



**Rockwall**  
INDEPENDENT SCHOOL DISTRICT

# Drill Team Handbook

*Updated Spring 2025*

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## **INTRODUCTION**

This handbook was created to provide information, answer questions, and pave the way for successful involvement with the drill team program so that candidates and their parents understand responsibilities and commitments prior to tryouts.

This handbook addresses District guidelines and procedures related to the drill team program. Guidelines and procedures may change at any time. If changes are made, the changes supersede any provisions that are not compatible with the changes. Not all District policies are included in this guide; however, all [District policies](http://www.rockwallisd.com/about/accountability/governance/) may be found at the District website: <http://www.rockwallisd.com/about/accountability/governance/>. This handbook is intended to align with board policy and the Student Code of Conduct. In the case of conflicts between board policy (including the Student Code of Conduct) and this handbook, the District will follow the board policy.

## **DRILL TEAM YEAR**

The rules and procedures outlined in these guidelines are in effect from the date of the mandatory parent meeting preceding the tryouts until the next year tryout date.

## **UIL & TEA**

It is the practice of Rockwall Independent School District to utilize the University Interscholastic League (UIL) guidelines to regulate and govern the drill team program with regard to no pass/no play, eight-hour practice limitations and all other applicable regulations. The drill team program will follow the eligibility requirements as outlined by the Texas Education Agency (TEA) and UIL.

Rockwall ISD encourages parent participation in the development of our drill team members. Rockwall ISD asks that parents follow the UIL [Parent Handbook](http://www.uilTEXAS.org/files/athletics/manuals/Parent_Info_Handbook_23.pdf) regarding the content of parent/coach (director) meetings. [http://www.uilTEXAS.org/files/athletics/manuals/Parent\\_Info\\_Handbook\\_23.pdf](http://www.uilTEXAS.org/files/athletics/manuals/Parent_Info_Handbook_23.pdf)

*The statement below from UIL has been modified to reflect the drill team program. The original statement may be found on page 6 of the UIL Parent Handbook.*

Appropriate concerns to discuss with a director:

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Concerns about your child's behavior.

It is very difficult to accept that your child was not selected for the team, routine or the position in a routine you desired. Directors make decisions based on what they think is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's director.

Issues not appropriate for discussion with your child's director:

- What team/routine my child was placed on.
- What position my child was placed in.
- Any situation that deals with other student-athletes.

## **TRYOUT - ELIGIBILITY & REQUIREMENTS**

A student is eligible to tryout for drill team if the following conditions are met:

- The student is enrolled in Rockwall ISD.
- A student has met state guidelines for compulsory attendance.
- A student must have no outstanding balance for prior year financial obligations.

## **TRYOUTS FOR NEW STUDENTS TO THE DISTRICT**

New students to the district must meet registration requirements including an approved proof of residency per board policy FDA(LOCAL) for the next school year. Students who have met this requirement can try out at the school they are designated to attend per the Rockwall ISD attendance zones. Students who move into the district after the tryout may have a private tryout for team placement.

All private tryouts must be requested in writing, approved by the drill team director and campus administration. The private tryout will consist of a video tryout, that will be a one time video of the entire tryout routine. The video will be reviewed by the judges used for the initial tryout and scored according to the tryout scoresheet.

## **COMMITMENT**

Candidates selected to be a member of the drill team are expected to make a commitment to the activity for the full drill team year. Any drill team member who voluntarily quits before the end of the drill team year without the approval of the principal and director will not be allowed to tryout for the next year on any Rockwall ISD campus.

## **EXPECTATIONS**

Candidates are expected to maintain and consistently perform the choreography that is needed for the dance routine. Drill team members will be evaluated every week over the choreography for the dance routine. Drill team members may not perform if the choreography is not performed at a high level and minimum conditioning standards are not met. Minimum conditioning standards are set by the drill team director with approval from the campus strength and conditioning coach.

## **TRYOUT GUIDELINES**

Procedures for drill team selection are based on the guidelines in this handbook. Parents will not be allowed in the building during any phase of the tryout.

Each drill team director will be responsible for setting tryout dates, preparation and distribution of a packet of information to be made available to all candidates. This packet will be provided to candidates in a reasonable amount of time prior to the tryout date and will include tryout dates, times, attire, and procedures. The campus principal will approve the packet prior to distribution.

Candidates and parents must attend an orientation meeting scheduled by the director. If a parent is unable to attend the meeting, the parent will notify the director prior to the meeting date and an alternate meeting time will be scheduled or the information reviewed in the meeting will be sent to the parent.

The following forms must be turned in to the director for the student to be allowed to participate in the tryout process.

- Drill Team Handbook Parent/Student Acknowledgement
- Drill Team Application
- Medical Release Form

The following form must be turned in to the director for the student to be allowed to participate on the team.

- Physical Evaluation - Medical History & Physical Examination

Participating schools may require the aforementioned forms to be filled out electronically in lieu of the paper form on the Rank One website ([rockwallisd.rankonesport.com](http://rockwallisd.rankonesport.com)).

In addition to this handbook each campus will develop additional drill team program guidelines specific to the individual program that must be signed by the student and parent.

## **MIDDLE SCHOOL DRILL TEAM**

Participation in the middle school drill team is intended to be a preparation time for dance and drill while serving as a learning experience for future involvement in the high school drill team program. Students in 6th grade will be eligible to audition for the middle school drill team in the spring of their 6th grade year. The drill team director will hold a tryout to determine how to divide the students into two teams. A natural break in candidate scores will be used to determine the number of team members for each team. A natural break is defined by at least a one point gap between candidates. Enrollment in the drill team may be limited if more students select the drill team than can be safely supervised. There will be a tryout to select officers if the drill team director chooses to have officers for their team. The deadline for enrollment and/or tryouts is established at each campus. Both teams will have equal opportunity to perform at school events, and competitions.

## **HIGH SCHOOL JUNIOR VARSITY DRILL TEAM**

Participation in the junior varsity drill team is intended to be a preparation time for dance and drill while serving as a learning experience for future involvement in the varsity drill team. Students wishing to participate in the high school junior varsity drill team are required to try out under the discretion of the drill team director and campus principal. The deadline for enrollment and/or tryouts is established at each campus. Each director will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, times, attire, and procedures. This information will be approved by the principal prior to distribution. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process. In order to try out, a student must be at least a freshman and meet all state TEA and Rockwall ISD requirements. The number of team members selected each year will be determined on the talent level and qualifications of the candidates. A natural break in candidate scores will determine the number of team members for the year. A natural break is defined by at least a one point gap between candidates.

## **HIGH SCHOOL VARSITY DRILL TEAM**

Tryouts for the varsity drill team are open to all sophomores, juniors, and seniors and are under the discretion of the drill team director and campus principal. Each director will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, times, attire, and procedures. This information will be approved by the principal prior to distribution. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process. In order to try out, a student must be at least a freshman and meet all state TEA and Rockwall ISD requirements. The number of team members selected each year will be determined on the talent level and qualifications of the candidates. A natural break in candidate scores will determine the number of team members for the year. A natural break is defined by at least a one point gap between candidates.

## **JUDGES**

Judges will be selected from other professional drill teams and dance instructors. They will be instructed to judge the candidates based only on the mastery of the skills that are demonstrated during the tryout. Tryout results will not be challenged because of prior knowledge of judges and candidates. The judging panel will consist of at least three judges for both middle and high school. Rockwall ISD drill team directors may serve as a judge for schools other than their own.

## **CLOSED TRYOUTS**

Tryouts are closed to everyone except judges, principals, drill team directors, administrators, approved tabulators, and principal's designees. There will be no students, parents, or existing drill team members who are not part of the audition in the tryout areas, nor will they be involved in the collection or tabulation of scores. Parents are not allowed in the school building during tryouts. Students may not utilize electronic devices during tryouts. Any deviation from the tryout requirements by the candidates may result in the disqualification of the candidate.

## **TABULATION OF SCORES**

Judges will enter each candidate's scores into an electronic or paper spreadsheet. Paper spreadsheets will be tabulated by a designated tabulator and reviewed by the designated administrator. Scores will be calculated to the nearest one-hundredth. All scores will be reviewed by the designated administrator prior to being finalized.

All judge's scores will be added together for a total composite score. Scores will not be changed by a drill team director or principal. Call backs may take place per the request of a judge or the drill team director. Call back scores will only be used if they are higher than the candidates original score.

## **JUDGING GUIDELINES FOR HIGH SCHOOL TRYOUTS**

Image/Presence	10 points
Projection/Overall Performance	10 points
Technique	20 points
Jazz Routine	20 points
Kick Routine / Pom	20 points
Splits	20 points
Total Score	100 possible points

## **JUDGING GUIDELINES FOR MIDDLE TRYOUTS**

Image/Presence	10 points
Projection/Overall Performance	10 points
Left Splits	5 points
Right Splits	5 points
Kick Sequence	15 points
Dance Routine	15 points
Technique	20 points
Total Score	80 possible points

## **DRILL TEAM OFFICERS**

It is the drill team directors discretion to have officer positions. If a director chooses to have officers they will designate the title and reasonable responsibilities for the officer positions.

## **HIGH SCHOOL OFFICER TRYOUTS**

It is the drill team directors discretion along with campus principal approval to determine the tryout process for drill team officers in high school. This process must be communicated in a written format to students and parents in a reasonable time prior to the start of the tryout.

## **MIDDLE SCHOOL OFFICER TRYOUTS**

At the middle school level, 8th grade students may sign up to be considered for an officer position. The officer score will be based on three parts: performance score (40 possible points, 20 technique, 10 performance and 10 memory), interview score (20 possible points), and conduct score (10 possible points). All three officer scores are added to the team tryout score for a total of 150 possible points.

To determine the interview score all officer candidates will be asked a series of questions by the judging panel. The judges will rate the response to the questions using a 20 point scale, 1 being the lowest. Questions will be chosen from a predetermined list, all candidates will be asked the same initial questions. Follow up questions may be asked based on the candidate's response.

To determine the conduct score, points will be deducted for any disciplinary action that has occurred up to the tryout. A disciplinary action is one that has been documented by an administrator during the current school year. A total of 10 points may be received if the candidate has zero documented discipline actions. If a candidate has one documented disciplinary action, two points will be deducted. If a candidate has two documented discipline actions four points will be deducted. Zero points will be given if the candidate has three or more documented discipline actions or has been removed from an extracurricular activity for disciplinary reasons.

## **USE OF VIDEO**

In the event of an injury or other emergency a candidate may show a video of their performance for the judges only if they are incapable of required physical activity. Directors must receive a doctor's note prior to the tryout day and must state the reason(s) for the inability to tryout. The medical doctor's note must indicate the specific skill the student is incapable of performing as well as any limitations associated with the injury. The video to be shown must be approved by the director and should be no more than six months old. The final determination of eligibility to tryout using a video will be the director and principal discretion. The video will be judged using the same criteria as outlined in this section.

## **FINAL DETERMINATION & NOTIFICATION**

At the conclusion of the tryout candidates will receive notification of team placement. The notification message will only identify the selected candidates. Candidates selected to be officers will be indicated by position title, such as captain or first lieutenant.

## **ELIGIBILITY & MAINTENANCE**

The drill team program will follow the eligibility requirements as outlined by the University Interscholastic League (UIL) and the Texas Education Agency (TEA).

## **CONDUCT GUIDELINES**

Upon the completion of tryouts, selected members will be subject to all rules, expectations, and discipline consequences associated with the new squad. All student discipline actions under the Rockwall ISD Drill Team Handbook and/or the Rockwall ISD Student Code of Conduct will affect the member's standing on their team and participation in performances after tryouts and throughout the following academic year. Any member failing to abide by rules and regulations as set forth under the provisions of the Rockwall ISD Drill Team Handbook may be subject to review by the director and principal. Dismissal from the group may result from that review.

## **EXTRACURRICULAR STANDARDS OF BEHAVIOR**

Student participation in extracurricular activities is encouraged. Rockwall ISD makes extracurricular activities available as an extension of the regular school program, with an important difference: participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. Students who engage in extracurricular activities represent not only themselves but also other students and the District when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as a Rockwall ISD student. Behavior must reflect the finest attributes of the Rockwall ISD student body at all times and in all places.

Consequences for behavior infractions covered in the Rockwall ISD Student Code of Conduct, the Rockwall ISD Drill Team Handbook, and the individual team guidelines will be assigned at the discretion and determination of the director and campus principal and may include disciplinary consequences, suspension, removal from the team, and/or prohibited from future participation in all extracurricular activities.

## **GENERAL CONDUCT RULES**

Drill Team members may be removed from the program for conduct that occurs on or off campus that is detrimental to the school or team as determined by the campus principal.

Directors and administrators will review all facts and circumstances surrounding a particular event and determine appropriate disciplinary action or sanctions.

- 1<sup>st</sup> offense – Parent/student/director/administrator conference to discuss the event and sanctions, and possible dismissal.
- 2<sup>nd</sup> offense – Parent/student/director/administrator conference to discuss the event, sanctions, and possible dismissal.
- 3<sup>rd</sup> offense – Parent/student/director/administrator conference to discuss the event, sanctions, and dismissal.

Any event may be serious enough to result in removal from the extracurricular activity at any step. Sanctions may include, but are not limited to: loss of performance opportunities, and removal.

## **PERMANENT DISMISSAL**

Reasons for permanent dismissal from the drill team program include but are not limited to:

- Unexcused absence from more than two events (games, campus events, parades, performances, appearances) over the course of the fall/spring season.
- Failure to meet behavior expectations.
- Expulsion.

Prior to being dismissed, the student and parent will be notified of the reason for the action. Students and parents will be afforded the opportunity of a hearing with the director and principal. Appeals must be submitted in writing to the principal within five school days. The student will not be eligible for any individual or team recognitions or awards that occur after the date of dismissal.

## **PRACTICE & PERFORMANCES**

Drill team members must attend practice sessions as determined by the director. Absence from practice may result in missed performance if the director determines that the absence has hindered the ability of the team to practice productively. Activities and practice time must be in accordance with TEA and UIL guidelines. Attendance at all drill team activities and practices is mandatory.

There will be tryouts for each performance, factors such as ability, attitude, and effort will be taken into consideration. Students unable to execute the routine to the expected standard will not be allowed to perform. If a member is removed from a performance due to tryouts, absences, illness, or injury, that member must continue to attend practices and team performances in uniform unless the illness or injury prohibits him/her from doing so. A student may only perform if he/she is in correct and complete uniform at the time of performance.

Participation in other events, community activities, and social occasions will be at the discretion of the director.

Drill team directors are encouraged to work with students when non-school related conflicts occur, however it may not be possible. If a drill team member misses an event due to a non-school UIL activity, at the discretion of the director the drill team member may be removed from a drill team event or assigned to another team. If the member consistently misses practices or events due to non-school related activities they may be removed from the drill team program. Rockwall ISD drill teams follow all Rockwall ISD policies and guidelines regarding attendance.

In addition to the above information the following guidelines should be followed:

- Any excused absence should have the prior approval of the director.
- Prior notification of conflicts with school activities will be addressed with the director and when appropriate, the principal.
- Work or other non-school activities are not considered an excused absence.

### **SPECIALTY GROUPS**

It is up to the discretion of each school to decide whether to offer specialty groups such as elite dance teams, kick lines, officers, and instructors. Any member is eligible to audition for specialty groups unless on academic or disciplinary probation.

To be eligible to try out for a varsity drill team officer position a member must have been on the team the prior consecutive year.

Members of specialty groups, including officers, may be removed from their positions for conduct that occurs on or off campus that is detrimental to the school or team as determined by the director and principal. If a specialty member either resigns or is removed, the position may be left vacant or filled at the discretion of the director.

Specialty group tryouts and officer tryouts are under the direction of the drill team director and the campus principal. Information papers are dispersed by individual campuses prior to tryouts.

### **ATTENDANCE**

Drill team members will have a scheduled class period during the instructional school day to allow for planning and practice. Special practices may be called by the director when necessary; however, due to UIL restrictions, the eight-hour limit will apply to practice outside of the school day per instructional week. Attendance at all drill team activities and practices is mandatory. Please view the [UIL Limits on Practice and Performance](http://www.uil-texas.org/policy/tea-uil-side-by-side/limits-on-practice-and-performance) for more information.  
<http://www.uil-texas.org/policy/tea-uil-side-by-side/limits-on-practice-and-performance>

### **INCLEMENT WEATHER**

In the event of inclement weather, it will be the responsibility of the director, in collaboration with the campus principal, to make the decision to leave the event. Drill team members who leave an event without approval from the director will be subject to penalties outlined in these guidelines.

### **TRANSPORTATION**

Depending on the location of an event school transportation may be provided. Each drill team member shall ride the school provided transportation unless the Rockwall ISD Alternative Transportation has been submitted and approved by the director. The penalty for missing school-provided transportation is suspension from that night's game or event.

### **FUNDRAISING**

A thorough description of appropriate practices and procedures for fundraising is outlined within the Rockwall ISD Campus Activity Fundraising Guidelines. Individuals directly responsible for fundraising should refer to the document and District policy for complete directions. The following is important information for all members and parents:

- Each drill team member should participate in fundraising activities, however it may not be required.
- Fundraising activities must support the educational goals of the District.



- Fundraising will be coordinated by the director, and/or Booster Club officers, be approved by the building principal, and must include a written request outlining the need for funding, the type of fundraising activity, the projected amount to be raised, how the money will be used, and the time and duration of the activity. Efforts should be made to avoid conflict with other school organizations attempting to raise funds.
- Money collected from fundraising activities may not be credited towards an individual student account or be refunded. For example funds collected from a car wash may not be used to cover the cost of an individual's spring trip. However those funds may be used to lower the total cost of the trip for the group.

Sponsors are required to keep a detailed account of income and expenditures of student money, with all transactions processed through a campus activity account.

## **BOOSTER CLUBS**

Booster clubs are optional, but may be allowed at the discretion of the head director and the campus principal. Booster clubs are formed by school patrons to help enrich an organization's participation in extracurricular activities.

The purpose of the drill team booster club is to support and promote the drill team through fundraising, attendance at performances, and special events. The drill team booster club shall:

- Gain sponsor and principal approval on all actions regarding expenditures, fundraising, performances, special events, and other decisions.
- Work cooperatively with the sponsor and school to provide the opportunity to meet the drill team organization's goals.
- Follow District policies, UIL and TEA guidelines, booster by-laws, and fundraising procedures.

## **FINANCIAL RESPONSIBILITIES**

Uniforms, camp wear, clothing items, bags, sweaters, and practice attire are purchased by the parent and must be approved by the director and campus principal prior to purchase. Drill team members are required to attend summer camp and are responsible for all fees associated with summer camp. A more specific list of approved items outlining financial requirements will be provided to parents at orientation.

## **CIVILITY**

Parents are partners with the school and are expected to support the drill team program, drill team members, and directors through attending performances, meeting financial obligations in a timely manner, and assisting in fundraising, among other supportive measures. Mutual respect is imperative and civility is required at all times. Individuals who speak in a demanding, loud, insulting or demeaning manner, or otherwise disrupt operations, will be directed to leave the school or District property [see Board policy GKA(LOCAL)].



### **Drill Team Handbook Parent/Student Acknowledgement**

We have read and understand the policies, procedures, practices, financial requirements, and behavior expectations outlined in the *Rockwall Independent School District Drill Team Handbook* and the *Rockwall ISD Student Code of Conduct* and give consent for our son/daughter to try out for the drill team. We agree to adhere to these guidelines as a condition for voluntary participation in the drill team program and understand that failure to do so may result in disciplinary measures and removal from the program.

Student name (print)\_\_\_\_\_ Student signature\_\_\_\_\_ Date\_\_\_\_\_

Parent name (print)\_\_\_\_\_ Parent signature\_\_\_\_\_ Date\_\_\_\_\_

**The RISD Drill Team Handbook Parent/Student Acknowledgement was submitted to my office:**

Drill Team Director's signature\_\_\_\_\_ Date\_\_\_\_\_



## Medical Release Form

Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
School: \_\_\_\_\_

I certify that \_\_\_\_\_ is physically capable and able to fulfill requirements needed to be a member of the drill team.. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my son/daughter in the event of illness or injury during any squad-related activity when either parent cannot be reached. If there is any physical or medical reason why he/she should not participate fully, the school requires a doctor's release. Furthermore, the school is not liable for any injury incurred during drill team activities.

Parent's signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Medical Treatment Permission**

In the event of an emergency occurring while my son/daughter is on a school-sponsored practice, performance, or trip, I grant my permission to the school and its employees to take whatever action necessary. In the event that I cannot be reached, I hereby authorize the school and/or its employees to give consent for my son/daughter, \_\_\_\_\_, to receive medical treatment.

Home phone: \_\_\_\_\_ Business phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### **Person to be notified other than parent or guardian in an emergency:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Family doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

If you do not grant permission/authorization for consent to medical treatment, what procedure should be followed? \_\_\_\_\_

Insurance company: \_\_\_\_\_ Policy number: \_\_\_\_\_

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Medical Information**

#### **Circle One**

Heart condition/disease	Yes No	Asthma	Yes No
Diabetes	Yes No	Allergic to medication	Yes No
Convulsions disorder	Yes No	Allergic to insect bites	Yes No

List all allergies: \_\_\_\_\_

Date of last Tetanus shot: \_\_\_\_\_

Medications currently taking: \_\_\_\_\_

Additional Pertinent Medical Information: \_\_\_\_\_

# PREPARTICIPATION PHYSICAL EVALUATION – MEDICAL HISTORY

2020

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an event.

Student's Name: (print) \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_

Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_

*In case of emergency, contact:*

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Explain "Yes" answers in the box below\*\*. Circle questions you don't know the answers to.

<p>1. Have you had a medical illness or injury since your last check up or physical? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Have you been hospitalized overnight in the past year? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>3. Have you ever had prior testing for the heart ordered by a physician? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you ever passed out during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you ever had chest pain during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Do you get tired more quickly than your friends do during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you ever had racing of your heart or skipped heartbeats? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you had high blood pressure or high cholesterol? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you ever been told you have a heart murmur? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Has any family member or relative died of heart problems or of sudden unexpected death before age 50? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Has a physician ever denied or restricted your participation in activities for any heart problems? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>4. Have you ever had a head injury or concussion? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you ever been knocked out, become unconscious, or lost your memory? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If yes, how many times? _____</p> <p>When was your last concussion? _____</p> <p>How severe was each one? (Explain below) _____</p> <p>Have you ever had a seizure? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Do you have frequent or severe headaches? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you ever had numbness or tingling in your arms, hands, legs or feet? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you ever had a stinger, burner, or pinched nerve? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>5. Are you missing any paired organs? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>6. Are you under a doctor's care? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>9. Have you ever been dizzy during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>11. Have you ever become ill from exercising in the heat? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>12. Have you had any problems with your eyes or vision? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>13. Have you ever gotten unexpectedly short of breath with exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Do you have asthma? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Do you have seasonal allergies that require medical treatment? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>14. Do you use any special protective or corrective equipment or devices that aren't usually used for your activity or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>15. Have you ever had a sprain, strain, or swelling after injury? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you broken or fractured any bones or dislocated any joints? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If yes, check appropriate box and explain below:</p> <table border="0"> <tr> <td><input type="checkbox"/> Head</td> <td><input type="checkbox"/> Elbow</td> <td><input type="checkbox"/> Hip</td> </tr> <tr> <td><input type="checkbox"/> Neck</td> <td><input type="checkbox"/> Forearm</td> <td><input type="checkbox"/> Thigh</td> </tr> <tr> <td><input type="checkbox"/> Back</td> <td><input type="checkbox"/> Wrist</td> <td><input type="checkbox"/> Knee</td> </tr> <tr> <td><input type="checkbox"/> Chest</td> <td><input type="checkbox"/> Hand</td> <td><input type="checkbox"/> Shin/Calf</td> </tr> <tr> <td><input type="checkbox"/> Shoulder</td> <td><input type="checkbox"/> Finger</td> <td><input type="checkbox"/> Ankle</td> </tr> <tr> <td><input type="checkbox"/> Upper Arm</td> <td><input type="checkbox"/> Foot</td> <td></td> </tr> </table> <p>16. Do you want to weigh more or less than you do now? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>17. Do you feel stressed out? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><i>Females Only</i></p> <p>19. When was your first menstrual period? _____</p> <p>When was your most recent menstrual period? _____</p> <p>How much time do you usually have from the start of one period to the start of another? _____</p> <p>How many periods have you had in the last year? _____</p> <p>What was the longest time between periods in the last year? _____</p> <p><i>Males Only</i></p> <p>20. Do you have two testicles? _____</p> <p>21. Do you have any testicular swelling or masses? _____</p> <p><input type="checkbox"/> An electrocardiogram (ECG) is not required. By checking this box, I choose to obtain an ECG for my student for additional cardiac screening. I have read and understand the information about cardiac screening. I understand it is the responsibility of my family to schedule and pay for such ECG.</p>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle	<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	
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<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot																		

EXPLAIN "YES" ANSWERS IN THE BOX BELOW (attach another sheet if necessary):

It is understood that even though protective equipment is worn by athletes, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of participation, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL.**

Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches. **THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE, PERFORMANCE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**

**For School Use Only:**

This Medical History Form was reviewed by: Printed Name \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_

**PREPARTICIPATION PHYSICAL EVALUATION – PHYSICAL EXAMINATION**

Student's Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_/\_\_\_\_\_  
brachial blood pressure while sitting

Vision: R 20/\_\_\_\_ L 20/\_\_\_\_ Corrected: ☐ Y ☐ N Pupils: ☐ Equal ☐ Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high participation and again prior to first and third years of high school participation. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. \* *Local district policy may require an annual physical exam.*

	NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
<b>MUSCULOSKELETAL</b>			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

\*station-based examination only

**CLEARANCE**

☐ Cleared  
☐ Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

☐ Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

*The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.*

Name (print/type) \_\_\_\_\_ Date of Examination: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or performance/games/matches.