

Pharr- San Juan-Alamo Independent School District

Athletic Department Manual 2023-2024

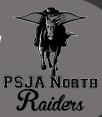
PSJA Early College High School

Yzaguirre Middle School ● Austin Middle School



PSJA North Early College High School

Liberty Middle School ● **LBJ Middle School**



PSJA Southwest Early College High School

Escalante Middle School ● Kennedy Middle School



PSJA Memorial Early College High School

Alamo Middle School ● Murphy Middle School



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Dr. Linda Uribe-Treviño Executive Officer for College & Career Readiness

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Susana Arredondo Executive Officer for Elementary Schools
Yolanda Gomez Executive Officer for Learning Acceleration
Alfredo Carrillo Executive Officer for Human Resources

Rafael Gonzalez Administrator for Operations
Mario Bracamontes Sustainability Administrator

ATHLETIC DEPARTMENT OFFICE STAFF				
Athletic Director	Orlando Garcia	354-2220	orlando.garcia@psjaisd.us	
Assistant Athletic Director	Mel Rios	354-2220	melecio.rios@psjaisd.us	
Physical Education Coordinator	Arturo DeHoyos	354-2220	arturo.dehoyos@psjaisd.us	
Aquatics Coordinator	Jonathan Landero	354-2220	jonathan.landero@psjaisd.us	
Aquatics Safety Coordinator/ District Dive Coach	Leslie Richardson	354-2220	leslie.richardson@psjaisd.us	
Coordinator for Athletic Trainers	Jeff Darr	354-2220	jeffery.darr@psjaisd.us	
Athletic Facility Specialist/ UIL Coordinator	Jaime Gongora	354-2220	jaime.gongora@psjaisd.us	
Youth Sports Coordinator/ Facility Scheduling	Gloria Vela	354-2220	gloria.vela@psjaisd.us	
Youth Sports Coordinator/ Event Ticketing	Michael Vives	354-2220	michael.vives@psjaisd.us	
Strength & Conditioning Coordinators	Carlos Saenz / Deanna Sanchez	354-2220	carlos.saenz@psjaisd.us deanna.sanchez@psjaisd.us	
Golf Course Manager	Robert Vela	354-2280	roberto.vela@psjaisd.us	
Golf Course Manager	Charlie Villegas	354-2280	carlos.villegas@psjaisd.us	
Athletic Warehouse Manager	Herald Villarreal	354-2220	herald.villarreal@psjaisd.us	
Athletic Department Secretary	Alice Torres	354-2220	alejandrina.torres@psjaisd.us	
	HIGH SCHOOL ATHLETIC COORDIN	NATORS		
PSJA ECHS	Lupe Rodriguez Marco Guajardo	354-2315	Clerk: Sonia Barrera	
PSJA North ECHS	Marcus Kaufmann Alicia Jaime	354-2368	Clerk: Bibi Ortiz	
PSJA Memorial ECHS	Will Littleton	354-2426	Clerk: Jessica Trevino	
PSJA Southwest ECHS	Juan "J.J." Leija	354-2248	Clerk: Jennifer Silva	
	MIDDLE SCHOOL ATHLETIC COORD	INATORS		
Austin Middle School	Edgar Ramos Gabriela Ortiz	354-2570	- PSJA ECHS	
Yzaguirre Middle School	Justin Villanueva Debra Martinez	354-2630		
LBJ Middle School	Eliud Valle Patricia Lopez	354-2590	PSJA North ECHS	
Liberty Middle School	Jose Martinez Carina Vecchio	354-2610		
Alamo Middle School	Justin Gonzalez Edith Hernandez	354-2550	PSJA Memorial ECHS	
Murphy Middle School	Guillermo Martinez Anna Bains	354-2530		
Escalante Middle School	Jesus Castillo Roxanne Rodriguez	354-2670		
Kennedy Middle School	Samuel Suarez Araceli Cepeda	354-2650	PSJA Southwest ECHS	



DEPARTMENT PURPOSE

Mission and Belief Statements

Our primary purpose of improving lives through a quality education is driven by an unrelenting determination to graduate all our students and prepare them for success in higher education. Our ideology is reflected in our fundamental beliefs, commitments and core values that guide us in our daily practices.

Mission Statement

To graduate all our students and prepare them for success in higher education.

Core Beliefs and Commitments

In PSJA ISD we believe:

- Every student can learn and achieve at high levels.
- We will make all decisions based on attaining student achievement at or above grade level.
- We are responsible for the education and safety of every student.
- We will ensure that all decisions, actions, and resource allocations are made in the best interest of the students.
- We will ensure a safe learning and working environments for all students and employees.
- We are responsible for the efficient and effective operation of the school system. We will ensure fiscal responsibility to the taxpayers of the district.
- Everyone should be treated with respect.
- We will ensure a high level of professionalism, customer service and respect for everyone.
- We will lead by example.
- People support what they help create.
- We will maintain the collaborative process for decision-making.

Our Core Values

To achieve our goals and attain our commitments we expect the following values to guide the behavior of all employees:

Student Centered High Expectations Commitment Passion Integrity Respect Teamwork

Philosophy

The PSJA ISD Athletic Program promotes the physical, mental, moral, and social well-being of students and is an integral part of the total educational process.

Athletics provide opportunities for students to develop and utilize athletic talents fully in organized competition with students of similar ability. We feel that the ultimate mission of the PSJA ISD Athletic Department as an integral part of the total educational program is to ensure and enhance the quality of life for youth by providing competitive activities that will produce young men and women able to enter the community and become constructive, contributing members of society.

With special concern for youngsters of all ethnic groups and varied backgrounds, the PSJA ISD assists students to help them to realize their full potential- relative to their growth and development. Our athletic programs are based on participation, community involvement, and their recognized role molding young men and women. PSJA ISD is aware of the influences of the total environment and so will provide its students with a competitive, varied, and diversified program, designed not only to teach athletic skills but to also instill good character and teach sound values.

Therefore, to accomplish our mission in PSJA ISD, we provide our youth with effective services based on principles of behavioral guidance which will help achieve health, social, educational, physical, recreational, and cultural development.

Transformational Statement

Coaches of the PSJA ISD Athletic Program will develop relationships with the student/athletes in their programs to empower, inspire and lead them toward excellence in all aspects of life through the development of integrity, respect and teamwork.

Athletic Program Objectives

- Provide a positive athletic environment for as many students as possible.
- Instill in all students an exemplary work ethic and the qualities of accountability, citizenship, and a high degree of sportsmanship.
- Play everyone on all sub-varsity levels if eligible, in good standing and if no game restrictions are in place (i.e. baseball/softball substitution rules).
- Develop and maintain a complete and comprehensive off-season program.
- Ensure all programs are represented with class, character, and dignity.
- Establish programs so all participants enjoy a positive learning experience.
- Demonstrate that each of our athletic teams is well coached, highly disciplined, and very well organized.
- Establish district-wide bond of loyalty and pride that reflects the principles, integrity, and attitude of PSJA ISD (Spirit of PSJA).
- Ensure that athletic department objectives support the total mission of the PSJA ISD.



HIGH SCHOOLS

High School Coaching Expectations

Practice Expectations

- Coach will have a written plan for practice.
- Coach will show athletes they are interested in their progress as individuals and a team.
- Coach will move and circulate throughout practice.
- Coach will coach with a positive attitude.
 - Example: when correcting an athlete, give positive feedback first, then make the corrections (i.e.: "You did a great job of getting to the ball. Next time, work on getting your shoulders and hips facing the target."). Give positive feedback to every player every day.
- Coach will be dressed appropriately for practice. Attire will be defined by head coach.
- Coach will keep accurate practice attendance.
- Coach will create a clearly defined warm-up routine for each game.

Game Day Expectations

- All coaches will stay until the final game of the evening is complete to assist with the other games and supervise those student-athletes that remain in the stands.
- Coach will ensure that all student-athletes are always supervised.
- Coach will not allow student-athletes to be released to go home with anyone but their parent and then only with the appropriate paperwork on file.
- Coach will be dressed appropriately for game days. Game day attire will be defined by head coach and campus athletic coordinator.

Forms and Information

All required participation forms must be completed in their <u>entirety</u> and returned to the
athlete's head coach or athletic trainer before a student participates in <u>any</u> try-out,
practice, athletic class, open gym, open weight room, athletic competition, or travels with
an athletic team for any purpose.

• Students are required to use the UIL Pre-participation Physical Examination Form. No other physical examination form can be accepted as per the UIL. A new physical exam must be given prior to each school calendar year per PSJA school board policy.

Request for Post-Activity Student Release: This form MUST be signed by a parent or guardian for the athlete to ride home from an away game. If the form is not turned in, the athlete must ride on the bus back to the campus.

TEA/UIL Eligibility Calendar: This calendar, accessible in the Athletics section of the PSJA ISD website, indicates the specific dates on which academic grades are evaluated or re-evaluated as well as when students gain/lose eligibility.

Coach/Principal Checklist

- All coaches must have a signed professional acknowledgment form on file in the school
 office.
- It is required that a game administrator be designated for all athletic team contests.
- All coaches must complete the online CCP (Coaches Certification Program) yearly, as required by the UIL.
- A grade check procedure for all sports must be implemented on every campus. Coaches, sponsors, and other faculty members must be aware of their responsibilities.
- The UIL mandates that each campus develops and have on file, available to all coaches, a campus plan of action for immediate in-house handling of alleged UIL, TEA, and PSJA ISD rules, regulations, and policies.
- It is the school's responsibility to make sure that all students attending their school meet all the UIL and PSJA ISD rules governing eligibility. It is the responsibility of each school to keep on file the required annual forms for each student who participates in any practice, scrimmage, or game (i.e. medical form, parent permit and acknowledgment form, parent and student steroid notification form, eligibility permit, transfer papers, foreign exchange forms, athletic eligibility form for average students (504 students), weekly game report forms, and injury forms (football only).
- All coaches must be full-time employees of the school district and must sign a professional affidavit before the season begins. They also must have a degree from an accredited college or university and a Texas Teaching Certificate.
- Head coaches in all sports need to distribute to all varsity athletes written criteria for determining athletic lettering procedures. (See page 36.)
- All coaches must have a current CPR/AED/First-Aid certification, and Concussion Management certification on file with the athletic office.
- All first-year coaches must complete the First Year Texas Coach module in the UIL Portal.

ALL REQUIRED PAPERWORK AND CERTIFICATIONS MUST BE COMPLETED AND TURNED IN BEFORE COACHES MAY BEGIN STUDENT INSTRUCTION.

UIL/PSJA ISD Athletic Program Compliance Expectations

<u>Every coach</u> must read the specific UIL Sport Manual regarding their sport and be in compliance of all rules and rule changes. It is the responsibility of each coach to submit all UIL paperwork regarding their sport and to comply with all UIL and PSJA ISD guidelines as they pertain to their program.

Coaching Requirements and Training

All high school coaches must be full-time employees of the school district. All coaches/sponsors at the high school level must sign a Professional Acknowledgment Form prior to the beginning of their tenure at a participant school. Coaches who knowingly and willfully violate rules may be penalized according to the Constitution and Contest Rules by the District Executive Committee (reprimand) or State Executive Committee (reprimand, public reprimand, suspension).

Exception: A retired teacher/administrator who has 20 or more years of experience may serve as an assistant coach in all athletics and as a head coach for golf, tennis, team tennis, cross country, track and field, and swimming. (This rule shall not affect the status of a coach on a leave of absence attending college.) Also, student teachers, while they are assigned to a participant school district to fulfill their student teaching requirements, may volunteer to serve as an assistant coach in all athletics. Schools shall not pay student teachers for assisting athletic coaches.

UIL First Year Texas Coach

All first-year coaches and any coach who is not a full-time employee of the school district must complete the UIL "First Year Texas Coach" module prior to their participation as a coach for any UIL member school.

Exception: Retired teachers/administrators with 20 or more years' experience and student teachers. The module must be completed in the UIL Portal along with the Coaches Certification Program and will be stored there.

UIL Coaches Certification Program (CCP)

The Legislative Council requires all coaches' grades 7-12 to complete the CCP. The CCP course is available only from the UIL Portal Web site. The course sections include the educational requirements of the Texas law, and each individual section provides a content portion and it is followed by a quiz over the presented material. To verify completion of the program, coaches must print a copy of the certificate and submit to their Athletic director, who shall keep it on file with the school. The program does award Continuing Professional Education hours.

The course includes the following required sections:

- Constitution and Contest Rules
- Ethics and Sportsmanship
- Extracurricular Activity Safety Training
- Steroid Education
- Concussion Education
- Sport Specific: Coaches should complete the module for each sport they are coaching

First Aid/CPR/AED Certification

Chapter 33 of the Texas Education Code, section 33.086 states:

§33.086. CERTIFICATION IN CARDIOPULMONARY RESUSCITATION AND FIRST AID

- a. A school district employee who serves as the head director of a school marching band or as the head coach or chief sponsor for an extracurricular athletic activity, including cheerleading, sponsored or sanctioned by a school district or the University Interscholastic League must maintain and submit to the district proof of current certification in first aid and cardiopulmonary resuscitation issued by the American Red Cross, the American Heart Association, or another organization that provides equivalent training and certification.
- b. Each school district shall adopt procedures necessary for administering this section, including procedures for the time and manner in which proof of current certification must be submitted.

Added by Acts 1999, 76th Leg., ch. 396, § 2.14(a), eff. Sept. 1, 1999. Amended by Acts 2003, 78th Leg., ch. 881, § 1, eff. June 20, 2003.

Additionally, Chapter 22 of the Texas Education Code, section 22.902 states:

§ 22.902. INSTRUCTION RELATED TO CARDIOPULMONARY RESUSCITATION AND USE OF AUTO-MATED EXTERNAL DEFIBRILLATOR

- a. A school district shall annually make available to district employees and volunteers' instruction in the principles and techniques of cardiopulmonary resuscitation and the use of an automated external defibrillator, as defined by Section 779.001, Health and Safety Code.
- b. The instruction provided in the use of an automated external defibrillator must meet guidelines for automated external defibrillator training approved under Section 779.002, Health and Safety Code.
- c. Each school nurse, assistant school nurse, athletic coach or sponsor, physical education instructor, marching band director, cheerleading coach, and any other school employee specified by the commissioner and each student who serves as an athletic trainer must participate in the instruction in the use of an automated external defibrillator. A person described by this subsection must receive and maintain certification in the use of an automated external defibrillator from the American Heart Association, the American Red Cross, or a similar nationally recognized association.
- d. The commissioner shall adopt rules as necessary to implement this section.
- e. This subsection applies only to a private school that receives an automated external defibrillator from the agency or receives funding from the agency to purchase or lease an automated external defibrillator. A private school shall adopt a policy under which the school makes available to school employees and volunteers' instruction in the principles and techniques of cardiopulmonary resuscitation and the use of an automated external defibrillator. The policy must comply with the requirements prescribed by this section and commissioner rules adopted under this section, including the requirements prescribed by Subsection (c).

Added by Acts 2007, 80th Leg., R.S., Ch. 1371, § 3, eff. June 15, 2007.

Concussion Training

Section 38.158 of the Texas Education Code mandates that all coaches receive not less than 2 hours of concussion specific training every 2 years. Courses must be approved by the UIL and include the NFHS Concussion in Sports training and the Texas Health Concussion Training for Texas Coaches. Concussion training may be done online or in person.

Professional Acknowledgment of UIL Rules

All coaches must complete this form and it must be on file with the district Human Resources Office.

Lianna's Safe Student Initiative

All coaches must sign the Lianna's Safe Student Initiative and the form must be on file with the Human Resources Office. This is to ensure proper supervision and safety measure are followed.

The District shall attempt to ensure student safety through supervision of students in all school buildings, at all school-sponsored events or activities, on all school grounds, and through special attention to the following:

- 1. Maintaining a reasonably safe school environment. [See CK, CLB]
- 2. Observing safe practices in those areas of instruction or extracurricular activities that offer special hazards. [See CKB]
- 3. Developing age-appropriate safety programs and activities for students at each grade level.
- 4. Emphasizing safety education to students enrolled in laboratory courses in science, industrial arts, health, and physical education. [See CK]
- 5. Providing first aid for students in case of accident or sudden illness. [See FFAC]
- 6. Annually reviewing the adequacy of emergency procedures at each campus in the District and providing for staff training in such procedures. [See CKC]
- 7. Implementing appropriate crisis management procedures when emergencies occur. [See CKC]

The Superintendent and the principals shall develop plans and procedures for acquainting students with safe conduct and behavior in a variety of conditions and circumstances, including play and recreation, fire, severe weather, use of bicycles and automobiles, and use of school transportation. Teachers and administrators shall promote these procedures among students as appropriate.

All required paperwork and certifications must be completed and on file in Rank One before coaches may begin student instruction.

Minimum Penalty for Misconduct

- Automatic Minimum Penalty. Any coach who is ejected from a contest for unsportsmanlike conduct, or any football coach who is given two or more 15-yard unsportsmanlike penalties during a contest may accept an automatic penalty for their ejection or appeal the ejection. A coach who appeals their ejection is required to appear before the State Executive Committee. If the coach accepts their automatic penalty or their ejection is not overturned on appeal, the coach will be subject to:
 - a. an automatic penalty of public reprimand (name will be published once in the Leaguer) and one year's probation in the applicable sport; and
 - b. completing an additional UIL Rules Compliance Program; and

- c. completing the National Federation of State High School Associations Teaching and Modeling Behavior Course.
- d. PSJA ISD coaches will be suspended from the next scheduled game for an ejection per local athletic policy.
- 2. Automatic Greater Penalty. If a coach so penalized has no proof of having completed the UIL Rules Compliance Program prior to the sports season, that coach shall also be automatically suspended from the next game/contest.
- 3. Subsequent Violations. Any further ejection or accumulation of two 15-yard unsportsmanlike penalties during a football game, while on probation, will require the coach to appear before the State Executive Committee for consideration of penalty.
- 4. Notification. Schools shall notify the UIL within three school days if a coach has been ejected from a game or received two 15-yard unsportsmanlike penalties.

Officials

Officials will be provided by the PSJA ISD Athletic Department for all scheduled football, volleyball, basketball, softball, baseball, and soccer games in cooperation with the assigner.

Game officials assigned should not be changed unless cleared through the Athletic Office.

****HIGH SCHOOL officials will be paid directly through the school athletic clerk. Turn in a completed PAYMENT FORM FOR OFFICIALS to the athletic clerk by next school day following the contest. A W9 form signed by the official should be attached to the official form (The W9 form is only done one time). All coaches will keep a copy of paperwork to ensure proper payment.

Supervision at Athletic Events

There must be adequate supervision for athletic events. After games are completed, the home school should provide supervision to visiting teams during their departure from the school campus. Visiting teams should be treated as guests in your school. Courtesy, respect, and supervision should always prevail.

The principal oversees any activity held at their campus. It is the responsibility of the principal to have administrative personnel present at all functions held at the school. The authority for athletic contests is the responsibility of the coaching staff under supervision of the principals.

Security for on-campus activities will be the responsibility of the principal. Each school will provide security for all varsity and sub varsity contests. It is strongly recommended that security be provided for all athletic events.

Campus Plan for Handling of UIL Violations

The University Interscholastic League (UIL), through the District Executive Committee and the State Executive Committee, has ultimate jurisdiction over violations of UIL rules and regulations. These responsibilities as well as penalties for violations and the jurisdiction of the UIL District Executive Committee may be found in the UIL Constitution and Contest Rules.

The UIL mandates that each campus develops and have on file, available to all coaches, a Campus Plan of Action for immediate in-house handling of alleged violations of UIL, TEA, PSJA ISD, Athletic Office, and Campus rules, regulations, and policies.

Guidelines

All personnel involved in the coaching and managing of athletic (or academic) events will be expected to uphold and abide by policies and procedures of the University Interscholastic League in the management of their respective activities as well as specifics identified in the Recommended Plan of Action (listed later in this section).

Campus Plan Checklist

- Establishment of a written timeline calendar. A timeline should be established on every high school campus to ensure dissemination of information to all coaches/sponsors concerning UIL, TEA, PSJA ISD, Athletic Office, and Campus rules and regulations.
- Verification of eligibilities
- Verification of addresses of athletes
- Inservice for athletic (and academic) coaches

Recommended Plan of Action

The following information represents the PSJA ISD Athletic Offices recommendation for penalty assessments.

UIL/TEA Violations

In UIL/TEA activities where the violation could result in a probable public reprimand and/or suspension of a player, sponsor, or coach or where the school could receive a public reprimand or suspension, it is recommended that the campus administrator take immediate action. Once the seriousness of the matter is determined and evidence indicates possible wrongdoing, the administrator should relieve all involved parties of their coaching duties until the matter can be referred to the District Executive Committee.

Example of Violations:

- Coach, player, or fan abusing official
- School or coach knowingly playing an ineligible player
- Any situation where a coach, sponsor, player, or school
- Representative knowingly violates UIL rules.

State, District, or Department Policy Violations

In activities where the violation does not concern UIL/TEA but does concern state, district, or departmental policies and is serious enough to involve job termination or litigation involving the school, coach, or sponsor, it is recommended that immediate action be taken to relieve all involved parties of their coaching duties until guilt or innocence is determined. Relieving a person from their prescribed job duties is not intended to establish guilt or innocence before due process is afforded.

Examples of Violations:

Hitting a player

- Inappropriate conduct between player and coach
- Failure to supervise a team properly (destroying property,
- Placing people in jeopardy or resulting in injury)

Guidelines for Assessing Penalties

- SUSPENSION for intentional violation of UIL/TEA rules and regulations or state, district, or departmental policies.
- PUBLIC REPRIMAND and POSSIBLE SUSPENSION for negligent violation of UIL/TEA rules.

Guidelines for assessing all UIL/TEA penalties are listed in Section 700 of the Constitution and Contest Rules.

It is the responsibility of any school official within the school district who has information and/or evidence of a possible violation to report this information to the Campus Principal, Athletic director, or UIL District Executive Committee Chairman immediately.

Violation Report Procedure

Upon receiving notice of possible UIL infractions:

- Communicate with immediate supervisors the allegations of a possible infraction (Campus Principal, Athletic director & Campus Athletic Coordinator) within 24 hours of the reported allegation.
- Communicate with DEC of possible UIL violations and our intent to investigate alleged violation.
- Investigate the alleged infractions: interview coach, interview assistant coaches, interview players if needed, review videos if available, and interview any other parties involved in alleged infraction.
- Ascertain if an infraction did occur. If infraction did occur, then:
 - Ascertain if infraction was by omission
 - o or if infraction was intentionally committed
- If a violation did occur, take immediate steps to correct the violation. Review the UIL's C&CR for type of infraction and possible penalties for the infraction.
- Self-assess sanctions as necessary. Make sure they are in line with UIL's C&CR and local policy.
- Report findings to immediate supervisors and Submit report to DEC with our course of action taken.

NOTE:

Sub Chapter F - Section 55: REPORT OF VIOLATION

A superintendent, principal, school administrator, teacher, coach or sponsor may report an alleged violation of the Constitution and/or Contest Rules by his or her school or school district. The report must be in writing and filed with the District Executive Committee or the State Executive Committee, whichever is appropriate, within a reasonable time. The committee shall determine on a case-by-case basis "what is a reasonable period of time", however, there is no time limit to protest eligibility or any other rule which imposes mandatory penalties.

UIL Rules Training for Coaches

Beginning of school year all Coaches Meeting:

- review UIL C&CR
- review TEA & UIL Side by Side
- Online process review & take test for RCP (UIL Rules & Compliance Program) certification
- Coaches Download: UIL Sport Manuals from UIL Website (head coach)

Student Participation and Eligibility

Grade Check Procedures

Coaches Responsibilities:

All activity coaches and directors are responsible for obtaining official grade reports from the individual the principal designates as the keeper of official grades before the student represents the school. This provision applies to all grading periods. It also applies to all three-school week evaluation periods for ineligible students.

<u>Note:</u> When computing eligibility calendars, it is helpful to remember that the seven-day grace period after the grading period also contains school week one of the three school week evaluation period. Also, a seven-calendar day grace and waiting period is always applicable after grading periods and evaluation periods

No Pass No Play

It is essential that each head coach be responsible for the academic monitoring of his/her student-athletes.

- A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if:
 - o Beginning the 9th grade -- has been promoted from the 8th grade to the 9th.
 - Beginning the 10th grade -- has earned 5 credits towards state graduation.
 - Beginning the 11th grade -- has earned 10 credits towards state graduation OR has earned 5 credits towards state graduation in the last twelve months.
 - Beginning the 12th grade -- has earned 15 credits towards state graduation OR has earned 5 credits towards state graduation in the last twelve months.

(The above eligibility criteria apply only to the following sports: Football, Volleyball, Team Tennis, Golf, Swimming, and Cross Country.)

- In order to be eligible to participate in an extracurricular activity for a six week period following the first six week period of a school year, a student must not have a recorded grade average lower than 70 in any course for that preceding six weeks.
- A student whose six-week grade average, in any course, is lower than 70 at the end of any 6-week period shall be suspended from participation in any interscholastic activity during the succeeding three-week period. If, at the end of the three weeks' period, the student is passing all classes, that student will become eligible 7 days after the grade was officially earned for the remainder of that current 6 weeks. Validation of the 3 weeks' grade is made with the E-School Plus grade report through the campus coordinator or campus principal.
- Students may practice with their respective teams while they are on academic suspension.
- Students may also participate in pre-season scrimmages while on academic suspension.

- At the end of any 3-week ineligibility period in which a student has attained a course grade average of at least 70 in each course taken, any suspension from participation shall be removed after the 7-day grace period.
- Extracurricular activities shall be limited from the beginning of the school week through the end of the school week to no more than one contest or performance per activity. Practice outside the school day shall also be limited to a maximum of eight hours per school week per activity.
- Students who also assist the coach, such as student managers, must meet all academic eligibility requirements even though they do not participate in the actual performance or contest.
- A student receiving an incomplete in a course is considered ineligible until the incomplete is replaced with a passing grade for that grading period in a designated amount of time.
- A student who fails a course becomes ineligible seven days after the last day of the six weeks' period. For a complete listing of all grace period dates, see the athletic website.
- The PSJA ISD athletic departments validates.

Process for Determining UIL Eligibility

Coaches should check the following criteria to determine academic eligibility for students participating in UIL athletic events. (Ineligible students may practice but may not compete with the team.)

Fall Eligibility

- Students going into grades 7, 8, or 9 must have been promoted to (not placed in) that grade.
- Students going into grades 10, 11, or 12 have two ways they may be eligible for the fall semester:
 - o Receive five credits from the previous year. (When a student receives credits from the previous year, the number of credits from other high school years is not a factor.)
 - Have accumulated at least 10 credits at the beginning of the third year and 15 credits at the beginning of the fourth year in high school.
- Students who either complete summer school courses or correspondence courses prior to the fall semester may apply credits toward fall eligibility.
- Students may become eligible for UIL competition at the end of the seventh week of school if at the end of the first six weeks grade check they are passing all courses with an average of seventy or above.

Retaining Eligibility

Grade check procedures for schools on a six-week grading period:

- Check grades at the end of the sixth week of school. If a student fails a class on the sixth week grade check, then they will become ineligible on the Friday of the seventh week.
- An ineligible student may practice or rehearse; however, this student's grades will be
 checked again at the end of the third week of the grading period. If they are passing all
 classes, they will regain eligibility on the Friday of the fourth week. If the student is still
 failing at the end of the third week, grades will be checked at the end of the sixth week to
 see if they will regain eligibility.

A student regains eligibility after the seven-calendar day waiting period has ended following a grading period when the principal and teachers determine that he or she has earned a passing grade (70 or above) in all classes.

Pharr-San Juan-Alamo ISD 108909

STUDENT ACTIVITIES

FM

(LOCAL)

EXTRACURRICULAR ACTIVITY ABSENCES

The District shall make no distinction between absences for UIL activities and absences for other extracurricular activities approved by the Board. A student shall be allowed in a school year a maximum of ten extracurricular absences not related to post-district competition, a maximum of five absences for post-district competition prior to state, and a maximum of two absences for state competition.

EXTRACURRICULAR ELIGIBILITY

A student enrolled in honors or advanced courses shall earn a grade average of 70 or above on a scale of 100 during the reporting period to remain eligible to participate in District and UIL extracurricular activities.

EXEMPTION

A student shall be permitted one exemption per six-week grading period to continue participation in District and UIL extracurricular activities with an average of 65–69 in one Advanced Placement course, International Baccalaureate course, or honors/dual credit course in the subject areas of English language arts, mathematics, science, social studies, economics, or a language other than English.

USE OF DISTRICT FACILITIES

School-sponsored student groups may use District facilities with prior approval of the appropriate administrator. Other student groups may use District facilities in accordance with policy FNAB.

DATE ISSUED: 2/22/2008

ADOPTED:

1 of 1

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GRADING PERIOD ENDS

GAIN OR LOSE ELIGIBILTY

1ST SEMESTER

1st Reporting Period Friday, October 6 Friday, October 13 3 WEEKS-- Friday, October 27 Friday, November 3

2nd Reporting Period Friday, November 10 Friday, November 17 3 WEEKS Friday December 8 Friday, December 15

3rd Reporting Period Friday, December 22 Tuesday, January 16

2ND SEMESTER

3 WEEKS--Friday, January 26 Friday, February 2

4th Reporting Period Friday, February 23 Friday, March 1
3 WEEKS-- Friday March 22 Monday, March 29

5th Reporting Period -- Friday, April 19 Friday, April 26 3 WEEKS-- Friday, May 10 Friday, May 17

6th Reporting Period Friday, June 7 END OF SCHOOL

ALL ATHLETES ARE ELIGIBLE THE FOLLOWING DAYS:

Thanksgiving - Friday (after school), November 17th to Saturday November 27th Christmas - Friday (after school), December 22nd to Monday, January 9th Spring Break - Friday (after school), March 8th to Saturday, March 18th

Gaining or Losing eligibility is always based on 7 days from when athletes return to school. This applies when school is out more than 7 consecutive school days.

Previous Athletic Participation Form Procedures

- The head coach should assist the parents or guardian in filling out the PAPF and questionnaire.
- The head coach or school liaison will make an <u>unannounced</u> home visit and document their visit with principal and athletic coordinator on athlete's who will compete on varsity level within first year of transferring to new school. (Visit should be made to incoming freshman who did not come from 100% feeder middle school.)

- The PAPF should be reviewed by the athletic coordinator and UIL Compliance Officer to make sure all information has been completed and there are no further explanations needed.
- The PAPF should be sent to the DEC chairman for consideration and approval.
- When PAPF's have been finalized the DEC chairman will keep the original and send a copy to the Athletic director to be kept on file in the Athletic Office. Copies should also be sent to the Principal and Athletic Coordinator of school involved.

Who should complete a PAPF?

All new students in grades 9-12 who have ever practiced or participated in any UIL athletic activity in grade 8-12 at another school MUST have this form completed by the previous school (last school of participation) and be approved by the District Executive Committee before they are eligible to participate at the varsity level at the new school. The only exceptions will be incoming freshmen that have lived in the high school attendance zone and attended the entire eighth grade year at a middle school that is in that high school's feeder pattern.

General Eligibility and Participation Rules

For all eligibility rules, please refer to the UIL Constitution and Contest Rules Subchapter M. Eligibility rules are found in Section 400 and 440 of the Constitution and Contest Rules. Any time you have a question regarding a student's eligibility, you should consult with your school principal or superintendent. For any student who is new to your school, residence requirements according to Sections 400 (d) 440, and 442 should be thoroughly investigated.

Section 400: Student's Eligibility for All UIL Contests

Subject to the other sections of this subchapter, an individual is eligible to participate in a League varsity contest as a representative of a participant school if that individual:

- a) is not a high school graduate (see Section 402);
- b) is a full-time, day student in the participant high school the student represents (see
- c) Section 403, academic exception, Section 906 and Official Interpretation #24-26, Appendix I);
- d) has been in regular attendance at the participant school since the sixth class day of the present school year or has been in enrolled and in regular attendance for 15 or more calendar days before the contest or competition (student becomes eligible on the fifteenth day) (see Section 404 and Official Interpretation #3, Appendix I);
- e) is in compliance with rules of the State Board of Education; (see Section 401) and state law regarding credit requirements and grades (the school shall verify a student's grades on the basis of the official grade report and independently of involvement by the student);
- has the required number of credits for eligibility during the first six weeks of school (see Section 409);
- g) is enrolled in a four-year program of high school courses (see Section 405);
- h) initially enrolled in the ninth grade not more than four years ago nor in the tenth grade not more than three years ago (see Section 405 and Official Interpretation #34, Appendix I);
- i) was not recruited (see Section 5 and section 406);
- j) is not in violation of the Awards Rules (see Sections 480 through 482); and

k) meets the specific eligibility requirements for UIL academic competition in Section 420, for music competition in Section 430, and/or for athletic competition in Section 440.

Section 440: Eligibility - Athletics

Subject to the other sections of this subchapter, an individual is eligible to participate in a League varsity athletic contest as a representative of a participant school if that individual:

- a) meets all the requirements of Section 400;
- b) is a resident of the member school district (see Section 442), and a resident of the attendance zone in which the participant school being attended is situated;
 - 1) Or has been continuously enrolled in and regularly attending the school for at least the previous calendar year if his or her parents do not reside within the school district's attendance zone; see (5) (B) below for exception. Note: a student who has changed schools for athletic purposes may be declared ineligible for more than one calendar year. See §443 (f) (3).
 - Or the student is attending a school outside the attendance zone where the parents reside because the school board or other appropriate authority changed district or attendance zone lines.
 - 3) Intra-District Transfers to Vocational, Magnet or Optional Attendance Area Schools. Or is transferring at the first opportunity to do so from one school within an ISD to the same ISD's vocational high school, magnet school, International Baccalaureate Program school or optional attendance area. Students would not be eligible at the new school for varsity athletics for at least one calendar year if they transferred for athletic purposes or opted to transfer after their first opportunity to transfer.
 - 4) Or is a transfer student from a public 8-grade system not containing a high school, who transferred at the first opportunity:
 - to select a high school with geographical boundaries contiguous to his or her K-8 school; or
 - ii. to a high school for which the K-8 school attended receives state transportation funds; or
 - iii. to the high school located nearest the student's residence.
 - 5) Foreign Exchange Students.
 - i. Foreign exchange students are ineligible for varsity athletic contests the first year they attend a participant school unless they are granted a waiver of the parent residence rule as outlined in Sections 465 and 468.
 - ii. Foreign exchange students who receive a foreign exchange waiver and participate in UIL varsity athletic contests during their first year in the host school may not participate in those same contests if they return for a second year to the host school. The student may, however, participate in any other UIL varsity sport. See Official Interpretations #4, 5, 6, 26 and 28, Appendix I.
- c) is less than 19 years old on September 1 preceding the contest, or has been granted eligibility based on a disability which delayed his or her education by at least one year (see Section 446);
- d) did not change schools for athletic purposes (see Sections 5, 443);
- e) is an amateur (see Section 441 and Official Interpretation #7, Appendix I); and

f) was eligible according to Section 400 (c) (fifteen calendar day rule) and Section 440 (b)(residence rule) at the participant school the student wishes to represent prior to the deadline for district certification (non-compliance results in ineligibility only in post district competition in that sport).

Other Regulations

1. Limitation on Awards:

- a. Schools may give one major award, not to exceed \$70.00 in value to a student during high school enrollment at the same school for participation in one of the UIL interschool competitions listed in Section 380.
- b. One additional symbolic award, not to exceed \$10.00 in value, may be presented for participation in each additional UIL activity listed in Section 380.
- c. The \$10.00 award shall not be given to a student for an activity during the same year that the major award is given for that activity.
- d. A letter jacket may be given any one-time during a students' enrollment at the same school.
- e. The student may receive symbolic awards, plaques, medallions, or letters for participation in each UIL activity.
- f. A symbolic award may not be given to a student for an activity during the same year that the jacket is given for that activity.
- g. Schools are responsible for ensuring that the awarding of jackets does not overlap between activities (i.e. football and band).
- h. PSJA Letterman jacket criteria:
 - i. Freshmen may not receive a letterman jacket
 - ii. Sophomores receive a letterman jacket if they letter both the 9th and 10th grade in the same sport.
 - iii. Juniors and Seniors receive a letterman jacket when they letter in that sport.
 - iv. Coaches are responsible for making students athletes aware of the criteria for earing a letter jacket.

2. Forms

- a. It shall be the responsibility of each school to keep on file the required annual forms for each student who participates in any practice, scrimmage, or game.
 - Medical History Form Annual physical exam signed by a physician or physical exam upon entry into high school, and in intervening years, only a medical screening shall be required. (Note: Physicals may be required each year by local school adoption.)
 - ii. <u>Parent Permit and Acknowledgment Form</u> Annual participation permit signed by the students' parent or guardian and UIL Rules and Acknowledgment Form signed by the student and the student's parent or guardian.
 - iii. <u>Parent and Student Steroid Notification Form</u> Notification of illegal steroid use and submission for random steroid testing.
 - iv. <u>Sudden Cardiac Arrest Information Form</u> Notification of the warning signs of sudden cardiac arrest

- v. <u>Eligibility Permit</u> Required for varsity athletes only. Copies are to be sent to the District Executive Committee and to the UIL office before the first contest.
- vi. <u>Transfer Papers (Previous Athletic Participation Forms)</u> A student who has represented another school (eighth grade or above) any previous year in any UIL athletic activity is ineligible in the sport or sports in which he/she participated for one calendar year in a school to which he/she changes until: (1) his/her parents have a bona fide residence within the district; (2) the student has a release, signed by the Superintendent of the district or by the Principal and coach of the school he/she previously attended: (3) the students' parents sign a statement (in the presence of school officials or notary) that the parents reside in a bona fide residence within the district or attendance zone and the change of schools was not made for athletic purposes; (4) the students change is approved by the District Executive Committee of the district to which he/she is changing before the student competes at the varsity level.
- vii. <u>Late Forms</u> If the Previous Athletic Participation Form or Eligibility Blank was not filed prior to competition, and it was an inadvertent error and the student is actually eligible under Subchapter M of the Constitution, the district executive committee is not required to demand forfeiture or to rule the student ineligible. The committee may assess the minimum penalty of private reprimand.
- viii. <u>Foreign Exchange Students</u> Foreign exchange students in approved CSIET foreign exchange programs are allowed to apply for exceptions to the residence rule through the UIL waiver process. A waiver could be granted in certain activities if they have not received advanced training or have not had extensive experience in the activity of their choice.
- ix. <u>Varsity Athletic Eliqibility for Over-Age Students</u> Subject to the other eligibility rules of the UIL Constitution and Contest Rules, an individual is eligible to participate in a League varsity athletic contest as a representative of a participant school if that individual is less than 19 years old on September 1 preceding the contest; or has been granted eligibility based on a handicapping condition which delayed his or her education by at least one year and the student is currently in special education and under the auspices of an ARD Committee or has been identified as a 504 student (The Varsity Athletic Eligibility for Over-Age Student Form is located in the back of this manual.)

3. Participation

a. <u>Sundays</u>

i. No member school shall sponsor individuals or teams in any practice or school competition on a Sunday in a League athletic or a contest similar to one offered by the League.

Note: Regional or state tournament directors may schedule postponed or weather delayed regional or state contests on Sunday afternoon or evening with prior approval of the participating schools and with prior permission from the UIL Athletic Staff.

- ii. Golf Exception: If the regional and/or state golf tournaments are scheduled on a Monday, the one 18-hole practice round allowed at the regional and/or state tournament site may be played on the Sunday afternoon preceding the meet if permitted by the regional or state spring meet director general.
- iii. **Tennis Exception**: If the regional and/or state tennis tournaments are scheduled on a Monday, participants may be accompanied to or transported to a tennis court on Sunday by the school coach to allow the athletes to stretch and hit in preparation for the tournament. The regional or state meet director general must give prior permission to use the courts.

b. Off-Season Regulations

- i. **Team Practice:** School teams shall be prohibited from practicing team skills before or after school except during the specified practice dates and during the one allowable period during the school day.
- ii. Powerlifting: Off-season athletes whose schools have an athletic period during the school day may not participate on powerlifting teams unless weight training is provided for off-season athletes during the in-school-day athletic period. It would also make it a violation for power lifting teams to be limited to athletes or to be required as part of an athlete's off-season program.
- iii. **Off-Season Participation:** Varsity or non-varsity athletes shall not be required to participate in an off-season program on the day of an in-season competition.
- iv. Practice Regulations Outside the School Year: Any practice conducted by a school team outside the school year must be in accordance with the following regulations. (Football and Volleyball must also adhere to UIL beginning and ending dates.)
 - 1. Student athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
 - 2. Student athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
 - 3. The maximum length of any single practice session shall be three hours
 - 4. On days when more than one practice is conducted, there shall be, at a minimum, one hour of rest/recovery time between the end of one practice and the beginning of the next practice.
- v. **Participation Requirement:** Students shall not be required to participate in one school sport as a prerequisite for participation in another school sport.
- vi. **Policies:** Written school policies for use of facilities during the off-season, outside the school day, and during the summer months should be approved by the school administration and dispersed to all staff and students.
- vii. **Off-Season Period Limits:** Off-season activities are limited to one regular classroom period (max. 60 minutes) per day within which all suiting out, relating activity, and redressing must occur.

c. <u>Holiday Restriction</u>. No school facilities, personnel or equipment may be used during five consecutive holiday days, to include December 24, 25, and 26. Travel is permitted on December 26, if a morning tournament game is scheduled on December 27. Suggested activities or directions by school personnel will be a violation of this regulation. Different teams in a school (girls' basketball versus boys' basketball) may select different five consecutive day periods for this moratorium.

4. Rules Enforcement and Violations

- a. <u>District Executive Committee</u>. It shall be the duty of the DEC to: 1) enforce all rules and regulations; 2) investigate and check eligibility of athletes; 3) uphold principles of high school athletics as a valuable educational activity; and 4) arrange a schedule for district competition and representation.
- b. <u>Protests.</u> All protests shall be in writing and signed by the superintendent and must be made to the proper committee within 24 hours after the contest is completed. A protest based on the alleged ineligibility of a player may be made at any time. Protests of officials/judges' decisions, rulings, judgement calls, etc. will not be accepted.
- c. <u>School Authority Responsibility</u>. The superintendent shall be responsible for the proper conduct of athletic contest in a school system.
- d. <u>Observe Rules</u>. Each school shall abide by all rules contained in the Constitution. In case an ineligible contestant is used in any League game, knowingly or unknowingly, the minimum penalty shall be forfeiture of the game.
- e. <u>Rule Violations</u>. Students who violate the rules shall be ineligible for at least one year from the date of the violation unless otherwise specified by rule. Regulations in the athletic plans of the Constitution and Contest Rules govern all varsity and subvarsity teams. Specified rules within the junior high section of the Constitution govern eighth grade and below.

f. Penalties.

- i. Fighting, i.e. unauthorized entrance on to the playing field/court area to engage in a fight with an opponent, teammate, fan, and/or official and
- ii. Failure to complete an athletic contest, i.e. removing a team from field/court in protest, will be included under the UIL penalty structure.
- 5. Coaches: All coaches must be full-time employees of the school district. All coaches or sponsors at all levels must sign a professional affidavit before the season begins. Coaches who knowingly and willfully violate rules may be penalized according to the Constitution and Contest Rules by the District Executive Committee (private reprimand) or State Executive Committee (private reprimand, public reprimand, suspension). EXCEPTION: Retired school people with 20 years of service in public schools may serve as part-time director of the One-Act Play contest in grades 9-12 and as part-time head or assistant athletic coaches in grades 9-12 in all individual sports and as part-time assistant coaches in all other team sports in grades 9-12.
- 6. **Contests During the School Week**. According to the State Board of Education mandates, students may only participate in one contest per activity during the school week. **Exception**: District varsity contests postponed due to weather or public disaster may also be scheduled during the school week but must be rescheduled and played within seven days of the postponement in order to be played as an exception. Post-season competition may also be scheduled as an exception to the one contest during the school week. School week means

the week beginning at 12:01 AM on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays. Post-District play means competition in UIL play-off series or contests such as --Bi-District, Area, Regional, etc.

- 7. **Practice Time**. According to the State Board of Education, practice time outside the school day is limited to eight hours per school week per activity from Monday 12:01 AM through the end of the school day Friday. (This does not include travel time to games/matches scheduled during the school week. See definition of school week above.)
- 8. Adult Supervision. A coach or adult supervisor must always accompany students. A student shall not represent his or her school at any time in connection with interscholastic competition unless accompanied by a coach or another appointed member of the school faculty. Exception: A non-school person may serve as the adult supervisor of students when appointed by the administrator in areas where no coaching/directing takes place. These individuals may provide the transportation to and from the activity and be responsible for the supervision of the participants.
- 9. **Schedules**. Athletic schedules will not be considered official until approved by the superintendent of the member school district.
- 10. **Chemical Abuse Programs**. Schools are strongly encouraged to develop alcohol and drug abuse prevention education programs. The UIL staff will provide assistance to coaches, sponsors and administrators in developing educational programs and referral procedures.

Non-School Participation

A. All-Star Basketball, Football, and Volleyball Games

No Athletic director, coach, teacher, school administrator, or school district shall at any time assist directly or indirectly with the coaching, management, direction, selection of players, promotion, officiating, or allow public school facilities or equipment to be utilized in any basketball, football, or volleyball all-star game (except Texas High School Coaches Association games, Oil Bowl and regularly scheduled church and recreational league games) in which one or more of the competing teams is composed of one or more players who, during the previous school year, were members of a high school team in that sport. Any member high school violating the provisions of this all-star contest rule shall be subject to penalty.

B. Off-Season Participation in Non-School Team Sports

- 1. School coaches shall not coach students from their own attendance zone on a non-school team, except for their own adopted or birth children.
- 2. School equipment shall not be used for non-school teams/leagues.

C. Coaching Restrictions

For non-school competition before and after the school season, school coaches may assist in organizing, selecting players and coaches, and supervising facilities. School coaches shall not coach or instruct students from their school district attendance zone. School coaches shall not be involved with these non-school activities on school time.

D. College and University Tryouts

UIL member school facilities shall not be used for college/university tryouts. Neither schools nor coaches shall provide, equipment, or defray expenses for students attending college tryouts. Any contest at which a higher admission fee is charged to college coaches than is charged to parents or other adults is considered a college tryout.

E. Off-Season School Facility Use

Athletes may attend open gyms, facilities, and weight rooms. School personnel shall make every effort to see that students understand that participation is strictly voluntary and never required. Participation shall not be a prerequisite for trying out for a school team. Coaches may be present to supervise the facilities. They shall not provide specific instruction in sport skills. Weightlifting instruction is permitted, and progress charts may be kept.

F. Baseball, Basketball, Football, Soccer, Softball, and Volleyball Camps Where School Personnel Work with Their Own Students

In June, July, and August, on non-school days prior to the second Monday in August, all students other than students who will be in their second, third, or fourth, year of high school may attend one camp in each team sport, held within the boundaries of their school district, in which instruction is given in that team sport, and in which a 7th-12th grade coach from their school district attendance zone works with them, under the following conditions:

- 1. <u>Number of Days</u>: Attendance at each type of sports camp is limited to no more than six consecutive days.
- 2. <u>Prohibited Activities</u>: Students shall not attend football camps where contact activities are permitted.
- 3. Fees: The superintendent or a designee shall approve the schedule of fees prior to the announcement or release of any information about the camp. Section 20.53 (f) of the Texas Education Code requires school districts to adopt procedures for waiving fees charged for participation if a student is unable to pay the fee, and the procedures must be made known to the public. Fees for all other students shall be paid by the students and/or their parents.
- 4. <u>School Equipment</u>: Schools may furnish, in accordance with local school district policies, school-owned equipment, with the following restrictions:
 - a. Schools may not furnish any individual baseball, basketball, football, soccer, softball, or volleyball player equipment including uniforms, shoes, caps, gloves, etc., but may furnish balls and court equipment including nets, standards, goals, etc., for volleyball.

G. Summer Strength/Conditioning Programs

Summer strength and conditioning programs may be conducted by school coaches for students in grades 9-12 from that coach's attendance zone only under the following conditions:

- Sessions may be conducted by school coaches only on Monday through Thursday of each week from the first day of summer vacation through the fourth Thursday in July and shall be no more than two consecutive hours per day.
- A student shall attend no more than one two-hour session (conducted by a school coach) per day. Schools must take administrative care to prohibit an athlete from working with one school coach for two hours and a separate school for another two hours.
- 3. Sessions conducted by school coaches shall include only students who are incoming ninth graders or above.
- 4. Sessions shall include only strength and conditioning instruction and exercises. Sport specific skill instruction is prohibited. Sports specific equipment (balls, dummies, spacer dummies, sleds, contact equipment) is prohibited. Specific groupings of athletes by sport or position is prohibited.

- 5. School shirts, shorts and shoes may be provided by the school (at local school option).
- 6. Attendance shall be voluntary. Coaches shall not require athletes to attend in order to try out for or participate in any UIL sport. Attendance records shall be kept, however students shall not be required or allowed to make up missed days. Students may work out on their own, without direction of the school coach.
- 7. Fees, if any, shall be established and approved by the superintendent and collected by the school. The Texas Education Code requires school districts to adopt procedures for waiving fees charged for participation if a student is unable to pay the fee, and the procedures must be made known to the public. Fees for all other students shall be paid by the students and/or their parents.
- 8. Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone shall be from the school and no other source.

H. Valuable Consideration School Teams and Athletes May Accept:

- 1. <u>Pre-Season</u>: School athletic teams may be given no more than one pre-season meal, per sport, per school year, such as a fish fry, ice cream supper, etc., provided it is approved by the school and given by a non-profit organization (usually the booster club) before the team plays in its first contest. It may be given after a scrimmage.
- 2. <u>Post-Season</u>: School athletic teams are limited to no more than one post-season meal or banquet, per sport, per school year, and it must be given by a non-profit organization approved by the school.
- 3. Other: At any time, 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, provided all students from that high school are invited to attend for the same fee and on the same basis as the athletes or the athletic team. Athletes or athletic teams may be recognized at these functions but may not accept anything that is not given to all other students.

I. Valuable Consideration School Teams and Athlete May Not Accept:

- 1. Meals, snacks, or snack foods during or after practices.
- 2. Parties given by parents or other students that are strictly for a school athletic team.
- 3. Anything that is not given, or offered, to the entire student body on the same basis that it is given to or offered to an athlete.

J. Meals for Athletes

Schools may purchase meals for student athletes in the local community provided the meal is in conjunction with competition scheduled away from the home school.

Pre-Participation Physicals and Paperwork

The Pharr San Juan Alamo Independent School District requires a new physical for athletic participation every school year. Additional required forms must be completed online through Rank One Sport by the student and the parent or guardian.

Required Forms include:

- UIL Medical History/Physical Form
- Online Rank One Forms:
 - Consent to Treat and Insurance Form

- Special Medical Information Form
- UIL Required Forms
- UIL Safety Video Acknowledgment

A cooperative effort must be made by the athletic coordinator, athletic trainer, and the coach of each sport to make sure that all required forms are completed by the athlete, parent or guardian before the student is allowed to participate. It is very important that these forms be signed by the parent or guardian. This will alleviate problems concerning insurance and doctor referral procedures that may arise. It is the responsibility of the principal through the athletic coordinator and athletic trainer that all athletes on initial enrollment at the school have a physical and parent or guardian approval permit on file. Athletic physicals, parent or guardian approval permits, and all medical files will be attached to the students' electronic record in Rank One Sport.

<u>Issuance of athletic equipment is not to be allowed unless the athlete has been cleared on Rank</u> One and their name is green.

The athletic trainer (under the direction of a physician), will coordinate with parents regarding decisions involving medical treatment of athletes and their practice/playing status. Coaches and administrators do not make doctor referrals or commitments of payment or medical statements.

Lettering Procedure

1. LIMITATION ON AWARDS. Schools may give one major award, not to exceed \$70.00 in value, to a student during high school enrollment at the same school for participation in one of the UIL interschool competitions listed in Section 380. One additional symbolic award, not to exceed \$10.00 in value, may be presented for participation in each additional UIL activity listed in Section 380. The \$10.00 award shall not be given to a student for an activity during the same year that the major award is given for that activity. A letter jacket may be given any one-time during a student's enrollment at the same school. The student may receive symbolic awards- plaques, medallions, letters- for participation in each additional UIL activity. A symbolic award may not be given to a student for an activity during the same year that the jacket is given for that activity. Schools must be very careful to see that the awarding of jackets does not overlap (i.e. football and band or volleyball and modern oratory).

PSJA Lettermen Jacket Criteria

Make your athletes aware of districts criteria to earn a lettermen jacket

Game Administration Responsibility

Schedules

Athletic schedules will not be considered official until approved by athletic coordinator and/or athletic director.

Adult Supervision

A coach or adult supervisor must always accompany students. A student shall not represent his or her school at any time in connection with interscholastic competition unless accompanied by a coach or another appointed member of the school faculty. **Exception**: A non-school person may serve as the adult supervisor of students when appointed by the administrator in areas where no coaching/directing takes place. These individuals may provide the transportation to and from the activity and be responsible for the supervision of participants.

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 using 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.

Game Administration and Protection of Players

School officials should exert every effort to reduce athletic injuries. Football is one of the most hazardous sports, and every care should be exercised for the protection and safety of the players. The following suggestions are offered for consideration:

- 1. Have a written permit from the parents to secure emergency medical services in case of injury.
- 2. See to it that players are properly equipped with adequate protection such as shoulder, hip, kidney and knee pads, helmets, etc.
- 3. Give immediate attention to all injuries, even seemingly unimportant scratches and bruises. Be prepared for hot weather practice.
- 4. Have all players covered by an athletic insurance policy and arrange for a physician to be present at every game.
- 5. Secure TASO or UIL officials who will enforce the rules designed to protect the players. Be courteous to officials and see that they are given adequate protection.
- 6. See to it that the playing field is well sodded and in the best possible condition. The playing field should have a restraining fence around it to restrain the crowd and keep them from moving onto the field.
- 7. The home team should provide four deputized persons or officers to be placed in each corner of the football field for the purpose of stopping improper conduct of fans and to provide an escort for game officials.

Game Administrator Procedures

In all UIL varsity athletic team contests, a game administrator shall be appointed by the home school. That person must be a coach (other than the game coach), teacher, or administrator. It is recommended that a game administrator be designated by the home school for all non-varsity athletic team contests. The responsibilities of the game administrator are as follows:

- 1. Meet with the officials prior to game time (preferably on the playing field or court); If officials are not notified by the designee by ten minutes prior to beginning of a game, the referee shall ask the home head coach if there is a designee and if so, who that person is.
- 2. See that officials are directed to their dressing room.
- 3. If there is no designated administrator, the officials shall inform the UIL in writing the next working day.
- 4. Inform the officials where the game administrator will be seated.
- 5. Assist the officials if they need to discourage unsportsmanlike conduct of a fan, player, or coach (such as removal from stadium or gym).
- 6. Check with the officials after the game to see if there is any misconduct that needs to be reported.
- 7. Offer to provide an escort for the officials to their cars.
- 8. Report incidents to the appropriate school administrator (home team or visitor).
- 9. Report severe verbal abuse or physical contact of the official and any ejections of coaches and fans to the UIL office in writing within the next three working days.
- 10. The home school is responsible for security. In playoff games/matches, both schools are responsible.
- 11. In playoff games/matches both schools shall have a game administrator.

Crowd Management and Game Security

In our complex and open society there are numerous problems which hinders the public-school administrator. Crowd management and game security are two problems which have haunted even the most conscientious administration. This area goes beyond the spectator who is intoxicated in the stands or those who insist on running onto the field at the end of the game. Schools in some states have been forced to abandon night games, while others in some states must seek a neutral site with little or no publicity surrounding the event to prevent added disturbances. Fortunately, this has not been a great problem for athletics in Texas. However, disturbances can occur at even the smallest of schools during a game which has no bearing on the district championship. Each school system should develop a master plan for management of crowds.

Administrative duties for controlling crowds involves a well thought out plan of action. Actions prescribed should be endorsed by the school board as policy for the district, prior to each school year. Plans may then be viewed for comparison with other school systems. Naturally, each system will include variations to fit their own unique situation.

The UIL views this as a positive way to defend against possible trouble at athletic events. School personnel are more apt to act with confidence, knowing where they stand when written policy is in place. Schools that have operated without a crowd management and/or game security policy may see this as an opportunity to add consistency while upgrading their procedures, not to mention serving as a guide for legal implications. It is better to operate somewhat anonymously and behind

the scenes so that fans may enjoy their favorite events than to spend little time in planning and be faced with an unchecked security problem.

Administrative Responsibility

The school district superintendent and/or their designee is responsible for enacting and enforcing a crowd management policy for contests sponsored by his/her district. Likewise, all phases of interscholastic competition are under the careful supervision of the superintendent.

Guidelines

(These basic guidelines may be supplemented by local schools.)

- 1. A crowd control policy for season athletic contests shall be endorsed by the school board and should be kept on file with the district executive chairman and in possession of those in the individual school directly responsible.
- 2. No interscholastic contest may be arranged without the knowledge and sanction of the superintendent or their designee.
- 3. A game administrator or manager (usually the athletic director or principal) shall oversee the various administrative duties not associated with the contest at all home games. This person shall be on duty during the actual playing of the contest.
- 4. In all cases where students are competing against those of another school there must be an authorized faculty representative on the premises. In team sport contests such as basketball, football, soccer, softball, and volleyball, the superintendent and/or a designated game administrator shall be present at all home games and should be present at games away from home when large numbers of students and fans are attending the game.
- Students, participants, and staff members representing member schools in interscholastic competition are expected to conduct themselves in a sportsmanlike manner. Failure to do so may be in violation of the UIL Constitution and Contest Rules and subject the school, students, and sponsors to penalty.
- 6. The member school superintendent is responsible for initiating appropriate disciplinary measures against those guilty of violations of the State Education Code.
- 7. It shall be the responsibility of the host administration to ensure the safety of the officials.

<u>Safety</u>

Our baseline responsibility is to assure that every person who comes to school or to a school event is ensured the opportunity of returning home safely that day or night. The following suggestions are not complex, but hopefully will stand the test of time:

- Principals and athletic directors should meet with the police and fire chiefs, emergency
 medical service head, and school superintendent. At this meeting establish roles of
 responsibility. For example, whose decision it is to evacuate a school or athletic site? Also
 discuss all the other issues (e.g. lightning, power outage, bomb threats, weapons) that are
 concerns of the respective participants in this meeting. It would be well if written protocols
 resulted.
- Form a School Safety Committee which should be representative of students, custodians (who may know your facility better than anyone else), staff, administration, parents, and the community. All these constituents are stakeholders who should share in responsibility for safety.

- 3. Consider safety to be a "team" effort. Inform your students and other constituencies that you want them to keep their eyes open, and to report anything they see or hear that may be troubling. "Intelligence" is important and can be reasonably easy to acquire through such a network.
- 4. Every student should have an advocate member of the school staff. Too often children are without a good adult role model. A staff member, making it a point to check on each student once a week, may be enough to keep the student connected, or to detect a potentially significant personality change.
- 5. Recognize that you are surrounded by trained observers. Educators, like police, are accustomed to observing individuals, groups, and crowds. Anyone or anything that does not "look right", probably is not. Station trained observers at the entrance to athletic events. Assign staff in fan sections, have the police detail deployed to observe fan behavior, and place administrators at vantage points where spectators and observers can be viewed.
- 6. Cell phones can be critical during an emergency when phone lines are cut; incoming phone traffic precludes making calls, etc.
- 7. Do not believe "it can't happen here." The profiles of perpetrators of recent school tragedies are suburban, affluent young people who spend time on computers or who may have access through family to guns.
- 8. Continue to work to keep high school athletic programs within the perspective of their educational mission. Do not place athletes on a pedestal. Honor equally achievements of all your students (e.g. academics, community service, drama, National Honor Society).
- 9. A communication system (e.g. walkie-talkies) is important among school personnel, fire, police, EMS, etc.
- Remain calm and use the PA system to deliver pre-developed messages/instructions.

Designated School Administrator

Designated School Administrator: The school district superintendent and/or his designate is responsible for enacting and enforcing a crowd management policy for contests sponsored by his/her district.

<u>Guidelines</u>

- 1. A crowd control policy for season athletic contests shall be endorsed by the school board and on file with the district executive chairman and in possession of those in the individual school directly responsible.
- 2. All interscholastic contests must be approved by the superintendent or his designee.
- 3. There must be a designated administrator at all home contests (who is not coaching at the contest).
- 4. Students, participants, and staff members are expected to conduct themselves in a sportsmanlike manner. Failure to do so will be a violation and subject to penalty.
- 5. The member school superintendent is responsible for initiating disciplinary measures against those guilty of violations.
- 6. The host administration must ensure the safety of the officials.

Procedures

- 1. For varsity contests the school designee shall meet the officials:
 - a. Introduce himself/herself.

- b. Indicate where he/she will be sitting.
- c. The designated school administrator shall meet the officials at the designated times as listed below.
 - i. Baseball: 30 minutes prior to the game at the conference with coaches and umpires.
 - ii. Basketball: 30 minutes prior to the game.
 - iii. Football: At least 30 minutes prior to the game meet with referee on the field.
 - iv. Soccer: Prior to the start of the game, on the field with center official and lines persons.
 - v. Softball: 30 minutes prior to the game at the conference with coaches and umpires.
 - vi. Volleyball: Immediately after the officials enter the court.
- d. The designated school administrator shall meet the officials immediately after the officials enter the court.
- 2. If officials are not contacted by the designee ten minutes prior to start of a game, the referee shall ask the home head coach if there is a designee and if so, who that person is.
- 3. If a designated administrator is not present, the officials shall notify the UIL in writing the next working day and report the incident.
- 4. The designee shall meet briefly with the officials after the game to discuss the game and any problems during the game dealing with ejection of players, coaches, or fans, etc. The designee shall also offer to provide an escort to walk with the officials to their respective vehicles.
- 5. The designee is responsible to inform the administration of both schools by phone the next school day of unsportsmanlike behavior of fans, players, coaches, and any unprofessional behavior on the part of officials.
- 6. The home school is responsible for security. In playoff games/matches, both schools are responsible.
- 7. Each school is responsible for the behavior of its fans, players, and employees.
- 8. In playoff games/matches both schools shall have a designated school administrator.

Reporting of Critical Incidents

To ensure that sensitive and serious situations are communicated clearly and effectively to District personnel, the coach shall report critical incidents to the principal and athletic office immediately.

- 1. A written report of the incident shall be sent to the principal within 24 hours of the occurrence.
- 2. If a situation is of an emergency nature, or one which might otherwise come to the attention of these personnel (i.e., media coverage of the school), the coach shall immediately notify the principal by telephone.
- 3. The following incidents must be reported:
 - a. Firearms possession, use, display, discharge
 - b. Weapons possession, use, display; knives, etc.
 - c. Assaults
 - d. Sexual related incidents, including criminal complaint, misconduct, harassment
 - e. Possession, use, sale of controlled substances

- f. Any Prohibited Conduct or Serious Conduct which might warrant referral to an AEP or expulsion (See PSJA ISD Student Code of Conduct)
- g. Arrests
- h. Evacuation of building
- i. Any EMS calls
- j. Any Police call
- k. Occasion when a student reports being a victim of a serious crime
- I. Community sensitive events
- m. Bus accidents
- n. Motor vehicle accidents involving rental or PSJA ISD vehicles
- o. Any event which has legal or media implications, such as sit-ins, walk-outs, riot demonstrations

Sportsmanship Goal

Responsible behavior where youngsters play hard, play safe, and accept the results of interscholastic competition is PSJA ISD's sportsmanship goal. Keep athletics in perspective.

Given the influence that higher levels of athletic competition have on our communities as well as our student-athletes, it is important that we establish an acceptable standard for sportsmanlike behavior and admonish behavior that is unacceptable.

As a coach we require that you:

- Exemplify the highest degree of moral character, behavior, and leadership adhering to strong ethical standards.
- Respect the integrity and personality of the athlete.
- Teach the rules of the game, both the letter and spirit of the rule.
- Set a good example for players and spectators.
- Respect the integrity and judgment of game officials.
- Teach and reward sportsmanship.
- Do not promote any performance enhancing compounds.
- Meet with the booster club, and parents and:
 - Explain game rules
 - Set standards of acceptable behavior.
 - Let parents know that their actions can and will affect the team.
 - Be aware that admission to an event is a privilege, and with that privilege comes the responsibility to conduct oneself in an appropriate manner.

As a student-athlete we ask that you:

- Accept and understand both the seriousness of your responsibilities and the privilege of representing the school and community.
- Learn the rules of the game.
- Treat opponents the way you would like to be treated.
- Respect the integrity and judgment of game officials.
- Do not consume any performance enhancing compound.

Keys to good sportsmanship are simple:

- Know the rules of the game.
- Recognize good plays in both teams.
- Respect your opponents and their spectators.
- Realize that individual and team errors lose more games than bad calls.
- Practice the golden rule.

Visitation Policies to Middle School

High school head coaches must visit their feeder middle schools. All visits should begin by signing in at the main office with the principal.

High school coaches should be cautious in visits to middle schools that are not their feeder middle schools. These visits should be only with the permission of the campus principal and the coach should only address those students that live in that coaches' attendance zone.

High school coaches should only attend banquets or special programs at the schools that are in your feeder system.

PSJA School Alignments

PSJA High PSJA North

Yzaguirre Middle School L.B.J. Middle School Austin Middle School Liberty Middle School

<u>PSJA Memorial</u> <u>PSJA Southwest</u>

Alamo Middle School Kennedy Middle School Murphy Middle School Escalante Middle School

Visiting Team Instructions

The following are important guidelines to follow when you are the visiting team:

- Tell the bus driver to let the team out at the proper drop zone.
- Always enter as a group.
- Control your team during the contest. Eliminate inflammatory behavior.
- Keep your teams in the gym until the last game is over; then the home coaches should provide escort for the visiting teams to the bus.
- Have home coaches tell the bus driver the safest route from his school.
- Turn off inside lights on the bus when leaving site.
- Have the team face the center aisle until out of the neighborhood.
- If you are rocked, have the teams lay on the floor facing down with their head toward the center aisle, with the arms covering the head and neck area.
- To eliminate problems with athletic events on opponent's campuses, consult with the head coach of that particular campus on the proper exit route after an athletic event

Game Scheduling and Sites

 All Coaches will input their schedules into Rank One website as soon as they are ready for public release. (Mandatory)

- Scheduling of all games will originate from the Head Coach/Athletic Office. Changes or rescheduling should not occur unless cleared through the Athletic Coordinator/Athletic director.
- When rescheduling of games or sites is necessary, all principals and coaches will be advised prior to the event.

Game Cancellation and/or Schedule Changes

Reasons for game cancellations and/or schedule changes:

- 1. Environmental Conditions
 - a. Weather conditions hazardous to the health and safety of the participants.
 - b. Conditions rendering field unplayable.
- 2. Special Campus Activities
 - a. Testing conflicts.
 - b. Late scheduled activities by the Board or Superintendent.
 - c. Other administrative calendar conflicts involving the Superintendents directive.
- 3. Unsafe Conditions or Damage to Campus
 - a. Fire in the gymnasium.
 - b. Security problems.
- 4. No Teams or Officials

Line of Communication for Game Cancellation and/or Rescheduling

Cancellation of games rests with the Head Coach and Athletic Coordinator first. If any of the above situations occur, the following lines of communication are to be followed to correct the situation whether it is the rescheduling of an activity, the canceling of an activity, or both.

- 1. When any environmental conditions interpreted as being hazardous to the health and well-being of our participants occurs, the head coach will contact the appropriate school offices, notify them of the cancellation and of the rescheduling (if necessary) of the activity.
- 2. If, on any campus, some unforeseen problem occurs that would affect the playing of any game (example, a water line breaking in the middle of the football field), the principal will call the Athletic Coordinator notifying them of the situation. The Athletic Coordinator will then investigate the overall situation regarding whether the game site can be changed and if the game may still be played or canceled and rescheduled at a later date.
- 3. Head coaches must always keep the school administrator and the athletic office informed of any schedule problems or changes.

MEDIA

- When PSJA ISD schools are playing on-campus contests, the home team has the responsibility of notifying the newspapers.
- On all out-of-valley trips, all scores and results need to be called into the local media as soon as possible.
- Pre-season newspaper questionnaire, weekly statistical reports, all-tournament results, and any other information requested by the media needs to be forwarded as soon as possible.

COACHES RESPONSIBILITIES

Administrators

Because of the tremendous role played by the Coach in the total educational process, it is imperative that a good workable relationship exist between the coach, principal, and the athletic administration. It is desired and expected that the Coach supports all policies on rules and regulations pertaining to athletics.

Controversial matters should be discussed on a friendly basis. Differences of opinion must be discussed privately and not aired to the public. Once a final decision is made, it should be accepted and supported by all parties involved. Suggestions and positive input that may improve the athletic program are welcomed and encouraged.

School

A coach's relationship with the school that they represent should be one of respect, integrity, and dignity. It is the responsibility of the coach to keep the school abreast of the activities included in the athletic program and the time and place of each event. The coach should work with the Principal and Athletic Coordinator in making plans and arrangements for athletic events. Because of common interest and concern shared by the coach and other teachers in the development of students, the relationship between these professionals should be complimentary rather than critical or non-supportive. The coach should make students and the student body aware of purposes and advantage of having an athletic program in their school. Of course, new rules, regulations, and other pertinent information should be interpreted to students and members of the student body.

Players

The Athletic Coach should be highly respected by parents, community, and athletes. In fact, the coach should be a model by which athletes imitate and identify behavior. The coach has a great influence on the behavior of their players. Therefore, the coach should always be conscious of their conduct and actions. The coach should set examples of good character for all athletes:

- 1. refrain from using tobacco products, drinking, or using profanity while athletes are under his/her supervision.
- 2. act in a professional and sportsmanlike manner always.
- 3. teach players to win with dignity (without boasting or taunting opponents) and to lose with no ill-feelings or bitterness toward opponents.
- 4. emphasize respect for decisions made by officials and others that are in authority.

Procedure for Handling Athletic Injuries

The Athletic Coach has a great responsibility in the protection of those entrusted to his/her care. The coach should not jeopardize the safety and welfare of athletes for personal prejudices or glory. Any teaching of illegal means of winning or disregard for proper rules and regulations governing sports should not be tolerated in the coaching profession.

- 1. It is the responsibility of the athletic trainer assigned to any athletic event to treat injured athletes and determine whether the athlete continues to play.
- 2. If any injury occurs during an athletic event where an athletic trainer is not assigned, it is the responsibility of the coach to see that the injured athlete is provided first aid or emergency care as needed and notify the athletic trainer.

- 3. If any athlete is taken to the hospital a coach or athletic trainer will accompany the athlete and not leave until parents have arrived and have all information they need, including accident insurance form and contact information
- 4. Notify your Athletic Coordinator or Athletic director immediately.
- 5. The head coach will follow up with a visit to hospital after the contest.

Officials

Officials are always to be respected by coaches and players. The officials must have the support and cooperation of each coach if they are to perform their duties to the best of their ability and with honesty and dignity.

- 1. It is the responsibility of the officials to make decisions regarding all plays (controversial or non-controversial).
- 2. Unethical conduct toward officials should not occur.
- 3. Controversial decisions should be discussed privately (not aired to the public, sportscaster, or news media) by the official (s) and coach (es) involved.
- 4. Derogatory statements made about officials, publicly, is a UIL violation.

Public Relations

The press, radio, and television can be useful mediators in sports when utilized in a positive and constructive manner.

- 1. Coaches should use discretion when making comments or giving information about teams or players.
- 2. Undesirable or negative information must be avoided.
- 3. Injuries, disciplinary measures, academic difficulties, or eligibility problems should be channeled to the proper authority instead of airing to the press, radio, and television.
- 4. Any propaganda or information that may be detrimental or discreditable to the athletic program should be handled with tact.
- 5. If there is uncertainty when approached by the news media, always refer them to the Athletic Coordinator or Athletic director's Office.

Sponsored Activities

All coaches will be expected to work in the PSJA ISD's sponsored activities when requested by the Athletic Department. Principals are to assign enough coaches to all activities in which teams representing his/her school are participating.

Contests

Coaches are to accompany their teams qualifying for district, regional, or state playoffs or tournaments.

Professional Discretion

Coaches should not put themselves in compromising positions in which their professional discretion is questioned.

Supervision

Student should always be supervised before, during, and after practice. Supervision includes general supervision of all areas, all activities and specific supervision of athletes engaged in the athletic contest or supervision after practice until they leave campus.

Coaches should develop and adhere to a well-organized plan even when the areas are not in use. The following areas should always be supervised or secure:

- 1. gyms
- 2. locker rooms
- 3. shower rooms
- 4. weight rooms
- 5. athletic training rooms
- 6. storage areas
- 7. playing fields

Minimum Competition Standards for High School Athletics

Football, Volleyball, Basketball

- Varsity
 - Must compete in 90% of the allowable games by UIL and all assigned games.
- Junior Varsity
 - o Football (Team must have minimum 40 players for Light team)
 - Basketball-Volleyball (must have minimum of 20 players for Light team)
- Freshman Dark Team
 - Football (Team must have minimum 40 players for Light Team)
 - Basketball-Volleyball (must have minimum of 20 players for Light Team)
- Freshman Light Coach/JV Light Coach
 - Light team schedule must be submitted to the Athletic Department prior to the season.
 - Light team must compete in at least one half of the number of games played by the varsity team and must maintain the following squad numbers the entire season:

Freshman Volleyball	10	JV Soccer	36
Freshman Basketball	10	JV Baseball	34
Freshman Football	20	JV Softball	32

Softball, and Soccer

- Varsity
 - Must compete in 90% of the allowable games by UIL and all assigned games.
- Junior Varsity
 - Soccer must have minimum of 30 players for 2nd Light Team
 - Softball must have minimum of 24 players for Light Team
- Freshman Light Coach/JV Light Coach
 - The "B or Light" team schedule must be submitted to the Athletic Department prior to the season.

 Light team must compete in at least one half of the number of games played by the varsity team

Baseball

- Varsity
 - Must compete in 90% of the allowable games by UIL and all assigned games.
- Junior Varsity
 - o Must compete in all games assigned
- 9th Grade
 - Must compete in all games assigned

Cross Country

A full team consists of at least five runners.

- Varsity
 - Must have a full team entered in a minimum of seven (7) meets plus the district meet.
- Junior Varsity
 - o Must have a full team entered in a minimum of four (4) meets plus the district meet.

Tennis

- Team Tennis
 - Must compete in 90% of allowable games by the UIL and all assigned games.
- Spring Tennis
 - Must compete in six (6) tournaments plus the district tournament and enter all events.
- Criteria for assistant coach-must have a JV team of 7 boys and 7 girls consistently throughout the year (8 and 8 for Spring Tennis), play in no less than 5 matches in team tennis and 4 tournaments in Spring Tennis.

Track & Field

- Varsity
 - Must have two entries in at least fifteen (15) of the seventeen (17) events in six meets plus the district meet.
- Junior Varsity
 - Must have two entry in at least fifteen (15) of the seventeen (17) events in five (5) meets plus the district meet.

Golf

A full team consists of four (4) male and four (4) female golf.

• Must have a full team entered for both boys and girls and compete in six (6) tournaments plus the district tournament.

Accountability:

Sanctions

• If minimum standards are not met, the head coach will be placed on a growth plan the following year.

 After the second year of standards not being met, the head coach's assignment may be changed, or the head coach may be relieved of all coaching duties.

Note: First year head coaches will be exempt from these standards during their initial year in the assignment.

Dress Code for Coaches & Athletic Trainers

Coaches and Athletic Trainers are expected to adhere to the following dress code guidelines for practices and competitions.

Practice Attire for All Sports

Coaching attire in neutral or school colors is required. Logo on shirt or shorts must be your school or feeder school logo.

Indoor Game Days: Volleyball & Basketball

- Varsity
 - o Dress, skirt, slacks, capris, suit, collared coach's shirt, dress shoes, and boots.
 - Dressy casual (walking) shorts are only acceptable when playing in un-airconditioned gyms.
 - Jeans, blue-jean shorts, t-shirts, warm-ups, flip-flops, and tennis shoes are unacceptable.
- Sub-Varsity
 - Same as varsity but may also include dress jeans & tennis shoes.
- Middle School
 - Same as varsity and sub-varsity but may also include shorts.

Game Day: Tennis, Golf, Track, Soccer, Cross Country, Softball, Swimming

- Varsity, Sub-Varsity & Middle School
 - Shorts, wind suits, long pants, capris, collared shirt in neutral or school colors, tennis shoes.

Game Day Football

- Varsity
 - All coaches should dress alike in long pants and collared coach's shirt in school or neutral colors. In extreme weather, appropriate gear is acceptable.
- Sub-Varsity & Middle School
 - Same as varsity but may also include shorts.

Game Day Baseball

All Levels -- Baseball game uniform

Athletic Trainers

Game Day

- Shirts, long pants, wind-suits with neutral or shirt in school colors or neutral, and tennis shoes.
- Jeans are not acceptable in Varsity Football, Basketball & Volleyball. (Dress shorts are permitted)

NOTE: Clothing that is revealing, suggestive, or would cause a distraction is unacceptable.

Transportation Procedures

Buses will be provided for teams to be transported to all athletic events. The head coach of each sport is responsible for requesting needed busses on the Transportation Department's online scheduling system. Transportation requests for the whole season should be entered as soon as the schedule becomes available.

In the event of changes or problems, the Transportation Department can be reached at:

956-702-5636 956-354-2190 956-354-2193

Coaches Responsibilities for Bus Requests

- 1. Always call and confirm your request a day before with the Transportation Department.
- 2. All athletic transportation requests for games and/or practices must be enter into the online system at least a week in advance.
- 3. New requests, changes and/or cancellations should be done at least 24 hours prior to the scheduled times. (Only weather and scheduling emergencies will be handled in less than 24 hours)
- 4. Coaches should verify pick-up and return times.
- 5. There is a 50-passenger limit per bus.
- Coaches are expected to have teams ready to travel at scheduled times.
- 7. Coaches will always accompany their teams on the bus.
 - **Exception**: If a single coach must accompany a student to the hospital in an ambulance the bus driver will return the remaining students to school.
- 8. Student behavior on the bus is to be addressed by the coach.
- 9. Items left on the bus can be retrieved at the Transportation complex.
- 10. On any athletic trip, the coach is responsible for the team on the school bus. Please see that your athletes are well supervised.
- 11. Make sure your bus is clean when you leave.
- 12. Do not wear metal cleats or track spikes on any bus.

Note: It is the coaches' responsibility to call and cancel the bus in the event of a cancellation.

^{*}Neutral colors: grey, white, & khaki. Black may only be worn as a neutral color for pants and shorts.

^{**}Dry fit crew neck is allowed in place of collared shirt, but it must have a school logo on front of shirt.

Policy for Out-of-Valley Competition

Playoff, Regional, or State Competition

It is imperative that all coaches and individuals understand that the Athletic Coordinator and Principal in cooperation with Athletic director have the decision regarding team departure and return time from out of valley competition. The Athletic director will approve number of meals and rooms needed for team travel.

All non-conference out of Rio Grande Valley travel must be pre-approved by Principal, Athletic Coordinator, and Athletic director and will be at expense of the team.

Overnight Trips

- 1. Before scheduling an out of the valley competition, you must have approval of the Principal, Athletic Coordinator, and Athletic director.
- 2. All paperwork must be submitted at least two weeks prior to event.
- 3. The Athletic Department will allow for meals as per bracket or schedule of events.
- 4. Teams must stay at hotels that have interior door entry.
- 5. Departure time must be approved by Principal and Athletic Coordinator

Meals

- Games played in the Rio Grande Valley up to \$7.00 (one meal)
- Games played outside the Rio Grande Valley up to \$8.00 (3 meals per day except day one)

Lodging

- Number of athletes per hotel room is 4
- Number of coaches per room is 2
- Room price up to \$175.00 (Must get approval for higher price)
- Length of stay must be approved by Athletic director, and Athletic Coordinator with a copy of agenda or schedule of events.

Rental Vehicles

Coaches must get full coverage

Out of RGV Travel for Non-Conference Tournaments or Meets

- 1. PSJA ISD will pay for 2 meals per day of the tournament or meet.
- 2. PSJA ISD will pay entry fees that are equitable to RGV entry fees.
- 3. PSJA ISD will assist with \$500 towards car rental or travel.
- 4. Teams are responsible for hotel rooms and other expenses.
- 5. Teams must adhere to PSJA ISD travel policy.

Athletic Meal Policy

- 1. All meals will be pre-approved. (Exceptions must be cleared by the athletic director)
- 2. Paperwork Needed:
 - a. For a regular game:
 - i. Meal request form must be turned in two weeks prior to contest.

- b. For a tournament or track meet
 - i. Must be turned in 2 weeks prior to tournament or meet
 - ii. Need field request form filled out and signed by principal
 - iii. Need meal request filled out with names
 - iv. Must have copy of bracket or meet schedule attached

Coaching Clinic Information

Coaches and athletic trainers attending coaching school or a clinic must be certain that proper channels and procedures have been followed prior to their attendance.

High School coaches are expected to coordinate approved coaching schools/clinics with their Principals and Athletic Coordinators. The Athletic director has final approval.

Out-of-state clinics will not be approved.

Policies for Clinics

All high school head coaches, varsity football coaches, and athletic trainers are allowed one coaching clinic. The following maximum expenditures are allowed:

- Meals per diem with approved agenda
- Mileage: ¼ of mileage and not to exceed \$125 (coaches and athletic trainers)
- Mileage: ½ of mileage and not to exceed \$125 (coordinators)
- Registration fees not to exceed \$80
- \$50 per night lodging upon arrival with receipt
- Membership fees at coach's expense
- All assistant and middle school coaches will only get a registration fee and not to exceed \$80

PSJA Athletic Banquet Procedures

The athletic banquet is one of the most meaningful events of the school year for our athletes, their parents, and our department. It represents the official acknowledgement and recognition of the athletes and team accomplishments before not only the entire school but their parents and friends.

As with most events, preparation planning and organization is very important. The active involvement of the athletic coordinator and collaboration with the head coach is a must to ensure the success of the event.

Independent sports and/or combined banquets should be scheduled to appropriately recognize each athlete and team within 2 to 3 weeks at the end of the season so that all athletic recognitions are officially posted (Unless approved by Athletic Coordinator to postpone to later date; example: All-District, MVP, etc.)

An administrator or coordinator must be present at banquet.

Responsibilities

• The head coach of each sport shall be responsible for coordinating the athletic banquet format for his/her program at the end of each season. The coach may choose to work with

- other head coaches to combine for multi-sport banquet and assist with planning the type of banquet and awards ceremony.
- The dates of all awards presentation shall be coordinated with the athletic coordinator and school principal.
- At the end of the season, the head coach shall inform the athletic coordinator and principal as to the type of banquet, location and starting time.
- It will be the responsibility of the head coach to inform the coaches and the team personnel in their sport program of all details concerning the athletic banquet. The coach shall extend an invitation to parents, administration, and athletic administrative staff.
- Since the athletic department is not in the banquet business, no athletic funds will be expended for any athletic banquets, except for authorized perpetual awards approved by athletic administrator.
- The University Interscholastic League Rules must be followed as per:
 - SUBCHAPTER O. AWARDS
 - o SECTION 480: LIMITATION OF AWARDS (Constitution and Contest Rules)

Awards Schools May Give

- A participant school or member school district may give one major award not to exceed \$70.00 in value, to a student during that student's high school enrollment at the same school for participation in UIL interschool competition(s) listed in Section 380.
- Each year a participant school or member school district may give one additional award per student per interschool activity listed in Section 380, not to exceed \$10.00 each.
- Schools may give a student the \$10.00 minor award for an activity during the same school year the \$70.00 major award is given for that activity.

Recommended Athletic Banquet Procedures

- Combine different sports to have a multi sports athletic banquet.
- Catered dinner in high school gym or cafeteria.
- Dinner banquet at local restaurant.
- Coaches should arrange banquet to fall within a 2 to 2 ½ hour period.

Guidelines for Hosting a Banquet

Head Coach

- Thank everyone who helped with your season.
- Keep comments about season brief and positive.
- Make sure every player is introduced by name.
- Comments about each player should be brief and positive.
- Keep most comments for the seniors.
- Do the talking for your team.
- Conduct the award portion of your program.
- Do not announce next year's captains.

Sub-varsity / Freshman Coach

- Comments about season should be brief, positive.
- Save time for the varsity coach to make most of the comments.

- Save time by calling entire team forward together.
- Introduce each player by name.

General Guidelines

- Public predictions or announcements of next year's varsity players are unfair to underclassmen. Everyone deserves chance to make the varsity.
- There are parents in the audience who care about their athletes.
- Play by play description of a season makes your presentation drag and takes away from honoring the teams.
- Be positive no excuses need to be made for anything.
- Double check names, grade level, and jersey numbers.

Comments to Avoid

- Talking about past coaches and players
- Predictions about the future (they can haunt you)
- Building up next year's teams, make this year's players feel inadequate.
- Talking about other teams or other schools on any level.
- Keep season reviews short and positive. You have a captive audience.
- If you plan to resign from your coaching position, please do not announce this at banquet.

Awards

Varsity, junior varsity, and freshman certificates shall be awarded to all athletes who complete the season in good standing. The athlete must exhibit attributes befitting a hard-working loyal team member throughout the entire season.

Sports Banquet Procedure Check List

- a) Is the date cleared with Principal / Athletic Coordinator and school calendar at least 1 week before event?
- b) Have you filled out the Facility Request form for Banquets on campus w/ the Principal?
- c) Have you remembered to invite _____?
- d) Administrators, athletic director, school board, etc. (courtesy invitation)
- e) Cheerleaders?
- f) Athletic Trainers
- g) Managers?
- h) Media?
- i) Coaches?
- j) Video production people?



MIDDLE SCHOOLS

Middle School Coaching Expectations

It is important that the middle school coach meet with their perspective high school coaches before the start of their season. This line of communication will enable proper rapport with each coach as well as a smooth transition with athletes from middle school to high school. The middle school and high school must complement one another if the overall program is to be successful. Remember that collaboration, commitment, communication, and loyalty are essential for coaches as well as student athletes to develop successful programs.

If the coaches work together, they can accomplish many things. Some of these accomplishments include:

- 1. The athlete will advance to the next level knowing how to perform minimum, and for some accelerated fundamental skills.
- 2. A high level of accord will become greater between the middle school and high school coaches.
- 3. Proper techniques and terminology will be consistently taught between the two levels.
- 4. Middle school coaches will receive information that will enable them to prepare their athletes to play at the high school level.

Middle school coordinators should turn in a list of district champions at the end of each season to the athletic director.

All scores should be reported every Wednesday morning to athletic director.

Individual Sport Expectations Basketball

The primary objective of middle school basketball athletes is to learn fundamentals of basketball, which may be incorporated in practice and game sessions.

- Ball Handling
 - Slapping
 - Finger Tipping
 - Around Head

- Around Waist
- Around Knees
- Up and Down Body
- o Figure 8 Between Legs

Dribbling

- o Right hand
- o Left hand
- Crossover
- Change of Pace
- o Reverse Dribble
- o Sprint (Speed) Dribble

Lay-Ups

- o Right hand
- Left hand

Passing

- Chest Pass
- Bounce Pass
- Overhead Pass
- Baseball Pass
- o Outlet Pass
- o Right- and Left-Hand Passes
- o One Hand Chest and Bounce Pass

Shooting

- Correct Form of Shooting
- Free throw

Defense

- o Man-to-man: stance, alignment, and technique
- Basic Zone
- Full Court Press
- Know the Areas of the Basketball Court

Rebounding

- o Box Out
- Offensive
- o Defensive
- Terminology (Vocabulary)

Back Court	Double Teaming	Double Dribble	Key	Meeting a Pass
Back Door	Defensive Triangle	Mid-Court Line	Cover Out	Passing Lane
Ball Side	Charging	Carry	Pick and Roll	Sideline
Baseline	Box Out	Block Out	Pivot	Post Up: High/Low
Elbow	Fast Break	Filling the Lanes	Press	Screen
Front Court	Fronting	Give and Go	Squaring Up	Strong Side
Trailer	Trap	Traveling	Weak Side	

• Knowledge of All General Rules

Jump ball alignment (position)

- O How many time outs per game?
- o Explain one and one situations
- O How many personal fouls per game?
- Shooting and non-shooting fouls
- Positions on free throws and when to enter the free-throw lane
- Ten seconds to cross the half court line
- Closely guarded rule
- Overtime rules
- Understand back court
- Proper court behavior
- Respect officials
- o Explain the process of a player entering the game
- Describe the proper process of communicating with officials
- Attend high school and college basketball clinics
- Communicate with the high school head basketball coach about a suitable offense and defense for the middle school program
- Athletic coordinator and head basketball coach will be involved in the evaluation process of the middle school coaches
- Additional responsibilities of middle school basketball coaches are:
 - o substitution rule all players must play
 - Size of squads 12-15 players
 - Timer and scorer preferably adult(s)
 - Officials local chapter
 - o Game results to the news media
 - Transportation bus requisition(s)
 - Eligibility rules
 - Conduct at games good sportsmanship
 - Selection of teams 8th grade A & B; 7th grade A & B
 - Proper relationship with administrators, teachers, coaches, students, parents, and the public
 - Each drill should have a purpose and be competitive middle school coaches must coordinate all drills with their respective high school head basketball coach
 - Master workout plan
 - Daily workout card
 - Pre-game environment
 - Positive relationship with players
 - Keeping statistics
 - Shot chart
 - Cumulative statistics chart
 - All-City player recognition
 - Video some of your games
 - o Players and coaches must attend several of the high school games
 - o Coaches must attend specific high school basketball meetings
 - Player evaluation
 - o Fair Discipline
 - o Be well organized during practice/game sessions

- Positive attitude
- Up-to-date inventory
- Be a good COACH!

Cross Country Season Training

Monday

(slow runs at 60% max effort)

- Warm-up (1/2 MILE & stretch)
- 3-mile slow run
- 15 strides (100 meters at 70-75%)
- Crunches and pushups
- 4 sets of 25 crunches % 4 sets of 14 push-ups

Tuesday

(weights or interval training) see distance work-out for interval training work-out

- 1 ½ 2 MILE WARM-UP, STRETCH, & AGILITIES (butt kick, knee highs, superman, backwards, sprint)
- WEIGHTS (circuit training) 9 stations, 45 seconds each, 15 seconds to move to next station (4 sets)
 - Bench press (regular bar)
 - o Jump rope
 - Military press (add 2-5 lbs to each side)
 - Crunches (upper & mid abs)
 - Running motion (5 lbs on each hand)
 - Stepper
 - Reverse crunch (lower abs)
 - Arm curls (2-5 lbs on each side)
 - Water break
- 1 ½-2 MILE COOL DOWN & STRETCH

Wednesday

(speed work at 80-90% max effort)

- Warm-up (1 MILE, stretch & agilities)
- 4 (900 meters at 3:00-3:15)
- Take 5-8-minute rest between each 900-meter run
- Cool down (1/2 MILE & stretch)
- 8 strides (100 meters at 70-75%)
- Crunches and push-ups
- 4 sets of 25 crunches & 4 sets of 15 push-ups

Thursday

(long runs at 50-75% max effort)

- Warm-up (1/2 miles & stretch)
- 3-mile run
- 15 strides (100 meters at 70-75%)

- Crunches and push ups
- 4 sets of 25 crunches & 4 sets of 15 push-ups

Friday (rest)

Saturday (cross country meet)

Sunday (rest)

Off-Season and Summer Training

Monday, Wednesday, & Friday

- 3 miles (slow runs at 50% max effort)
 - o Runners should stop and stretch at half point (1 ½ miles)
 - o Runners should stretch at the end of the run
 - o Runners will do 10 strides (100 meters at 70-75%)
 - Crunches and push-ups
 - o 4 sets of 20 crunches & 4 sets of 10 push-ups

Tuesday & Thursday

- 1-mile warm-up, stretch, & agilities (butt kick, knee highs, superman, backwards, sprint)
- weights (circuit) 9 stations, 30 seconds each, 15 seconds to move to next station (2 sets)
 - Bench press (z-bar only)
 - o Jump rope
 - Military press (z-bar only)
 - Crunches (upper & mid abs)
 - Running motion (2 lbs on each hand)
 - Stepper
 - Reverse crunch (lower abs)
 - Arm curls (z-bar only)
 - Water break
- 1 mile cool down & stretch

Saturday (Meet)

Sunday (Rest)

Football

Seventh and eighth grade objective:

To learn the fundamentals of football and to expand and incorporate these skills in practice and in games.

- Offensive Skills/Defensive Skill
 - Blocking-Emphasis on not using head as a weapon and driving with short choppy steps
 - Base
 - Cross the body
 - Downfield

- Ball Handling-Emphasis on quarterbacks taking snaps properly, and all ball carriers using proper techniques (hand over the tip of the ball).
 - Taking handoffs
 - Running in traffic
 - Running in the open field (switching hands away from the opponent)
 - Center Snaps
- Stance-Emphasis on weight distribution, feet slightly wider than shoulder width, back straight, head up. Three-point and four-point stances
- Passing
- Running
- Pass Receiving
 - Emphasis on using the hands instead of arms and pads to catch
- Tackling
 - Emphasis on keeping the head up and wrapping up on opponent
 - Direct one-on-one
 - Across the body one-on-one
 - After initial contact
 - Open field one-on-one
- Strategy
 - Terminology
 - Offensive Sets
 - o Running
 - o Passing Game
 - Defensive Fronts
 - Pass Coverage
- Special Teams
 - o Emphasis on HUSTLE
 - Kickoff and punt
 - Staying in Lanes
 - Wrapping up
 - Kickoff and punt return
 - Turning quickly back up field
 - Locking up on an opponent
 - Extra point, two-point conversion, and field goal
 - Stepping inside
 - Making self "bigger"
- Team Concept-Emphasis on the belief that all student-athletes can contribute and have an important role to the team.
 - Offensive and defensive linemen
 - Offensive backs and receivers
 - Defensive linebackers and secondary personnel
 - Special team members
- Know the area of the field and vocabulary
 - Hash marks
 - o End Zones
 - Ten yards intervals

- Goal line
- o End line
- Goal post
- Line of scrimmage
- o Backfield
- Positions of the offense
- o Positions of the defense
- Positions of the special teams
- Coaches need to go over general rules. Examples:
 - Number of time outs per half
 - o 25 second clock
 - Basic penalties
 - Fair catching rules
 - o Live ball on kickoffs
 - Pass or backward pass
 - Spiking the ball to stop the clock
 - Interference on punts
 - Fumbles that can/cannot be advanced
 - o Impetus of ball into end zone
 - o Eligible receivers by positions and numbers
- Incorporate what you have learned from any high school clinics and any college clinics.
- Work in conjunction with the high school coaches. Check with the high school coach about offense and defense especially with the eighth-grade student.
- High school coaches will be in the evaluation process of the feeder school coaches.

Conditioning/Training Programs

Most IMPORTANT fundamental is Blocking and Tackling!

Golf

Terms:

- parts of club: grip, shaft, club head, club face, heal, loft, toe, sole, hose
- putting and chipping:
 - o full swing, putting stroke, chipping stroke etiquette
- proper grips and styles
 - o vardin, overlap, baseball

Putting and Chipping:

- taking care of the putting green:
 - o no running, yelling, dinging, denting, etc.
 - fixing a ball mark or scuff mark, changing ball on the putting green
- marking your ball properly with small coin or glove button on green
- cannot leave flag in cup while putting (two student penalty)
- Who putts firs? Line of putt and reading that line on green
- set up for putting:
 - o the body should be squared facing ball

- o aim with line of putt
- o lines on ball as an aide
- o posture
- o grip on putter (different grip than all other clubs)
- smooth stroke
- set up for chipping:
 - o body a bit open to line of chip
 - o proper posture
 - o appropriate club for chip, high or low-ball flight
- deciding whether to putt or chip around green

Full Swing:

- grip
 - Left hand
 - left v at right shoulder
 - grip cap sticking out back of left hand, left hand heel pad on top of grip with grip in left hand fingers
 - Right hand
 - right v at right shoulder
 - pinky overlapped or interlocked or baseball, left thumb fits right hand lifeline (between the two pads)
 - grip in fingers more than palm
- proper posture and body squared facing the ball aligned to target, feet alignment important proper ball placement with short, mid, long and woods
- hitting off tee or off grass, distances per club +/- 10 yards
- back swing-hold posture and turn the triangle (waist and hips will follow)
- finish-hold this position (belt buckle at target, face the target)

Etiquette:

- scorecard
 - o how to keep score, who is responsible for score at tournament
- behavior at golf course or practice range no inappropriate behavior while at a golf course (ex. no running, no foul language, no horseplay)
- Number of clubs allowed-yardage devices, honor system, what to do if someone is cheating,
 I.D. your ball, bag no on green, time of play, who goes first on the #1 tee, 5-minute rule when looking for lost ball
- rake bunkers (sand), cannot touch bunker with club

Safety:

- make sure no one is ahead of you before hitting your next shot
- make sure it is clear around you when taking practice swings

Helpful Hints:

- keep your eye on the ball
- slight bend of the knees and back
- smooth swing

• keep your left arm straight, as long as possible

Soccer

Seventh and eighth grade objectives: To learn the fundamentals of soccer and to expand and incorporate these skills in practice and games.

- Trapping the ball:
 - o Inside of the left foot
 - Outside of the left foot
 - o Inside of the right foot
 - Outside of the right foot
 - Using the chest
- Dribbling
 - Inside of the foot (short and long touches)
 - Outside of the foot (short and long touches)
 - Left and right foot
- Passing:
 - Inside of the foot
 - Outside of the foot
 - O Short pass (5-10 yds.) inside of the foot
 - o Long pass (10-20 yds.) inside of the foot
 - o Short pass (5-10 yds.) outside of the foot
 - o Long pass (10-20 yds.) outside of the foot
 - Left and right foot
- Shooting:
 - o Right foot inside the box
 - Left foot inside the box
 - Right foot outside the box
 - Left foot outside the box
- Finishing:
 - o Head
 - o Inside the foot
 - o Outside the foot
 - Volley
- Defending:
 - o 1 vs. 1
 - o 1 vs. 2
 - Correct position of the body
- Heading:
 - Jumping
 - Landing
 - Timing
- Formations:
 - 0 4-4-2
 - o **3-5-2**
 - o **4-5-1**
 - Have basic knowledge of each formation
- Positions:

- Defense (sweeper, stopper, etc.)
- Midfielder (defensive mid, attacking mid, etc.)
- Forwards (center forward, outside forward, etc.)
- Know areas of the field:
 - o Defensive 1/3
 - o Mid 1/3
 - o Attacking 1/3
 - End lines
- Vocabulary
 - o Wall pass
 - o Square pass
 - Through pass
 - Volley
 - o Sideline
 - o Penalty kick
 - Direct kick
 - Indirect kick
 - Penalty box
 - o Offside
 - o Offside trap
 - Hat trick
 - o Handball
 - Goal kick
 - Corner kick
 - o Cross
 - o Throw-in
 - Drop kick
 - o Dribble
 - Fullback
 - Overlap
 - Kickoff
 - o Mark up
 - o Own goal
 - o Wing
 - o Head ball
 - XII. Coaches need to go over the general rules: (Examples)
 - A. Substitutions
 - B. Direct kick
 - C. Indirect kick
 - D. Basic fouls
 - E. Throw ins
 - F. Corner kicks
 - G. Goal kicks
 - H. Drop ball
 - I. Yellow card
 - J. Red card

- K. Soft red
- L. Offside
- XIII. Work in conjunction with the high school coaches. Feel free to ask your respective high school coach for further assistance at any time.
 - A. Practices
 - B. Book drills
 - C. Videos
 - D. Notes from games and clinics
- XIV. Incorporate what you have learned from high school clinics and college clinics.
- XV. High school coaches will be involved in the evaluation of middle school coaches

Softball

Objectives: To learn the fundamentals of softball and to expand and incorporate these skills in practice and in games.

- 1. Fielding a ground ball
- 2. Fielding a fly ball
- 3. Throwing a ball
- 4. Cut-offs and relays
- 5. Rundowns
- 6. Batting
 - a. Hit away
 - b. Bunt
 - c. Slap
- 7. Running the bases
 - a. Tagging up
 - b. Stealing a base
 - c. Sliding at a base
- 8. Pitching
 - a. All coaches should have a basic knowledge of pitching techniques
- 9. Strategies of the game
 - a. When to bunt
 - b. When to steal
 - c. What base to throw to
 - d. When to take a pitch
 - e. When to intentionally walk a batter
- 10. Bench and Field Conduct
- 11. All coaches should be able to score a game in a scorebook using the proper numbering system. Ex: a fly out to the center fielder would be put down in the scorebook as F8 with 1,2,3 with a circle around it to signify what out in the inning it was.
- 12. Players' positions and numbering system
 - a. Pitcher 1

- b. Catcher 2
- c. First Base 3
- d. Second Base 4
- e. Third Base 5
- f. Short Stop 6
- g. Left Field 7
- h. Center Field 8
- i. Right Field 9
- 13. Incorporate what you have learned from the clinics you have attended and work in conjunction with the high school coaches.

Vocabulary

Dead ball

Foul ball Fly ball

Infield fly rule

Batter Outs

Force outTag out

• Put out

On deck batter Pinch hitter

Pinch runner Slap hit Batting order

Batting out of order

Bunt

Squeeze play Stolen base

Three-foot running lane

Walk

Intentional walk

Fake tag
Field of play
Fair territory
Foul territory
Dead ball territory

Fielders

Infielders

Outfielders

Fair ball

Tennis

Most students have better success of developing their tennis game when they begin to understand The concepts. It takes time, patience, and persistence to advance to the next level with proper guidance. The coach should help the student athlete achieve success by providing a proper balance of basic conditioning, proper stroke technique, match play that includes the rules and scoring of tennis, and practice.

Basic Stroke Techniques

Groundstroke: Forehand and Backhand

- Ready position
- Grip
- Hitting stance
- The back swing
- The forward swing
- The point-of-contact
- Follow through and finish

Traditional Scoring

It takes four points to win a game but if the score is tied at deuce, it takes five points. Each point Has a special name.

A zero score is called LOVE

The first point is called FIFTEEN

The second point is called THIRTY

The third point is called FORTY.

The fourth point is called GAME, if the score did not reach deuce.

The fifth point is called ADVANTAGE (AD) if the score did reach deuce.

The sixth point is called GAME.

- Deuce is a tie score of three points each. The next point after deuce is advantage or AD.
- When quoting an AD score, "AD in" means the server's AD and "AD out" means the receiver's AD.
- If the player who has an AD wins the next point, that player wins the game.
- If one player has an AD and the other player wins the next point, the score goes back to deuce.
- The players try to score the AD point and the game point consecutively from deuce.

Playing the Tiebreaker

Almost every tournament now uses some form of a tiebreaker. NCAA college events and Sanctioned tournaments use the 12-point tiebreaker. Using the power given to them by the USTA, some tournament committees déclassé that the last set (the third set of a three-set match and the fifth of a five-set match) will be played to its completion without the use of a tiebreaker.

12-point tiebreaker

- The 12-point tiebreaker starts at 6 games each.
- The player whose turn it is to serve will start the tiebreaker.
- The first player or team to win 7 points wins the tiebreaker IF that player or team has at least a 2-point lead.
- When one player or team has won 7 points but leads only by 1 point, play must continue until someone leads by 2 points. This completes the 7-6.
- The score is called 1,2,3,4,5,6, and 7 instead of fifteen, thirty, etc.
- Players change ends of the court after 6 points and any multiples of 6 thereafter.
- After the tiebreaker is completed, the players change ends of the court and are allowed the 90 second rest.
- The player or teams who received first in the tiebreaker will serve first in the next set.
- In doubles, the serving order pattern or that set is preserved in the tiebreaker, with each player serving when it is his turn.

Sample Serving Order

Player A (A): serves point #1 into the deuce court
Player B (B): serves point #1 into the ad court
serves point #3 into the deuce court

Player A (C): serves point #4 into the ad court

serves point #5 into the deuce court

Player B (D): serves point #6 into the ad court

PLAYERS CHANGE ENDS OF COURT serves point #7 into the deuce court

Player A (A): serves point #8 into the ad court

serves point #9 into the deuce court

Player B (B): serves point #10 into the ad court

serves point #11 into the deuce court

Player A (C) serves point #12 into the ad court

PLAYERS CHANGE ENDS OF COURT Serves point #13 into the deuce court

Player B (D): ETC. UNTIL ONE PLAYER OR TEAM WINS 7 POINTS AND IS AT

LEAST 2 POINTS AHEAD.

Rule Highlights

Serve:

- Server must be behind baseline
- Server must have a maximum of two ties.
- Serve must land in correct service court.
- Server must start the game to the right of the center mark.
- Server must switch sides of center mark after each point.

Return of serve:

- Receiver may stand anywhere except on servers' court.
- Receiver must allow ball to bounce in service court before hitting it.

Rally:

- Ball must clear the net.
- Ball must land on or inside the correct boundary line.
- Ball must not be allowed to bounce more than one time.

Tennis Etiquette

Tennis etiquette is based on good sportsmanship and tradition. Players must learn to be competitive but fair to their opponents. Because social player and many tournament players must play their matches with no officials, they must learn to apply the tennis rules themselves in a fair and sportsman like manner. The following items should be used as a guide to this task.

- 1. Any ball which cannot be called out with certainty is good.
- 2. Each player is responsible for making calls on all balls landing on their side of the court.
- 3. All calls of "out" should be made clearly and instantly.
- 4. If a player knows that their partner made a bad call, the player should overrule them.
- 5. Players should refrain from using abusive language or engaging in equipment abuse such as throwing racquets or bashing balls. In many tournaments the point penalty system takes care of this type of behavior.

- 6. The score should be called aloud after each point is scored. Any player may do this although traditionally the server performs the task.
- 7. When the score is called out, the server's score is called first.
- 8. The server should have 2 balls at the start of each point.
- 9. The receiver should not hit an out of bounds first serve.
- 10. When the occasion dictates, a player should say "good shot" to his opponent.
- 11. Each player should pick up his share of stray balls.
- 12. When balls from other courts come into a players' court, they should be returned in a polite manner, but not while a rally is in progress.
- 13. Players should not run into another court and pick up a stray ball if another rally is in progress.

Track

Students must understand the following events:

- Sprinting 100, 200, 400
- Middle distance and distance running 800, 1600, 3200
- Relays 4X100, 4X200, 4X400
- Hurdling 110, 300
- Long Jump
- Triple Jump
- High Jump
- Pole Vault
- Shot Put
- Discus

Athletes should learn the following:

- 1. The difference between aerobic and anaerobic running.
- 2. Learn the pointing system for running events, field events and relays
 - a. $1^{st} = 10$, $2^{nd} = 8$, $3^{rd} = 6$, $4^{th} = 4$, $5^{th} = 2$, $6^{th} = 1$
 - b. Relays: $1^{st} = 20$, $2^{nd} = 16$, $3^{rd} = 12$, $4^{th} = 4$, $5^{th} = 4$, $6^{th} = 2$
- 3. Learn proper technique for breathing, in through the nose out through the mouth.
- 4. Teach athletes to be courteous to others on the track and have a positive attitude.
- 5. Learn how to be safe on the track
 - a. Make sure no one is running on the track when you are crossing it
 - b. do not play with any equipment you are not familiar with (example: throwing shot puts up in the air or fooling around with the hurdles).
- 6. Help athletes understand that track is as much a team sport as it is an individual sport.
- 7. Encourage athletes to experience all field events track has to offer.
- 8. Push athletes to excel in not only sprints but also middle distance and long distance.

Sprinting

- Start
 - o is an athlete in proper position in the blocks, and as they drive out of the blocks.
- Running techniques
 - o tall and on the ball of their feet.
- Training

o two days of hard running and one day of distance.

Middle Distance / Distance Running

- Athletes should know how and where to line up for their race.
- Have a clear understanding of the rules.
- Athletes should learn how to pace themselves around the track and workouts should consist of longer runs with emphasis on endurance and rhythm running rather than speed.

Relays

- Athletes should know where to line up.
- Athletes should know about the different exchange zones for each relay.
- Proper stance
- Learn how to make a blind hand off (4X100, 4X200)
- Learn how to make a visual hand off (4X400)

Hurdling

- Athletes should know the different heights
 - o 110/100 high hurdles, 300 low hurdles
- Know the difference between 5 stepping, 4 stepping, and 3 stepping (note that the landing foot is not counted as a step).
- Athletes should be able to hurdle with both right and left legs.
- Athletes know the difference between lead leg and trail leg
- Drills
 - Perform lead leg and trail leg motions over the side of the hurdle, begin by using short hurdles and work your way up.

Long jump

- Approach run
 - o should be smooth and consistent
 - o about 15 strides to the board.
- Take off
 - last two steps should be flat almost slapping
 - eyes should be forward and slightly up.
- Flight in the air
 - o learn the stride jump, hang style, and hitch kick
 - o use which ever style works best for the athlete.
- Landing
 - the athlete is aiming to get the heels far away from the takeoff board as long as possible.
- Know the rules including how many jumps they are given, and what constitutes a scratch.

Triple jump

- Approach run
 - o should be smooth and consistent
 - about 15 strides to the board.
- Athlete should be familiar with the three phases of the triple jump (hop, step, and jump).

• Know the rules including how many jumps they are given, and what constitutes a scratch.

High jump

- Athletes have proper steps on the run through.
- Learn how to drive the knee and jump up.
- Block the arms on jump.
- Teach raising the hips and looking back.
- Teach tucking the chin and kicking the legs backward on the finish
- Know the rules of high jump
 - o what constitutes a scratch and how many jumps they have at each height.

Pole Vault

- Athletes know how to properly grip the pole
- Learn to run up with the pole
- Learn to transfer
 - o lower the pole gradually three strides from the pit
- Take off
 - o both arms should be straight, the right directly above the head.
 - As takeoff foot extends, just before leaving the ground, the pole should hit the back and bottom of the box.
- Flip phase
 - o this is an important phase of the vault particularly for those using a high grip.
 - o the drive should be through the chest, as in the long jump.
 - o the chest should lead with the left leg held back.
 - o to allow this position, the top arm will trail deliberately, and the shoulder joint must be mobile enough to accommodate this action.
 - o both arms must be very strong but not rigid with the left elbow turned out slightly to all the chest through.
- Hand and push press
 - o your objective is to maintain the speed produced by the run up and to push the pole to the vertical.
- Swing and extension
 - o ideally your center of gravity remains as low as possible until the bend of the pole is at its greatest to gain maximum horizontal distance.
 - Aim for high center of gravity as the pole recoils to gain maximum vertical distance.
- Turn and clearance.

Shot Put

- Athletes should learn proper grip
 - o the shot should be placed at the base of the first three fingers
- Proper stance
- Correct movement into the putt-the shift and the rotation.

<u>Discus</u>

- Athletes must learn proper hold
- Place the left hand under the discus for support

- Place the right hand on top of the discus
- Spread the fingers evenly but not stretched
- The first joint of the fingers curling over the rim of the discus
- Do not grip the discus
- Allow the discus to rest on the first joint of the fingers with the tips of the fingers over the rim.

Volleyball

Passing the Free Ball

- 1. Underhand Pass
 - a. How to get into position for a pass
 - i. run low
 - ii. hands apart
 - b. How to position your body in relation to the ball. The ball should be in:
 - i. midline of the body
 - ii. between body and the target
 - iii. front of the body, not on top of the body (for someone who's hand is above the net)
 - c. Prepare to pass
 - i. feet should be a little more than shoulder width apart, but balanced
 - ii. one foot forward (staggered)
 - iii. knees are bent
 - iv. body bent at the waist and leaning forward
 - v. the weight of the body is on the balls of the feet
 - vi. hands are apart and away from the body with the palms facing up
 - vii. arms are in front of knees but handing down and loose
 - d. Where to contact the ball
 - i. contact the ball below the waist to pass forward
 - ii. the closer the target the less of angle on the platform (arms)
 - e. How to make the pass
 - i. Bring your hands together at the proper angle for the pass. DO NOT USE A SWINGING MOTION!
 - ii. Use your legs to give the ball lift, not your arms.
 - iii. Use your arms to direct the ball with a follow through to the target
 - iv. Transfer your weight to the front foot as you follow through.
 - f. Tips
 - i. Do not bend your elbows
 - ii. Keep arms away from your body
 - iii. Use a J-stroke motion only if you are late, can't get your arms under the ball, or need to pass backwards on the run.
- 2. Setting: All players should be able to set
 - a. Front Set
 - i. Positioning your body to set
 - 1. Run around the ball, not to it
 - 2. Position your body so the ball drops on front of the forehead between you and the target.

- 3. Your hands should come up 4" to 6" inches above the forehead
- 4. Keep elbows bent as you bring your hands up through the body.
- 5. Do not make a big circle or straighten the arms as you bring your hands up.
- ii. Getting your hands and body ready to set
 - 1. Stay low
 - 2. Make a triangle with the thumbs and the index fingers
 - 3. Spread out the rest of the fingers
 - 4. Keep the hands flat but relaxed
- iii. Where to contact the ball
 - 1. Let the ball come to your hands
 - 2. Keep the elbows bent
- iv. Setting the ball
 - 1. When contact is made with the ball, give at the wrist and let the ball drop towards the forehead.
 - 2. Push up with the arms and legs
 - 3. Transfer weight from both feet to the front foot.
 - 4. Follow through with your hands to the ceiling at an angle so the ball drop into the target.
 - a) It is very important that you use your thumbs to set, not just your fingers.
 - 5. Setting Tip
 - a) Never stop your wrist motion during the setting motion at the point of contact.
- b. Back Set
- c. Bump Set
- 3. Spiking (Right-Handed Hitter)
 - a. Power Attack
 - i. Transition
 - 1. Turn your body away from the net to run to your hitting position.
 - 2. Keep your eye on the ball as you transition
 - 3. Turn your body back towards net and the setter
 - ii. Approach and arm swing
 - 1. Stay back until the setter contacts the ball
 - 2. Start with a left step and a forward arm swing
 - 3. Right step to the ball, swing your arm back
 - iii. Plant jump and arm swing
 - 1. Plant with your left foot parallel to the net
 - 2. Wing arms forward and then up
 - 3. Plant slightly behind the dropping ball, not under it
 - iv. The Attack
 - 1. Jump and open your shoulders, chest and palm towards the setter
 - 2. Use a pullback bow and arrow motion with the right arm as you go
 - 3. Plant slightly behind the dropping ball, not under
 - 4. Wing left arm down as you rotate the shoulders

- 5. Reach up with the right hand as you swing down the left hand to contact the ball at the top of your jump
- v. Contact and Hit
 - 1. Hand should be cocked back open and fingers spread
 - 2. Contact with the heel of hand
 - 3. Snap your wrist to get your hand on top of the ball
 - 4. Follow through with the arm swing
- vi. Tips
 - 1. Rotate your shoulders and turn the body when you contact
 - 2. Do not hit the ball with your body sideways; rotate the body fully till you are facing the net
 - 3. Use your body to prevent shoulder injuries
- b. Dink
- c. Off Speed
- d. Swipe
- e. Line
- f. Cross Court
- g. Sharp Angle
- h. Off the Block
- 4. Serving
 - a. Underhand Serve
 - b. Overhead Serve
 - i. Ready to serve
 - 1. Elbow up at shoulder level and pulled back behind the body
 - 2. Hand open, flat and by the ear with the palm down
 - 3. Hold the ball in the left hand with a straight arm in front of the right hand
 - ii. Starting position and toss without serving
 - 1. Feet should be about shoulder width apart
 - 2. You can have your feet even or have your left foot slightly forward.
 - 3. Use your legs to toss the ball in front of the right arm.
 - 4. Practice a short toss between 2&1/2' and 3 &1/2" feet up
 - 5. Practice the toss, to gain control of it.
 - iii. Contact and follow through
 - As you toss the ball out of your hand you will step with the left foot forward
 - 2. Bring the right arm up and make solid contact with the ball, arm fully extended
 - 3. Transfer your weight forward as you hit the ball
 - 4. Hit through the ball with hand and arm (don't punch and pull back)
 - iv. Tips
 - 1. Minimize the steps and motion
 - a) The more steps you add to the motion the more chances for error
 - b) The higher the toss the more timing is needed
 - 2. Toss, Step, Hit

5. Block

- a. Single Block
- b. Double Block

6. Positions on the court

- a. Server is right back position 1
- b. Right front position 2
- c. Center front position 3
- d. Left front position 4
- e. Left back position 5
- f. Center back position 6
- g. Athletes should know these positions by name and number

7. Libero

- a. Can go in for anyone in the back row
- b. Is not considered a substitution
- c. The libero and the Player being substituted must enter and exit from the sideline behind the 10-foot attack line and in front of the serving line
- d. Once the libero substitutes out, she must wait for one serve and play before she reenters
- e. The libero can attack from the back row only if she does not attack the ball from above the net
- f. The libero cannot set the ball from in front of the ten-foot line, cannot attack the ball from in front of the ten-foot line, and cannot block

8. Defense

- a. Dig
- b. Pancake
- c. Dive
- d. Forward dive and slide
- e. Side dive and roll

9. Vocabulary

- Arm Swing
- Attack
- Back Row Attack
- Setting the Block
- Block
 - Close the block
 - Seal the block
 - o Penetrate the net
- Bump
- Centerline
- Cross court
- Cross step
- Dead ball
- Dig
- Dink
- Dive and roll
- Double hit

- Forearm pass
- Forward dive
- Float serve
- Foul
- Free ball
- Hit
- J-Stroke
- Kill
- Left side hitter
- Libero
- Lift
- Line shot
- Middle Blocker
- Offense
 - 0 4-2
 - 0 5-1
 - 0 6-2

- Offside block
- Off speed hit
- Overhand pass
- Overhand serve
- Pancake
- Pass
- Plant
- Platform
- Pull out
- Right side hitter
- Roll
- Rotation
- Run through
- 10. Attend Clinics

- Setter
- Shuffle
- Side out
- Spike
- Spike approach
- Spiking line
 - o 10-foot line
- Swipe
- Tip
- Top spin serves
- Tracking the ball
- Transition
- Underhand pass
- a. attend local or state clinics to learn more about basic skill techniques and rule changes
- 11. Work in conjunction with high school coaches that you feed to learn about the offensive and defensive systems they use, especially with 8th grade athletes.

Middle School Executive Committee Guidelines & Rules

Volleyball

- Officials
 - o Game will start with one official. If there are no officials, the coaches will officiate the game.
- Line Judge
 - o One line judge will be selected from each school.
- Starting time
 - o Games will begin at 5:30 p.m.
- Wait Time
 - First game may not start after 6:15pm unless the athletic director approves late start.
- Rally point scoring will be utilized for all games (25 points).
- A & B & C games First/Second games "A" team plays first.
- A courtesy third game for "A & B & C" games to be played in mutual agreement by both coaches and to be officiated by the coaches.

Minimum competition standards must be followed

PSJA Volleyball C Team Rules and Regulations

- Teams must leave all 6 girls on the court until it is time to sub
- Only then may a coach sub out girls and it must be all 6 unless there are not enough on the bench then the coach may choose which ones stay on the floor.

- Whichever team reaches 9 first, that's when the first substitution for all the players on the court will take place.
- The second Substitution will take place when a team reaches 17 first, those girls will finish the game.
- Teams will play 2 out of 3 Games, if a third game is necessary it will be played up to 15.
- Teams will get 2 times to sub per game except for the 3rd game. On the 3rd game you get 1 substitution when a team reaches 7 points first, from there the remaining girls will finish the game.

Football

- Starting Times
 - o Starting time will be 5:30 p.m. or before.
- Time Frame (clock)
 - o Eighth grade quarters will be 8 minutes. Seventh grade quarters will be 8 minutes
- Wait Time
 - No game may start after 5:45 p.m. unless approved by athletic director. Game(s) cancelled for lack of officials will be rescheduled if possible.
- Referees
 - At least 2 referees are required to start the game. Three or four are preferable.
- A & B games First/Second games "A" team plays first.
- Point After Touchdowns (PAT)
 - o Kick 2 points, Run 1 point

Minimum competition standards must be followed

Basketball

- Officials
 - May start with one, two are preferable.
- Starting Times
 - o Game will begin at 5:30 p.m.
- Wait Time
 - Wait times will be same as volleyball. Game(s) cancelled for lack of officials will be rescheduled if possible.
- Time Limit per game (clock)
 - Seventh and Eighth grade "A" & "B & C" team quarters will be 8 minutes. Clock will not run for the "A" and "B & C" games.
 - o A middle school student may not run clock.
- A & B Games First/Second Games "A" teams will play first.
- 7th C Teams will be followed by 8th C Teams.

Minimum competition standards must be followed

A, B, and C Team Basketball Rules

Rotate 5 players every 3 minutes.

- 5 players that did not start game will start the 2nd half and then continue to rotate 5 players every 3 minutes.
- The last 2 minutes of the game will be open substitution.
- Teams not having 10 players on roster may not have open substitution at end of game.
- No full court press allowed until last 2 minutes of game.
- Players will pick up players at mid court during game except in the last two minutes of game when full court pressing is allowed.

Soccer

- Starting Time
 - Weekday games start no later than 5:45 p.m. Weekend games start at 9:00 a.m.
- Wait Time
 - Same as volleyball.
- Officials
 - o Games may start with one official. If there are no officials, the coaches will officiate the game. Halves are 25 minutes.

Minimum competition standards must be followed

Team Tennis

- Use High School format
 - 8 game pro-sets (No add scoring)
 - o 3 boys double 3 girls doubles
 - o 6 boys singles 6 girls singles
 - o 1 mixed doubles

Minimum competition standards must be followed

Track

- Follow AAU style
- District Track will be AAU Style run on one day.
- Athletes must be use starting blocks in the following running events:
 - o 100 M Dash
 - o 100/100 Hurdles
 - o 4 x 100 Relay
 - 4x200 Relay
 - o 200 M Dash
 - o 300 M Hurdles

Softball

- Will follow 31-5A JV Light Rules
- All Players must play on the field and have an opportunity to bat.



SPORTS MEDICINE

Athletic Training Services

Athletic Health Care Team

PSJA ISD is committed to ensuring safety, stability, and overall good health of our student athletes. Having healthy athletes promotes good grades and active participation, not only in athletics, but in all school activities. A well-defined athletic healthcare team (AHCT) is a key to this commitment.

The PSJA ISD athletic healthcare team will ensure that appropriate medical care is provided to all student athletes. Members of the AHCT collaborate and communicate to deliver comprehensive care that meets the needs of all student athletes without unnecessarily duplicating services. The AHCT consists of physician oversight from the PSJA ISD School Based Health Clinic, administrators including the Director of Athletics and the Director of Student Health Services, a District Athletic Trainer Coordinator, staff athletic trainers, campus nurses, and coaches.

Physician Oversight

The DHR Health System operates a full-service health clinic on a centrally located campus. The physician director of the clinic provides oversight and direction for the AHCT including:

- Standing orders that campus athletic trainers follow for daily operating protocols and procedures.
- Consultations regarding athletic injury and illness as needed.
- Member of the concussion oversight team (COT)

Director of Athletics

Responsible for oversight and operation of the athletic department and its staff. The ADs role in the AHCT includes:

- Ensuring that coaching staffs are complying with all state laws, UIL rules, and district policies regarding athlete health and safety.
- Providing administrative oversight that complements the AHCT by notifying team members
 of any new health and safety information from the state, UIL, or school district
 administration.

Director of Student Health Services

Responsible for all school nurses, nurse aides and all district policies, procedures, and guidelines regarding student health.

Athletic Trainer Coordinator

The District Athletic Trainer Coordinator oversees all aspects of athletic health and safety for the school district and reports directly to the athletic director. The athletic trainer coordinator's role in the AHCT includes:

- Coordination and implementation of all athletic health care policies, procedures, and guidelines.
- Ensuring district-wide compliance with all state laws, UIL rules, and district policies regarding athletic health and safety.
- Maintaining a clear line of communication between the athletic department and the student health services department regarding student health issues.
- Providing oversight of the athletic training staff about medical duties, including training and evaluation.
- Supervising the athletic training staff including input for hiring, discipline, or firing decisions.

Staff Athletic Trainers

Athletic trainers will typically be the front line of the AHCT and will take the lead in providing care to injured or ill athletes. Athletic trainers will coordinate with other members of the AHCT to provide appropriate care. High School ATs will report directly to their campus athletic coordinator for their campus duties. Middle school ATs will report directly to the athletic trainer coordinator in the Athletic Department. Oversight for healthcare responsibilities for all ATs will fall under the athletic trainer coordinator. The athletic trainer's role on the AHCT includes:

- Providing athletic training services to student athletes under the direction of a physician and in accordance with the State of Texas Athletic Training Practice Act. Athletic training services include but are not limited to:
 - Rendering of emergency care, development of injury prevention programs and providing appropriate preventative and devices for the physically active person.
 - Assessment, management, treatment, rehabilitation and recondition of the physically active person whose conditions are within the professional preparation and education of a licensed athletic trainer.
 - Use of modalities such as mechanical stimulation, heat, cold, light, air, water, electricity, sound, massage and the use of therapeutic exercises, reconditioning exercise, and fitness programs.
 - O Physical and mental demands that may include, but are not limited to, long work hours in various environmental conditions, the ability to assist or transfer student athletes of various heights and weights, the ability to stay calm and make decisions in high stress situations, the ability to lift and carry heavy athletic training equipment such as coolers, ice chests, and kits.
- Acting as a liaison between physicians, school district personnel, student athletes, and parents.
- Providing athletic training services for all home varsity and sub-varsity events and all varsity football games.

- Maintaining accurate records of injuries, treatments, physician referrals and insurance claims for athletic injuries and follow up as needed.
- Overseeing the athletic training budget and ensuring all school district purchasing policies and procedures are followed.
- Ensuring campus level compliance of all state laws, UIL rules, and school district policies pertaining to student athlete health and safety.
- Providing CPR/AED/FA training to coaches as needed to comply with state law.
- Supervising student aides in accordance with school district policies.
- Assisting the Principal, Athletic Coordinator, and the Athletic Trainer Coordinator as requested.

Campus Nurses

Campus nurses are responsible for the healthcare needs of the general student body. The campus nurse's role on the AHCT includes:

- Collaboration and coordination of care with staff athletic trainers regarding non-athletic injury, illness, or other medical issues involving a student athlete and ensuring all school district policies are followed.
- Coordination with the athletic trainers regarding athletic injuries or conditions that may require additional accommodations during the school day such as concussion, surgery postop care, or any other ongoing injury/rehabilitation issues.

Coaches

Coaches may be involved in any part of the athletic healthcare chain including prevention, recognition, and first aid/emergency care. The coach's role on the AHCT includes:

- Properly planning activities/practices based on the condition and skill level of their athletes.
- Providing proper instruction relevant to the sport including proper tackling in football, sports skills, strength, and conditioning, and stretching for injury prevention.
- Matching athletes appropriately according to size, physical development, skill level and sport experience.
- Ensuring safe facilities including fields, gyms, locker rooms, pools etc. and reporting any maintenance issues that might contribute to an unsafe environment.
- Providing and maintaining proper equipment for the sport. Football equipment should be fitted properly and checked on a weekly basis for any problems.
- Following all state mandates, UIL rules, and district policies regarding health and safety including physicals and paperwork, environmental (heat, cold, lightning), hygiene/infection prevention, etc.
- Providing proper supervision according to district policy.
- Providing appropriate emergency care when needed according to level of training by maintaining current CPR/AED/First Aid certification.
- Following the directions and recommendations of medical staff including physicians, athletic trainers, and nurses.

Standing Orders

Pharr-San Juan Alamo Independent School District athletic trainers are licensed by the State of Texas Department of Licensing and Regulation under Title 3, Subtitle H, Chapter 451 of the Texas Occupations Code and will practice in accordance with the rules and regulations of this act.

Authorizations

The following general protocol and treatment orders will guide school district Licensed Athletic Trainers, as determined by the physician at the PSJA ISD School Based Health Center.

- Evaluate and initiate appropriate treatment or referral for all athletic injuries.
- Carry out appropriate rehabilitative measures post-injury to increase range of motion, strength, proprioception, agility, and functional abilities using indicated modalities and exercise programs.
- Advance the athlete to partial or full activities as indicated by progress.
- The following physician referral guidelines for specific injuries should be followed:
 - Head Injuries: All head injuries must be treated in accordance with the school district Concussion Management Policy and referred to a physician.
 - <u>Neck Injuries</u>: Brachial Plexus injuries or muscle strains with motor weakness or abnormal nerve function should be referred. Suspected fractures or dislocations should be referred immediately.
 - <u>Extremities/Joints</u>: All suspected fractures or dislocations should be immobilized and referred for evaluation by a physician as needed.
 - <u>Chest/Abdomen</u>: Evaluate and refer to a physician as needed.
 - Pelvis/Back: Evaluate and refer to a physician as needed.
- Initiate emergency care as indicated.
- The athletic training staff may use, at their discretion, the following treatment modalities and therapeutic exercise techniques:
 - o Cold
 - Heat
 - Sound
 - Electricity
 - Massage
 - Rehabilitative exercise programs and equipment
- School district athletic training staff:
 - May use bandaging, wrapping, taping, padding, and splinting procedures when managing injuries as soon as signs and symptoms dictate their use is indicated.
 - May use isokinetic exercise and testing as needed.
 - Shall instruct athletes in the use of crutches or canes when symptoms indicate the necessity of their use.
 - May, at their discretion, return a student athlete to competition after a full
 assessment is completed, unless the athlete is under the care of a licensed
 physician. If the athlete is under the care of a physician, written documentation
 from that physician must be provided before returning the athlete to practice and
 competition.

- Shall maintain injury and treatment records on each student receiving any
 assessment, physical modality, or rehabilitative exercise for an injury. Progress
 notes and treating physician orders and notes will be part of this record.
- May provide advice regarding nutrition, hygiene, and the fitting of protective equipment, braces, and padding.
- May not release any medical or injury information, except to the student's direct coach, without the written consent of the athlete and a parent or guardian.
- May administer oral glucose or glucagon in a diabetic emergency as indicated.
- May administer an AED and provide CPR in the event of a cardiac emergency as indicated.
- Medication prescribed to a student will be handled according to school district policy. Over the counter medication may not be given to a student by athletic training staff. <u>The</u> <u>following exceptions apply:</u>
 - o Emergency use of an Epi-Pen or asthma inhaler
 - o Anti-itch and anti-fungal cream
 - o Petroleum jelly
 - Sore throat spray
 - Contact solution and eye drops
 - Blood clotting aids
 - o Triple antibiotic ointment
 - Analgesic cream and gel
 - Alcohol and hydrogen peroxide
 - o First aid disinfectant spray or wipe
 - Calcium carbonate antacid
 - Diphenhydramine (liquid or pill)
 - Electrolyte replenishment

Student Athletic Trainer Aides¹

The following information is intended to provide support and guidance in the education and supervision of secondary school students enrolled in sports medicine courses or volunteering in secondary school athletic training programs. The goal is to foster a positive, safe learning environment where students benefit from the instruction and observation of qualified health care professionals.

Allowing students, the opportunity to observe the daily professional duties and responsibilities of an athletic trainer can be a valuable educational experience. This unique experience may expose students to the foundations of various health related careers as well as provide them with important life skills. Regardless of practice setting, it is understood that all athletic trainers must comply with their state practice acts, the BOC Standards of Practice when certified, and the NATA Code of Ethics when a member. These legal and ethical parameters apply and limit the incorporation of student aides outside of the classroom and within the activities of athletic programs.

¹ National Athletic Trainers' Association Official Statement on Proper Supervision of Secondary School Student Aides

Student aides must only observe the licensed/certified athletic trainer outside of the educational environment. Coaches and school administrators must not allow or expect student aides to assist or act independently regarding the evaluation, assessment, treatment and rehabilitation of injuries. Additionally, it is paramount that student aides not be expected, asked or permitted to make "return to play" decisions.

Specifically, licensed/certified athletic trainers, coaches and administrators must not ask athletic training student aides to engage in any of the following activities:

- Interpreting referrals from other healthcare providers
- Performing evaluations on a patient
- Making decisions about treatments, procedures, or activities
- Planning patient care
- Independently providing athletic training services during team travel

Gators and Electric Carts

PSJA ISD district policy states: "Gators, golf/security carts are not to be driven or ridden by students under any circumstances. If you are responsible for these vehicles at any time, it is incumbent on you to make sure that only a PSJA ISD employee is allowed to be in the vehicle."

The only exception to this rule is when a student has sustained an injury and needs to be transported.

Pre-Athletic Event "Time Out"²

The National Athletic Trainers' Association recommends a "time out" system be adopted for athletic health care. Before the start of each athletic event – practice or competition – a time out should be held to convene the athletic healthcare, professionals who comprise the emergency response team. The purpose of the meeting is to go through a pre-athletic event checklist reviewing the venue's emergency action plan (EAP).

Time out is a common term both in athletics and medicine. Time outs are taken immediately before surgery when all operating room participants stop to verify the procedure, patient identity, correct site and side. Coaches and athletes call time out to gather the team together and discuss game strategies or call a play. This new application of time out is expected to save lives by ascertaining all those involved in emergency care are properly briefed and ready before a potentially dangerous or life-threatening injury occurs.

A time out will help produce a decisive, coordinated emergency response and outcome. Typically, the athletic trainer is the first person to respond to an athletic emergency. Other individuals also are involved – physicians, EMTs – and need to be part of the pre-event briefing so they are fully informed. Effective communication with all relevant parties is critical to ensure the athlete receives the best care when an emergency arises.

² National Athletic Trainers' Association Official Statement on Athletic Healthcare Provider "Time Outs" Before Athletic Events

FAP Time Out: Pre-Athletic Event Checklist

- Athletic health care providers should meet before start of each event to review the emergency action plan.
- Determine the role and location of each person present (i.e., AT, EMT, MD)
- Establish how communication will occur (i.e., voice commands, radio, hand signals). What is the primary means of communication? What is the secondary or back-up method of communication?
- An ambulance should be present at all football events. Ask the following questions:
 - O Where is it physically located?
 - O What is the planned route for entrance/exit and is the route unencumbered?
 - o Is the ambulance a dedicated unit or on stand-by?
 - o If an ambulance is not on site, what is the mechanism for calling one?
- In the event of emergency transport, what is the designated hospital? Consider the most appropriate facility for the injury/illness when selecting the hospital.
- What emergency equipment is present? Where is it located? Has it been checked to confirm it is in working order and fully ready for use?
- Are there any issues that could potentially impact the emergency action plan (i.e., construction, weather, crowd flow)?

Abuse and Neglect

Child abuse and neglect are against the law in Texas, and so is failure to report it. If you suspect a child has been abused or mistreated, you are required to report it to the Texas Department of Protective and Regulatory Services or to a law enforcement agency. Professionals are required to make a report within 48 hours of first suspecting abuse, neglect, or exploitation of children. *Texas Family Code 261.101*. An elderly or disabled person is in the state of abuse, neglect, or exploitation requires reporting immediately. *Human Resources Code Chapter 48 (48.051)*.

Definition of Abuse

Abuse is mental, emotional, physical, or sexual injury to a child or failure to prevent such injury to a child.

Definition of Neglect

Neglect includes:

- Failure to provide a child with food, clothing, shelter, and/or medical care; and/or
- Leaving a child in a situation where the child is at risk of harm.

Procedures

Due to the nature of their duties, ATs may be able to identify victims of abuse or neglect that teachers or other school staff may not be aware of. Follow these procedures if you suspect any type of abuse (physical, mental, emotional, sexual):

- Notify an administrator immediately.
- Call 911 or your local law enforcement agency if the situation is an emergency.

- Call the Texas Abuse Hotline at 1-800-252-5400 if:
 - You believe your situation requires action in less than 24 hours.
 - You believe a child, adult with disabilities, or person who is elderly faces an immediate risk that could result in death or serious harm.
- Reporting situations that do not require an emergency response may be done through the
 web site, and take up to 24 hours to process <u>www.txabusehotline.org</u> (you must create an
 account)

Making a Report

- When you make a report, be specific:
 - o Tell exactly what happened and when.
 - Record all injuries or incidents you have observed, including dates and time of day.
 - Keep this information secured.
- Reports should be made as soon as possible but no later than 48 hours before bruises and marks start to fade. It is important for the investigators to be able to see the physical signs.
- Give the agency person any information you have about the relationship between the child and the suspected abuser.
- Please provide at least the following information in your report:
 - o Name, age, and address of the child
 - o Brief description of the child
 - o Current injuries, medical problems, or behavioral problems
 - o Parents names and names of siblings in the home
- Your report is confidential and is not subject to public release under the Open Records Act. The law provides for immunity from civil or criminal liability, as long as your report is made in good faith. Your identity is kept confidential.
- If you have reason to suspect child abuse, but are not positive, make the report. If you have any doubts call the hotline.

Aquatic Emergencies

Unless an AT is certified as a lifeguard, under no circumstances should they enter the water to rescue a drowning victim. Below are the policies and procedures for ATs to follow in the event of an emergency in the water:

- Call for a lifeguard
- Take any and all directions from the lifeguard and only assist if asked to by the life guard
- If asked to assist the lifeguard, do just that, ASSIST
- Follow the school district athletic emergency action plan

All other injuries that happen in the pool area can be treated by the AT. If the student athlete can get out of the water on his/her own, the injury may be treated by the AT and the policies and procedures for that injury should be followed.



MEDICAL GUIDELINES

Medication and Supplements

Guidelines for all Medication

It is usually better to give medicines at home than at school. Medications that a student athlete may need during the school year, such as antibiotics, can usually be given at home. Use these guidelines:

- If the medicine is once a day, give it before or after school.
- If the medicine is twice a day, give it before school and in the evening.
- If the medicine is three times a day, give it before school, after school, and at bedtime.

If the health care provider says the medication must be given during the school day, here is what you need to know:

- Written permission from the student's parent or legal guardian to give ANY type of medication at school. Consent may be a handwritten note from home, a form from the nurse's office or downloaded from Home Access Center.
- Medications should be coordinated through the school nurse. Unless other arrangements
 have been made with the nursing staff, students should always go to the school nurse to
 take their medications.
- Students may not keep the medicines and give them to themselves (see nurse for special situations).
- Students staying after school may pick up their medicine from the nurse and leave it with the AT until after school activities are over.
- Prescription medications must be in their original container with the pharmacy label.
- Do not give prescription medication for one student to any other student, even a sibling.
- District policy does not allow for dispensing sample medications or medications from another country, except under special circumstances (see the school nurse).
- To avoid the possibility of tampering, non-prescription medications should be brought to school in unopened containers (or blister packs) labeled with the student's name. The District is not liable for adverse effects from giving previously opened medications.
- Medications will only be given according to the instructions on the label. The first dose of a brand-new medication must be given at home.

Over the counter medication may not be given to a student by athletic training staff. <u>The following exceptions apply as outlined in standing orders:</u>

o Emergency use of an Epi-Pen or asthma inhaler

- Anti-itch and anti-fungal cream
- o Petroleum jelly
- Sore throat spray
- Contact solution and eye drops
- Blood clotting aids
- o Triple antibiotic ointment
- o Analgesic cream and gel
- Alcohol and hydrogen peroxide
- First aid disinfectant spray or wipe
- o Calcium carbonate antacid
- Diphenhydramine (liquid or pill)
- Electrolyte replenishment

Any of these medications (provided by PSJA) can be given to students as indicated unless a parent/guardian notifies the AT staff or school nurse. Medication for fever or headache such as ibuprofen, acetaminophen, or naproxen will not be provided – these types of medicines must be provided from home.

Concussion Management

Concussion is a serious injury to the brain resulting from a force or jolt applied directly or indirectly to the head. This policy is a result of the commitment to providing a safe environment for all of our student athletes, and educating parents, student athletes, coaches, and teachers about the risks of concussions. It will provide guidelines to detect and treat student athletes who may have suffered a concussion. Once a concussion has been diagnosed, school district personnel including administrators, teachers, coaches, nurses, and athletic trainers will work together with the parents/guardians and the student athlete to ensure safe return to play. This policy will be supervised by the superintendent and implemented by the athletic trainers of the school district.

Development of Return to Play Protocol

The PSJA ISD Concussion Oversight Team (COT) consists a physician from the DHR Health System School Based Clinic, the PSJA ISD Director of Student Health Services, the District Athletic Trainer Coordinator, and campus athletic trainers employed by the school district. The COT will establish a return to play protocol based on peer reviewed scientific evidence, and will supervise the implementation of, and compliance with, the school district concussion management policy.

Members of the COT may be added or removed based on school district personnel changes or changes in the status of the COT physician or other licensed healthcare professionals serving on the COT. Members will be required to follow the training requirements in the Texas Education Code Sec. 38.158. The COT will review and refine this policy on an annual basis.

Training

<u>Coaches</u>: Required to take a training course in the subject matter of concussion every year. A list of approved providers will be given to coaches. Upon completion of training, coaches must provide a proof of completion certificate to the PSJA ISD Athletic Director.

<u>Athletic Trainers</u>: Required to take a course on the subject matter of concussion approved for continuing education credit by the TDLR Advisory Board of Athletic Trainers. Athletic Trainers must provide proof of completion of approved continuing education credit every two years on the subject matter of concussion, to the PSJA ISD Athletic director.

<u>Physician:</u> As a member of the PSJA ISD Concussion Oversight Team shall, to the greatest extent possible, periodically take an appropriate continuing medical education course in the subject matter of concussions.

<u>Licensed healthcare professionals</u>: A licensed healthcare professional, other than an athletic trainer, must show proof of completion of a course on the subject matter of concussion. The course may be a course approved by the University Interscholastic League or approved for continuing education credit by the appropriate governing body of the profession.

Any licensed healthcare professional who is not in compliance with the training requirements in the Texas Education Code Sec. 38.158, may not serve in any capacity on the Concussion Oversight Team.

Table 1 - Activities and Responsibilities

Table 1 - Activities and Responsibilities					
Activity	Responsible Party	When	Evidence of Completion		
Pre-Season – Before a student athlete's first practice					
Concussion Plan Policies and Procedures [Texas Education Code Sec. 38.153]	Concussion Oversight Team	Prior to start of school year	Written policy approved by school board; copy provided to all coaching staff		
Coaches Education and Training [Texas Education Code Sec. 38.158]	Coaches complete approved online training	Prior to start of school year	Verification of completion provided to athletic administration		
Parent/Guardian, Student Athlete Education [Texas Education Code Sec. 38.155]	Parents complete online concussion information forms	Prior to student athlete participating in first practice	Signed UIL Concussion Information Form		
Develop list of concussion resources for education, consultation, & referral	PSJA ISD Concussion Oversight Team	Prior to start of school year	List of resources provided in the policy; available to coaches and parents		
	In Season – Initial Injury				
Review concussion policies and procedures with coaches	PSJA Athletic Department Staff	Prior to start of school year	Attendance at the pre-season policies & procedures workshop		
On-the field observation, removal of suspected concussion [Texas Education Code Sec. 38.156]	Coach, Licensed AT, other healthcare professional, physician, or parent/guardian	Immediate, when concussion injury is first suspected	Document injury on Rank One Sport System and notify Licensed Athletic Trainer		
Initial Assessment	Coach or Licensed Athletic Trainer	As soon after injury as possible unless emergency	Concussion Recognition Tool Appendix B		
Parent/Guardian informed of concussion injury	Coach or Licensed Athletic Trainer	Same day of injury	Parent provided concussion information fact sheet		
Post-Injury Post-Injury					
Medical Evaluation & Management [Texas Education Code Sec. 38.157]	A physician of the parents'/guardians' choice	Early post injury (same day, next day)	Medical documentation from treating physician		
Return to school: student specific academic adjustment	Licensed AT, school nurse, administrator, teachers, coach	At time of student athlete's return to school	Academic care plan distributed to student athlete's classroom teachers as needed		
Clearance to Return-to-Play [Texas Education Code Sec. 38.157]	A physician of the parents'/guardians' choice	Treating physician has provided written clearance	Medical documentation from treating physician		
Clearance for return to full competition	Licensed Athletic Trainer	Complete all phases return- to-play protocol	Medical documentation by the treating physician and the Licensed Athletic Trainer		

Concussion Education for Parents/Guardians and Student Athletes

In order to participate on any interscholastic athletic team, both the parent/guardian and the student athlete must sign a form for that school year that acknowledges receiving and reading written information that explains concussion prevention, symptoms, treatment, and oversight and that includes guidelines for safely resuming participation in athletic activity following a concussion. This form is approved by the University Interscholastic League and will be completed on an annual basis as part of the school district electronic pre-participation athletics forms. Forms will be reviewed and updated on an annual basis to ensure that the most recent versions are being used.

Recognition

Concussions can produce a wide variety of symptoms, and all persons responsible for the well-being of student athletes should be familiar with the signs and symptoms associated with concussion injuries. Symptoms may be reported by the athlete or may be observed by parents, teachers, coaches, or athletic trainers. The following chart lists some common symptoms of a concussion:

Table 2

PHYSICAL/MOTOR	COGNITIVE	BEHAVIORAL/EMOTIONAL
Dazed/Stunned/Dizzy	Amnesia	Irritable
Headache	Confused/Disoriented	Emotionally unstable
Balance difficulties	Slowed verbal response	Depressed
Weakness	Forgets things easily	Sleep disturbances
Nausea	Difficulty concentrating	Anxious
Excessive fatigue	Short attention span	Lack of interest
Blank look on face		
Slowed reactions		

Any one or a group of these symptoms may appear immediately and be temporary or delayed and long lasting. The appearance of any one of these symptoms after a hard hit or fall should alert the responsible person to the possibility of a concussion. Coaches and athletic trainers should always keep in mind that symptoms may manifest in one domain and not the others or may manifest in all domains. Additionally, symptoms may be the result of something other than a concussion, such as dehydration, illness, etc.

In addition to the signs and symptoms listed, there are a variety of tools that may be used by athletic trainers to identify a concussion injury, including the Pocket Concussion Evaluation Tool, SCAT3, and SCAT5 evaluations. Athletic trainers may use these tools at their discretion.

Removal from Play

- Once a determination has been made that a student athlete might have a concussion, they will be removed from play immediately and may not return the same day.
- The decision regarding removal from play may be made by:
 - A coach
 - A physician
 - o A licensed healthcare professional such as an athletic trainer or nurse
 - The student athletes' parent/guardian

- The rule of thumb when making the determination about whether or not a student has suffered a concussion is: "When in doubt, sit them out".
- Coaches and athletic trainers may use the Sport Concussion Recognition Tool to aid in determining whether to remove a student from competition.
- When the removal from play decision is made by a coach, they should notify their athletic trainer as soon as possible and the athletic trainer will begin a Concussion Injury Record

 Form
- The coach or athletic trainer will inform the student athletes' parents/guardians about the possible concussion, explain district policy regarding sports concussions, and answer any questions they might have.
- A Concussion Fact Sheet for Parents should be provided by the coach or athletic trainer.
- The concussion injury should be noted as soon as possible on the students' file in the Rank One Athlete Management System. www.rankonesport.com

Physician Evaluation

- Once a student has been removed from play following a suspected concussion injury, they must be evaluated by a physician.
- The physician may be chosen by the students' parents/guardians.
- Insurance limitations may dictate initial physician contact; however, the school district athletic trainer may suggest referral to a physician with specific training in diagnosing and treating sports related concussions.
- The Concussion Injury Physician Evaluation Form will be sent with the student athlete to their initial physician contact after the injury.
- This form will be filled out by the treating physician initially and a new form will be updated on subsequent visits.
- The Concussion Injury Physician Evaluation Form will be the written physician clearance required by the Texas Education Code Sec. 38.157 (3) and will guide return-to-play.

Academic Adjustments

- It may be necessary for students with a concussion injury to have both physical and cognitive rest to achieve maximum recovery in the shortest amount of time.
- Academic adjustments will be made if deemed medically necessary by the treating physician.
- Decisions about academic modifications will include the principal, nurse, athletic trainers, classroom teachers, counselors, and parents.
- The teachers and counselors of a concussed athlete will be notified with the Post-Concussion Teacher Notification Form.

To properly manage a concussion injury, academic supports may include, but are not limited to:

- Excused absence from school. Length of time to be determined by the treating physician.
- Rescheduling or extra time to complete, coursework, homework assignments, and tests.
- Reduced time on computer work, reading, writing, or other activities that require long periods of focus.
- No significant classroom or standardized testing.

- Rest breaks periodically throughout the day as needed at the onset of headache or other symptoms.
- Dismissal to home if the headache is above a 3 on a scale of 1-10 and does not resolve with 20-30min of rest in a quiet area. (i.e., nurses office or athletic training room)

During the recovery time these adjustments may be reviewed by the treating physician and modified according to the symptoms that the student is experiencing. Academic support during concussion recovery will be administered with as little disruption to the students' academic schedule as possible, while allowing for maximum recovery.

Return to Activity/Play

- Athletic trainers and coaches will follow the recommendations of the treating physician regarding return-to-play.
- A physician may allow immediate RTP if they determine there was no concussion.
- For concussion injuries, a supervised gradual return to activity will be followed, ultimately ending with a full return to practice and game (Table 3).

Documentation

- The treating physician has indicated on the Concussion Injury Physician Evaluation Form that
 in their professional opinion there was no concussion and it is safe for the student to
 immediately return to play; or
- There was a concussion and a supervised gradual return to activity will be followed beginning on the date indicated on the Concussion Injury Physician Evaluation Form.
- The UIL Return to Play Form is completed and on file with the school district.

Supervised Return to Play

- Athletic trainers will supervise the return-to-play protocol.
- A coach may observe and supervise each phase of the protocol and report the daily outcome to their athletic trainer.
- The athletic trainer in consultation with the treating physician will have the final say whether the student will move to the next phase.
- Coaches may not authorize a students' return to play after a concussion injury.
- Athletic trainers will document each step on the Gradual Return to Play Form. (Appendix C).
- **NOTE:** Students who are still having symptoms after being evaluated by a physician will not be allowed to participate and may be referred to the treating physician.
- Each phase must be completed without a return of symptoms to move to the next phase.
- Subsequent phases may not be completed on the same day.
- At least 24 hours must pass between phases.
- If a student experiences a return of symptoms the RTP protocol will be stopped immediately.
- Once the symptoms have resolved, activity may be resumed at Phase 1, not at the phase where the symptoms began.
- If symptoms do not resolve in 24 48 hours a follow-up with the treating physician may be required.
- The return to play may be delayed based upon a return of symptoms.

Table 3

GRADUAL RETURN TO PLAY PROTOCOL				
National Federation of State High School Associations Sports Medicine Advisory Committee				
Phase	Functional Exercise or Activity	Objective		
Immediate post-injury: No structured physical or cognitive activity	Only basic activities of daily living. Complete cognitive rest followed by a gradual reintroduction of schoolwork	Rest and recovery; avoidance of exertion		
Light aerobic physical activity	5-10 min on an exercise bike (preferred, non- impact). No weightlifting, resistance training, or any other physical activity	Increase heart rate; maintain condition; assess tolerance to activity		
Moderate aerobic exercise	15-20 min of jogging at a moderate intensity in the gym or on the field without a helmet or other equipment	Introduce more motion and jarring to assess tolerance		
Non-contact training drills	Regular non-contact training drills in full practice gear; aerobic activity at full speed; may begin weightlifting, resistance training, and other exercises	Ensure tolerance of all regular activities short of physical contact		
Full contact practice	Full contact practice	Assess functional skills by coaching staff; ensure tolerance of full contact activities		
Return to play	Regular game competition			

References

Texas Education Code Chapter 38 Subchapter D http://www.capitol.state.tx.us/tlodocs/82R/billtext/pdf/HB02038F.pdf

Consensus Statement on Concussion in Sport; 5^{th} International Conference on Concussion in Sport, Berlin, Germany, October 2016

http://bjsm.bmj.com/content/early/2017/04/26/bjsports-2017-097699

Centers for Disease Control online educational material https://www.cdc.gov/headsup/index.html

University Interscholastic League health & safety www.uiltexas.org/health/info/concussions

National Federation of State High School Associations, https://nfhslearn.com/courses/61129/concussion-in-sports

Concussion Resources for Coaches, Parents, and Student Athletes

University Interscholastic League http://www.uiltexas.org/health/info/concussions

Centers for Disease Control – HEADS UP! https://www.cdc.gov/headsup/index.html

National Federation of State High School Associations http://www.nfhs.org/media/1015690/reapaugust2015.pdf

https://nfhslearn.com/courses/61059/concussion-for-students

Consensus Statement on Concussion in Sport; 5^{th} International Conference on Concussion in Sport, Berlin, Germany, October 2016

http://bjsm.bmj.com/content/early/2017/04/26/bjsports-2017-097699

Assessment Tools

Pocket Concussion Recognition Tool http://bjsm.bmj.com/content/bjsports/47/5/267.full.pdf

Sports Concussion Assessment Tool – 3rd Edition (SCAT3) http://bjsm.bmj.com/content/bjsports/47/5/259.full.pdf

Sports Concussion Assessment Tool – 5th Edition (SCAT5) http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf

Communicable and Infectious Diseases

Athletic trainers, coaches, and participants in secondary school athletics should always take the proper precautions to prevent the spread of communicable and infectious diseases. Due to the nature of competitive sports at the high school level, there is increased risk for the spread of infectious diseases, such as impetigo, community acquired methicillin-resistant staphylococcus infection (MRSA) and herpes gladiatorum (a form of herpes virus that causes lesions on the head, neck and shoulders). These diseases are spread by skin-to-skin contact and infected equipment shared by athletes, generally causing lesions of the skin.

Prevention Strategies

These guidelines to prevent the spread of infectious and communicable diseases should be followed:

- Immediately shower after practice or competition.
- Regular handwashing or sanitizing should be encouraged as it is the single most important behavior for preventing infections.

- Wash all athletic clothing worn during practice or competition daily.
- Clean and disinfect gym bags and/or travel bags if the athlete is carrying dirty workout gear home to be washed and then bringing clean gear back to school in the same bag. This problem can also be prevented by using disposable bags for practice laundry.
- Wash athletic gear (such as knee or elbow pads) periodically and hang to dry.
- Clean and disinfect protective equipment such as helmets, shoulder pads, and catcher's equipment on a regular basis.
- Do not share towels or personal hygiene products, such as razors, with others.
- All skin lesions should be covered before practice or competition to prevent risk of infection
 to the wound and transmission of illness to other participants. Only skin infections that
 have been properly diagnosed and treated may be covered to allow participation of any
 kind.
- All new skin lesions occurring during practice or competition should be properly diagnosed and treated immediately.
- Playing fields should be inspected regularly for animal droppings that could cause bacterial infections of cuts or abrasions.
- Athletic lockers should be sanitized between seasons.
- Rather than carpeting, locker or dressing rooms should have tile floors that may be cleaned and sanitized.
- Weight room equipment, including benches, bars and handles should be cleaned and sanitized daily.

Wound Care

When providing care for open wounds, it is critical that universal precautions are taken. This can be done by avoiding direct contact with blood or other bodily fluids at the injury site that may transmit infectious organisms such as human immunodeficiency virus (HIV) and hepatitis B virus (HBV), as well as avoid contaminating surrounding surfaces while evaluating and treating the wound. Always assume that all wounds are contaminated regardless of the type of injury and the person being treated.

Generally, most wounds may be cleansed with soap and water then a dressing containing an antiseptic should be applied. Do not apply antiseptic if the wound is going to be examined by a physician. Always follow universal precautions, such as wearing latex gloves, not touching surfaces after touching the wound, and washing hands after wound care to prevent the spreading of infection or disease. The following are suggested procedures to use in the sporting environment to minimize wound infection:

- Use sterilized instruments (scissors, tweezers, clippers, etc.)
- Clean hands thoroughly and put on latex gloves
- Clean in and around the wound thoroughly. All debris such as dirt and gravel should be removed from the wound
- Apply a sterile dressing (such as non-stick sterile gauze) with antiseptic on it over the wound unless the athlete is to be seen by a physician. Otherwise, place only the sterile dressing over the wound. When using antiseptic apply it to the dressing instead of directly to the wound.
- Secure the dressing with tape or wrapping

- Always wash your hands and clean all surfaces after treating the wound
- Dispose of soiled products in an appropriate container

If a wound is bleeding profusely certain steps should be followed. As with any wound, always follow universal precautions. Remove any clothing or debris that may be covering the wound and apply direct pressure over the wound site by using some type of sterile dressing. Never remove the blood-soaked dressing, simply add more layers if the dressing becomes soaked with blood. If the direct pressure and layers of dressing do not help, elevate the appendage while keeping pressure over the wound. Depending on the location of the wound, direct pressure may also be put on the brachial artery (inside of the upper arm) or the femoral artery (inside of the upper thigh) to decrease blood flow. Pressure should be maintained on the pressure points until the wound is cared for by a physician. It is very rare that a tourniquet is needed in the sporting setting and should only be used as a last resort. All materials used to treat the wound should be disposed of in an appropriate container.

Respiratory Distress

Shortness of breath or difficulty breathing in an athlete may have different causes. The cause should be evaluated by the athletic trainer or a physician if present. If available, supplemental oxygen via nasal cannula or face mask may be started immediately. If pulse oximetry is available, SO2 should be measured. Care should be given based on signs, symptoms, and history. Causes of respiratory distress may include:

- Asthma or exercise induced bronchospasm
- Anaphylactic reaction
- Tension pneumothorax
- Hyperventilation
- Upper respiratory infection (URI) or pneumonia
- Blockage (choking)

If respiratory distress symptoms do not improve quickly or if the cause remains unclear the student should be referred to the ER.

Asthma Management³

Asthma is defined as a chronic inflammatory disorder of the airways characterized by variable airway obstruction and bronchial hyperresponsiveness. Airway obstruction can lead to recurrent episodes of wheezing, breathlessness, chest tightness, and coughing, particularly at night or in the early morning. Asthma can be triggered by many stimuli, including allergens (eg, pollen, dust mites, animal dander), pollutants (eg, carbon dioxide, smoke, ozone), respiratory infections, aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), inhaled irritants (eg, cigarette smoke, household cleaning fumes, chlorine in a swimming pool), particulate exposure (eg, ambient air pollutants, ice rink pollution), and exposure to cold and exercise. Airflow limitation is often reversible, but as asthma symptoms continue, patients may develop "airway remodeling" that leads to chronic irreversible airway obstruction. Severe attacks of asthma can also cause irreversible airflow obstruction that can lead to death.

³ National Athletic Trainers' Association Position Statement: Management of Asthma in Athletes

Athletic training staff should be aware of the major signs and symptoms suggesting asthma, as well as the following associated conditions:

- Chest tightness (or chest pain in children)
- Coughing (especially at night)
- Prolonged shortness of breath (dyspnea)
- Difficulty sleeping
- Wheezing (especially after exercise)
- Inability to catch one's breath
- Physical activities affected by breathing difficulty
- Use of accessory muscles to breathe
- Breathing difficulty upon awakening in the morning
- Breathing difficulty when exposed to certain allergens or irritants
- Exercise-induced symptoms, such as coughing or wheezing
- An athlete who is well conditioned but does not seem to be able to perform at a level comparable with other athletes who do not have asthma
- Family history of asthma n. Personal history of atopy, including atopic dermatitis/ eczema or hay fever (allergic rhinitis)

Although there is a correlation between the presence of symptoms and exercise-induced-asthma (EIA), the diagnosis should not be based on history alone. Rather, these symptoms should serve to suggest that an athlete may have asthma. Students with no history of asthma may need to be referred. The following types of screening questions can be asked to seek evidence of asthma:

- Does the student have breathing attacks consisting of coughing, wheezing, chest tightness, or shortness of breath (dyspnea)?
- Does the student have coughing, wheezing, chest tightness, or shortness of breath (dyspnea) at night?
- Does the student have coughing, wheezing, or chest tightness after exercise?
- Does the student have coughing, wheezing, chest tightness, or shortness of breath (dyspnea) after exposure to allergens or pollutants?
- Which pharmacologic treatments for asthma or allergic rhinitis, if any, were given in the past, and were they successful?

Student athletes with atypical symptoms, symptoms despite proper therapy, or other complications that can exacerbate asthma (such as sinusitis, nasal polyps, severe rhinitis, gastroesophageal reflux disease, or vocal cord dysfunction) should be referred to a physician with expertise in sports medicine (eg, allergist; ear, nose, and throat physician; cardiologist; or pulmonologist with training in providing care for athletes).

Sickle Cell Trait and Exertional Sickling Guidelines⁴

Introduction

Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. During intense or extensive exertion, the sickle hemoglobin can change the shape of red cells from round to quarter-moon, or "sickle." This change, exertional sickling, can pose a grave risk for some athletes. In the past seven years, exertional sickling has killed nine athletes, ages 12 through 19.

Research shows how and why sickle red cells can accumulate in the bloodstream during intense exercise. Sickle cells can "logjam" blood vessels and lead to collapse from ischemic rhabdomyolysis, the rapid breakdown of muscles starved of blood. Major metabolic problems from explosive rhabdomyolysis can threaten life. Sickling can begin in 2-3 minutes of any all-out exertion — and can reach grave levels soon thereafter if the athlete continues to struggle. Heat, dehydration, altitude, and asthma can increase the risk for and worsen sickling, even when exercise is not all-out. Despite telltale features, collapse from exertional sickling in athletes is under-recognized and often misdiagnosed. Sickling collapse is a medical emergency

Sickle cell trait status is screened in the UIL Medical History form question 18. As all 50 states screen at birth, this marker is a base element of personal health information that should be made readily available to the athlete, the athlete's parents, and the athlete's healthcare provider, including those providers responsible for determination of medical eligibility for participation in sports.

Sickling in Sports

Up to 13 college football players have died after a sickling collapse. The setting and syndrome in most are similar:

- Sickling players may be on-field only briefly, sprinting only 800-1,600 meters, often early in the season.
- Sickling can also occur during repetitive running of hills or stadium steps, during intense sustained strength training, if the tempo increases late in intense one-hour drills, or at the end of practice when players run "gassers."
- Sickling can even occur rarely in the game, as when a running back is in constant action during a long, frantic drive downfield.

Sickling collapse is not limited to football. It has occurred in distance racing and has killed or nearly killed several college or high school basketball players (two were females) in training, typically during "suicide sprints" on the court, laps on a track, or a long training run.

The harder and faster athletes go, the earlier and greater the sickling, which likely explains why exertional collapse occurs "sooner" in college football players sprinting than in athletes running longer distances. Sickling can begin in only 2-3 minutes of sprinting – or in any other all-out exertion – and sickling can quickly increase to grave levels if the stricken athlete struggles on or is urged on by the coach.

⁴ National Athletic Trainers' Association, Consensus Statement: Sickle Cell Trait and the Athlete

Recognition

Sickling collapse has been mistaken for cardiac collapse or heat collapse. But unlike sickling collapse, cardiac collapse tends to be "instantaneous," has no "cramping" with it, and the athlete (with ventricular fibrillation) who hits the ground no longer talks. Unlike heat collapse, sickling collapse often occurs within the first half hour on field, as during initial wind sprints. Core temperature is not greatly elevated.

Sickling is often confused with heat cramping; but athletes who have had both syndromes know the difference, as indicated by the following distinctions:

- 1. Heat cramping often has an early symptom of muscle twinges, whereas sickling has none;
- 2. The pain is different heat-cramping pain is more excruciating.
- 3. What stops the athlete is different heat crampers hobble to a halt with "locked-up" muscles, while sickling players slump to the ground with weak muscles.
- 4. Physical findings are different heat crampers writhe and yell in pain, with muscles visibly contracted and rock-hard; whereas sicklers lie fairly still, not yelling in pain, with muscles that look and feel normal;
- 5. The response is different sickling players caught early and treated right recover faster than players with major heat cramping.

This is not to say that all athletes who sickle present the same way. How they react differs, including some stoic players who just stop, saying "I can't go on." As the player rests, sickle red cells regain oxygen in the lungs and most then revert to normal shape, and the athlete soon feels good again and ready to continue. This self-limiting feature surely saves lives.

Precautions

No sickle-trait athlete is ever disqualified because simple precautions seem to suffice. For the athlete with sickle cell trait, the following guidelines should be adhered to:

- Build up slowly in training with paced progressions, allowing longer periods of rest and recovery between repetitions.
- Encourage participation in preseason strength and conditioning programs to enhance the preparedness of athletes for performance testing which should be sports specific. Athletes with sickle cell trait should be excluded from participation in performance tests such as mile runs, serial sprints, etc., as several deaths have occurred from participation in this setting.
- Cessation of activity with onset of symptoms [muscle 'cramping', pain, swelling, weakness, tenderness; inability to "catch breath", fatigue].
- If sickle-trait athletes can set their own pace, they seem to do fine.
- All athletes should participate in a year-round, periodized strength and conditioning
 program that is consistent with individual needs, goals, abilities and sport-specific demands.
 Athletes with sickle cell trait who perform repetitive high-speed sprints and/or interval
 training that induces high levels of lactic acid should be allowed extended recovery between
 repetitions since this type of conditioning poses special risk to these athletes.
- Ambient heat stress, dehydration, asthma, illness, and altitude predispose the athlete with sickle trait to an onset of crisis in physical exertion.
 - Adjust work/rest cycles for environmental heat stress
 - Emphasize hydration
 - Control asthma

- No workout if an athlete with sickle trait is ill
- Educate to create an environment that encourages athletes with sickle cell trait to report
 any symptoms immediately; any signs or symptoms such as fatigue, difficulty breathing, leg
 or low back pain, or leg or low back cramping in an athlete with sickle cell trait should be
 assumed to be sickling.

Treatment

In the event of a sickling collapse, treat it as a medical emergency by doing the following:

- Check vital signs.
- Administer high-flow oxygen, 15 lpm (if available), with a non-rebreather face mask.
- Cool the athlete, if necessary.
- If the athlete has diminished consciousness or as vital signs decline, call 911, attach an AED, and get the athlete to the hospital fast.
- Tell the doctors to expect explosive rhabdomyolysis and grave metabolic complications.
- FOLLOW THE DISTRICT EMERGENCY ACTION PLAN FOR THE VENUE.

Pregnancy⁵

During pregnancy, the health of the student-athlete and the pregnancy is of utmost concern. The NCAA supports the position that high level athletic activity — with professional healthcare monitoring and plentiful hydration to prevent overheating — is generally safe before 14 weeks of gestation. Ten to 15% of all pregnancies spontaneously miscarry for no explainable reason in the first trimester, and a high level of fitness has been found to have no effect on this rate. Most pregnant athletes with normal pregnancies can safely continue to participate in team activities, with progressive modifications, as the pregnancy develops past the 14th week.

Athletic Participation While Pregnant

Student-athletes can and do compete successfully while pregnant, with no adverse health effects. The UIL does not take a position on pregnant athletes and leaves participation decisions up to the local districts.

The following points will guide ATs when providing athletic training services to a pregnant student athlete.

- The athletic trainer, the pregnant student-athlete, and her healthcare provider should monitor her for danger signs.
- She should use the same schedule as a non-athlete for seeing her healthcare provider: every 4 weeks until 28 weeks, every 2 weeks until 36 weeks, then weekly until delivery.
- If a student-athlete's competitive season will be completed before her 14th week of pregnancy, or her season begins 6-8 weeks after she delivers her child, she might well be able to meet training and competitive performance goals for the entire season.
- The AT and the student-athlete's health care provider should work together to assist the student-athlete to safely continue her athletic participation if she wishes to do so.

⁵ NCAA Pregnancy Toolkit: Pregnant and Parenting Student Athletes

Maternal health care providers, including obstetricians and nurse-midwives, are less likely to rely on stereotypes as to what pregnant student-athletes can and cannot do safely, and less likely to see pregnancy as requiring the disruption of the student's routine. Maternal health care providers perform a careful assessment of the student-athlete's overall lifestyle and health, including diet, stress levels and pre-existing medical conditions, and are best able to identify potentially threatening situations to the woman. When working collaboratively, the student-athlete's health care provider can equip the athletic trainer to advocate for the student-athlete when there is an unnecessary barrier to the pregnant student-athlete's continued athletic participation.

Monitoring

Athletic trainers should monitor pregnant student athletes for any warning signs that exercise should be terminated, including:

- Vaginal Bleeding
- Difficulty breathing (dyspnea) prior to exertion
- Dizziness
- Headache
- Chest Pain
- Calf pain or swelling (rule out a deep leg vein blood clot or thrombophlebitis)
- Abdominal pain, cramps, or contractions before due date (preterm labor)
- Decreased movement of the baby (decreased fetal movement)
- Vaginal leakage of clear fluid (amniotic fluid leakage)

Support

Athletic trainers should keep in mind that pregnancy can be a distressing event for a student athlete, especially if it is unintended or the result of an abusive situation. Whatever the circumstances, the ATs providing care should keep in mind the following:

- Student athletes may choose to keep their pregnancy a private matter between them and their physician. DO NOT disclose a pregnancy without the consent of the parent and student.
- A supportive environment will encourage students to come to the AT for support rather than trying to hide a pregnancy.
- Once a student has disclosed a pregnancy, try to reach out to her physician for guidance.
- The time may come when the student may not safely contribute to the team due to the pregnancy. ATs should be available to offer emotional support if needed.
- Ultimately, the health and welfare of the student and her baby are the priority, not the wins and losses of the team.



ENVIRONMENTAL GUIDELINES

Cold Weather

Cold exposure can be uncomfortable, impair performance and even become life threatening. Hypothermia, a significant drop in body temperature, occurs with rapid cooling, exhaustion, and energy depletion. The resulting failure to the temperature-regulating mechanisms may lead to a medical emergency.

Hypothermia frequently occurs at temperatures above freezing. A wet and windy 30 to 50-degree exposure may be as serious as a subzero exposure. For this reason, the Pharr-San Juan-Alamo ISD Athletics Department follows a cold weather policy using the Perry Weather® system. The observed feels like temperature considers the effects of multiple parameters to determine how cold it feels outside.

Clothing is one of the most important parts of keeping the body warm. Athletes and staff should dress in layers and try to stay dry. Layers can be added or removed depending on temperature, activity, and wind chill. Athletes should layer themselves with wicking fabric next to the body, followed by lightweight pile or wool layers for warmth. Athletes should use a wind block garment to avoid wind chill during workouts. Heat loss from the head, neck and hands may be as much as 50% of total heat loss; therefore, these areas should always be covered during cold conditions.

Cold Exposure

- Can trigger an asthma attack
- Can cause coughing, chest tightness, and burning sensation in the throat and nasal passages.
- Can result in a reduction in strength, power, endurance, and aerobic function.
- Results in core body temperature reduction, causing a reduction of motor output.
- All students should be issued proper gear for cold weather.
- If students do not have proper gear to wear, they should not be outside. No exceptions.

Recognition

- Shivering reflex as the body attempts to generate heat.
- Excessive shivering will result in fatigue and loss of motor skills.
- Numbness and pain in exposed fingers, toes, ears, and exposed face.
- Drop in core temperature can result in sluggishness, slurred speech, and disorientation.
- Cooling will occur more rapidly when clothing and skin is wet from sweat or rain.

Notification and Enforcement

- Feels like temperature will be determined using the Weather Sentry™ System.
- Athletic trainers will monitor the feels like temperature as needed and will inform coaches and administrators.
- Feels like temperature will be determined before outdoor activity and monitored hour by hour
- Head coaches will be responsible for monitoring and adhering to exposure times.
- Athletic trainers will report any violations to the campus coordinator and athletic trainer coordinator.
- Game cancellations and postponements will be determined on a case-by-case basis with athletic administrators and athletic trainers.

Game/Practice Guidelines

HIGH SCHOOLS

Feels like temperature 35 degrees and lower with precipitation of any kind:

- 35 minutes of exposure / 20 minutes inside (may return outside after 20 min)
- Dry clothing should be available at halftime (including socks, gloves. beanie)
- Athletes must be dressed in warmups with extremities covered
- All practices will be moved inside

Feels like temperature 35 degrees and lower with no precipitation:

- 45 minutes exposure / 15 minutes inside (may return outside after 15 min)
- Athletes must be in warmups with extremities covered
- All practices will be moved inside

Feels like temperature 32 degrees and lower with or without precipitation:

- No outside exposure
- All games will be cancelled or postponed
- All practices will be moved inside

MIDDLE SCHOOLS

Feels like temperature 45 degrees and lower with precipitation of any kind:

- 35 minutes of exposure / 20 minutes inside (may return outside after 20 min)
- Dry clothing should be available at halftime (including socks, gloves. beanie)
- Athletes must be dressed in warmups with extremities covered
- All practices will be moved inside

Feels like temperature 35 degrees and lower with no precipitation:

- 30 minutes exposure / 15 minutes inside (may return outside after 15 min)
- Athletes must be in warmups with extremities covered
- All practices will be moved inside

Feels like temperature 32 Degrees and lower with or without precipitation:

- No outside exposure
- All games will be cancelled or postponed

• All practices will be moved inside

Heat and Hydration

When students are involved in physical practice and competition, they lose fluids and electrolytes through sweat. Sweating is the body's natural cooling mechanism. However, if fluids are not replaced dehydration will occur. Thirst is not a good indicator of fluid needs. Many students come to practices and games already dehydrated due to poor diet or drinking sodas or energy drinks. Physical activity furthers the condition and by the time students feel thirsty, dehydration has already set in. Even levels of dehydration as little as 1-2% (1.3 - 2.6 lbs., for a 130-pound student) can lead to premature fatigue and impair physical and mental performance.

The main problem associated with exercising in the hot weather is water loss through sweating. Water breaks two or three times per hour are better than one break an hour. The best method is always to have water available and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks and be sure the athletes are drinking the water. The small amount of salt lost in sweat will be replaced by salting food at meals. **Do not use salt tablets.**

Key Terms and Definitions

Heat Cramps: Muscular pain and spasm due to heavy exertion and dehydration. Heat cramps usually involve the abdominal muscles or legs, and it is generally thought that dehydration is the cause.

Heat Syncope: Weakness, fatigue, and fainting due to loss of salt and water in sweat and exercise in the heat.

Heat Exhaustion: Typically occurs when people exercise heavily or work in a warm, humid environment where body fluids and electrolytes are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock.

Heat Stroke: Life threatening. The temperature control system, which produces sweat to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Any heat stroke victim must be quickly cooled and referred for advanced medical attention.

Dehydration: When fluid loss exceeds fluid intake.

Wet Bulb Globe Temperature (WBGT): Temperature index based on the combined effects of air temperature, relative humidity, radiant heat, and air movement.

Effects of Dehydration

- Dehydration can affect an athlete's performance in less than an hour of exercise. Effects begin sooner if the athlete begins the session dehydrated.
- Dehydration of just 1%-2% of body weight (only 1.5lbs. for a 150lb. athlete) can negatively influence performance.
- Dehydration of greater than 3% of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, and heat stroke).

Basic Warning Signs of Dehydration

Thirst Muscle Cramps Irritability Nausea

Headache Weakness Dizziness Decreased performance

Fluid Guidelines

Before exercise

- 2 to 3 hours before exercise 17-20 oz. of water or a sports drink
- 10 to 20 minutes before exercise drink another 7-10oz. of water or sports drink

During exercise

- Drink early even minimal dehydration compromises performance
- Drink every 10 to 20 minutes, at least 7-10 oz. of water or sports drink. To maintain hydration, drink beyond your thirst. Optimally, drink fluids based on amount of sweat and urine loss.

After exercise

• Within 2 hours drink enough to replace any weight loss from exercise. Drink approximately 20-24oz. of a sports drink per pound of weight loss.

Rehydration

- An athlete's hydration status can be monitored by:
 - o Body weight after exercise vs. before (weighing in)
 - o Urine color
 - o Urine volume

Notification

- WGBT will be determined using the Perry Weather® System.
- Athletic trainers will monitor WGBT as needed and will inform coaches and administrators.
- WGBT should be determined before any outdoor activity and monitored hour by hour.
- Head coaches will be responsible for monitoring and adhering to UIL heat guidelines.

Practice Guidelines

General Guidelines

- All sports should follow a gradual increase in work out intensity over several days to acclimatize athletes and allow them to become accustomed to heat exposure.
- Unlimited/unrestricted water will be available for all practices.
- Athletes in all sports will always be monitored.
- Asthmatic athletes may remove themselves from workouts without penalty or repercussions.
- Coaches are responsible for communicating with the athletic trainers to ensure that necessary supplies and equipment are available for hydration and cooling during practices.

Football Practice Acclimatization Guidelines (UIL)

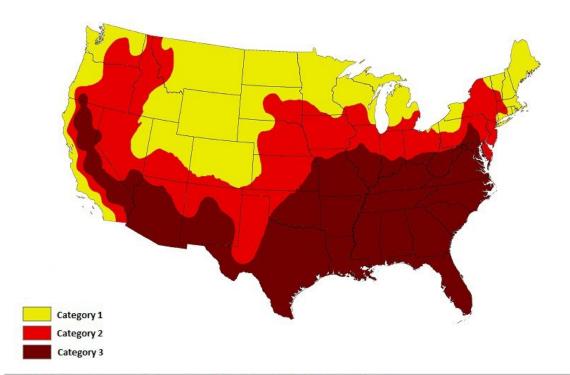
- During the first four days, athletes wear only shoes, socks, T-shirts, shorts, and helmets (no shoulder pads).
- All student athletes who arrive after the first day of practice are required to undergo a four-day acclimatization period.
- A detailed explanation of practice guidelines is on the UIL webpage and coaches must be familiar with them.

Additional Considerations

- Each athlete must have a physical exam with a medical history when first entering a
 program and an annual health history update. Any history of previous heat illness and type
 of training activities before organized practice begins should be included. State high school
 association's recommendations should be followed.
- Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the physical condition of their athletes and set practice schedules accordingly.
- Acclimatization to heat is important. Acclimatization is the process of becoming adjusted to
 heat and it is essential to provide for gradual acclimatization to hot weather. It is necessary
 for an athlete to exercise in the heat if he/she is to become acclimatized to it.
- A graduated physical conditioning program should be used for sports and 80% acclimatization can be expected to occur after the first seven to ten days.
- The old idea that water should be withheld from athletes during workouts has no scientific foundation. The most important safeguard to the health of the athlete is the replacement of water
- Water must always be on the field and readily available to the athletes. It is recommended
 that a minimum of ten minutes be scheduled for a water break every half hour of heavy
 exercise in the heat. Water should be available in unlimited quantities. Check and be sure
 athletes are drinking the water. Cold water is preferable. Drinking ample water before
 practice or games has also been found to aid performance in the heat.
- Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. Attention must be directed to replacing water fluid replacement is essential.
- Know both the temperature and humidity. The greater the humidity, the more difficult it is for the body to cool itself. Test the air prior to practice or game using a wet bulb, globe, temperature (WBGT) index which is based on the combined effects of air temperature, relative humidity, radiant heat, and air movement.

WBGT Modification Guidelines

The following map and charts have been provided by the UIL to provide guidance for modifying activity in response to severe heat conditions.



Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F	< 79.7°F	< 76.1°F	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
<27.8°C	<26.5°C	<24.5°C	
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F	84.7 - 87.6°F	81.1 - 84.0°F	Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
30.6-32.2°C	29.3-30.9°C	27.3-28.9°C	
90.1 - 91.9°F	87.8 - 89.6°F	84.2 - 86.0°F	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
32.2-33.3°C	31.0-32.0°C	29.0-30.0°C	
≥ 92.1°F	≥ 89.8°F	≥ 86.2°F	No outdoor workouts. Delay practice until a cooler WBGT is reached.
≥ 33.4°C	≥32.1°C	≥30.1°C	

Lightning and Severe Weather

Lightning is the most consistent and significant weather hazard that may affect interscholastic athletes. Within the United States, the National Severe Storms Laboratory (NSSL) estimates more than 100 fatalities and 400 to 500 injuries requiring medical treatment occur from lighting strikes every year. The probability of being struck is extremely low, but the odds are significantly greater when a storm is in the area and the proper safety precautions are not followed.

The Pharr-San Juan-Alamo ISD subscribes to the Perry Weather® System to provide reliable reports of lightning strikes including cloud-to-cloud, cloud-to-ground, distance from venue, and countdown timer to all clear. Administrators, coaches, and athletic trainers use a dedicated phone app to receive alerts including cautions, warnings, and all clear messages.

Chain of Command

- Athletic trainers or athletic administrators will initiate a lightning delay.
- If an athletic trainer or athletic administrator is not immediately available, coaches will follow established safety procedures.
- Administrators and head coaches will be responsible for notifying participating teams, school administrators, game officials, press box and media.
- Game cancellations and postponements will be determined on a case-by-case basis with athletic administrators and athletic trainers.

Weather Monitoring and Notification

- Athletic training staff will actively monitor weather reports the day of and during the event using the Perry Weather® System. <u>All decisions regarding lightning and weather safety will</u> rely on data from this system.
- All persons in the chain-of-command will monitor the weather and be aware of "watches and warnings" in the area.
- Coaches should be set up to receive alerts on the Perry Weather App.
- Game administrators will direct students and fans to designated safer areas through public address announcements.
- Stadium gates will be closed and spectators not already in the stadium will be directed to wait in their cars until all clear is given.
- Coaches are responsible for following all text alerts and directions from athletic trainers and athletic administrators.

Safe Locations

- <u>Primary Location:</u> Any building normally occupied or frequently used by people, enclosed with walls and a roof, and with plumbing and electrical wiring.
- <u>Secondary Location:</u> A vehicle with a hard metal roof and rolled up windows such as a school bus or a car. Although a vehicle is better than remaining outside, take care not to touch metal surfaces inside the vehicle.

Unsafe Activities and Locations

Avoid taking a shower, washing hands, and contact with plumbing.

- Avoid using a landline telephone (mobile phone OK).
- Avoid contact with conductive surfaces exposed to the outside, such as metal door or window frames including metal inside of a vehicle.
- Avoid contact with electrical or cable TV wiring.
- Avoid being in or near high places, open fields, golf course, or under trees.
- Avoid being in gazebos, picnic shelters, ball field dugouts, and covered sidewalks or porches.
- Avoid being near communication towers, flagpoles, light poles.
- Avoid being under open bleachers, near metal fences, or near pools of water.
- Avoid being in golf carts, gators, or convertible vehicles.

Safety Position without Shelter

If you feel hair on your arms and neck standing prepare for a possible lightning strike by:

- Kneeling in a fetal position with hands covering ears
- Feet must be together
- Make yourself as close to the ground as possible

Lightning Safety Policy and Procedures

The Perry Weather® System will send lightning alerts based on distance from facility locations:

- <u>30 miles (Advisory):</u> Severe weather is in the general area and the location should be monitored closely for approaching storms.
- <u>15 miles (Caution):</u> If a storm is approaching, outdoor activities should be suspended, and students, staff, and spectators begin relocating to safer locations.
- <u>10 miles (Warning)</u>: Outdoor activity is dangerous, and all students, staff, and spectators will remain in a safer location.
- <u>All Clear:</u> After 30 minutes of no lightning strikes within 10 miles, all clear will be given to resume outdoor activities.
- Do not wait until severe weather is within 10 miles to begin moving inside. By then it is already dangerous.

Lightning Awareness

- Blue sky is not an indicator of safety. It does not have to be raining for lightning to strike.
- Coaches and administrators should know how long it would take to move their group to a safe area. Getting "one more rep in" is not acceptable.
- All students and staff should remain in the safe area until administrators or text message gives the "All Clear" 30 minutes after the last lighting strike within 10 miles.
- Coaches should use common sense; if they see lightning and hear thunder, they should move to a safe area even if they do not receive an alert.

First Aid for Lightning Strike Victims

- Lightning strike victims do not carry an electrical charge.
- When possible move the victim to a safe area.
- Activate EMS as soon as possible

- Lightning strike victims may show signs of cardiac or respiratory arrest and need emergency help quickly.
- Prompt CPR and AED access can be effective for the survival of lightning strikes.
- FOLLOW THE DISTRICT EMERGENCY ACTION PLAN FOR THE VENIUE.



EMEGENCY ACTION PLANS

The following emergency action plan (EAP) has been developed by the Pharr-San Juan-Alamo Independent School District Athletic Department as a general emergency response guide. The following procedures are intended to serve as guidelines and are not intended as a substitution for prudent decision-making during management of an actual emergency. All athletic trainers, coaches, and other school personnel should be familiar with these guidelines and what their role will be in response to an emergency.

An emergency is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination and communication between school staff be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

Every situation is different, but the in the following situations EMS should be activated:

- When there is no breathing or heartbeat
- When a person is unconsciousness
- When there is a suspected spine injury
- For an open fracture (bone through skin)
- For severe heat exhaustion or heat stroke
- For severe bleeding that cannot be stopped

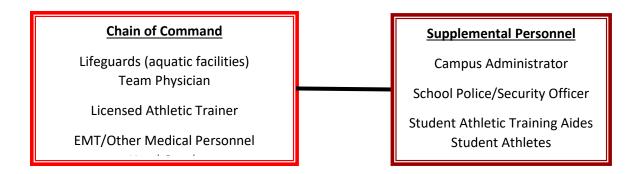
Do not move an injured or unresponsive person unless the scene is unsafe.

WHEN IN DOUBT ACTIVATE EMS

TO ACTIVATE EMS CALL 911 AND BE PREPARED WITH THE FOLLOWING INFORMATION

The location of the emergency and time of injury
A description and nature of the injury
The general condition of the injured person
The name and approximate age of the injured person

DO NOT HANG UP UNTIL DIRECTED BY THE 911 OPERATOR



Emergency Communication

Athletic Trainers are to have cell phones available at all games and practices. Coaches and administrators should have the athletic trainers' phone number readily available. Telephones are located on all campuses in the athletic training room, coaches' offices, and main administration office.

When calling for an Athletic Trainer, include the nature of the injury or situation so they can gather the necessary emergency equipment for a proper response.

Emergency Equipment

First responder staff should have easy access to emergency supplies including but not limited to:

- Heat and Hydration Equipment
- Automated External Defibrillator (AED)
- Stop the Bleed Kit
- Equipment/Facemask Removal Tools
- Crutch/Splint Bag
- Athletic Trainer Med Kit

Emergency Protocol and Roles

The highest person in the chain of command who is present at a scene will be the designated person in charge. That person is responsible for initiating care, deciding when to call 911, instructing others how they may be of help, and will be the person who stays with the athlete until EMS arrives.

Signs are posted at all PSJA ISD athletic venues with information including address, entry point (gate number), nearest intersection, GPS coordinates, nearest hospital, and AED/Stop the Bleed equipment location. Coaches and students should be familiar with these signs in case they are designated to assist in an emergency. (Example included)

Once it has been decided that EMS should be called, the following protocol should be followed:

Activation of Emergency Medical Services (EMS)

- Someone should be designated to make the call to 911. (coach or student)
- If the person who initiates care is alone 911 should be called FIRST, prior to providing care.
- Provide all information requested by the 911 operator.

Retrieval of the nearest AED

- If an athletic trainer is present, there will usually be an AED onsite for games and practices.
- All coaches and students should be aware of the location of the nearest AED and be available to assist retrieving.

Direct EMS to Location of Emergency

- Someone should be sent to the entry gate and nearest intersection to direct the ambulance to the emergency.
- Coaches or security officers should have keys to open the correct gates.

Provide Crowd Control

- Coaches or security officers will assist with maintaining control of spectators and other students.
- All activity should be suspended, and students moved away from the emergency.
- Spectators should remain in the bleachers to allow first responders to provide proper care without distractions.

Notifications to Administrators and Parents

• A person should be designated to contact the injured person's parents, campus administrator (principal), and district athletic department administrators (athletic director, coordinator for athletic trainers)

Transport will be to the nearest hospital unless an alternate location is requested by a parent/guardian. For life threatening or catastrophic situations transport will always be to a hospital that is a designated trauma center.

Post-Emergency Response

The first responder or person in charge will document actions taken during the emergency response. This information will be used to evaluate the emergency response and will be used in the afterevent review meeting with coaches and administrators.

Post-Emergency Administration Notification

When there is an emergency requiring transport to a hospital, campus and district administrators should be notified as soon as possible after the emergency has been attended to. The following should always be notified:

Superintendent
Campus Principal
Athletic Director
Assistant Athletic Director (middle schools)
Coordinator for Athletic Trainers
Health Services Director

Coaches, athletic trainers, or any other school district staff who act as first responders should not make any comments or statements to anyone regarding an emergency involving a student or staff of the district. All statements should come from the school district communications department after all relevant administrators have been notified.

Important Phone Numbers

PSJA ISD Police Department	956-354-2033	San Juan Police Department
956-223-2400		
PSJA ISD Athletic Department	956-354-2220	Alamo Police Department
956-787-1454		
PSJA ISD Central Office	956-354-2000	PSJA ISD Health Services
956-354-2016		
Poison Control Hotline	800-222-1222	

Coaches and athletic trainers should have phone numbers for supervisors readily available and make notifications in a timely manner.

PSJA STADIUM - Field - Home Side

703 E Sam Houston, Pharr, TX 78577

Enter GATE 4 off Fir Street, Southwest Corner

Nearest Intersection: Sam Houston St. & Fir St. **GPS Coordinates:** 26.187507, -98.175746

Nearest Hospital:

Rio Grande Regional, 101 E Ridge Rd., McAllen, 4.3mi, 956-632-6000



Pharr-San Juan-Alamo Independent School District Athletic Facility Emergency Action Plan

ACTIVATE EMS

- When there is no breathing or heartbeat
- When a person is unconscious
- When there is a suspected spine injury
- For an open fracture (bone through skin)
- For severe heat exhaustion or heat stroke
- For severe bleeding that cannot be stopped

WHEN IN DOUBT ACTIVATE EMS





AED AND BLEEDING CONTROL KIT LOCATED
IN SOUTH CONCESSION STAND

TO ACTIVATE EMS CALL 911

Be prepared with the following information:

- Location of victim and time of injury
- Description and nature of injury
- Describe general condition of victim
- Name and approximate age of victim
- Do not hang up until directed by operator

THE PERSON IN CHARGE WILL INITIATE CARE

DESIGNATE PERSON TO RETRIEVE NEAREST AED

DESIGNATE PERSON TO DIRECT EMS TO EMERGENCY

DESIGNATE PERSON TO PROVIDE CROWD CONTROL

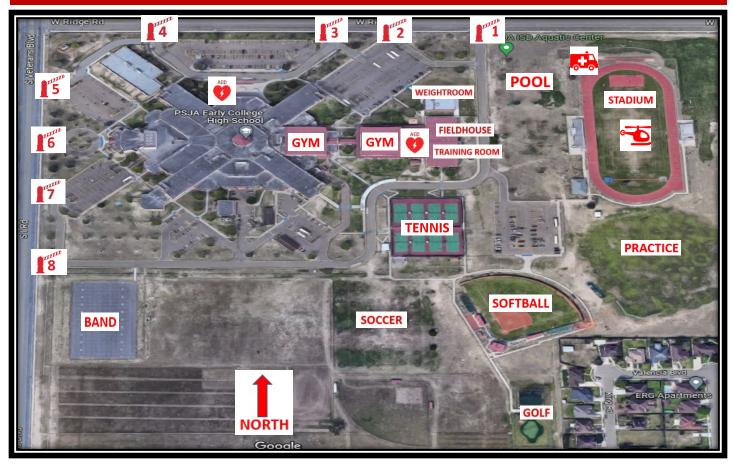
DESIGNATE PERSON TO MAKE NOTIFICATIONS

PSJA ISD Police Department 956-354-2033 PSJA ISD Athletic Department 956-354-2220 PSJA ISD Health Services 956-354-2016

Pharr Police Department 956-402-4700
PSJA ISD Central Office 956-354-2000
Poison Control Hotline 800-222-1222

For school events, the event administrator will contact athletic department and school administrators

PSJA Early College High School 805 W. Ridge Rd, San Juan, TX 78589 | 956-354-2300





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

 The ambulance unit will park on the northwest corner of the stadium with direct access to the track and playing field. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED located in hallway outside the athletic training room in the fieldhouse.



EMERGENCY AIRLIFT SERVICES

• The designated landing area will be the stadium.



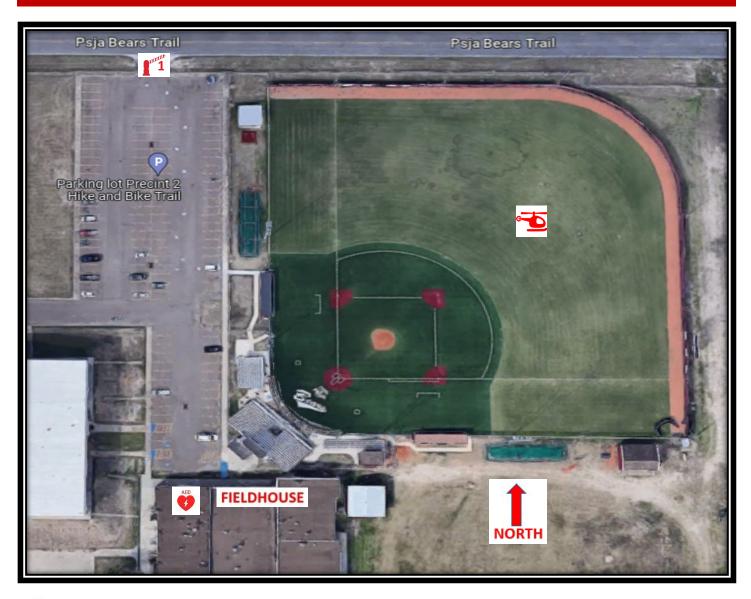
EMS/AMBULANCE CAMPUS ENTRY POINTS

- During the school day the primary campus entry will be GATE #3 off Ridge Rd.
- For athletic events the primary campus entry will be:
 GATE #1 off Ridge Rd. (pool, stadium, softball, golf, gyms)
 GATE #8 off Veterans Blvd. (band, soccer, tennis)



- Principal: Dr. Rowdy Vela
- Athletic Coordinator, Lupe Rodriguez; Asst. Athletic Coordinator: Marco Guajardo

PSJA Early College High School C. V. Cain Baseball Stadium PSJA Bears Trail, San Juan, TX 78589 | 956-354-2300





AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

• AED located in hallway outside the athletic training room in the fieldhouse.



EMERGENCY AIRLIFT SERVICES

• The designated landing area will be centerfield.



EMS/AMBULANCE CAMPUS ENTRY POINTS

Entry will be GATE #1 off PSJA Bears Trail

Stephen F. Austin Middle School 804 S. Stewart Road, San Juan, TX 78589 | 956-354-2570





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

• The ambulance unit will park on the west side of the stadium with direct access to the track and playing field. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED located on the wall in the administration area. This AED is closest to the stadium.
- AED is on the wall outside the gyms, weight room, and locker rooms.



EMERGENCY AIRLIFT SERVICES

The designated landing area will be the stadium playing field.



EMS/AMBULANCE CAMPUS ENTRY POINTS

- During the school day the primary campus entry will be GATE #2 off Sam Houston Blvd.
- For after school athletic events the primary campus entry will be GATE #3 off Stewart Rd.



- Principal: Erica Vecchio
- Boys Athletic Coordinator, Edgar Ramos; Girls Athletic Coordinator: Gabriela Ortiz

Raul Yzaguirre Middle School 605 E. FM 495, San Juan, TX 78589 | 956-354-2630





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

• The ambulance unit will park on the south side of the stadium with direct access to the track and playing field. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED located on the wall outside the gyms, weight room, and locker rooms.



EMERGENCY AIRLIFT SERVICES

The designated landing area will be the stadium playing field.



EMS/AMBULANCE CAMPUS ENTRY POINTS

• For athletic events the primary campus entry will be GATE #4 off Washingtonian Palm Ave.



- Principal: Melissa Oliva
- Boys Athletic Coordinator, Justin Villanueva; Girls Athletic Coordinator: Debra Martinez

PSJA North Early College High School 500 E. Nolana Loop, Pharr, TX 78577 | 956-354-2360





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

 The ambulance unit will park on the southwest corner of the stadium with direct access to the track and playing field. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED is located outside the athletic training room in the north hallway.



EMERGENCY AIRLIFT SERVICES

The designated landing area will be the practice field, baseball field, or softball field.



EMS/AMBULANCE CAMPUS ENTRY POINTS

- During the school day the primary campus entry will be GATE #2 off Nolana Loop
- For athletic events the primary campus entry will be:

GATE #1 or #2 off Nolana Loop (baseball, tennis, gyms)

GATE #7 off Raider Dr. (golf, practice, soccer, band)

GATE #8 corner Raider Dr. and Eldora Rd. (softball)

GATE #9 off Eldora Rd. (stadium)



- Principal: Liza Diaz
- Athletic Coordinator, Marcus Kaufmann; Asst. Athletic Coordinator: Alicia Jaime

Lyndon B. Johnson Middle School 500 E. Sioux Rd., Pharr, TX 78577 | 956-354-2590





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

• The ambulance unit will park on the northwest side of the stadium with direct access to the track and playing field. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED in hallway between the gyms, weight room, and locker rooms.



EMERGENCY AIRLIFT SERVICES

The designated landing area will be the stadium playing field.



EMS/AMBULANCE CAMPUS ENTRY POINTS

For athletic events the primary campus entry will be GATE #4 off Sioux Rd.



- Principal: Linda Soto
- Boys Athletic Coordinator, Eliud Valle; Girls Athletic Coordinator: Patricia Lopez

Liberty Middle School 1212 S. Fir St., Pharr, TX 78577 | 956-354-2590





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

See PSJA Stadium EAP for stand-by ambulance location.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED in hallway between the gyms.
- AED located in the softball concession building.



EMERGENCY AIRLIFT SERVICES

The designated landing area will be the softball playing field.



EMS/AMBULANCE CAMPUS ENTRY POINTS

For athletic events the primary campus entry will be GATE #5 off Fir St.



- Principal: Alfredo Carrillo
- Boys Athletic Coordinator, Jose Martinez; Girls Athletic Coordinator: Carina Vecchio

PSJA Memorial Early College High School 800 S. Alamo Rd., Alamo, TX 78516 | 956-354-2420





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

 The ambulance unit will park on the southwest corner of the stadium with direct access to the track and playing field. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED is located outside the athletic training room in the north hallway.



EMERGENCY AIRLIFT SERVICES

• The designated landing area will be the practice field, baseball field, or softball field.



EMS/AMBULANCE CAMPUS ENTRY POINTS

- During the school day the primary campus entry will be GATE #3 off Alamo Rd.
- For athletic events the primary campus entry will be: GATE #7 off Ridge Rd.



- Principal: Liza Diaz
- Athletic Coordinator, Will Littleton; Asst. Athletic Coordinator:

Alamo Middle School 1819 W. Highway 83 Business, Alamo, TX 78516 | 956-354-2550





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

 The ambulance unit will park on the northwest side of the stadium with direct access to the track and playing field. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED is in hallway outside the gym and cafeteria.



EMERGENCY AIRLIFT SERVICES

The designated landing area will be the stadium playing field.



EMS/AMBULANCE CAMPUS ENTRY POINTS

For athletic events the primary campus entry will be GATE #5 off Cesar Chavez Rd.



- Principal: Cristina Esparza
- Boys Athletic Coordinator, Justin Gonzalez; Girls Athletic Coordinator: Edith Hernandez

Audie Murphy Middle School 924 W. Sioux Rd., Alamo, TX 78516 | 956-354-2530





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

• The ambulance unit will park on the north side of the stadium with direct access to the track and playing field. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED located on the wall outside the gyms, weight room, and locker rooms.



EMERGENCY AIRLIFT SERVICES

The designated landing area will be the stadium playing field.



EMS/AMBULANCE CAMPUS ENTRY POINTS

- During the school day the primary campus entry will be GATE #1 off Sioux Rd.
- For athletic events the primary campus entry will be GATE #3 off Alamo Rd.



- Principal: Lizette Longoria
- Boys Athletic Coordinator, Guillermo Martinez; Girls Athletic Coordinator: Anna Bains

PSJA Southwest Early College High School 300 E. Javelina Drive, Pharr, TX 78577 | 956-354-2480





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

 The ambulance unit will park on the southwest corner of the stadium with direct access to the track and playing field. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED located in hallway outside the athletic training room in the fieldhouse.
- AED located in hallway between main gym and athletic training room.



EMERGENCY AIRLIFT SERVICES

The designated landing area will be the practice field west of the stadium.



EMS/AMBULANCE CAMPUS ENTRY POINTS

- During the school day the primary campus entry will be GATE #2 off Javelina Dr.
- For athletic events the primary campus entry will be GATE #1 off Javelina Dr.



- Principal: Jose Montelongo
- Athletic Coordinator, Juan Leija; Asst. Athletic Coordinator:

Kennedy Middle School 600 W. Hall Acres Road, Pharr, TX 7857 | 956-354-2650





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

• The ambulance unit will park on the southwest corner of the stadium near the entrance gate. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED is located on the wall outside the gyms, weight room, and locker rooms.



EMERGENCY AIRLIFT SERVICES

• The designated landing area will be the stadium playing field.



EMS/AMBULANCE CAMPUS ENTRY POINTS

- During the school day the primary campus entry will be GATE #2 off Hall Acres Rd.
- For athletic events the primary campus entry will be GATE #1 off Hall Acres Rd.



- Principal: Abram Estrada
- Boys Athletic Coordinator, Samuel Suarez; Girls Athletic Coordinator: Araceli Cepeda

Jaime Escalante Middle School 6123 S. Cage Blvd., Pharr, TX 78577 | 956-354-2670





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

• The ambulance unit will park on the west side of the stadium with direct access to the track and playing field. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED is located on the wall outside the gyms, weight room, and locker rooms.



EMERGENCY AIRLIFT SERVICES

• The designated landing area will be the stadium field.



EMS/AMBULANCE CAMPUS ENTRY POINTS

• The entry point is GATE #1 off Cage Blvd.



- Principal: Reymundo Monrreal
- Boys Athletic Coordinator, Juan Barrientes; Girls Athletic Coordinator: Lizzette Gonzalez

Short-Shot Golf Course 304 Cesar Chavez Rd., Alamo, TX 78516 | 956-354-2280





AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED located in the main clubhouse office.



EMERGENCY AIRLIFT SERVICES

The designated landing area will be the northeast driving range.



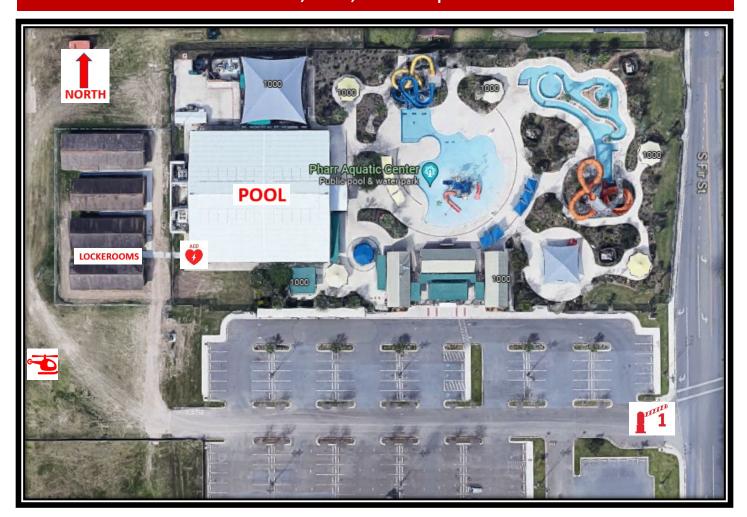
EMS/AMBULANCE CAMPUS ENTRY POINTS

For athletic events the primary campus entry will be GATE #1 off Cesar Chavez Rd.



- Golf Course Manager: Robert Vela
- Golf Course Manager Charlie Villegas

Pharr Aquatic Center 1000 S. Fir St., Pharr, TX 78577 | 956-784-8598





AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED located on the west pool deck.



EMERGENCY AIRLIFT SERVICES

• The designated landing area will be the Liberty Middle School practice field behind the portable locker rooms.



EMS/AMBULANCE CAMPUS ENTRY POINTS

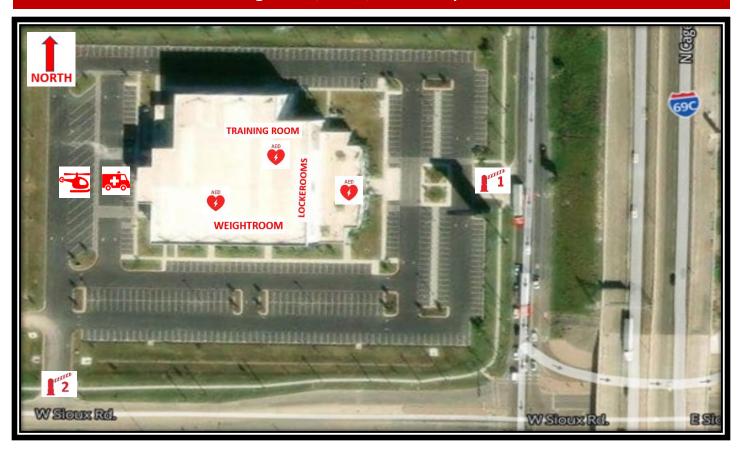
For athletic events the primary entry will be GATE #1 off Fir St.



NOTIFICATIONS

Aquatics Director: Jonathan Landero

Natatorium 3001 N. Cage Blvd., Pharr, TX 78577 | 956-784-8598





STAND-BY AMBULANCE (AS NEEDED FOR EVENTS)

- The ambulance unit will park on the west side of the natatorium with direct access to the pool deck. Medics will be set up on the deck with an unobstructed view of the pool.
- In-water emergencies will be managed by trained lifeguards.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AED located on the north and south pool deck.
- AED located in the reception area.



EMERGENCY AIRLIFT SERVICES

The designated landing area will be the west parking lot.



EMS/AMBULANCE CAMPUS ENTRY POINTS

For athletic events the primary campus entry will be GATE #2 off Sioux Rd.

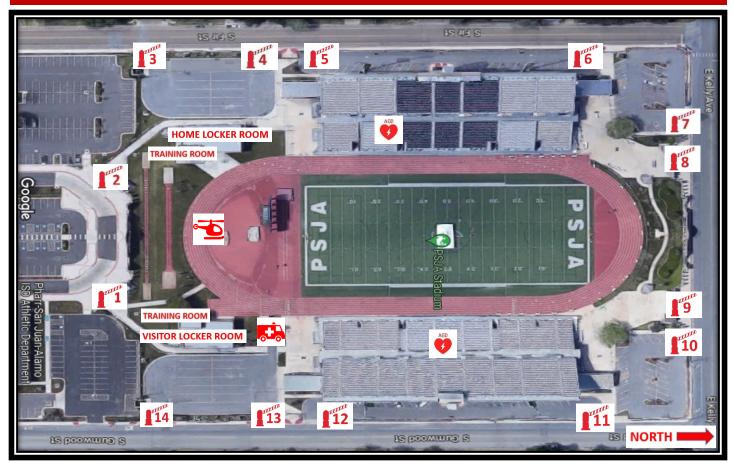


NOTIFICATIONS

Aquatics Director: Jonathan Landero

PSJA Stadium

703 E. Sam Houston Blvd., Pharr, TX 78577 | 956-354-2220





STAND-BY AMBULANCE (FOOTBALL GAMES ONLY)

• The ambulance unit will park on the southeast corner of the stadium with direct access to the track and playing field. Medics will be set up on the track with an unobstructed view of the field.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Athletic Trainers covering games and practices will have an AED onsite.
- AEDs located under home and visitor bleachers in the concession stand.



EMERGENCY AIRLIFT SERVICES

• The designated landing area will be the south track curve.



EMS/AMBULANCE ENTRY POINTS

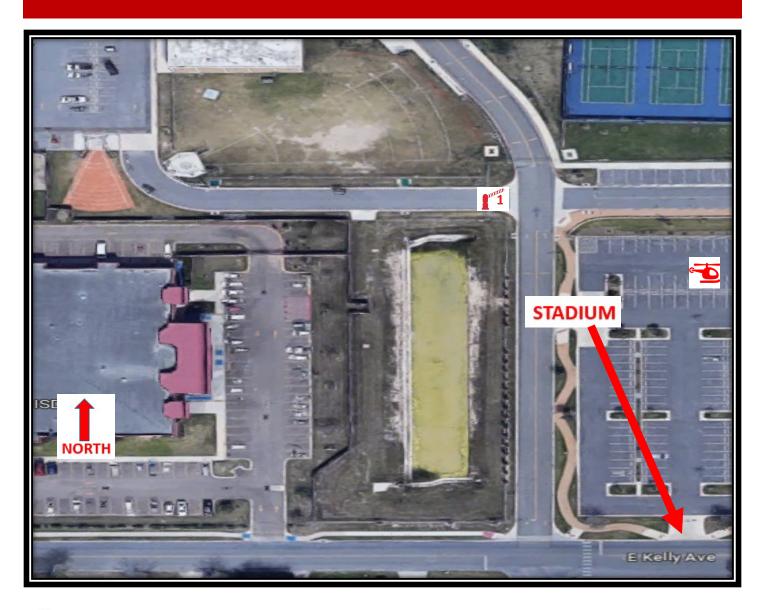
- Entry points for emergencies will be determined by game management and security staff based on the location of the emergency in the stadium:
 - GATES #2 and #8 provide access to the home bleachers.
 - GATES #1 and #9 provide access to the visitor bleachers.
 GATE #4 provides home side field access.
 - GATE #13 provides visitor side field access.



NOTIFICATIONS

• Athletic Director: Orlando Garcia

PSJA Stadium Shot and Discus Rings 701 E. Kelly St., Pharr, TX 78577 | 956-354-2220 LOCATED BEHIND PSJA CENTRAL OFFICE





AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

• AED located on medical cart onsite for all track events.



EMERGENCY AIRLIFT SERVICES

• The designated landing area will be the north stadium parling lot.



EMS/AMBULANCE CAMPUS ENTRY POINTS

Entry will be GATE #1 off the service road off Kelly St.