



**San Elizario ISD:**  
*A Proud Community of  
Champions-  
Soaring to Excellence*

**San Elizario  
Independent School District  
Department of Athletics**

**Garcia Enriquez Middle School  
Athletic Handbook  
2025-2026**

**San Elizario Independent School District**

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## **San Elizario ISD**

### **Vision Statement**

San Elizario ISD: A Proud Community of Champions-Soaring to Excellence!

### **Mission Statement**

San Elizario ISD's vision is to graduate students with skills to meet the demands of a changing world by promoting student success as non-negotiable, channeling resources to match learning needs of students, employ and retain a quality staff so that San Elizario is a proud, innovative and academically superior district.

### **Athletic Philosophy**

The SEISD athletic program promotes the physical, mental, moral and social well-being of students. The athletic program is an integral part of the total educational process. Athletics provides opportunities for students to develop and utilize talents fully in organized competition with students of similar ability. The ultimate goal of the SEISD 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.

### **Sportsmanship Goal**

Responsible behavior where youngsters play hard, play safe, and accept the results of interscholastic competition is SEISD's sportsmanship goal. Keep athletics in perspective. Given the adverse 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 sportsman like behavior and admonish behavior that is unacceptable.

### **Coaches Expectations**

#### **University Interscholastic League (UIL) Athletic Code**

##### **Section 1201: ATHLETIC CODES**

The Athletic Code and the Athletic Code for Coaches carry the force of rule. Member school districts, participant schools and/or covered school district personnel who violate any of the provisions of these codes will be subject to penalty.

Further information for UIL Athletic Codes may be found on the following link:

<https://www.uiltexas.org/policy/constitution/athletics/overview>

#### **As per UIL Rules, SEISD expect Coaches to:**

- 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.
- Monitor player eligibility based on Eligibility Calendar, see page 8

#### **Meet with Parents before every season:**

- Explain the game rules.
- Explain team rules and consequences.
- Playing time will not be discussed. Other athletes playing time will not be discussed.
- Set standards of acceptable behavior by student-athletes and parents.
- Let parents know that their actions can and will affect the team.

- Let parents know that their admission to an event is a privilege and with that privilege comes the responsibility to conduct oneself in an appropriate manner.
- Establish a system for parents to have access to communication with coaches and express concerns

### **Coaches Requirements**

#### **UIL requires that all coaches:**

- Be fulltime employees of the school district. (High School)
- On a yearly basis, complete the UIL Register My Athlete (RMA) sport trainings to include the state mandated Safety Training component.
- Coach must conduct a state mandated safety drill with his/her team.
- Be certified in CPR, AED & First Aid.
- Complete the state mandated Concussion Training every two years.
- If a new coach to the profession; complete the National Federation of State High School Association Fundamentals of Coaching Course prior to their participation as a coach for any UIL member school at their own expense.
- All coaches must have a signed UIL Professional Acknowledgement Form on file.
- Varsity sport coaches must turn in a UIL Varsity Team/Sport Eligibility Form to athletic office as well as to the DEC Chair.
- All this documentation must be kept in the district athletic office.

#### **SEISD expect Student-Athletes to:**

- Accept and understand both the seriousness of your responsibilities and the privilege of representing the school and community.
- Learn the rules of the game/sport.
- Put in the same or more effort into being a great student as you do to being a great athlete.
- Treat opponents the way you would like to be treated.
- Respect the integrity and judgment of game officials.
- Wear Official Sport Uniform only at School/District sanctioned events

#### **Keys to good sportsmanship are simple:**

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

### **RankOne Sports Website**

[www.rankonesport.com](http://www.rankonesport.com)

### **Transportation**

At least 2 weeks prior to the first competition, each sport coach must submit a Bus Request Form to the Athletic Office in order to process the bus requests. If the Suburban is needed for a trip, the coach that will be driving the vehicle must submit his/her driver's license to Human Resources to be cleared as a driver.

### **Inventories**

Each sport coach shall submit a beginning of season inventory and an inventory at the end of the school year. Inventories will be kept in Rank One.

## **SEISD Athletic Facility Use**

SEISD's policy for using athletic facilities outside the UIL competitive seasons must be approved by the Campus Principal/designee.

- Individual requesting facility must fill out a Facility Use Form. The form can be found on the district website under Support Services/Forms-Resources. It is to be filled out and turned in with accompanying paperwork to the campus administrator, Athletic Director, or Support Services Director, 10 days prior to date of use.

## **UIL Athletic Academic Eligibility**

Coaches should use the following criteria to determine eligibility for students participating in UIL athletic events. (Exceptions are found in the UIL Constitution & Contest Rules, i.e. honor classes. Ineligible students may practice but may not compete with the team.)

### **Eligibility during the First Six Weeks:**

- Students going into 7<sup>th</sup> or 8<sup>th</sup> grade must be promoted & not placed in that grade to be eligible at the start of the school year.
- Students who were placed or did not earn enough credits the previous year, will be ineligible for the first six weeks of school. 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 70 or more.
- All students will have a mandatory grade check at the end of the first six weeks of school regardless of what type of grading period that district is on.

## **Retaining Athletic Academic Eligibility**

### **Grade check procedures for schools on a nine-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 he/she will become ineligible on the Friday of the seventh week.
- Check grades at the end of the first nine-week grading period. This grade check will be a cumulative grade from week one through week nine. The student that failed at the end of the first six-week grade check can regain eligibility on the Friday of the tenth week if he/she passes ALL classes at the end of the first nine-week grading period.
- A student that fails at the end of the first nine-week grading period, will check grades again at the end of the third week within that nine-week. If he/she passes ALL classes, then he/she will become eligible at the end of the fourth week. If he/she does not pass ALL classes, then at the end of the sixth week, there will be a grade check again. Eligibility action day will then be at the end of the seventh week.
- If a student is passing ALL classes at the end of a nine-week grading period, the student has earned their eligibility for the ENTIRE nine-week period and does not need to be checked until the end of the next nine-week period. (Exception: a school may impose stricter policy)



# 2025-2026 San Elizario ISD Athletics Eligibility Calendar

July 2025						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

July 22 First Day of Classes

**1st Grading Period: July 22nd - September 26th**  
 August 29 Mandatory 6 wks Grade Check  
 September 5 Lose/Regain Eligibility @ 4:50 PM  
 September 26 9 weeks Grade Check

**Fall Intercession: Students academically eligible from September 26th at the end of the day until October 14th at the start of the day.**

October 14 Students resume eligibility based on September 26th status

**2nd Grading Period: October 14th - December 19th**  
 October 17 Lose/Regain Eligibility @ 4:50 pm  
 October 31 3 wks Grade Check  
 November 7 Regain Eligibility @ 4:50 pm  
 November 21 3 wks Grade Check  
 December 5 Regain Eligibility @ 4:50 pm  
 December 19 9 wks Grade Check

**Winter Break: Students academically eligible from December 19th at the end of the day until January 7th at the start of the day.**

January 7 Students resume eligibility based on December 19th status.

**Grading Period: January 7th - February 27th**  
 January 7 Beginning of 2nd Semester  
 January 16 Lose/Gain Eligibility @ 4:50 pm  
 January 23 3 wks Grade Check  
 January 30 Regain eligibility @ 4:50 pm  
 February 13 3 wks Grade Check  
 February 20 Regain Eligibility @ 4:50 pm  
 March 6 9 wks Grade Check

**Spring Intercession: Students academically eligible from March 6th at the end of the day, until March 24th at the start of the day.**

March 24 Students resume eligibility based on March 6 status.

**4th Grading Period: March 24th - May 29th**  
 March 27 Lose/Regain Eligibility @ 4:50 pm  
 April 10 3 wks Grade Check  
 April 17 Regain Eligibility @ 4:50 pm  
 May 1 3 wks Grade Check  
 May 8 Regain Eligibility at 4:50 pm  
 May 29 Last day of classes

### LEGEND

- Graduation Day, Early Release 12th
- Early Release for Students
- First or Last Day of 9-Weeks
- Teacher Guided Planning
- Teacher Workday
- Teacher Professional Development
- New Teacher Orientation
- Parent / Teacher Conferences
- Mindful Eagle Mondays
- 190-day Employee Workday
- Intercession
- Inclement Weather Makeup
- Holiday/District Closure
- Smart Snack Exemption Day
- TELPAS State Testing Window
- STAAR State Testing Window

January 2026						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2026						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2026						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

August 2025						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

September 2025						
S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2025						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

December 2025						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2026						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## Eligibility Requirements for 7<sup>th</sup> & 8<sup>th</sup> Grade Participants

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

- Has met the requirements of Section 1400 (a) regarding general eligibility.
- For 7<sup>th</sup> grade athletic competition, has not reached his/her 14<sup>th</sup> birthday on or before September 1, and has not enrolled in the 9<sup>th</sup> grade.
- For 8<sup>th</sup> grade athletic competition, has not reached his/her 15<sup>th</sup> birthday on or before September 1, and has not enrolled in the 9<sup>th</sup> grade.
- Is a full-time student in grade seven or eight at the school he/she represents.
- Has been in attendance and has passed the number of courses required by state law and by rules of the State Board of education, and is passing the number of courses required by state law and by rules of the State Board of education.
- Has not repeated the 7<sup>th</sup> or 8<sup>th</sup> grade for athletic purposes.
- Has not changed schools for athletic purposes.
- Will need to have been promoted from the 6<sup>th</sup> & 7<sup>th</sup> grades in order to be eligible the first six weeks of the school year. Cannot be placed.

### TEA/UIIL Side by Side Regulations

Information can be found on the UIL Web-Site.

### General Regulations for Middle School Athletic Competition

- No game, contest, scrimmage or tournament, including district competition, shall begin prior to the end of the academic school day for all participants.
- **Baseball & Softball:** No team or individual shall compete in more than 12 games and 2 invitational or district tournaments. A scrimmage counts as one of the 12 contests. One game or scrimmage may be played per calendar week. Schools shall have 97 consecutive calendar days to practice outside the school day; 76 of the 97 consecutive calendar days may be used to complete scrimmages and games.
- **Volleyball:** No team or girl shall compete in more than 12 matches and 2 invitational or district tournaments. A scrimmage counts as one of the 12 matches. One match or dual match or scrimmage may be played per calendar week. Contestants or teams shall play no more than 3 tournaments matches per calendar day, unless it is a one-day tournament, then teams may play 4 matches in one day. Practice shall not begin prior to the first day of school. Schools shall have 86 consecutive calendar days to practice outside the school day; 79 or the 86 consecutive calendar days may be used to complete scrimmages and matches. Volleyball equipment may be checked out to the players on any one day during the week preceding the first day of school.
- **Football:** No team or student shall compete in more than 9 (but recommended 8) football games. A scrimmage counts as one of the allowable games. One game or scrimmage per calendar week. There shall be a minimum of 5 calendar days between contests. Practice shall not begin prior to the first day of school. Football equipment may be checked out to the players on any one day during the week preceding the first day of school. The first 4 days of practice shall be conducted without any contact equipment except helmets. During the first 4 days, only shoes, socks, T-shirts, shorts and helmets will be used. During the 4 day acclimatization period, no contact activities shall be permitted. All athletes who arrive after the first day of practice are required to undergo a 4-day acclimatization period. **No interschool scrimmages or games shall be allowed until after a period of at least 7 days of contact football.**

- **Basketball:** No more than 12 games and 2 invitational or district tournaments. A scrimmage counts as one of the 12 games. One game or scrimmage per calendar week. Schools have 121 consecutive calendar days to practice outside the school day; 93 of the 121 consecutive days may be used to complete scrimmages and games. Middle School will play 8 minute quarters.
- **Soccer:** No team or student shall compete in more than 10 games and 2 invitational or district tournaments. A scrimmage counts a one of the 10 games. One game or scrimmage may be played per calendar week. Schools shall have 86 consecutive calendar days to practice outside the school day; 76 of the 86 consecutive calendar days may be used to complete scrimmages and games.

### **Additional Regulations for Individual Sports: Cross Country, Track & Field, Wrestling and Tennis**

Number of Meets/Tournaments: No team or student shall compete in more than 6 meets or tournaments, including the district meet/tournament.

**Exception: Cross Country, Track & Field and Wrestling:** Schools may also hold competitions with 3 or fewer schools provided there is no loss of school time. This would not count against the 6 meets/tournaments allowed.

**Tennis:** if 4 teams for the purpose of playing tennis dual matches, it shall not be counted as one of the 6 tournaments allowed the team or the individual if no school time is lost and if no tournament draws is set to determine a champion.

Individual sport participants are limited to one contest, meet or tournament per calendar week.

Practice and/or competition shall not begin prior to the first day of school. There is no mandated season length however, there is the limitation of six meet/tournaments per school year.

- **Track & Field:** Events: 2400 run, 400 Relay, 800 Run, 100/110 Hurdles, 100 Dash, 800 Relay, 400 Dash, 300 Hurdles, 200 Dash, 1600 Run, 1600 Relay, 6-pound Shot Put (G), Discus, High Jump, Triple Jump, Long Jump, 4-Kilo Shot Put (B). No contestant shall be allowed to compete in more than 3 running events, including the relays or in more than 5 total events. Contestants may enter a maximum of 5 field events provided they are not entered in any running events. Meets are permitted after the end of the academic day.

### **Sunday Participation**

A league participant school shall **not** participate in any athletic contest or conduct any practice or teach any plays, formations or skills on Sunday. Any showing of films to or meeting of athletes for the purpose of instruction or reviewing of plays, formations or skills in any sport will be construed as a violation.

Exception: Section 1206 (b) (3) in regards to Tennis and the Regional & State Tournaments.

### **Off-Season School Team Practices Prohibited**

School teams shall not practice outside the specific allowable practice dates except during the one in-school day practice period. Off-season activities before and after the school day or during the lunch periods are specifically prohibited. Participation before or after school shall be strictly voluntary and not required.

### **Summer Strength /Conditioning Programs**

- Sessions may be conducted by school coaches starting on Monday of the first week school is not in session. Sessions may be conducted only on Monday through Friday.
- Junior High (incoming 7th and 8th grade) – Programs may run up to the day prior to the first day of school.

- High School (incoming 9th grade through 12th grade) – Programs may run up to the day prior to the first day of school or the first day of the sports season, whichever is earlier. For athletes that participate in a sport that may start prior to the first day of school (football, volleyball, tennis, & cross country), those athletes may not attend a summer strength/conditioning program or sport specific skill session in any sport once their sport season has begun.
- Sessions for both strength & conditioning and sport specific skill instruction may be conducted by school coaches for students in grades 7-12 from that coaches attendance zone with a start and ending date set forth by the UIL calendar. A strength and conditioning session shall be no more than two hours per day, Monday through Friday, and a student shall attend no more than one session per day. Sport specific skill instruction may be conducted in addition to the strength and conditioning session(s), and a student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport, Monday through Friday.
- A student shall attend no more than one 2-hour session per day.
- Only students who are incoming 7<sup>th</sup> graders and above.
- Sessions shall include only strength and conditioning instruction and exercises. Sport specific skill instruction is prohibited during strength and conditioning sessions. Sports specific equipment (balls, dummies, spacer dummies, sleds, contact equipment) is prohibited.
- Specific groupings of athletes by sport or position is prohibited.
- School shirts, shorts and shoes may be provided.
- 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 taken daily.

### **UIL 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. Attendance records may NOT be kept. Coaches may be present to supervise the facilities and school equipment, if permitted. Coaches shall NOT provide specific instruction in sport skill. Weightlifting instruction is permitted and progress charts may be kept. Facilities may be made available to athletes under the following conditions:

- Recreational opportunities receive advance approval by the local school board or administration.
- Dates & times of operation shall be announced, posted or publicized so that every student attending that school is aware of the opportunity.
- Each activity is based on a first come, first served basis.
- School coaches are responsible for notifying student athletes in their sport that participation is strictly voluntary, never required, and is in no way a prerequisite for making the team or getting more playing time.
- No instruction may be given on a Sunday or during the off-season of a team sport.
- Someone other than a coach should be appointed to supervise facilities.
- Coaches should not participate with their athletes in the athletes' sport. Such actions place the responsibility on the coach and school to prove they are not violating Sunday or off-season regulations.
- Use of facilities may be restricted to that school's student body. NOTE: If only members of an athletic team are participating in their sport in an open recreational facility, it could be deemed a violation of the off-season regulations.

### **Amateur Athletic Status**

There is not an amateur rule for the middle school students competing in middle school competitions.

Section 441, Amateur Athletic Status, does not apply to students until the first class day of their 9<sup>th</sup> grade year.

### **Limitation of Awards**

Each year a participant school or member school district may give one award per student per interschool activity not to exceed \$10 each.

### **Athletic Training Policies and Procedures**

Athletic Insurance: Policy for all middle school and high school athletes- grades 7-12:  
Texas Kids First through Unified Life Insurance Company.

c/o Universal Fidelity Life Insurance Company  
P.O. Box 304  
Duncan, OK 73534-0304  
Phone: 800-366-8354  
Fax: 580-252-3449

A claim for every athletic related injury will be initiated by the high school athletic trainer who has referred the injured athlete. Personal insurance will be applied first in all cases and the athletic insurance used after or, in cases where athletes have no personal insurance.

### **High School Athletic Training Room Hours**

Athletic Training Room hours  
7:00-8:00 am  
4:15-6:30 pm (on practice days)  
4:15- \*end of game time\* (on game days)

### **Athletic Physicals & Concussion Baseline**

Athletes are not allowed to participate in any tryout, practice, or competition without an Athletic Physical and Concussion Baseline on file.

Athletic physicals need to be completed on a yearly basis. An athletic physical is good from May 1 of the current calendar year until April 30 of the next calendar year. Athletic physicals done outside the school, must be performed by a Licensed/Certified Medical Physician in the United States. Athletic Trainers will schedule Mass Physicals to be held at SEHS in coordination with Team Physician.

Concussion Baseline Test need to be completed on a yearly basis. Baselines will be conducted via SWAY Medical Database (Mobile app applicable) and are referred to as SWAY Sports + Test. SWAY Sports + Tests encompasses an array of protocols including but not limited to:

- Cognitive Memory
- Reaction Time
- Delayed Recall
- Impulse Control
- Balance - mBESS (Modifiable based on ground surface)
- Graded Symptom Checklist (GSC)

## **Athletic Treatments**

Treatments for injured athletes will be done in the morning before or after school and during practices. Athletes must attend treatment sessions in order to be taped for practice and/or competition. Athletic trainers will not do treatments during instructional time.

## **Athletic Concussion Protocol**

Concussion protocol must be done through the SEISD athletic training staff. Athletes must be cleared by a physician in the United States and school's athletic trainers before returning to practice and competition.

## **Athletic Equipment Control**

- New Equipment-Each head coach selects his/her equipment. Allotment is based on needs relative to inventory and participation. All new equipment shall be purchased by the Athletic Department on a basis compatible with the best interests of SEISD, and in accordance with purchasing procedures which are established by Board policy.
- Uniforms can be replaced every 3<sup>rd</sup> year.
- All coaches purchasing athletic equipment from their own fundraisers will report it on their regular inventory. Make sure purchases are identified as athletic office purchase or school purchase.
- Disposal of old uniforms and equipment shall be approved by school administration and Athletic Department and will be thrown in the school's dumpsters.
- Any equipment lost by an athlete shall be paid for by the athlete according to the price list provided by the coach. Coach shall provide the student a receipt of the amount paid. Monies collected for such equipment shall be deposited in the sport's activity account and used to replace the lost item.
- No changes in school uniform colors or logos will be accepted and must be cleared by administration and Athletic Office unless approved in writing by school board.
- At the conclusion of every football season, every helmet will be inspected, those that need to be recertified will be sent out for rectification, repair or even could be rejected if it does not pass the tests at the factory. Every helmet will be recertified every other year.
- All helmets are rejected at the end of ten years as this is the projected life of the plastic.
- Shoulder pads will be inspected at the end of football season and those needing repair will be sent along with the helmets. The shoulder pads that need to be rejected and not repairable, will be noted on the inventory as discard items and will be thrown out in the school's dumpsters.
- All coaches are to monitor their equipment and will be held responsible for it.

# Appendices

## San Elizario Independent School District Department of Athletics

### Home Visitation Form

Student-Athlete Name: \_\_\_\_\_ ID: \_\_\_\_\_

Grade: \_\_\_\_\_ Sport: \_\_\_\_\_

Date of visit: \_\_\_\_\_ Time of visit: \_\_\_\_\_

Visiting Coach: \_\_\_\_\_

Other School Personnel: \_\_\_\_\_

Findings: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Individual(s) spoke to:	Relationship to Student-Athlete
_____	_____
_____	_____
_____	_____

***Familiarize yourself with Section 442 in the UIL Constitution & Contest Rules.***

#### **Questions/Observations:**

1. Who resides at this residence?
  - a. Does the student live here?
  - b. Do all members of the family live at the residence?
2. Do parents have another residence?
3. Do parents have personal effects in the residence? (*i.e. furniture, clothing, pictures, etc.*)
4. What verification that the parents have moved has been presented? (*rent receipts, bill of sale, mail, electric bill, phone bill, voter registration card or driver's license*)

\_\_\_\_\_  
Signature of Head Coach

\_\_\_\_\_  
Signature of other school personnel

\_\_\_\_\_  
Signature of Principal/AP in charge of Athletics

## Heat Stress & Athletic Participation

Early fall football, cross country, and team tennis practices are conducted in very hot and humid weather in some parts of Texas. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. There are no excuses for heatstroke deaths if the proper precautions are taken. During hot weather conditions, the athlete is subject to the following:

- **Heat Cramps** - Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.
- **Heat Syncope** - Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.
- **Heat Exhaustion (Water Depletion)** - Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.
- **Heat Exhaustion (Salt Depletion)** - Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- **Heatstroke** - An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

Know what to do in case of emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practices and prearranged procedures for obtaining medical care, including ambulance service

1. **Heat Stroke - This is a medical emergency. DELAY COULD BE FATAL.**  
Immediately cool body while waiting for transfer to a hospital. Remove clothing and place ice bags on the neck, in the axilla (armpit), and on the groin area. An increasing number of medical personnel are now using a treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source-- The First Aider--September 1987)
2. **Heat Exhaustion - OBTAIN MEDICAL CARE AT ONCE.**  
Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

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 index (WBGT Index)** which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index (ACSM's Guidelines for the Team Physician, 1991):

Below 64	Unlimited activity	74-82	High risk
65-72	Moderate risk	82 plus	Very high risk

You can find more information on Athletics Health & Safety by going to:  
<http://www.uiltxas.org/health>

## **Cold Weather Guidelines**

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. These do not have to be freezing temperatures. The following temperature guidelines have been established for San ELizario ISD Athletic Department practices and games.

**Cold Weather Caution:** When temperature or wind chill (which is lower than actual temperature) is from 40° F- 30° F.

- No modification of practice, but a warning will be given to coaches and athletes
- Coaches and Athletic Trainers emphasizing the importance of following UIL Cold Weather Illness Recommendations.
- Watching those "high risk" athletes

**Cold Weather Warning:** When temperature or wind chill is from 30° F - 20° F, there may be a modified outside participation of 45 minutes.

- Warm-up to be started indoors (stretching, etc.) to not take away from 45 min.
- a practice that keeps individuals moving, try to avoid working up a big sweat in the first 20 minutes, having them be wet, and then sit around watching.
- Wearing a hat that covers the ears, and some sort of gloves to cover the hands are required.
- Keeping a very close eye on those "high risk" athletes
- If available, a cool-down indoors.

**Cold Weather Termination:** When temperature or wind chill reaches 19° F and below, there may be a termination of outside practices and games.

## **UIL Cold Weather Illness Information**

**Hypothermia:** Hypothermia is a decrease in core body temperature.

1. **Mild Hypothermia** - shivering, cold sensation, goose bumps, numb hands.
2. **Moderate Hypothermia** - intense shivering, muscle incoordination, slow and labored movements, mild confusion, difficulty speaking, signs of depression, withdrawn.
3. **Severe Hypothermia** - shivering stops, exposed skin is bluish and puffy, inability to walk, poor muscle coordination, muscle rigidity, decrease in pulse and respiration rate, unconsciousness.

Management:

- Remove athlete from cold environment.
- Remove wet clothing and replace with dry clothing and/or blankets.
- Refer all moderate cases to the emergency room once safe to transport.
- Treat severe hypothermia as a medical emergency! Wrap the athlete in an insulated blanket and see emergency medical care immediately.

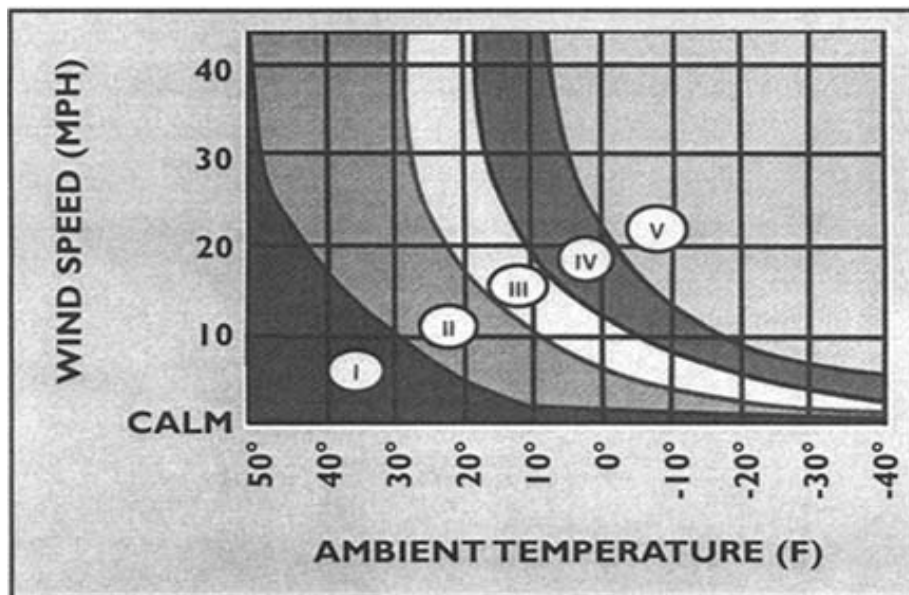
**FROSTBITE.** Thermal injury to the skin caused by cold exposure.

1. Frostnip - skin appears white and waxy or gray and mottled, possible numbness and pain.
  2. Superficial Frostbite - skin appears white, mottled or gray; feels hard or rubbery but deeper tissue is soft, insensitive to touch.
  3. Deep Frostbite - skin is white and has a wooden feel, numbness and anesthesia. Management:
    - Do not rub the area.
    - Gently rewarm the area by blowing warm air onto the area, placing the area against a warm body part, or placing the affected area into warm (101 - 108 degrees F) water for several minutes.
    - If not absolutely certain that the tissue will stay warm after rewarming, do not rewarm it.
- \*\*Refreezing newly thawed frostbitten tissue can cause extensive tissue damage!
- If a person is also suffering from hypothermia, the first concern is core rewarming.

Prevention: The best method of management is prevention.

- Dress in layers.
- Cover the head to prevent excessive heat loss from the head and neck.
- Stay dry by wearing a wicking fabric next to the body and a breathable, water repellent outer layer.
- Stay adequately hydrated.
- Eat regular meals.
- Avoid alcohol, caffeine and nicotine.
- Educate participants, coaches, officials and administrators in recognition of cold-related illnesses.
- Consider cancellation of athletic events if weather conditions warrant.
- If unsure whether an athlete is hypothermic, err on the side of caution and treat accordingly.

**Figure 1.** Wind Chill Index



## RECOGNITION, MANAGEMENT AND PREVENTION OF COLD EXPOSURE

**SIGNIFICANCE:** Although excessive and prolonged exposure to cold may be an infrequent problem in high school athletics, the prevention, recognition and management of cold-related conditions are still an important consideration for coaches, administrators and athletic trainers.

The human body's mechanisms of heat retention are significantly less efficient than our ability to dissipate heat. Epidemiological research suggests that even in otherwise innocuous environmental conditions, hypothermia can occur. During the day, the temperature may be moderate and the sun shining, but as the sun sets and the temperature begins to fall, when coupled with conditions of exhaustion, dehydration and wet clothing associated with physical activity, the risk of cold-related pathology can increase.

Understanding the mechanisms of heat retention and production are essential to the prevention and management of cold-related illnesses and injuries:

- **Vasoconstriction** - Decreases blood flow to the periphery to prevent loss of body heat.
- **Shivering** - While involuntary shivering generates heat through increased muscle activity, it may also hinder an athlete's sport performance and ability to perform behavioral tasks to aid in heat retention.
- **Activity increase** - Increases heat production through a general increase in metabolic activity. Quick bouts of intense activity can generate incredible amounts of heat.
- **Behavioral responses** - Adjusting the number and type of clothing layers will result in heat regulation by controlling the amount of heat lost by the body.

There are two cold-related pathologies that coaches, administrators and athletes should be aware of: hypothermia and frostbite.

- **Hypothermia** is defined as a decrease in the core body temperature to at least 95 degrees F. It occurs when the heat loss is greater than the metabolic and heat production. Hypothermia can be categorized in three stages: *mild*, moderate and **severe**, based on core body temperature.
- **Frostbite** is a thermal injury to the skin, which can result from prolonged exposure to moderate cold or brief exposure to extreme cold. The body areas most prone to frostbite are the hands, feet, nose, ears and cheeks. Frostbite can be classified into three basic categories: frostnip, superficial frostbite and deep frostbite.

## RECOGNITION OF COLD-RELATED ISSUES

There are several factors influencing one's susceptibility or risk of cold related injury or illness. These factors can be additive. Thus, it is essential to appreciate each of these factors, along with the associated signs and symptoms of hypothermia and frostbite. For example, exposure to 30 degrees - 50 degrees temperature under wet and windy conditions can be equivalent to sub-zero temperatures with no wind or moisture.

### **Risk factors**

- **Low air temperature** - When cold exposure exceeds or overwhelms the body's ability to compensate for heat loss due to the external environment.

- Wind chill - Figure 1 provides a wind-chill index chart that identifies the risks associated with the interaction of the wind speed and air temperatures.
- Moisture - Wet skin freezes at a higher temperature than dry skin.
- Exposed skin - Heat loss occurs primarily through convection and radiation to the external environment, but may also include evaporation if the skin is moist. This is a concern for those exercising and sweating in cold environments.
- Insulation - The amount of insulation from cold and moisture significantly affects thermoregulation.
- Dehydration - Negatively influences metabolism and thermoregulation.
- Alcohol - Increases peripheral blood flow and heat loss; can also disrupt the shivering mechanism.
- Caffeine - Acts as a diuretic, causing water loss and dehydration
- Tobacco - Acts as a vasoconstrictor; increasing the risk of frostbite.

## Recognition

Coaches, athletes, officials and administrators should also be aware of the continuum of signs and symptoms associated with various classifications of cold-related pathologies: (Curtis, R. Outdoor Action Guide to Hypothermia and Cold Weather Injuries. Outdoor Action Program, Princeton University. [www.princeton.edu/~oa/safety/hypocold.html](http://www.princeton.edu/~oa/safety/hypocold.html), last updated 1995.)

Stage	Core Temperature In Degrees	Signs and Symptoms
Mild Hypothermia	99 - 97 F	Normal, shivering may begin
	97 - 95 F	Cold sensation, goose bumps, unable to perform complex tasks with hands, shiver can be mild to severe, hands numb.
Moderate Hypothermia	95 - 93 F	Intense shivering, muscle in-coordination becomes apparent, movements slow and labored, stumbling pace, mild confusion may appear alert.
	93 - 90 F	Violent shivering persist, difficulty speaking, sluggish thinking, amnesia starts to appear, gross muscle movements sluggish, unable to use hands, stumbles frequently, signs of depression, withdrawn.
Severe Hypothermia	90 - 86 F	Shivering stops, exposed skin blue or puffy, muscle coordination very poor, inability to walk, confusion, incoherent/irrational behavior, but may be able to maintain posture and appearance of awareness.
	86 - 82 F	Muscle rigidity, semiconscious, stupor, loss of awareness of others, pulse and respiration rate decrease, possible heart fibrillation.
	82 - 78 F	Unconscious, heart beat and respiration erratic, pulse may not be palpable.
	78 - 75 F	Pulmonary edema, cardiac and respiratory failure, death. Death may occur before this temperature is reached.

Signs and Symptoms of Frostbite

Stage	Signs and Symptoms
Frostnip	Only the outer layer of skin is frozen. Skin appears white and waxy or possibly gray or mottled. It may have sensation or may be numb. May be painful.
Superficial Frostbite	Skin appears white, mottled or gray. It feels hard or rubbery on the surface, but deeper tissue is still soft. Skin is insensitive to touch.
Deep Frostbite	Includes all the layers of the skin. Skin is white and has a "wooden" feel all the way through. There is numbness and possible anesthesia. Can include the muscle and bone.

## Management

**Hypothermia** - The basic principles of rewarming victims of hypothermia are to conserve the heat they have, and replace the heat that they have already lost. The best method to determine the extent of core temperature loss is measurement of rectal temperature. Unfortunately, obtaining a rectal temperature reading on a moderately or severely hypothermic patient can be difficult, and may expose the athlete to further cooling. The following describes the management regimes for hypothermia relative to severity:

- **Mild hypothermia** - Seek dry shelter; replace wet clothing, insulate whole body and head, avoid sweating, use external warmth (bath, fire) only if core above 95 degrees F, give warm sweet drinks and food.
- **Moderate hypothermia** - Avoid exercise and external warmth, gently rest, give warm sweet drinks and calories, internal warming via warm moist air, monitor pulse and breathing.
- **Severe hypothermia** - Medical emergency, give nothing by mouth, wrap in an insulated blanket, avoid rapid rewarming, transfer to hospital immediately.

**Frostbite** - It is very important to note that refreezing newly thawed frostbitten tissue can cause extensive tissue damage. If it is not certain that the tissue will stay warm after rewarming, do not rewarm it. Once the tissue is frozen, the major harm has been done. Keeping it frozen for a longer period will not cause significant additional damage. The following describes the management of frostbite relative to severity:

- **Frostnip** - Rewarm the area gently by blowing warm air onto the area or placing it against a warm body part or place in warm (101 degrees - 108 degrees F) water bath for several minutes. Never rub the area. This can damage the affected tissue by increasing the friction on the ice crystals in the cell, causing tearing of the tissue.
- **Superficial frostbite** - If a small area is involved, it can be treated the same as indicated for frostnip; if it is a larger area, follow the management for deep frostbite.

**Deep frostbite** - Rewarm by removing restrictive clothing and immersing the affected body part in a water bath of 105 degrees - 110 degrees F for 25-40 minutes. Refer deeply frostbitten athletes to the emergency room. Do not rewarm the tissue unless absolutely certain that it will stay warm after rewarming.

## Lightning Safety

### Recommendations for Lightning Safety

1. Establish a chain of command that identifies who is to make the call to remove individuals from the field.
2. Name a designated weather watcher (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous).
3. Have a means of monitoring local weather forecasts and warnings.
4. Designate a safe shelter for each venue. See examples below.

5. When thunder is heard within 30 seconds of a visible lightning strike, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
6. Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.
7. Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.
8. Assume that lightning safe position (crouched on the ground weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.
9. Observe the following basic first aid procedures in managing victims of a lightning strike:
  - Activate local EMS
  - Lightning victims do not "carry a charge" and are safe to touch.
  - If necessary, move the victim with care to a safer location.
  - Evaluate airway, breathing, and circulation, and begin CPR if necessary.
  - Evaluate and treat for hypothermia, shock, fractures, and/or burns.
10. All individuals have the right to leave an athletic site to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

**Safe Shelter:**

2. A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not a dug out), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.
3. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.
4. It is not safe to shower, bathe, or talk on landline phones while inside of a safe shelter during thunderstorms (cell phones are ok)