

III. Available Sports

The following sports are available for High School athletes grades 9-12:

Baseball	Basketball	Cross Country	Volleyball	Football
Golf	Powerlifting	Softball	Track & Field	

The following sports are available for Middle School athletes in grades 7-8:

Cross Country	Basketball	Football	Track & Field	Volleyball
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IV. Participation

It is the goal of this athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. **It is also to be stressed that participation in Hitchcock ISD’s athletic program is a PRIVILEGE, not a right.** Since it is a privilege, the coaching staff, in accordance with the Hitchcock ISD policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

Practice Requirements:

Any HISD student who wants to participate in an HISD athletic program and wishes to be part of an HISD team, is expected to attend all regularly scheduled practices and be enrolled in the athletic period(s) --if there is a period (s) designated for that sport. Coaches will determine managers and other non-participatory students scheduled in the athletic period.

Absences for illness, academic needs, family emergencies, or other school related functions are acceptable based on the coach’s/campus athletic guidelines.

Tryouts:

There may be times when it will be necessary to have tryouts for teams and cuts may be made. Tryout decisions are final and made by the head coach and his/her staff.

Club Participation:

An athlete in-season for any HISD sport shall not participate in club competition at the same time without the HISD Head Coach's approval or for middle school athletes, the Middle School Coach’s approval. Spring Training is considered in-season by the UIL and HISD. A HISD athletic event should not be missed for a club event. Consequences for missing a HISD athletic event may apply.

V. Athletic Periods

Athletes at Hitchcock High School will be afforded the opportunity to refine their athletic skills in athletic classes offered during the school day, with the exception of

track, cross country, powerlifting, and golf. It is an expectation of the HISD athletic department that every effort be made to be enrolled in an athletic period if you choose to participate in athletics. The exceptions to this may result from schedule conflicts and class size problems. Athletes in a team sport should be in the athletic period. Individual sport participants will be placed in athletic classes in their respective sports. Multiple varsity sport participants will also be placed in their respective in-season athletic class or, with the consent of the coach, be given the opportunity to choose the athletic class that will best fit their needs.

Exceptions to enrollment in the sport's athletic period(s), must be made with approval from the coach, athletic director and the principal.

Athletes will not be allowed to quit the sport in progress to enroll in an off-season class unless both head coaches and the campus administration authorize the schedule change.

Athletes not serving a role on a team will not be allowed in the athletic period without approval from the head coach and athletic director.

Middle School and High School athletes in an athletic period will receive a grade based upon the head coach's criteria for that class.

VI. Responsibilities of an Athlete

All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. Athlete's actions in everyday life, both private and public, are a direct reflection on the athletic program and the school.

A. During competition, an athlete:

1. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; be gracious in defeat.
2. Has complete control of himself/herself at all times. Horseplay, display of temper, use of profanity, and disrespect for coaches, officials, or opponents will result in loss of respect for the athlete and in disciplinary action from the coach. Per UIL rules, an athlete ejected from a competition will comply with consequences spelled out in Section 1208(i) (4). Any member of a team that leaves the bench during an altercation may also be subject to consequences.
3. Athletes must follow all UIL and team rules regarding jewelry and uniforms.

B. In the classroom, an athlete:

1. Must realize that he/she is a student first, an athlete second. The student-athlete must give time and energy to classroom studies to ensure good and acceptable grades that meet the UIL requirements for participation.
2. Must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators and fellow students with respect. Tardiness, horseplay, and unnecessary talking are unacceptable behavior habits that, if uncorrected by the student-athlete, may result in suspension from the athletic program.

C. On Campus, an athlete:

1. Must adhere to the HISD dress code. All students will dress in a way that is appropriate for the school day or any school-sponsored event. Student dress choices should respect the District's intent to sustain a community that is inclusive of a diverse range of identities. The primary responsibility for a student's attire resides with the student and their parent(s) or guardian(s).
2. Will refrain from fighting, scuffling, horseplay and juvenile behavior in and around the school building.
3. An athlete suspended from their home campus (ex. DAEP) will not be permitted to work out with, travel with, or participate with the team. Eligibility for subsequent contests will be left to the discretion of the coach and/or administration. See pg. 13 for more details about a placement in in-school suspension (ISS).
4. Use of audio or visual recording devices are not permitted in changing areas, restrooms, showers or locker rooms. Violators may be reported to campus administration, law enforcement or other governmental authorities and could be subject to consequences, including suspension or removal from the athletic program.

D. During the athletic period and practices before and after school, an athlete will:

1. Notify the coach if he/she needs to miss a game or practice session that is scheduled. Absences from athletic period practices should be handled according to school guidelines and team rules. Missed practices will also be required to be made up. Any absence should be made up before an athlete participates in the first quarter of a contest.
2. Be on the field, court, weight room or other designated area dressed and ready to practice when the tardy bell rings or when designated by the coach. Tardiness to our class period is as inexcusable as it is to any other class.
3. Maintain neat and clean locker space. Be proud of your dressing area and keep it neat.

4. Lock all personal belongings in your locker. The school is not responsible for misplaced, lost, stolen or damaged personal property or textbooks.
5. Athletes are encouraged to take a shower for hygiene purposes and for aiding the body in its temperature adjustment after workout.
6. Appropriate behavior is expected at all times in locker rooms.

E. During team travel, an athlete will:

1. Travel to and from all away contests with the team. If an extenuating circumstance arises and an athlete needs to ride home with parents/guardians, this must be cleared with the coach before leaving for the contest (at least 24 hours in advance), and a written release must be given from one of your parents/guardians to the coach. Under no circumstances will you be released to ride with anyone other than your parents, or a person designated by your family.
2. Dress in accordance with the Hitchcock ISD dress code. Coaches will advise athletes on the proper attire.
3. Conduct himself/herself properly on the school bus or in any school vehicle. He/she will follow the printed rules for bus ridership that govern all Hitchcock ISD bus riders.
4. Receive permission from the coach before bringing any radios, electronic games, etc., aboard the bus.
5. Be informed of departure and return times. It is your responsibility to be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival time.
6. Only coaches, players, athletic trainers, and/or school administrators and approved chaperones are allowed to ride the team bus. Coaches may not use personal vehicles to transport students.
7. All athletes must follow the HISD Student Code of Conduct at all times.

Overnight Travel:

There may be times when teams will be allowed overnight trips. In these instances, the athlete must:

- Abide by the curfew set by the head coach
- Not be in different gender rooms at any time
- Travel to AND from the event with the team
- Be aware that coaches may ask to check the athlete's bags before leaving for the trip.
- Adhere to the expectations for students in the HISD Student Code of Conduct.
- Not consume or be in possession of alcohol, tobacco, or other drug use (including electronic cigarettes, vapes or inhalants)

VII. Eligibility

In order to be eligible to participate in an extracurricular activity event for a nine-week period following the initial six-week period of a school year, a student must not have a recorded grade average lower than a 70 on a scale of 0-100 in any course for that preceding nine-week period. A student whose recorded nine-week grade average in any course is lower than 70 at the end of a nine-week period will be suspended from participation in any extracurricular activity, except for practices, even during the succeeding three-week period. If the student is passing all classes at the three-week mark, the student may regain eligibility.

VIII. Athlete/Parent/Coach Communication

Process

Before the start of each sport, the head coach will conduct a parent meeting regarding UIL rules, regulations, and additional team rules will be distributed at that time.

If at any time, an athlete or parent has an issue/concern with a coach or program, the below process should be followed:

- 1) Athlete meets with the coach to discuss the problem
- 2) Parents and/or athlete meet with the coach
- 3) Parents and/or athlete meet with the Athletic Director

Coaches should never be approached to discuss a problem or complaint immediately following a game.

IX. Disciplinary Procedures

In order for an athlete to be considered in violation, one or more of the following must occur:

- Athlete admits to the violation
- Parent of the athlete admits to the violation
- An HISD staff member witnesses the athlete in violation
- An HISD administrator has reason to believe that an athlete has committed an offense
- A local agency report or violation is filed
- A local agency of the law makes a verbal report of a violation
- Evidence such as a photograph or video is presented

*Athletes who transfer to another school must serve any consequences issued at Hitchcock, if they return, before being allowed to participate in any sport.

Discrimination

Hitchcock ISD's Local Policy FFH states:

Statement of Nondiscrimination: The District prohibits discrimination, including harassment, against any student on the basis of race, color, religion, sex, gender, national origin, age, disability, or any other basis prohibited by law. The District prohibits dating violence, as defined by this policy. Retaliation against anyone involved in the complaint process is a violation of District policy and is prohibited.

Discrimination: Discrimination against a student is defined as conduct directed at a student by an employee, other student, or a third party under the District's disciplinary authority on the basis of race, color, religion, sex, gender, national origin, age, disability, or any other basis prohibited by law, that adversely affects the student.

Any consequences for violating the above policy will be determined by campus and district administration. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

Theft (on campus)

Taking things from other players, students, school, etc. will not be tolerated. Punishment will be handled individually by the head coach and athletic director and may result in expulsion from all athletic activities for up to one calendar year from date of the incident. At the end of one calendar year from the date of the incident all parties concerned may review the case, and his/her conduct during the previous year will determine reinstatement into the athletic program. Theft on campus or at a school sponsored event may also result in consequences issued by the campus administration.

Fighting

Fighting will not be tolerated. Punishment will be handled individually by the head coach and athletic director and may result in expulsion from all athletic activities for up to one calendar year from date of the incident. At the end of one calendar year from the date of the incident all parties concerned may review the case, and his/her conduct during the previous year will determine reinstatement into the athletic program. Fighting on campus or at a school sponsored event may also result in consequences issued by the campus administration.

Bullying

Bullying is prohibited by the District and could include hazing, threats, taunting, teasing, confinement, assault, demands for money, destruction of property, theft of valued possessions, name-calling, rumor-spreading, or ostracism.

If a student believes that he or she has experienced bullying or has witnessed bullying of another student, it is important for the student or parent to notify a teacher, counselor, principal, or other District employee as soon as possible to obtain assistance and intervention. The administration will investigate any allegations of bullying or other related misconduct.

Any bullying reported to a coach, will be turned over to campus administration to investigate.

Arrests/Citations

Citations or arrests on or off campus in regards to smoking, using/selling or possession of illegal drugs, drug paraphernalia, drinking alcoholic beverages, vandalism or any similar behavior may result in suspension or dismissal from the extracurricular program. Any member of an extracurricular organization must notify the head coach immediately upon any arrest or citation. Failure to notify the head coach may result in suspension or dismissal from the program.

The following rules concerning theft, tobacco, alcohol and illegal drugs apply to all Hitchcock ISD athletes at all times during the calendar year. A contract will be required for each offense.

Tobacco

***NO POSSESSION, SMOKING OR USE OF ANY TOBACCO PRODUCTS, THIS INCLUDES E-CIGARETTES & VAPES (If vape tests positive for THC or other drugs, consequences for Illegal Drugs will be followed).**

The athlete who violates the above stated rules shall be subject to the following at minimum:

First Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete 15 hours of community service. The Athletic Director or designee will monitor.
- 3) Extra conditioning or practice as determined by Coach/Athletic Director

Second Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete 30 hours of community service. The Athletic Director or designee will monitor.

- 3) The student will be suspended from participation from all extracurricular competitions for a minimum of 1 week.
- 4) Extra conditioning or practice as determined by Coach/Athletic Director

Third Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended 3 weeks from the program and cannot participate in a game or practice until all community service hours are complete.
- 3) Extra conditioning or practice as determined by Coach/Athletic Director

Note:

If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity.

If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach, director, or sponsor.

Alcohol

***NO DRINKING OR POSSESSION OF ALCOHOLIC BEVERAGES**

The athlete who violates the above stated rules shall be subject to the following at minimum:

First Offense:

1. Parent notification by the Head Coach
2. The student will complete 30 hours of community service. The Athletic Director or designee will monitor.

**In order to return to active competition participation, the student must be in good standing with the athletic program, completed criteria outlined in #2.*

**On a first offense only, if a student self-reports, community service will be reduced to a total of 15 hours.*

Second Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete one hundred (100) hours of community service. The Athletic Director or designee will monitor.

Third Offense:

1. Parent notification by the Head Coach
2. The student will complete one hundred (100) hours of community service. The Athletic Director or designee will monitor.

Illegal Drugs

***NO USE OR POSSESSION OF ILLEGAL DRUGS**

The athlete who violates the above stated rules shall be subject to the following at minimum:

First Offense:

1. Parent notification by the Head Coach
2. The student will complete 30 hours of community service. The Athletic Director or designee will monitor.

**In order to return to active competition participation, the student must be in good standing with the athletic program, completed criteria outlined in #2.*

**On a first offense only, if a student self-reports, community service will be reduced to a total of 15 hours.*

Second Offense:

1. Parent notification by the Head Coach
2. The student will complete one hundred (100) hours of community service. The Athletic Director or designee will monitor.

Felonies:

An athlete charged with a felony offense will be suspended until the charge is dismissed.

Suspension/Removal:

Each coach will have the authority, after consulting with the athletic director and/or school/district administration, to suspend, remove, or place on probation for an extended period of time, any student-athlete for major or minor infractions of rules for that team.

Any student suspended or removed from athletics must be given:

1. The reason(s) for the suspension/removal.
2. The time and provisions of the suspension/removal.
3. The procedures for reentering the program, if applicable.
4. Information on class schedule change or options.
5. The opportunity to appeal.

Parents of the suspended/removed athlete will be notified **within 24 hours of suspension by the coach.**

Appeals:

The student and/or parent shall have the right to appeal any decision to suspend a student or expel a student from the athletic program. A request for appeal must be submitted to the head coach within **3 days** of the suspension.

An appeal by the student and/or parent of suspension or expulsion from athletics shall be considered by the appropriate school personnel, not on the basis of individual judgment(s), but on the basis of:

1. Variation from printed policy, administrative procedures, regulations, or rules and standards from membership, and participation in athletics;
2. Failure to establish reasonable documentation that the student's conduct/behavior has violated the standards for suspension or expulsion from athletics;
3. Failure to give the student/parent due process (notice of the facts being alleged) about the conduct/behavior and opportunity to refute the charges.

Step 1- Head Coach

- Conference with athlete and parent
- Suspension of activity
- Dismissal from activity
- Other appropriate action (Ex. Community Service, Contract, extra conditioning, etc.)
- Request for appeal must be done within 3 school days.

Step 2- Athletic Director/Principal

- Accept appeal and reduce action
- Denial of appeal
- Add to action
- Other appropriate action
- Request for appeal must be done within 3 school days.

Step 3- District Officer (as appointed by Superintendent)

Only appeals of a permanent removal from the extracurricular activity may reach this level of the process.

- Accept appeal and reduce action
- Denial of appeal
- Add to action
- Other appropriate action
- Cannot appeal this final decision

Placement in Alternative Education (DAEP/CAP)

Any athlete placed in the Alternative Education Program (DAEP/CAP) will be ineligible for participation in the athletic program for the duration of their placement. At the conclusion of the DAEP/CAP placement, the Athletic Director and Head Coach will determine a reinstatement plan for each individual athlete. Reinstatement is not guaranteed. Suspension from competitions and the ability to return to the athletic periods and teams will be addressed in the plan.

Placement in ISS/OSS

Athletes placed in ISS **will not** be allowed to participate in extracurricular competitions until completion of the ISS placement; however, the athlete is allowed to practice afterschool while in ISS. Athletes are eligible to participate in competition at the completion of their ISS placement. (i.e. Placement ends at 2:45pm on a Tuesday, athlete can play in Tuesday night's game) Consequences for receiving an ISS placement will be determined by the Head Coach and Athletic Director and could include removal from the team/program.

Athletes placed in OSS **will not** be allowed to participate in any extracurricular activities during their OSS placement- this includes practice and games. Athletes can return to practice/games the day after their placement is ended. (i.e. last day of suspension is on a Tuesday- they can practice or play on Wednesday)

X. Quitting or Dropping a Sport

There will be times when some athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

1. The athlete should think the entire situation through before reaching a final decision.
2. The athlete should talk to the coach to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach, or any combination thereof, may be required, and is highly recommended before an athlete will be permitted to quit.
3. If an athlete decides to quit, he/she must check out of the sport just as he/she would check out of any academic class.
4. All equipment must be turned in clean. The athlete must pay for any equipment not returned.
5. If the athlete decides to quit midseason, the athlete must receive permission from the coach of the sport he/she is leaving in order to be eligible to join another sport for a full calendar year. If the coach does not give permission, the athlete must wait until the in-season sport is finished before joining the next team sport.
6. Participation in a sport an athlete has previously quit, is up to the discretion of the head coach and athletic director.

XI. Awards and Lettering (for athletes in grades 9-12)

The school letter is among the highest awards the school bestows; the highest, of course, is the diploma. In order to letter, you must be on a varsity team and satisfy the requirements of the head coach. A participant may letter at the coach's

discretion if the participant is considered to have been of exceptional value to the team.

NOTE: Any student who has qualified for a letter but has been dismissed from the team for disciplinary reasons will not receive an award.

XII. Athletic Passes

The Hitchcock ISD Athletic program will issue Player Passes to those athletes participating in each sport. The following stipulations shall apply to the passes:

1. Only the player whose name appears on the pass may use it. Free admission is allowed only when the pass is presented. Without the pass, the athlete must pay the standard student admission charge.
2. Student ID must be worn to use the Pass.
3. Use of the pass may be revoked if an unauthorized person uses the pass or the holder of the pass displays unsportsmanlike conduct at any contest.
4. Passes will be issued to admit athletes to Hitchcock ISD athletic events of the sport that they play and are held in HISD.
5. If any athlete drops from a sport, the coach of that athlete must take up the player pass as a part of the issued equipment.

XIII. Digital Citizenship

Student-athletes are high-profile representatives of the Hitchcock Independent School District, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her team and coaches, the Athletics Department and the entire school campus. Therefore, student-athletes are expected to represent themselves and HISD with honor, dignity and integrity at all times – including when interacting on social networking websites and in other online environments. The popularity of social networking websites (e.g., Facebook, Twitter, YouTube, Instagram, Snapchat, Blogspot, etc.) has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything a student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

The Athletics Department has developed this Student-Athlete Social Networking Guideline in order to:

- (i) provide recommendations and suggestions for student-athletes to help them use social media in a safe and responsible manner

- (ii) outline important rules that student-athletes must follow when using social media

Important Suggestions & Recommendations Regarding Social Networking Sites

Some students mistakenly believe social networking websites have a veil of privacy about them and assume their profiles are viewed only by a close circle of friends and fellow students. To the contrary, the content on most of these sites is accessible by anyone in the general public unless security and privacy features are used. The public nature of these websites has created personal safety and personal welfare concerns. For example, student-athletes have been stalked or sexually harassed and assaulted as a result of their Facebook profiles. Fans of opposing teams have taunted student-athletes based on information obtained from social networking sites. Student-athletes also should be aware that potential employers and graduate school admissions officers now regularly screen applicants by conducting “Google” searches of an applicant’s name and by reviewing the applicant’s social networking profiles. Students are being passed over for interviews and denied admission to universities based on the content of their profiles.

Student-athletes should be very careful about what personal information they share on the internet. For their own security, protection and welfare and that of their teammates and friends, the Athletics Department strongly recommends and advises student-athletes to:

- Keep phone numbers, physical addresses, birthdates, current whereabouts, travel plans and other personal information strictly confidential. This information should not be contained in a student-athlete’s personal online profile.
- Limit the access of others to e-mail addresses and screen carefully those whom a student-athlete may accept as “friends” on a social networking site.
- Use whatever security and privacy features are available to restrict the ability of others view a student-athlete’s site or to post pictures, messages and other content on a student-athlete’s site.
- If an individual contacts a student-athlete via a social networking site and the nature of the contact makes the student-athlete concerned for his or her safety or uncomfortable in any way, the student-athlete should immediately contact a parent, a coach, or a campus administrator.

Rules Regarding Social Networking Sites

Participation in HISD Athletics is a privilege and not a right. As a condition of being a student-athlete in HISD, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

1. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy would be unacceptable.
2. Student-athletes may not post online any pictures, information or other content that could be deemed inappropriate of themselves, fellow student-athletes, teams, coaches, the Athletics Department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
3. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
4. Student-athletes may not post any content online that would constitute a violation of the HISD Student Code of Conduct.
5. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
6. Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student-athletes are personally liable for any violations of those laws.

Student-athletes in HISD are required to abide by rules set forth in these guidelines.

The failure to do so will be considered a violation of the student-athlete code of conduct and/or the HISD student code of conduct. The violation may result in disciplinary action by the athletics department and the campus.

Upon confirmation of a violation, there will be a meeting with the athlete, parents and Head Coach. The athlete will be directed to remove any offensive items from the website(s). The coach will provide an action plan/contract to deter future instances of similar behavior, which will be presented to the athletic director and parents. Items in the action plan/contract may include but are not limited to training in the proper use of social media, or other actions deemed appropriate by directors or campus administration.

Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

XIV. Medical/Insurance Information for Athletes

Important notice: Texas public school districts are immune for bodily injury to students and the public (except for limited liability for negligent operation and use of a motorized vehicle) as provided in the Texas Tort Claims Act, section 101.001 et seq. of the Texas Civil Practices and Remedies Code. **The District does not carry insurance on students and does not assume liability for any costs associated with an injury or for personal property that is lost, stolen or damaged.**

XV. Procedures When Ill or Injured

Your health is of concern to your coach and every member of your team. In the event you feel ill or injured, report to your Athletic Trainer or School Nurse as soon as possible. They can assess you and guide you on going to the doctor as well as inform you of any paperwork that you will need to take with you. If you go to the doctor before seeing the Athletic Trainer or School Nurse, you must bring back WRITTEN instructions from the doctor as to your care.

An injury and/or illness that could possibly hamper your ability to participate must be reported to the Athletic Trainer and Head Coach as soon as possible. Specific instructions regarding treatment by the Athletic Trainer will be given to you at the start of your season. If the Athletic Trainer sends you to the doctor, the Athletic Trainer will give you a form to take with you, if you forget/lose the form be sure that you ask for and bring back WRITTEN instructions from the doctor as to your care. If you feel that you need to see the doctor about an injury, make sure that you check with the Athletic Trainer since they have been licensed to provide proper care for you and may be able to provide you with information regarding your injury and the type of doctor you should see. Going to the doctor for an athletic injury without informing the Athletic Trainer is discouraged, but if you go to an Emergency Room or doctor without first seeing the Athletic Trainer you still need to bring back WRITTEN instructions from the doctor as to your care. A RETURN TO SCHOOL OR PE note will not suffice. The note needs to be specific in order for you to return to athletics.

Documentation from the Dr. needs to be specific to athletics stating what restrictions the athlete has in athletics.

Parent notes will not be accepted as a reason to miss practice. If an athlete is too ill or injured to practice, then he/she must report to the Athletic Trainer or School Nurse or bring a written note from the doctor specifying the illness/injury and the number of days the athlete is to miss.

Whenever you are injured or have an illness of a minor nature, you may be required to dress out (but not participate) and stay with your group during the workout. You learn from each practice session, whether you are actually working out or simply observing.

Following an injury, the athlete should immediately report it to the Athletic Trainer or School Nurse. Even minor injuries can become serious; therefore, all injuries should be reported to the Athletic Trainer or School Nurse so that they may be checked and evaluated.

When injured or when considered injured, each high school athlete is required to receive treatment every day until released by the Athletic Trainer. Middle School athletes need to arrange treatment through their head coach. Athletic periods will not be used for treatments of injuries or for the evaluation of injuries except under special circumstances. Treatment periods are before school, after school, or as designated by each campus Athletic Trainer.

If an injury should become more serious while the athlete is away from school, the athlete, or his/her parents should call the Athletic Trainer, and/or get in touch with their family physician.

If athletes desire to talk to the Athletic Trainer for any reason, they are welcomed and encouraged to do so. A time should be arranged that will not interfere with the work schedule listed above.

Cooperation with these policies will ensure that each athlete has the same opportunity to compete with the least chance for re-injury.

All athletes must follow campus athletic training room rules.