

FABENS WILDCAT

ATHLETIC HANDBOOK 2023-2024



FABENS INDEPENDENT SCHOOL DISTRICT

821NE 'G' AVENUE, P.O. BOX 697

FABENS, TEXAS 79838

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FABENS WILDCAT ATHLETIC DEPARTMENT
CONTACT INFORMATION

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FABENS ISD ATHLETIC PROGRAM MISSION STATEMENT

Mission

The Athletic Program at Fabens ISD is a small community committed with an emphasis on athletic growth to prepare students for meaningful lives, and responsible citizens in a Global society. The program will provide students the challenge to develop their physical and emotional capabilities and understand the values of attitude, commitment, responsibility, work ethic and being a team player in a competitive environment. The operational basis of the program is to oversee student athletes in the developmental stages from middle school to high school and provide paths for the success of the program.

Vision

"Fabens ISD Athletic Department will be a prominent 4-A entity known for integrity, academic excellence and superlative athletes."

Values of Athletic Program: The most widely accepted justification for interscholastic athletes relates to its alleged character-building benefits. Athletes at Fabens ISD should develop the following traits through guidance and participation by the program:

- | | |
|------------------------|------------------|
| *Strong work ethic | *Perseverance |
| *Sacrifice for a cause | *Leadership |
| *Loyalty | *Competitiveness |
| *Dedication | *Collaboration |

FABENS ISD ATHLETIC PHILOSOPHIES

Philosophy

Through athletics our students will develop:

- self-esteem
- self-discipline
- respect for themselves and others
- ability to make good choices
- understanding and appreciation of team
- physical and mental strength & endurance (toughness)
- a confidence to better prepare themselves for life
- 100%, Never quit mentality

Our **philosophy for our Middle School** athletes is that they participate to develop all of the above listed traits, but they are to also have fun and learn the basic fundamentals of each sport in which they participate. Our Middle School philosophy is focused on participation and making sure that **all** athletes get to practice, learn and play. Through their development of basics and learning and building a strong foundation, it is our hope that they will continue to participate and develop into bigger, stronger, fundamentally sound athletes who love to participate and compete. It is at Middle School that we develop the foundation for our High School Program. Middle School is about getting participation, playing and getting stronger. If this is accomplished, the winning will take care of itself!

Our **philosophy for our High School** athletes is to continue to develop their skills and physicality along with the principles listed above. As athletes advance to the varsity level the focus moves more to competition and winning. We still want to have as many athletes participating and contributing on the field, but the stronger more advanced and skilled players will have more playing opportunity in order to win competitions.

Our **philosophy for coaches** is that they dedicate themselves to their chosen profession and teach and lead by example. Coaches' number one priority should be the student athlete's education, wellbeing and health. Coaches are to help athletes learn how to work as a team, handle adversity and develop as responsible considerate adults who respect themselves, others and the laws of the land. Coaches are to teach kids to believe that doing things right and working hard will result in success, not only in sports, but in life.

ATHLETIC POLICY

1. All athletes are to be well groomed. No earrings (boys); hair will be clean, neat and uniform. Final decision on hair length is left to the discretion of the head coach. All caps are to be removed before entering a building. All tattoos will be covered during games, practice, or upon entering any athletic building or event. Proper dress is required when traveling.
2. All athletes must be eligible to compete before enrolling in the Athletic Program.
3. Any athlete that quits and wants to be reinstated must complete the following:
 - coaches and athletes will observe a 24 hour cooling off period where an athlete may retract his/her decision to quit and may be reinstated upon approval by the head coach, athletic director and completion of any punishment.
 - Athletes will be given a grace period of 2 weeks to leave the sport at the beginning of the season without consequence.
 - The athlete will only be allowed to participate in their next sport when the regular season ends in the sport he or she quit. If the athlete runs 10 miles (10 minutes per mile, monitored by a coach), then the athlete may start the season with the team. The 10 miles must be completed within 5 consecutive days of the day he/she begins. The athlete may not practice until the start of the season.
4. Any student athlete who is placed in DAEP (District Alternative Education Program) or ISS (In School Suspension) and/or suspended or arrested for any reason will be automatically removed from participating and/or performing in any extracurricular activity, until the student athlete has completed suspension or placement in respective setting. Reinstatement is subject to the review and approval of the athletic director, campus administration, and superintendent.

A second placement in ISS or suspension or a combination of the two during the same school year **MAY** result in dismissal from all practice and participation in competition or performance in any extra-curricular activity, including activities that occur during the weekend. The period of dismissal will be based upon the severity of action and will be left to the discretion of the campus administration and athletic director.

This policy will be honored by all transferred students if they have violated a Code of Conduct.

5. Absences: all excused absences will require athletes to make up the running and/or conditioning missed on the day of absence. Number of absences and tardies carry over with each sport.

Unexcused absences:

- 1st offense-Zero if grade is taken and a student/coach conference
- 2nd offense-Zero if grade is taken and a student, parent, coach conference
- 3rd offense-Zero if grade is taken suspension from the next game and a student/parent/coach conference
- 4th offense-dropped from the sport and a student, parent, coach conference

Tardies: All tardies will be required to make up any running and/or conditioning from the day they were tardy.

6. Conduct: Athletes should conduct themselves with class at all times. This means in school ,in the community, and during competition. Classroom misconduct by an athlete may result in additional consequences from the coach. Good sportsmanship is imperative. Fighting, public displays of temper, pouting, and insubordination constitute unsportsmanlike conduct and will result in appropriate disciplinary action.

7. Failure to take punishment will result in suspension from the Athletic Program.

8. Any other situations that may arise will be reviewed by the Athletic Director, Coach and Principal.

9. Any athlete ejected from an extracurricular contest will be subject to the following punishment:

- 1st offense-Suspension of next following game of play.
- 2nd offense-Suspension of next following two games and/or dismissal.

10. Any student athlete that is to be dismissed from an athletic team will be officially informed of their dismissal during a meeting between the athlete, head coach and athletic director. This meeting will be a private meeting and will be held in a professional office space. Following the dismissal, the parent(s) of the student athlete will be notified in writing of the action of the athletic department by the athletic director. This notice will list the specific reason(s) for the dismissal.

PARTICIPATION AND OUTSIDE TEAMS

MIDDLE SCHOOL: Students, while participating on a school team, are permitted to participate in the same sport outside of school during the sport season. Such participation must meet the following criteria:

1. The outside participation may not conflict with the sports schedule of the school, including district, regional and state championship play. (Sports' schedules include games and practices.) School competition takes precedence.
 - A. A first infraction of this rule will result in suspension from play for one game.
 - B. A second infraction of this rule will result in suspension from the team for the remainder of the season.

HIGH SCHOOL: Students, while participating on a school team, are NOT permitted to participate in the same sport outside of school during the sport season. Students, while participating on a school team may participate in another sport outside of the school during a sport season. However, such participation must meet the following criteria:

1. The outside participation may not conflict with the sports' schedule of the school, including district, regional and state championship play. (Sports' schedules include games and practices.)
 - A. A first infraction of this rule will result in suspension from play for one game.
 - B. A second infraction of this rule will result in suspension from the team for the remainder of the season.
2. A student who elects to participate on an outside team and does not participate on the school team during the designated sport's season is ineligible to represent his/her school in all meets and games that determine a county, district, regional or state championship.

ACADEMIC EXPECTATIONS
STATEMENT OF PURPOSE

Our coaching staff stresses that academics is the most important part of the educational process. We are committed to academic excellence. Our coaches have the same passion for teaching as they do for coaching; thus, we expect our players to have the same passion for excelling in the classroom as they do for excellence on the field. We expect our athletes to be prepared each day upon entering the classroom and to strive for excellence in the classroom.

Although every athlete will not be able to get a scholarship, all athletes have the opportunity to receive an excellent education.

We believe athletics should support the academic environment in the following manner:

- 1) Increasing Student Involvement
- 2) Improving Student Attendance
- 3) Improving Student Discipline

Our coaching staff is committed to help our student athletes be successful in school and beyond. We realize that your child is a student athlete who is here to get an education first. We believe that academic and athletic success go hand in hand. Our staff will work hard to monitor your child's progress in the classroom. We must work together as parents and coaches to keep your child on the right track. Communication is the key to this process.

GRADE CHECKS

The coaching staff will conduct grade checks and maintain continuous contact with your child's teachers. We will also support the teachers by encouraging your child to complete all assignments, maintain positive behavior and strong study habits in every one of their classes. At no point will coaches coerce teachers to change grades for athletic eligibility.

DISCIPLINE MANAGEMENT PLAN

In order to make this plan work we will need the help, support and participation of parents, faculty and administration. We want our athletes to be successful and to reach their full potential. We feel that this program will help them reach all of their goals by reducing the number of poor decisions that so many young people make. A person's conduct and character is one thing they can control. With our help they will make the choices that lead to prosperous, productive lives.

Please Join Us in this Cause. We Know the Results Will Be Worth the Effort.

GENERAL GUIDELINES

The general guidelines for our discipline management program will be based on the following basic behaviors:

1. Do right: know the difference between right and wrong. Do what is right and avoid those things you know to be wrong. Champions do what is right even when no one is watching.
2. Do not embarrass the family: (by family we mean-
 - a. Your immediate family
 - b. Fabens Wildcats
 - c. The Program
 - d. Fabens High School and Fabens Middle School
 - e. Fabens Independent School District
 - f. Fabens, Texas

Your conduct reflects on each one of these groups. You have a responsibility to represent them to the best of your ability.

3. Treat others the way you wish to be treated: Treat all people you come in contact with during the course of a day with dignity and respect.

("YES SIR", "NO SIR", "THANK YOU")

ATHLETIC TRAVEL

To promote efficiency, safety, and team unity and to relieve parents of the burden of providing transportation to off-campus contests, and to provide the coaching staff the opportunity to mentor, coach and have discussions with individual players as well as with the team as a whole, the Fabens ISD Athletic Department provides transportation for its student athletes when they compete in any contest held off campus. Students are required to utilize the transportation provided by Fabens ISD to and from these off-campus contests, except in the following circumstances:

- 1) In the case of personal request or an emergency, or if the time is of the essence and the student has homework or another school-related commitment, the parent or guardian may take the student home as long as the parent or guardian has submitted a written request to the Athletic Department and Head Coach.
- 2) If a student athlete becomes ill or is injured and needs immediate transportation, a parent may transport the student athlete with the permission of the Head Coach or Assistant Coach.

A student athlete is not permitted to transport him or herself to or from an off-campus athletic contest. (Revised August 2013)

FRESHMAN PARTICIPATION AT THE VARSITY LEVEL

Freshmen (boys and/or girls) may be moved up to the Varsity level only upon meeting the below listed criteria:

1. The freshman athlete must be deemed physically and mentally mature enough by the Athletic Director, Principal, Head Coach and Athletic Trainer.
2. The freshman being moved up must be scheduled to make a major contribution by actually playing a majority of the game or match.
3. Before moving a freshman athlete to the Varsity level a Head Coach must meet with the Athletic Director to initiate play at the Varsity level.

MANAGERS AND TRAINERS

Managers and trainers are a vital part of a team. Managers and trainers must uphold the same requirements held for all U.I.L. athletes which include department and curriculum responsibility. Students are encouraged to participate in this realm of athletics.

Both male and female students may participate as a manager or trainer. Female managers and trainers may travel with boys' teams and male managers and trainers may travel with girls' teams as long as the trip is not an overnight trip. No opposite sex managers or trainers will travel and or serve in these capacities in overnight competitions.

When opposite sex managers and trainers travel with a team, they will be required to sit at the front seat of the bus. This policy is implemented to best serve and protect our students and to also provide fiscal responsibility. Trainers must dress in a manner that complies with the school's dress code.

PARTICIPATION OF PREGNANT ATHLETES

In an effort to protect Fabens ISD athletes, the following guidelines are established for young ladies who become pregnant and are participating in athletics, to include managers and trainers. The policy for young ladies who become pregnant and want to continue to participate in athletics is as follows:

1. Any young lady who becomes pregnant may participate through the first trimester (the first 3 months of the pregnancy) with the written permission of her legal guardian and her physician. The young lady may not participate in practice or games until both documents are turned into the Athletic Director and verified.
2. While pregnant and in her second trimester (the 3rd- 6th month of the pregnancy) a young lady may continue as part of the team, which includes traveling and being on the bench with the team, but may not participate on the court during practice and/or games. This is contingent upon continued written permission from both the guardian and the physician providing medical checkups.
3. In an effort to protect and secure the health of both the young lady and her child, no young lady will be allowed to participate, practice, and/or travel or accompany the team on the team bench during any game or practice during the third trimester (the final 3 months of the pregnancy).

Any young lady who finds herself pregnant and fails to notify the coach and/or the Athletic Director immediately thereafter and continues to participate may be dismissed from the team or issued other consequences.

PARTICIPATION IN MULTIPLE SPORTS

All athletes should be encouraged to participate in any and all sports in which they desire to participate. Students may participate in multiple sports at the same time if

both seasons are taking place at the same time, i.e. baseball and track. However, athletes will not be allowed to start or practice another sport until the sport that the student is participating in has completed its UIL competition/season for the school year. Coaches and/or others are not to pressure athletes, directly or indirectly, to "specialize" in any one sport. To have an outstanding athletic program at our schools, all coaches must encourage and participate in "selling" the total sports program to our students. We are here to serve our student athletes. If you are visiting with an athlete of another sport about participating in your sport, the head coach of the sport should be present.

SENIORS WHO HAVE NOT PREVIOUSLY PARTICIPATED

This section refers to senior students who have not previously participated in athletics during high school and decide to play their senior year. In this instance, each player will be evaluated by the head coach for the first week of practice. After the evaluation, the head coach will have the final decision concerning whether the player will be placed on the team or cut from the team.

AWARDS FOR ACHIEVEMENT

There are two (2) types of awards:

- 1) **Letter Jacket:** This award is made to Varsity Level participants who make outstanding contributions to the school program. A student may earn only one jacket in his/her high school career. Athletes must meet the sport specific criteria listed below and have the recommendation of the head coach.
- 2) **Certificate of Participation:** This award is made to Sub-Varsity and Junior High participants who contribute to a program below the Varsity Level.

How to Earn an Award

Football An athlete must participate in at least 24 quarters of play at the varsity level and have the recommendation of the head coach in order to be eligible to receive a 'Letterman's Jacket'.

The athlete must have also remained academically eligible throughout the season in which the quarters were completed in order to qualify for a jacket.

Volleyball An athlete must participate in at least 15 matches at the varsity level and have the recommendation of the head coach in order to be eligible to receive a 'Letterman's Jacket'.

The athlete must have also remained academically eligible throughout the season in which the matches were completed in order to qualify for a jacket.

Basketball

An athlete must participate in at least 16 games (not including tournaments) at the varsity level and have the recommendation of the head coach in order to be eligible to receive a 'Letterman's Jacket'.

The athlete must have also remained academically eligible throughout the season in which the games were completed in order to qualify for a jacket.

Baseball

An athlete must participate in at least 13 games (not including tournaments) at the varsity level and have the recommendation of the head coach in order to be eligible to receive a 'Letterman's Jacket'.

The athlete must have also remained academically eligible throughout the season in which the games were completed in order to qualify for a jacket.

Softball

An athlete must participate in at least 13 games (not including tournaments) at the varsity level and have the recommendation of the head coach in order to be eligible to receive a 'Letterman's Jacket'.

The athlete must have also remained academically eligible throughout the season in which the games were completed in order to qualify for a jacket.

Cross Country

An athlete must participate in at least 6 cross-country meets at the varsity level and have the recommendation of the head coach in order to be eligible to receive a 'Letterman's Jacket.'

The athlete must have also remained academically eligible throughout the season in which the meets were completed in order to qualify for a jacket.

Tennis

An athlete must participate in at least 6 matches (not including tournaments) at the varsity level and have the recommendation of the head coach in order to be eligible to receive a 'Letterman's Jacket'.

The athlete must have also remained academically eligible throughout the season in which the matches were completed in order to qualify for a jacket.

Track

An athlete must participate in at least 6 meets at the varsity level and have the recommendation of the head coach in order to be eligible to receive a 'Letterman's Jacket'.

The athlete must have also remained academically eligible throughout the season in which the meets were completed in order to qualify for a jacket.

Golf

An athlete must participate in at least 6 tournaments at the varsity level and have the recommendation of the head coach in order to be eligible to receive a 'Letterman's Jacket'.

The athlete must have also remained academically eligible throughout the season in which the tournaments were completed in order to qualify for a jacket.

Wrestling

An athlete must participate in at least 6 tournaments at the varsity level and have the recommendation of the head coach in order to be eligible to receive a 'Letterman's Jacket'.

The athlete must have also remained academically eligible throughout the season in which the tournaments were completed in order to qualify for a jacket.

Trainers

Trainers must complete two (2) full years of service to letter, the exception would be an athlete in season. They must have completed the season without failing any courses unless eligibility was reinstated during the season. An exception may be a senior letterman.

Managers

Managers must complete two (2) full seasons of service, and must have a letter of recommendation of the head coach to letter. They must have completed the season without failing any courses unless eligibility was reinstated during the season. An exception may be a senior letterman.

Cheerleaders

Cheerleaders must complete two (2) full seasons of service, and must have a letter of recommendation of the sponsor to letter. They must have completed the season without failing any courses

unless eligibility was reinstated during the season. An exception may be a senior letterman.

FABENS ISD LIGHTNING POLICY

The following is the criteria for suspension of athletic practices or games for Fabens ISD teams with the use of the Thunderbolt Pro Lightning Detector.

1. The lightning detector will be available for all home outdoor practices and games when the athletic trainer is present.
2. The officials and coaches will be alerted when lightning is detected 8 -20 miles from activity site.
3. When a lightning strike is detected within 8 miles, the officials and coaches will be informed that the activity is being suspended. (The average lightning strike is six miles long)
4. Activity will be suspended 20-30 minutes then reevaluate.
5. It is the coaches' responsibility to remove the athletes from the playing field to a sheltered location (preferably in a building) until the athletic trainer declares the danger has passed.
6. An announcement will be made to the spectators that they should seek shelter until the danger has passed.
7. If no further lightning strikes are detected within the 8 mile range for 20-30 minutes, practice/play may resume.
8. THERE SHOULD BE ABSOLUTELY NO STRIKES DURING THE SUSPENSION OF ACTIVITY. IF MORE STRIKES OCCUR, THE SUSPENSION WILL BE EXTENDED. There should be a 20-30 minute period where no strikes are detected within 8 miles.
9. The re-occurrence of lightning during the remainder of practice/play may constitute another delay or a postponement

If for some reason the athletic trainer is not on duty or the Lightning Detector is unavailable, then the following policy should be followed if a practice/game is in progress.

1. If lightning is seen, use the "30 second rule": When you see lightning, start counting until thunder is heard. (5 seconds= 1mile; 30 seconds= 6 miles; 40 seconds= 8 miles)
2. If you hear thunder within 40 seconds, please follow these rules:
 - A. If practice is in session, the coach should remove the players from the field to a sheltered location (preferably in a building) until the danger has passed.
 - B. If in a game situation, the officials should be informed. It is the officials

- responsibility to suspend the game for a period of 20-30 minutes, then reevaluate. The coaches need to remove the players to a sheltered location (preferably in a building) until the danger has passed.
3. If no further lightning strikes are seen within the 8 mile range for 20-30 minutes, practice/play may resume.
 4. THERE SHOULD BE ABSOLUTELY NO STRIKES DURING THE SUSPENSION OF ACTIVITY. IF MORE STRIKES OCCUR, THE SUSPENSION WILL BE EXTENDED. There should be a 20-30 minute period where no strikes are detected within 8 miles.
 5. The re-occurrence of lightning during the remainder of practice/play may constitute another delay or a postponement.

FABENS ISD ATHLETIC INJURY PROTOCOL

The following are the proper procedures for a Fabens ISO coach to follow when dealing with athletic injuries.

- The athletic trainer should be contacted as soon as possible regarding the injury/illness of an athlete.
- The coach is responsible for making sure the athlete is seen by the athletic trainer before returning to play/practice following an injury or illness.
- Athletes who show up to practice and state they cannot work out should be sent immediately to the athletic training room.
- An athlete who is injured in a practice or game should report to the athletic training room the following day.
- Athletes wishing to be taped must report to the athletic training room for treatment. No treatment, No tape!
- Coaches should not tape any athlete unless authorized by the athletic trainer.
- Coaches please do not diagnose, recommend or perform any treatments on any athletes.
- Coaches should adhere to ALL recommendations for practice and games from the athletic trainer concerning injured and ill athletes.

Training Room Motto

If you are hurt, you are here.

If you are not hurt, you are not here. If you need tape, you need treatment.

If you do not get treatment, you do not need to be taped.

TRAINING ROOM TREATMENT/EVALUATION GUIDELINES

1. Treatments are to be administered only to student-athletes from Fabens High School or Middle School that are injured during certain school sponsored activities. These activities include:

Baseball	Basketball
Cheerleading	Cross Country
Football	Golf
Softball	Tennis
Track & Field	Volleyball
Wrestling	Middle School Athletics
Band	

Any student coming into the training room must have a physical on file to receive treatment.

2. Only athletes who are involved in a UIL activity will be treated.
3. Any athletes who is under the care of a physician must provide written documentation of treatment protocol, and/or release for return to play.
4. Athletes who are members of a school sponsored activity who are injured in non-UIL activities (i.e. club sports, open gyms, recreational, etc.) will only receive first aid care until they are evaluated by a physician. The physician must provide in writing a treatment protocol for the athletic trainer to follow.
5. The Athletic Trainer will not treat non-athletic injuries. This includes PE and lunch time injuries

NON-ATHLETIC INJURIES

Non-athletic injuries will be seen in the Athletic Training Room under the following guidelines:

1. Only Due to liability concerns, the student-athlete must first see a medical doctor prior to being treated by the Athletic Trainer.
2. The student-athlete must provide written documentation for treatment/rehabilitation from the doctor. The information must be specific to what type of treatment/rehab is to be done.
3. No injuries that are the result of a motor vehicle accident will be seen.

FABENS ISD GUIDELINES FOR SPORTS CONCUSSION MANAGEMENT

Introduction

The Center for Disease Control (CDC) estimates that from 2001-2009 there were approximately 150,000 to 250,000 cases of mild traumatic brain injury (MTBI) or concussions annually in the United States as the result of participation in sports. The Sports Concussion Institute estimates that 5 to 10 percent of athletes in contact sports suffer a concussion during a season. Also of concern is the risk of repeated concussions and second impact syndrome to our young athletes. These two problems can have long lasting, and even terminal effects, on the individual. In order to have a standard method of managing concussions of Fabens ISD athletes, the following guidelines are intended to serve as a written protocol for concussion management.

What is a concussion?

Concussion - A concussion is a type of traumatic brain injury (TBI}. Concussions are the common result of a blow to the head or body which causes the brain to move rapidly within the skull. This injury causes brain function to change which results in an altered mental state (either temporary or prolonged). Physiologic and/or anatomic disruptions of connections between some nerve cells in the brain occur. Concussions can have serious long-term health effects, even from a mild bump on the head. Symptoms include, but are not limited to, brief loss of consciousness, headache, amnesia, nausea, dizziness, confusion, blurred vision, ringing in the ears, loss of balance, moodiness, poor concentration or mentally slow, lethargy, photosensitivity, sensitivity to noise, and a change in sleeping patterns. These symptoms may be temporary or long lasting.

Prevention Strategies

1. Insist that safety comes first.
2. Teach and practice safe playing techniques.
3. Teach athletes the dangers of playing with a concussion.
4. Encourage athletes to follow the rules of play and to practice good sportsmanship at all times.
5. Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, and eye and mouth guards).
6. All headgear must be NOCSAE certified.
7. Make sure the headgear fits the individual, and is secured properly to the individual.
8. For all sports that require headgear, a coach or appropriate designee should check headgear before use to make sure air bladders work and are appropriately filled. Padding should be checked to make sure they are in proper working condition.

Evaluation for Concussions

1. At time of injury administer an assessment test to determine if athlete has sustained any sort of Traumatic Brain Injury (TBI).
2. Athlete does not return to a game or practice if he/she has any symptoms that would indicate the possibility of suffering a concussion.
3. Doctor referral
4. Home Instructions
5. Return to play guidelines for parents
6. Parent informed consent and athlete's participation form
7. Note- If in doubt, athlete is referred to doctor and does not return to play.

Concussion Management

1. School modifications
 - a. Notify school nurse, counselors and all classroom teachers that the student has sustained a concussion.
 - b. Notify teachers of post-concussion symptoms.
 - c. Student may need special accommodations such as limited computer work, reading activities, testing, assistance to class, etc. until symptoms subside.
 - d. Student may only be able to attend school for half days or may need daily rest periods until symptoms subside.
2. Student must be symptom free for one week before beginning return to play protocol.

Return to Play Guidelines

1. Activity progressions
 - a. No activity until the athlete is symptom free and cleared by a physician to start activity progression
 - b. Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.
 - c. Step 2: Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.
 - d. Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.
 - e. Step 4: Full contact practice or training.
 - f. Step 5: Full game play.
 - g. Note - Athlete progression continues as long as athlete is asymptomatic at current level. If the athlete experiences any

- post concussion symptoms, you wait 24 hours and start the progressions again at the beginning.
2. Athletic Trainer clearance

Doctor Referral

Day of Injury Referral

1. Lack of sustained attention - inability to repeat numbers, months of the year, counting backwards
2. Confused mental status - disorientation to time, date, place, etc.
3. Amnesia - retrograde (before event) and/or post-trauma
4. Dazed look or vacant stare
5. Vomiting and/or nausea
6. Delayed verbal and motor responses- slow to answer questions or follow instructions
7. Memory deficits (short term and delayed memory)- remembering the same questions over a period of time
8. Emotional liability- combative and/or aggressive behavior
9. Poor coordination - balance and strength
10. Dizziness
11. Headache or persistent headache that continues to increase in intensity
12. Restlessness - changing positions or inability to get comfortable
13. Neurasthenia- nervous, weakness, exhaustion or irritability
14. Hyperesthesia - excessive sensitivity to touch, pain, light or sound
15. Stiffness of the neck
16. Blood or clear fluid from nose or ears
17. Abnormal drowsiness or sleepiness
18. Convulsions
19. Unequal pupils or unresponsive pupils
20. Poor ability to track with eyes
21. Persistent ringing in ears
22. Slurred or incoherent speech
23. Blurred or double vision
24. Disorientation
25. Any period of loss of consciousness

Delayed Referral (after the day of the injury)

1. Any of the findings in the day of injury referral category.
2. Post-concussion symptoms worsen or do not improve over time.
3. Increase in the number of post-concussion symptoms reported.
4. Post-concussion symptoms begin to interfere with the athlete's daily activities (i.e. sleep, cognition, depression, aggression, etc.)

Return to Play Guidelines for Parents

Fabens ISD has developed a protocol for managing concussions. This policy includes a multidiscipline approach involving athletic trainer clearance, physician referral and clearance and successful completion of activity progressions related to their sport. The following is an outline of this procedure. Your son/daughter must pass all of these tests in order to return to sport activity after having a concussion.

1. All athletes who sustain head injuries are required to be evaluated by their primary care physician. They must have a normal physical and neurological exam prior to being permitted to progress to activity. This includes athletes who were initially referred to an emergency department.
2. The student will be monitored daily at school by the athletic trainer and school nurse. His/her teachers will be notified of their injury and what to expect. Accommodations may need to be given according to physician recommendations and observations.
3. The student must not have any symptoms at rest and during physical exertion.
4. Once cleared to begin activity, the student will start a progressive step-by-step procedure outlined in the following statement. The progressions will advance at the rate of one step per day. The progressions are as follows:
 - a. No activity until the athlete is symptom free and cleared by a physician to start activity progression
 - b. Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.
 - c. Step 2: Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.
 - d. Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.
 - e. Step 4: Full contact practice or training.
 - f. Step 5: Full game play.
 - g. Note - Athlete progression continues as long as athlete is asymptomatic at current level. If the athlete experiences any post concussion symptoms, you wait 24 hours and start the progressions again at the beginning.
5. Once the student has completed the 5 step plan, he/she may return to their sport activity with no restrictions.

FABENS INDEPENDENT SCHOOL DISTRICT ATHLETIC CODE OF CONDUCT

I. SPORTSMANSHIP AND CITIZENSHIP

All Fabens High School and Middle School student athletes are expected to consistently demonstrate the highest levels of conduct, sportsmanship and positive behavior whenever they represent the school. Specific violations of the above include actions such as fighting, theft, use of improper language and misuse of school facilities and equipment.

II. DRUG, ALCOHOL AND TOBACCO USE

All Fabens student athletes are required to refrain from the use of drugs, alcohol, controlled substances and tobacco products 24 hours a day, on and off school property. Violation of these requirements will incur penalties from both the school system and the head coach which may include suspension from activities and/or removal from participation for up to one year.

Fabens ISD

Athletic Handbook Acknowledgment and Receipt

I have received a copy of the Fabens ISD Athletic Handbook.

The Fabens ISD Athletic Handbook describes important information about Fabens ISD Athletics to include Fabens ISD district athletic policies and procedures. I understand that I should consult with the Athletic Director of Fabens ISD regarding any questions not answered in the handbook.

I have received the Fabens ISD Athletic Handbook, and I understand that it is my responsibility to read the Fabens ISD Athletic Handbook in its entirety and comply with the policies contained in this handbook and any revisions made to it.

Sport(s) Issuing Receipt

Athlete's Current Grade Level

Athlete Signature

Athlete Name (Print)

Parent/Guardian Signature

Parent/Guardian Name (Print)

Date

