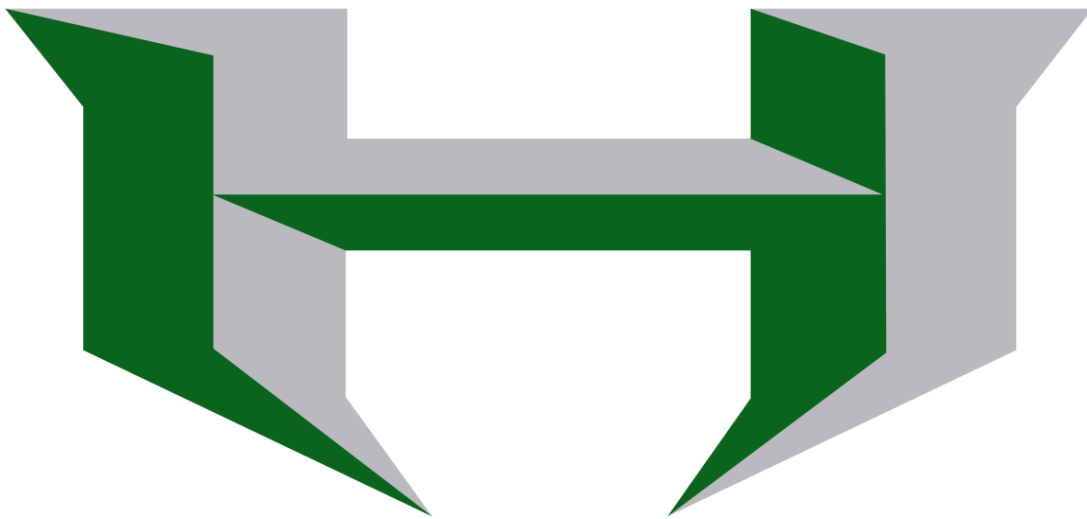


HAMLIN COLLEGIATE ISD



ATHLETIC HANDBOOK
& CODE OF CONDUCT
2025-2026

Home of the Pied Pipers
& Lady Pipers

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This Athletic Handbook emphasizes two important aspects of extracurricular activities. The first aspect is the role of the student on campus, in the competitive arena, and in the community. As a student involved in extracurricular activities, you have always been held in high esteem. Whether it is for exemplary personal achievement in individual competition or for outstanding contributions to your team or organization, you are often regarded as a role model. Other students, youth, and members of the community may look up to you as an example of discipline, sportsmanship, determination, and perseverance. For this reason, you are held to a higher standard of behavior on and off the playing field. The Athletic Handbook is an effort by our school district to put this higher standard into writing so that everyone will understand the high ethical ideals the district has for its students involved in athletic activities.

The second aspect of this document is to stress that **PARTICIPATION IN EXTRACURRICULAR ACTIVITIES IS A PRIVILEGE AND NOT A RIGHT**. The Athletic Handbook is not meant to be harsh, punitive, or repressive. It should not be seen as a burden on any student. This is our way of communicating clear expectations to students, promoting high ethical behavior among students, and ensuring a safe, positive experience for everyone. I ask all students involved in extracurricular activities and their parents to embrace the Athletic Handbook and commit themselves to achieving excellence in the Hamlin Athletic Programs.

Sincerely,

Jason Botos
Athletic Director

HAMLIN COLLEGIATE ATHLETIC PROGRAMS HANDBOOK & ATHLETIC CODE OF CONDUCT

The Athletic Handbook does not supersede district policy.

PHILOSOPHY:

The athletic program at Hamlin Collegiate is an integral part of the total education program. Athletics are a vital part of the physical, mental, social, and moral growth of our student-athletes. Athletics are not designed to transcend the academic program but to supplement it.

Athletic programs can provide valuable lessons for practical situations. Student-athletes experience daily victories discovering within themselves the ability to overcome adversity, develop leadership skills, develop winning attitudes, be hard workers, and be a part of a team that requires sacrifices and services to others. Many intangibles are taught in athletics that become lifelong lessons for the student-athlete.

EXPECTATIONS:

The Hamlin Collegiate Independent School District believes that being involved in extracurricular activities is an honor. **Participation in one or more of these activities should be considered a privilege, not a right.**

The following are the expectations of our student-athletes:

- *Obtain a quality education as the primary reason for attending school
- *Compete at the highest level while promoting good sportsmanship and courteous behavior
- * Exhibit positive leadership - Tone of Voice & Body Language
- *Develop and maintain high morals and ethical values
- *Demonstrate conduct in becoming a young adults
- *Demonstrate respect to coaches, faculty, officials, opponents, and fellow students
- *Develop and show school pride
- *Respond with appropriate language when addressing adults (Yes Ma'am, No Sir)

Be where you are supposed to be, Do what you are supposed to do, Be there early or on time !!!

STANDARDS FOR HAMLIN ATHLETIC PROGRAMS

(Dealing with misconduct that occurs outside of School)

HCISD students are expected to adhere to the District Student Code of Conduct as it applies to school-related and/or school-sponsored activities. Prior to participation in an HCISD extracurricular activity, students and parents must read and sign a copy of the Athletic Handbook. As previously stated, students involved in extracurricular activities are expected to maintain high standards of ethical conduct. Extracurricular participation is a privilege and not a right. Any misconduct that reflects negatively on Hamlin Collegiate ISD will fall under these Codes of Conduct. These guidelines are developed to deal with misconduct that occurs outside of the school's jurisdiction, regardless of time or location. Disciplinary action or suspension will be mandated for students who are involved in a disciplinary infraction (including, but not limited to drugs, alcohol, nicotine, violent behavior, and other illegal offenses) that results in the violation of the district Student Code of Conduct. Any offense or violation of the District Code of Conduct or Athletic Code of Conduct will be considered an offense. Coaches and directors may develop within their program a team handbook/constitution with additional consequences and expectations for their students/athletes but will not diminish these set forth in this handbook.

CATEGORIES FOR CODE OF CONDUCT OFFENSES

We will implement a point system for conduct with our student-athletes. This system is designed as an accountability tool, not to dismiss students from the athletic program, but to teach them the importance of responsibility. These lessons will help them mature into productive citizens.

LEVEL 1 Offenses as Follows:

Accountability Point System:

Student-athletes will be held accountable for attendance, academic performance, and personal conduct within the school through this point system. The athletic director will keep track of assigned points to each athlete in the athletic program. A parent or student may check their standing at any time during the year. If a High School (9-12th Grade) student reaches 10 points or a Junior High Student (7 & 8th Grade) reaches 15 points they will be removed from the athletic program for the remainder of that school year. Re-entry to the athletic program, once an athlete has been removed, will follow this process: a written page describing the corrective action they will take to avoid making the same mistakes, must be academically eligible at the time of re-entry, and

must be approved by a committee consisting of the Athletic Director, Girls Coordinator, principal, an additional coach, staff member and counselor.

Points will be assessed to and not limited to the examples listed below:

- 1 point for any Tier 2 referral
- 2 points for any skipped athletic period
- 2 points for being placed in I.S.S.
- 2 points for any **skipped** practice
 - *Skipped implies the athlete had no prior contact with the head coach of that sport and/or offseason. Missing for anything other than sickness, death in the family, or participating in other school-sponsored activities that is not cleared by the coach beforehand will count as skipped*
- 3 points for defamation of the athletic program on social media including staff, coaches, teammates, or officials. Continuous classroom misconduct also will result in the defamation of the athletic program and will be assigned as such
- 3 points for being placed in DAEP / O.S.S
- 3 points for any failed drug test, alcohol, Vape, DAB, THC, or E-cigarette violation.

Along with the 3 points, failed or use of alcohol and drug use will also include the following suspensions:

1ST OFFENSE:

- Serve a 1 game suspension from Football, Track, Golf
Cross Country
- **Serve a 2-game** suspension from Basketball, Baseball,
Softball

If involved in multiple programs or contests concurrently, the student will face suspension in all events.

- The student must undergo a 4-hour drug awareness course and provide proof of completion to the principal within 6 school days or before participating in the next extracurricular event following the suspension, whichever comes first.

2ND OFFENSE:

- Suspension of **2** games from Football, Track, Golf,
Cross Country
- Suspension for **4** games from Basketball, Baseball,
Softball
- If involved in multiple programs or contests concurrently, the student will face suspension in all events.

- The student must undergo an 8-hour drug awareness course and provide proof of completion to the principal within 15 school days or before participating in the next extracurricular event following the suspension, whichever comes first.

3RD OFFENSE:

THE STUDENT-ATHLETE WILL BE REMOVED FROM THE ATHLETIC PROGRAM FOR THE REMAINDER OF THE SCHOOL YEAR. Athletes may re-apply to get back into athletics at the beginning of the next school year following the steps for reentry into athletics.

Nicotine - See HCISD Drug Procedures

*** House Bill 114: DAEP Placement for E-Cigarettes and Marijuana**

House Bill 114 is effective on 09/01/2023. Now, under Texas Education Code section 37.006, students who use, sell, give, or deliver e-cigarettes, marijuana, or THC products to another person on or within 300 ft. of school property, or at a school-sponsored activity on or off campus, **shall** be removed from class and placed into a DAEP. Additionally, students who are under the influence of marijuana or THC are subject to the same restrictions and shall be placed into a DAEP.

Level 2- If a student commits misconduct that contains the elements of a Class A or B misdemeanor or felony

If a student commits misconduct that contains the elements of a felony crime, Class B misdemeanor, or Class A misdemeanor:

- *Student will be suspended from all activities until the case is completed
- *Students found **NOT GUILTY** will return to the activity with no further penalty
- *Students found **GUILTY** will be suspended and a committee of the athletic director, Principal, and coach will handle it accordingly.

Unlike the drug and alcohol violations previously mentioned, the nature of the “Other Serious Conduct Violations” listed below requires school administration to take into account certain factors such as reports/claims by other students and external

photographs, videos or other electronic media as evidence when determining whether or not a student committed these violations. After investigation, a committee of the Athletic Director, Girls Coordinator, principal and coaches will determine where the violation falls in our accountability system.

Other Serious Violations:

- Engaging in theft, destruction, or misuse of school district property
- Engaging in hazing, harassment, or bullying of others as defined by the HCISD Student code of Conduct.
- Engaging in conduct prohibited by the District's Student Code of Conduct that is punishable by suspension or expulsion.

ELIGIBILITY

Academics come first! "No Pass-No Play" is state law. The primary objective of all students is to gain an education. Student-athletes are subject to UIL Eligibility Rules. Furthermore, student-athletes that are academically ineligible to participate in athletics for two consecutive grading periods will be removed from the athletic programs until they can successfully remain eligible and have met with the Athletic Director and Academic Dean.

***U.I.L. Credit requirements: Tenth Grade-5; Eleventh grade-10; Twelfth Grade-15*

ATTENDANCE:

Do not skip or cut classes, and DO NOT BE TARDY to any classes. If you must miss the athletic period and/or practice, make sure it cannot be helped. Please avoid scheduling appointments during the time allocated for athletics unless no other time is available.

Definition of Absences:

Excused - **The athlete** contacts a coach prior to missing practice, athletic period or early weights (in-person conversation, email, text, call, parent square message) this must be received before practice or the athletic period begins for the absence to be Excused.

Examples: Sick, Doctor appointment. Funerals, Other school-related activities, etc.

Unexcused - No contact or contact was made after practice had started.

Example: Practice starts at 6:30, and athlete texts at 7:15 stating they are sick.

All unexcused absences must be made up before the athlete can compete in the next contest. Each sport will have its own makeup workout. Again, this is not punishment; it's to ensure that our athletes are in the best possible condition to compete at the highest level they can achieve.

ATHLETIC PERIOD

Enrollment in athletic periods is limited to athletes only. You must be enrolled in an athletic period if you wish to participate in any athletic program. The qualification for being in the athletic period is that you must participate in some capacity for a fall/winter sport (football, cross country, basketball, (girls - tennis, golf) and a spring sport (baseball, track, golf, softball, tennis). It's important to note that athletics are not the same as physical education (PE).

A significant portion of the athletic period is specifically designed for strength and conditioning. We will maintain a universal athletic period from the first day to the last day of the period. Athletes will spend half of the period in the weight room and the other half in sport-specific drills three days a week, unless tournaments or games are scheduled. The weekly schedule might be altered if coaches see an advantage to making adjustments for the betterment of our student-athletes. The majority of practice time will occur before or after school. The Athletic Director will collaborate with each head coach to develop the best type of strength and conditioning program for the benefit of each athlete at Hamlin.

You will be graded in athletics, every unexcused absence is -5 pts. Not bringing workout clothes/equipment -2 pts, your grade will reflect your attendance, attitude, and commitment to the Pied Piper Athletic Program

DRESS & GROOMING STANDARDS

All student-athletes are governed by the Hamlin Collegiate Student Handbook's dress and grooming policy. Additionally, the head coach of each sport can add modifications to the code for the benefit of the athlete and the program. Student-athletes will also abide by the following grooming standards: All athletes must wear only assigned practice attire; this uniform is for conforming to a standard. There is no room for individualism in athletics; it must be a team effort. Appropriate shoes for the athletic period or weight room **DO NOT** include **Dudes, Crocs, Flip Flops, Slides, or Boots**. Athletes must not wear any jewelry that a coach could deem a safety hazard (e.g., earrings, loose necklaces, nose rings, rings, or excessive bracelets during practice or competition).

When representing Hamlin CISD at practice, travel, or competitions, athletes/managers must be in Hamlin attire (shirts, hats, blankets, etc.).

INJURIES

Any injury needs to be reported to the coach immediately. If it is not reported, insurance coverage may not take effect. In cases involving certain injuries, your head coach may deem it necessary to contact your parents or guardians to discuss the injury. If you must leave school because of illness, check with your head coach first. If you are ill or injured, we don't expect you to work out, but if you are present during athletics, you must check in with your coach for further instructions. You are expected to dress out and follow the workout with your team or do the rehab protocol. All insurance paperwork must be turned in to the school district after it is completely filled out so that we can file it.

For an athlete to be excused from practice due to an injury, documentation from a doctor or athletic trainer must be provided. Parent notes will not be accepted as appropriate excuses. If your child is injured, arrangements with a doctor or clinic can be made; please refer to the information above.

TRAVEL

Gentle and ladylike behavior is expected in vehicles, dressing rooms, restaurants, and anywhere else we represent the Hamlin Community. You will use your manners, pick up after yourselves, and leave areas cleaner than you found them. We will sit as a team in the stands at all times, greet our family and friends, then sit together to support the Pied Pipers. All student-athletes will travel with the team unless arrangements have been made beforehand and proper documentation provided.

- If you plan to travel with another player's parents to or from an event, permission must be granted by the AD and head coach. Both parents must submit a note to the Athletic Director 24 hours in advance, stating the driver and travelers.

PHONES

For safety reasons, the district permits the use of cell phones; however, using cell phones or any other recording device in the classroom, locker rooms, or restrooms is prohibited. Violation of this rule could result in removal from the team, as determined by the Athletic Director and Principal. All student-athletes must deposit their phones in the coach's office upon arrival at the Fieldhouse or Gym and may only retrieve them with a coach present.

We recognize that phones are a part of daily life, but we also understand that student-athletes need a break from social media to focus on their tasks. Therefore, it will be at the coaches' discretion whether they collect phones and keep them in a secure location during activities such as travel, contests, and restaurant visits.

SOCIAL MEDIA

Any negative posting on an internet site or app directed towards teammates, peers, coaches, Hamlin ISD, or opponents will not be tolerated. Posting content involving illegal substances, alcohol, vaping, etc., where a student-athlete is involved, will be subject to appropriate guidelines outlined in the student athletic handbook. Remember, when you choose to be part of this program, you represent all Pied Pipers in your daily life.

All discipline will be at the discretion of the Athletic Director, Head Coach, and Principal. Possible disciplinary actions include, but are not limited to: running, community service, educational assignments, suspension from a contest, or removal from a team or program.

ISS & SUSPENSIONS

ISS:

- An athlete placed in ISS will serve the entirety of the assigned time, no athlete will be let out of ISS to go to the Athletic Period.
- An athlete placed in ISS is expected to attend ALL after or before school practices, if missed it will be considered a SKIPPED practice and that is a Level 1 offense.
- If a student is placed in ISS for any amount of time during which a competition(s) is scheduled, he/she may not participate in any competition(s) scheduled during their time in ISS. If that competition falls on the last day of ISS the athlete's suspension from the competition ends at the end of the school day. However, participation in the competition is solely up to the discretion of the Head Coach of that sport and the Athletic Director.
- EXAMPLE 1: The athlete has been assigned ISS Monday through Wednesday. A basketball game is scheduled for Tuesday Evening. An athlete is not eligible to participate in the Basketball game in ANY CAPACITY
- EXAMPLE 2: The athlete has been assigned ISS Wednesday through Friday. A basketball game is scheduled for Friday night. An athlete is eligible to participate in the Basketball game that evening. The suspension is over. However - The athlete cannot leave school or get out of ISS until the end of the school day. Again, participation in the contest is at the discretion of the Head Coach and the Athletic Director.

OSS & DAEP:

- If an athlete is assigned OSS (Out of School Suspension) or DAEP, that student will not be eligible to participate in any activity associated with athletics until that time is served.
- Upon return to school, the athlete will have a meeting with the Head Coach and Athletic Director to discuss make-up workouts and consequences they have acquired in line with our accountability system.

CONFLICTS WITH OTHER ACTIVITIES

Conflicts may arise when an athlete is participating in multiple sports simultaneously. These conflicts are addressed using the following rule: A district contest always takes precedence over a non-district contest, and district contests always take precedence over a field trip.

The athletic department will make every effort to avoid conflicts between sports and other school programs. We encourage our student-athletes to be involved in everything they choose. Achieving success in all aspects of their educational journey will require coordination, communication, and sacrifices from Parents, Students, Coaches, and Sponsors.

We expect our student-athletes to participate in events and to return to practice or compete in other events scheduled for the same day.

FLAGRANT PERSONAL/ TECHNICAL FOULS & EJECTION FROM CONTEST

Flagrant fouls will not be tolerated. A flagrant personal foul penalty is defined as any personal foul received for inappropriate behavior (such as cursing, fighting, backtalking officials, committing a violent foul outside the game context, etc.). Flagrant foul penalties will not be tolerated, and appropriate consequences will be administered by the head coach or Athletic Director for each of these flagrant or technical fouls.

A player may be suspended from competition at the discretion of the athletic director and head coach if this behavior becomes habitual or if the athlete's conduct is unbecoming of a Pied Piper.

If an athlete is ejected from a contest by an official for unsportsmanlike conduct, it is the Head Coach's responsibility to notify the Athletic Director as soon as possible per UIL rules. The athlete will receive an automatic one-game suspension from the next available contest in that sport, along with facing consequences for their actions. If it's

the last game, the suspension will be served during the next available contest in which the student-athlete is involved.

A second ejection may lead to possible suspension from the team.

COMMUNICATION:

Any changes to practices, competitions, or departure times will be relayed through ParentSquare, the school website, and social media accounts. Athletes & Parents should join any Parent Square Account that their child is involved with to get updated information.

QUITTING:

It is the philosophy of the Hamlin Athletic Department that a student-athlete should finish what they start. Each athlete will have a one-week (7 days) window to try out a sport. If the athlete decides the sport is not suitable, they may drop out without penalty. However, if they quit after this one-week period, they cannot participate in another sport until the one they quit is over. Quitting two sports in a year will result in removal from the program for the rest of the year, with possible re-entry in the following year at the discretion of the athletic director and head coach, provided mutual consent is given.

Re-entering a sport that an athlete quit will be determined by the head coach and Athletic Director. Quitting or withdrawing from an athletic period may lead to denial of re-entry, depending on the decision of the athletic director and head coaches, along with any additional requirements. The athletic program reserves the right to deny participation to any student-athlete.

CLASSROOM & TRAVEL CONDUCT

The Pied Pipers who have come before you have brought a great deal of class to our program. Please avoid doing anything that might detract from this reputation. We aim to be recognized for our clean, tough, and competitive play. Give credit to your opponents and play to the best of your abilities. We expect you to conduct yourselves as ladies and gentlemen at all times; remember, you represent more than just yourself when you are a PIED PIPER.

Athletes must adhere to all disciplinary rules outlined in the HCISD student handbook, both at school and during school-sponsored activities. Classroom misconduct by an athlete may result in additional consequences from the coach or Athletic Director.

COMPETITION CONDUCT

Athletes must obey all instructions given by the coaches. Insubordination during practice or games will not be tolerated. Good sportsmanship is the essence of any athletic program. Fighting and public displays of temper constitute unsportsmanlike conduct, and appropriate disciplinary action will follow such conduct at the discretion of the coach or athletic director.

HAZING

Hazing is contrary to team building and illegal. HAZING WILL NOT BE TOLERATED IN ANY FORM.

EQUIPMENT / FACILITIES

All athletes are expected to maintain "MODEL LOCKERS." Coaches will explain to all athletes how they want lockers to be kept, and all lockers must remain in perfect order. Lost or misplaced items checked out to athletes by the athletic department must be paid for. Athletes should adopt the attitude of being owners of school facilities and ensure they are well cared for. Our athletes need to set an example for the entire student body by helping to maintain the upkeep of our facilities.

Communication / Parent Conferences

Parenting and coaching are challenging vocations. By establishing lines of communication and understanding each other's roles, we can better accept each other's actions and provide greater benefits to children. One purpose of this handbook is to facilitate communication between the athletic department and parents. Hopefully, the handbook will help parents understand what is expected of their child. At the same time, the athletic department hopes to receive support from parents in enforcing the rules, regulations, and expectations outlined in this handbook.

Despite open communication, it's important to recognize that there may be times when things don't align with the athlete's or parent's wishes. In such cases, a conference or discussion with the coach may be necessary. Please understand that some issues are appropriate to discuss, while others are not.

Appropriate issues to discuss with coaches:

- Treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

Issues not appropriate to discuss with coaches:

- Team Strategy
- Play-calling
- Other student-athletes

Conference procedures and guidelines:

- Please do not attempt to confront a coach before, during, or after a contest or during practice. This can be an emotional time for both parent and coach. We will follow the 24 hr rule. Meetings of this nature do not promote resolution, productive meetings require calm, rational attitudes in a private setting with all parties (athletes will be present in meetings)
- Please have your child meet with THEIR coach first and ask your child if they have spoken with their coach before jumping the gun. We are trying to instill in our young men and women the importance of being able to communicate feelings and concerns.
- If they have spoken with their coach and didn't get clarification then please call or email their Head Coach and set a meeting. If that meeting does not resolve the issue, then the next step will be to have another meeting with the Athlete, Head Coach, Parent, and AD or Girls Coordinator. If this meeting does not resolve the issue then we will all take it up the chain of command with the proper Administration.
- An Administrator will not hear your complaint until the preceding chain of command has been followed.

All Phone Numbers and Emails can be found on the District website:

<https://www.gohamlin.com/>

SCHOOL INSURANCE

The purpose of this section is to explain the accident insurance which covers all athletes in the Hamlin Collegiate ISD.

All students practicing for, and competing in any athletic activity under the regulation and jurisdiction of the district are covered under the insurance plan. This coverage is NOT full coverage. **It is a secondary policy only.** It pays for extra expenses which are not taken care of by the student's family insurance.

Students are covered under the best UIL insurance coverage available to us.

1. If your child is injured, you must contact the head coach of that sport or the Athletic Director as soon as possible.
2. You will be given an insurance form that should be filled out by the coach that was supervising the activity in which your child was injured.
3. You must fill out all the information required and take the form with you to the Doctor. The Doctor must fill out the form and give the form back to you.
4. You must return the form back to your head coach or the Athletic Director so we can submit it to Mrs. Higgins to submit the claim.
5. Any and all questions after this point must be directed to Mrs. Higgins

HCISD Guidelines for Sports Concussion Management

Introduction

Concussions received by participants in sports activities are an ongoing concern at all levels. Recent interest and research in this area have prompted reevaluations of treatment and management recommendations from the high school to the professional level. Numerous state agencies throughout the U.S. responsible for developing guidelines addressing the management of concussion in high school student-athletes have developed or revised their guidelines for concussion management. The present document will update the UIL requirements for concussion management in student athletes participating in activities under the jurisdiction of the UIL and will also provide information on compliance with Chapter 38. Sub Chapter D of the Texas Education Code (TEC).

What is a Concussion?

A concussion is a type of traumatic brain injury (TBI). Concussions are the common result of a blow to the head or body which causes the brain to move rapidly within the skull. This injury causes brain function to change which results in an altered mental state (either temporary or prolonged). Physiologic and/or anatomic disruptions of connections between some nerve cells in the brain occur. Concussions can have serious and long-term health effects, even from a mild bump on the head. Symptoms

include, but are not limited to, brief loss of consciousness, headache, amnesia, nausea, dizziness, confusion, blurred vision, ringing in the ears, loss of balance, moodiness, poor concentration or mentally slow, lethargy, photosensitivity, sensitivity to noise, and a change in sleeping patterns. These symptoms may be temporary or long lasting.

Signs observed by parents, friends, teachers or coaches may include: appears dazed or stunned; is confused about what to do; forgets plays; is unsure of game, score or opponent; moves clumsily; answers questions slowly; loses consciousness; shows behavior or personality changes; can't recall events prior to hit; can't recall events after hit.

Any one or group of symptoms may appear immediately and be temporary, or delayed and long lasting. The appearance of any one of these symptoms should alert the responsible personnel to the possibility of concussion.

What should be done if a concussion is suspected?

1. Immediately remove student from practice or game 2. Seek medical attention right away 3. Do not allow the student to return to play until proper medical clearance and return to play guidelines have been followed. The permission for return to play will come from the appropriate health care professional or professionals. If you have any questions concerning concussions or the return to play policy, you may contact the athletic administrator at your school.

What should the athlete know about playing with a concussion?

Teach athletes it's not smart to play with a concussion. Rest is the key after a concussion. Sometimes athletes, parents, and other school or league officials wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your athlete convince you that they're "just fine."

What are the risks of returning to activity too soon after sustaining a concussion?

Prevent long-term problems. If an athlete has a concussion, the brain needs time to heal. Don't let an athlete return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says he / she are symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short time period (hours, days, weeks)—can slow recovery or increase the chances for long-term problems.

What can happen if my child keeps on playing with a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves

the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

Subsequent concussions

Any subsequent concussion requires further medical evaluation, which may include a physical examination prior to return to participation. Written clearance from a physician is required as outlined in TEC Section 38.157 before any participation in UIL practices, games or matches.

Response to Suspected Concussion

According to TEC section 38.156, a student 'shall be removed from an interscholastic athletics practice or competition immediately if one of the following persons believes the student might have sustained a concussion during the practice or competition:

- (1) a coach;
- (2) a physician;
- (3) a licensed health care professional; or
- (4) the student's parent or guardian or another person with legal authority to make medical decisions for the student.'

Texas state law requires that all suspected concussions be referred to and evaluated by a physician or concussion specialist. An athlete must provide a note of clearance to the athletic trainer to begin the MISD return-to-play protocol. Athletes must complete a 5-step process before they are fully released back to activity. It is as follows:

Day 1 – Athlete is cleared by a physician and is symptom free for at least 24 hours.

Day 2 – Light Aerobic Activity (i.e. stationary bike for 15 minutes)

Day 3 – Conditioning Activity (i.e. treadmill/running laps – increased physical exertion)

Day 4 – Non-Contact Practice (drills, weight room, etc.)

Day 5 – Full-Contact Practice (no restrictions)

If at any time during the 5 days an athlete reports a return of symptoms they will return to Day 1 until symptom free for 24 hours. If you have any questions or concerns about the HCISD Concussion Policy, please see the Athletic Director.

SPECTATOR EXPECTATIONS:

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition-not to intimidate or ridicule the other team or its fans.

Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

Show respect for the opposing players, coaches, spectators, and support groups.

Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.

Recognize and show appreciation for an outstanding play by either team.

Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming of a Pied Piper.

Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

Game officials can ask that school administrators have unruly fans removed from a contest facility.

The school is responsible for the behavior of its spectators. The school district can be and will be punished for the actions of patrons in violation of UIL Standards and rules.

The Athletic Handbook can be found at
www.gohamlin.com >District Information > Handbooks

**HAMLIN COLLEGIATE ISD EXTRACURRICULAR CODE OF
CONDUCT SIGNATURE PAGE**

Signing this sheet signifies that the student and parent/legal guardian of the student have read and understand the procedures and consequences set aside for a violation of the extracurricular code of Conduct.

Student Name (please print): _____ **Date:** _____

Student's Signature: _____ **Date:** _____

Father/Legal guardian (please print): _____ **Date:** _____

Signature of Father/legal guardian: _____ **Date:** _____

Mother/Legal guardian (please print): _____ **Date:** _____

Signature of mother/legal guardian: _____ **Date:** _____

This signature page must be signed and turned in to a coach or the Athletic Director before any practice or competition.