results in death within minutes.
- b) It is not a heart attack.
- c) It is usually due to a malfunction of the heart's electrical system that coordinates the heart muscle contraction to pump blood through the body. The lower chambers (ventricles) of the heart go into fibrillation (ventricular fibrillation) – a fast and disorganized contraction. The ventricles spasm or quiver and can no longer pump blood to the body. The heart cannot recover from ventricular fibrillation on its own.
- d) Sudden cardiac death in athletes is usually caused by a previously unsuspected heart disease or disorder.
- e) The occurrence of sudden cardiac death is thought to be in the range of 1 out of 100,000 to 1 out of 300,000 high school age athletes. So it is very rare.

2. What are the possible causes of Sudden Cardiac Death?

- a) Hypertrophic Cardiomyopathy – a condition where the muscle mass in the left ventricle “hypertrophies”. The thickened heart muscle can block blood flow out of the heart and can increase the risk of ventricular fibrillation. In over half of the cases, this heart disorder is hereditary and is most common in young adults. This is the most common cause for sudden cardiac death in athletes in the United States.
- b) Coronary Artery Abnormalities – an abnormality of the blood vessels that supply blood into the heart muscle. This is present from birth, but can be silent for years until very vigorous exercise is performed. During exercise, blood flow to the heart muscle can be impaired and result in ventricular fibrillation.
- c) Commotio Cordis – a concussion of the heart that can occur when someone is hit in the chest in the area of the heart. Objects such as a baseball, softball, hockey puck, lacrosse ball, or even a fist can cause ventricular fibrillation upon striking the chest. These injuries are rare.
- d) Marfan Syndrome – an inherited abnormality of the connective tissue (ligaments and tendons) in the body. Often these people are tall and thin with long arms, legs, fingers and toes. The wall of the aorta, the main artery from the heart, can become weak and rupture, especially during exercise.
- e) Wolff-Parkinson-White Syndrome – an extra conduction fiber in the heart that can allow for rapid heart beat episodes and in some cases ventricular fibrillation can occur.

- f) Long QT Syndrome – an inherited abnormality of the heart’s electrical system. Episodes of rapid heartbeat can occur in the bottom chambers of the heart (ventricles) and ventricular fibrillation can result.
 - g) Recreational Drug Use – even someone with a completely normal heart can develop ventricular fibrillation and die suddenly due to drug use.
3. What are the Warning Signs to be aware of?
- a) Palpitations – feeling fast or skipped heart beats.
 - b) Dizziness – feeling lightheaded.
 - c) Chest pain or chest tightness with exercise.
 - d) Shortness of breath.
 - e) Syncope – fainting or passing out.

ANY of the above symptoms that occur while exercising is a warning sign for sudden cardiac death and warrants further evaluation before participating in any more exercise or sports.

Sports Medicine General Rules

- All injuries should be reported in timely manner
- Athletes must report to AM treatments if injured
- Athlete are responsible for all equipment issued (braces, crutches, modalities, etc...)
- Athletes are expected to report to scheduled treatments on time
- Athletes are asked to shower prior to any treatments post practice
- No loitering or horse playing will be tolerated
- Shirts and shorts are required to be worn in the training room

