

LA ACADEMIA DE ESTRELLAS CHARTER SCHOOL

ATHLETIC HANDBOOK

2017-2018

“Where Students Shine”



SUPERINTENDENT: LORRAINE MANTEI
STEPHENS

MIDDLE SCHOOL PRINCIPAL: KEMLYN

ATHLETIC DIRECTOR: ERIC OLIVA

ASSISTANT PRINCIPAL: CLAIRE FORRESTER



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INTRODUCTION

The La Academia de Estrellas Middle School Athletic Handbook is a reference guide for coaches, student athletes and parents, concerning the policies that govern interscholastic athletics at La Academia de Estrellas Middle School. The coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at La Academia de Estrellas Middle School. The Middle School Athletic Director will administer these rules and regulations as they relate to the team and coach relationships. Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated. Interscholastic athletics is a voluntary program. Students are not obligated to participate thus, participation in middle school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to adhere to standards established for the middle school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with these rules.

ATHLETIC PROGRAM GOALS

The goal of our athletic program is to allow the student-athlete to learn, compete, and experience sports in a positive manner. The expectations of students who elect to take Athletics will differ from the P.E. classes offered here at LAE. Athletics is considered to be the premier level of P.E. classes and the daily requirements that are expected of the student-athlete are more rigorous. Athletes must come dressed out EVERY DAY, prepared to engage in a variety of strenuous activities, including things like running and conditioning. Our purpose is to promote the qualities and characteristics that are important to the student- athlete in their growth as a student, person, athlete, and a positive citizen in our community.

LAE ATHLETICS PHILOSOPHY/FILOSOFÍA

Provide a culture that gives student-athletes an opportunity to develop success in academics and competition to achieve excellence in life.

COACHES GOALS & EXPECTATIONS



The coach is the “living curriculum” for the student athlete. Coaches at La Academia de Estrellas Middle School are the most significant components of the athletic program. They are both teachers and active participants at the same time. They have the responsibility to model great behavior and attitudes at all times. In order to be an effective coach and role model, LAE coaches must also be thoroughly knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, able to make adjustments during competition, and work effectively under the authority of the Middle School Athletic Director and the Middle School Administration. Our coaches will:

- Lead, Mentor & Teach players in the areas of character and responsibility.
- Create a disciplined, difficult and competitive environment.
- Create great relationships with their players.

STUDENT-ATHLETE GOALS & EXPECTATIONS

LAE athletes should be diligent in preparation, give 100% at all times, demonstrate personal discipline, be respectful in all situations, maintain self-control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation. The ultimate and final responsibility rests upon the shoulders of the student-athlete, for it is the student athlete who is accountable to his/her parents & coach. The student-athlete will

- Exhibit good character.
- Maintain an average of 70% higher in each class.
- Be a teachable athlete that can be coached and trained by coaches.
- Have a positive & team player attitude on and off the field / court.
- Be dedicated and committed to hard work.
- Compete for championships in our conference and state.

PARENTS EXPECTATIONS



Parents of student athletes have a responsibility to both their child and to the team.

Without strong parental support the student athlete will not be able to achieve his/her greatest potential and/or the team may suffer. It is important that parents provide positive reinforcement and understand their role as being part of the team. Parents, as well as players, should be supportive and encourage coaches and teammates at all times. Parents are not coaches and learning to trust coaches is a key step to learning the value of the life lesson experiences athletics provides.

It is important to learn to control ones emotions and conduct, not only in defeat, but in victory as well. It is our goal to have LAE recognized for our sense of fair play, sportsmanship, outstanding effort and character. We expect our students and parents to accept the officials' decisions and conduct themselves in a respectful manner at all times. Violent, threatening, negative or abusive language and/or behavior have no place in our school-sponsored activities. Athletes, coaches, students, and parents are expected to demonstrate and promote the positive values and characteristics of good sportsmanship in all aspects of interscholastic athletics.

The team bench is an athletic classroom. Athletes on the bench are expected to focus and concentrate on the game, listen to the coach and support their teammates. The bench area can provide an important and unique opportunity to learn and teach. Athletes may be asked to go in any time. It is their responsibility to know what is going on: offensive game plan and defensive assignments, any adjustments already made, opponents defensive tendencies, key offensive and defensive strategies, techniques and skills the coach is trying to identify and teach.

We ask that parents and spectators afford the coach and players respect and courtesy that they would do teachers and students in the academic classroom. Most all of our playing fields provide ample spectator viewing areas located on the opposite sides or ends of our fields. Please maintain an appropriate buffer or distance as to allow an athletic classroom atmosphere around our team benches.

Exhibiting inappropriate spectator behavior at school sponsored athletic activities may result in one or more of the following:

1. Directed to leave the facility for the remainder of the contest.
2. Prohibited from attending subsequent games.



3. Prohibited from attending remainder of season and/or future seasons.

4. Student athlete being removed from the team.

Encourage your child to excel

While your child is involved in athletics at LAE, they will experience some of the most rewarding and inspiring moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve and develop.
3. Concerns about your child's behavior.

Coaches make decisions based on what they believe to be the best for the team and all the athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those below, should be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

CONFLICT RESOLUTION

The following process is to be utilized to address and resolve misunderstandings, concerns and issues.

Step 1: Student Athletes will share and address concerns with their coach/es (or teacher advisors) and attempt to resolve them. It is important for the student athlete to pursue this step before parents become involved. Athletics should serve as an opportunity in which the student athlete gains a voice in advocating his/her position.



Step 2: If step 1 results in an unsatisfactory outcome, the student athlete and parents should address and share concerns with the coach/es in an attempt to resolve them.

Step 3: If step 2 results in an unsatisfactory outcome, the student athlete and parents should address and share concerns with the athletic director in an attempt to resolve them.

Step 4: If step 3 results in an unsatisfactory outcome, the student athlete and parents should address and share concerns with the Principal of the school in an attempt to resolve them.

Please do not attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and coach and this situation does not promote resolution nor objective analysis.

If any parent fails to comply with the conflict resolution process, the athlete can be removed from the team and forfeited any awards.

PREREQUISITES FOR ATHLETICS

All athletes must have a physical from a doctor and all paperwork on file in order to participate. Physical forms must be completed, signed by a physician and returned to the athletic coordinator by the second week of school. Athletes will not be allowed to participate in any athletic activities until all paperwork and fees have been turned in.

- Physical Exam (mailed home)
- Medical History (mailed home)
- Emergency Medical Release /Authorization Form (mailed home)
- Media Information Release (mailed home)
- Concussion Acknowledgement Form (at end of this packet)
- Steroid Acknowledgement Form (at end of this packet)
- Acknowledgement of Rules (at end of this packet)
- All athletes must be in good standing with the librarian and food service. Athletes must not have outstanding fees or books due.

ATHLETIC FEES

All athletes are required to pay a participation or athletic fee of \$35.00 dollars at the beginning of school each year. This fee will be used in conjunction with fund-raising efforts to offset the cost associated with the provisions of school athletics. All fees must be paid in full to the campus front office prior to the second week of school.

ATHLETE'S CODE OF CONDUCT

All student athletes will follow all procedures in the LAE student handbook. Any athletes that violate the LAE student handbook will receive consequences by the discipline coordinator and athletic director. Athletes will receive consequences according to the Athletic Disciplinary Actions.



ATHLETIC ATTIRE

All athletes will dress in their athletic t-shirt & shorts that are provided by the LAE athletic department. Athletes must wear the appropriate tennis shoes. You are not allowed to wear any jewelry of any kind, no bracelets, necklaces, etc. Students will also dress out even if they are sick or hurt and unable to physically participate. After 2 days of sitting out, students **MUST** bring a doctor's note regarding the illness or injury for the coaches to file. Exceptions will be made under extreme circumstances by the athletic director.

LOCKER ROOM POLICY

Just as participating in interscholastic athletics at LAE is a privilege, so too is the use of all athletic facilities and equipment. Great care should be taken to be respectful of all facilities, equipment and resources that the school has provided. Any misconduct or disrespect involving athletic facilities or equipment will be handled according to LAE student handbook.

In order to promote a safe, respectful environment as it relates specifically to the use of locker rooms, it is our policy that a coach must be present in the locker room while athletes are changing and after school.

Coaches are responsible for distributing school issued locks to student athletes. Furthermore, coaches are responsible for providing the Athletic Department a list of all athletes, assigned locker numbers, lock numbers and combinations. Lastly, coaches are responsible for collecting the locks at the conclusion of the season.

The Athletic Department reserves the right to open any student athlete's locker for due cause. In addition, the Athletic Department reserves the right to charge any offending student athlete reimbursement for any abuse of athletic facilities and equipment that may result in financial loss.

GRADING

Students are graded every day on 4 different requirements. Students will be graded by the following on a weekly basis:

- A. 25% -- Dress out – SEE ATHLETIC ATTIRE. To maintain an A, students must dress out every single day of the week. 25 points will be deducted from this category each day that the student does not dress out. *Exceptions will be handled on an individual basis.
- B. 25% -- Participation -- Students must participate in the assigned activity every day and will show appropriate interaction with coaches, teammates, and classmates. If a student is sick or absent, an alternative assignment will be given that the student must complete for their grade.



To maintain an A, students must participate every day of the week. 25 points will be deducted each day that the student does not participate or complete their alternative assignment.

- C. 25% -- Skill -- Students will be assessed in the activity being given either by time or by form, execution, and performance of the skills. To maintain an A, students must complete the activity every day of the week in the set time or with the proper techniques required. 25 points will be deducted every day that the set time or appropriate technique is not met.
- D. 25% -- Coaches Observation – Being in Athletics class is a privilege and athletes are representatives of LAE. As such, student-athletes are expected to always display a positive attitude, a high work ethic, a willingness to engage in all activities, and to follow the directives of the coaches every day. To maintain an A, students must show these qualities every day. 25 points will be deducted for each day these qualities are not met.

Remember grades are averaged on a weekly basis and will be input into the online grading system. Parents-please view these grades online weekly!

Eligibility for Interscholastic Participation

All student athletes at LAE must be exemplary members of the student body. Therefore, minimum standards of academic achievement have been adopted in order for a student athletes to establish and maintain eligibility.

1. **Academics** – These standards acknowledge that academic achievement takes precedence over athletic participation. Therefore, these standards, as well as specific eligibility/ineligibility information, are as follows:
 - a) Students must be passing in all subjects with a 70% or higher to be eligible to play interscholastic sports. If a student is failing any subject on a weekly report (two days before the game), He/She will not be permitted to participate in that week's game. The student will remain on the academic ineligible list until he/she is passing in all classes on the weekly report the following week. The middle school athletic director will be responsible for contacting the coaches with the names of student-athletes who are ineligible. Coaches will then notify the student athlete. A follow-up confirmation contact will be made to the parents by the head coach.

However, if the student, during the week of ineligibility, establishes a plan (scheduling extra help and make-up sessions, etc.) to work with the teacher of the class he/she is failing, and in



the opinion of that teacher, faithfully executes this plan then he/she may be declared eligible to play in that week's game even if the numerical grade does not yet reflect a passing grade.

- b) If student is failing any of his/her classes when report cards are issued they will be placed on the academic ineligible list even if a student is not currently on a team. The student will not be able to participate in any game until progress reports are issued.
 - c) Once a student athlete is declared ineligible due to their report card, the period of ineligibility will last until the next formal, written student academic evaluation (i.e., the progress report). At that time, the entire academic record of the ineligible athlete will be re-evaluated. The student must be passing all classes with a 70% or higher to be eligible. If, however, an ineligible student athlete does not re-establish eligibility at the time of the progress report update, it is the coaches discretion to if they want to dropped the student from the team.
 - d) The appeal procedure relative to any academic problems/policies is similar to the one addressing athletic eligibility decisions. Decisions may be appealed by approaching the coach first, and if appropriate the Middle School Athletic Director.
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- 2. **Trying Out for a Team if Ineligible** – A student athlete who is ineligible for athletic participation at the time team tryouts are held will be allowed to try out for the team. It should be clearly understood, however, if that student athlete does not regain eligibility status at the time of the progress report, the student could be dropped from the team.
 - 3. **Remaining on a Team After Being Declared Ineligible** – It is entirely possible that a student athlete will be eligible when trying out for a team, will make the team, and will become ineligible after making the team, either before or after the season has started. If this occurs, the student athlete will, of course, be ineligible for the prescribed period of time. If this student athlete fails to re-establish eligibility at the completion of the first period of ineligibility (progress report), the student athlete may be dropped from the team.
 - 4. **Practicing with the Team if Ineligible** – Generally speaking, ineligible student athletes should be spending time correcting situations that rendered them ineligible. Therefore, it would be ill advised for student athletes to be practicing with the team on a regular basis and they cannot accompany the teams to interscholastic contests. There are times, however, when coaches need these student athletes at practice for the sake of team continuity. The discretion of the coach, with the concurrence of the Athletic Director, will dictate the necessity and frequency of the attendance of a student athlete at practice. At no time will an ineligible student athlete be permitted to miss school to practice or accompany his/her team on an athletic trip.
 - 5. **Suspension from School** – A disciplinary action severe enough to warrant student suspension is certainly serious enough to eliminate the student athlete from all participation in



interscholastic sports for at least the duration of the suspension. Therefore, any suspension, whether in-school or out-of-school, as deemed by the Middle School Administration, will render a student athlete ineligible to attend practice or any interscholastic contest during the time of suspension. Further disciplinary action could be taken by the Middle School Principal and/or the Athletic Director.

6. **Starting a Season Late-** A student may start a season late if the reasons are acceptable to the coach and the Athletic Director. If a cut has been made the student must go through a try out. If the student is determined to be good enough they may be added to the team. No one may be cut to make room for this student. If a student transfers to LAE once a season has already begun, they will be considered as a new student with new opportunities and will be permitted to try out for a team.

TRANSPORTATION

All players that are in the 7th & 8th grade team will ride the bus that is provided by LAE. Exceptions will not be made unless authorized by the athletic director.

All athletes playing for a team other than the 7th and 8th grade team is responsible for his/her own transportation; if parents or students choose to carpool, that it certainly their choice. However, teachers, coaches and administrators should never “organize” the carpool or request that particular parents transport children other than their own.

Games will be approximately one hour in length. Players should arrive 30 minutes before the start of the game.

Students will be released to their parents once uniforms are returned and a parent signs the release form. Students may be released to another adult only with written consent from their parent. Please Note: in order for your athlete to go home with someone else, the school must have a completed student pick up authorization form on file.

Athletes must always be picked up no later than 15 minutes after the conclusion of practices. In the past, we have had coaches wait for as long as an hour for parents to pick up their student athlete. Your son/daughter will be given two warnings for late pickup. The third late pickup will result in your child being released from the team.

Coaches are responsible to stay with student athletes until all students have been picked up.

EARLY DISMISSAL

At times it will be necessary to request that members of a team and the coach be excused from school in order to travel to an AWAY game to meet an early scheduled start time. Athletes are responsible for any academic or classroom work missed because of early dismissal. The school is



not obligated to inform parent/guardian of any scheduled activities beyond printed notifications or game schedules received.

ATTENDANCE AT PRACTICES AND GAMES

Each member of a LAE Athletic team must assume the responsibilities associated with such a position. The athlete has an ethical obligation to the team and the school. This obligation includes regular attendance at practices and athletic contests.

It is possible, of course, that emergency situations may arise (e.g., illness, death in a family, etc.) that render it impossible for an athlete to attend a practice session or an athletic contest. Absences should be few and far between and arranged with the coach as early as possible.

When a student is involved in other programs outside the school, it will be necessary to adjust the schedule to accommodate the middle school practice and game schedule.

When athletic team practices occur on school vacation days all athletes are expected to be in attendance. If a conflict arises and the athlete may have to miss a practice, it is of utmost importance that the athlete communicates this with the coach immediately. Summer and off-season activities are strongly encouraged but cannot be required by coaches.

While attending any athletic contest all athletes are required to stay with the team until they are released to their parent.

Absences from practice sessions or athletic contests will be handled in the following manner:

ABSENCE FROM PRACTICE	
Excused absence	No action
Unexcused absence – 1 st Offense	Conference with coach and athlete
Unexcused absence – 2 nd Offense	Suspension from the next interscholastic contest
Unexcused absence – 3 rd Offense	Dismissal from team (athlete forfeits all awards)

ABSENCE FROM ATHLETIC CONTEST	
Excused absence	No action
Unexcused absence – 1 st Offense	Suspension from next interscholastic contests
Unexcused absence – 2 nd Offense	Dismissal from team (athlete forfeits all awards)

All athletes are to be on time for all practices. For after school practices, school dismisses at 3:20pm, all athletes will be dressed out by 3:30pm, unless told otherwise by the head coach. No students will be allowed to indiscriminately wander in the hallways or on the school grounds.

At no time, practices or game days are athletes to wear their cleats in the building.

Parents, siblings of players, and friends of players will not be able to attend practice.



Student-athletes that do not follow these guidelines and the requests/ guidance of the supervisors will be subject to disciplinary action accordingly:

- a. First Offense: Warning (coach, athletic director, principal and parent/s notified).
- b. Further Offenses: An additional offense of this policy could result in suspension from a practice. Continued violations could result in game and season suspensions.

PLAYING TIME POLICY

While it is true that our coaches and administrative personnel believe it to be important to broaden the experience of LAE athletes, and that broadening is enhanced by playing time, it is also an important goal of the LAE athletic program to strive toward excellence. Therefore, no minimum per game playing time provisions or minimum numbers of athletic meets in which athletes must compete are established at the Middle School level. Playing time decisions are left up to the individual coaches.

NO QUIT POLICY

If a student is fortunate enough to be selected for a position on one of the LAE School athletic teams, it is important that he/she makes a firm commitment to that team. Therefore, quitting a team after being selected for the team is strongly discouraged. If any student athlete quits a team after being selected as a member of that team, that student athlete is prohibited from trying out for another LAE School extracurricular team during the same season. Furthermore, it should be clearly understood that the action of any student athlete quitting a team will certainly be among the criteria considered by coaches of subsequent teams on which a student athlete desires a position. Exceptions may occur if both coaches/directors agree it is in the best interest of the student.

DISCIPLINE POLICY AND PROCEDURES

The following sets forth the Athletic Department policy regarding athlete misconduct and corresponding athletic disciplinary measures:

Individual Team Rules – Each Head Coach will furnish his/her athletes with specific rules and/or regulations that apply to that team. Individual team rules and discipline may go beyond those listed in this handbook, but cannot be of a lesser standard. The Athletic Director must approve these individual team rules.

Enforcement of the Student-Athlete Code of Conduct – the Athletic Director is responsible for the overall enforcement of policy as described in the Athletic Code of Conduct. All rules and regulations regarding behavior and/or training as outlined in TCSAAL guidelines are applicable. Each Head Coach is directly responsible for the enforcement of said policy for their team during the year, in connection with the Athletic Director. All athletes and parents/guardians are required to sign the acknowledgement, consent and disclosure documents stating that they understand the policies and



disciplinary measures set forth in the Student-Athlete Code of Conduct. A new Student-Athlete Code of Conduct form must be signed each year and is in force at all times.

Procedure – Violations of the Student-Athlete (and Middle School) Code of Conduct should be brought to the attention of the appropriate authority. The review of the violation will be made by the appropriate authority (Coach, Athletic Director or Middle School Principal). The appropriate authority will then meet with the player (and coach when appropriate) to determine and communicate appropriate disciplinary action per the Student-Athlete Code of Conduct.

Disciplinary action taken as set forth in the Athletic Code of Conduct will not be grounds for appeal. In the event that a parent feels the Athletic Director has not followed due process as stated in the Athletic Code of Conduct, the parent may submit to the Middle School Principal, in writing, an explanation of the factors they believe were not properly followed by the Athletic Director.

Athletic Disciplinary Actions		
Please note that the Athletic disciplinary actions below are in addition to the "Middle School Code of Conduct Discipline Procedures."		
Types of Violations	Occurrence	Disciplinary Action
Level 3, 4 & 5 offenses	ALL	Determined by the Middle School Principal and Athletic Director.
Level 2 offenses	1 st time	Suspended for one game
	2 nd time	Suspended for three games
	3 rd time	Suspended for the rest of the season.
It should be noted that at any time a student athlete receives a referral, they could be removed from the team at the coach's discretion.		

PROBATION CONTRACT

Any student athlete (in-season or off-season) can be placed on an athletic probation contract due the following reasons: issues insufficient grades, behavior or attendance issues. If the student athlete fails to comply with the contract, they will be removed from the team and possibly athletics.

Parents will be notified by the head coach when their student athlete is being placed on a probation contract.

LAE ATHLETIC PROBATION CONTRACT

Student Name:	Coach:
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Probation Start Date:	Probation End Date:
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*Probation contracts can be put in effect due to → insufficient grades, behavior, and attendance.

Dear Athlete, in order to remain in the Athletics program, you must maintain suitable attendance, make satisfactory academic progress, and behave in a responsible and cooperative manner according to the LAE Student Code of Conduct and LAE Athletic Handbook.

You are being placed on probation for the following reasons:

1. _____
2. _____
3. _____

By the end of this probation period, you must complete all items below:

1. _____
2. _____
3. _____

If you do not fulfill the requirements of this probation contract by the end of the probation period, you may be removed from the Athletic Program and/or have a mandatory schedule change.

Student's Signature

Parent's Signature

Coach's Signature

Administrator Signature

Today's Date

ATHLETIC AWARDS/PREMIOS ATLÉTICOS

Any student athlete that participates in a team will be eligible for the following awards:



Athlete of the Year- Participated in at least two interscholastic sports, exhibited a high level of commitment to both practices and games, contributed significantly to the team's season and exhibited positive qualities on and off the court/field.

MVP – This is to be determined by an evaluation of all players as well as the coach.

Offensive Player of the Year – Based on statistics

Defensive Player of the Year – Based on statistics

Most Improved – The athlete that shows the most improvement over the duration of the season or competition

Team Character- The athlete that displays exemplary character and sportsmanship on and off the field/court.

Star Award- The athlete with the highest GPA during the season.

Iron man/woman award- The athlete that participates in all sports and wins district champion with all teams that are capable of winning district.

No student that has quit any sport or has been removed from any sport will be eligible for an award in the areas listed above. Only athletes in good standing at the end of the athletic program year will be eligible for Awards and Trophies. These Athletic Awards will be presented at the end of the year banquet. Details will be given in late April/ early May.

INHERENT SPORTS RELATED DANGERS

Student-athletes and their parent(s) must be aware that any athletic participation has inherent dangers. Although rare, catastrophic injury or death can result from participation in athletics and care should be taken by all concerned to minimize such dangers. We encourage parents/guardians, along with student athletes, in all sports, to discuss risk and risk minimization with their campus athletic director and coach.



Concussion Acknowledgement Form

Definition of Concussion – means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

Prevention – Teach and practice safe play & proper technique.

– Follow the rules of play, make sure the required protective equipment is worn for all practices and games, and protective equipment must fit properly and be inspected on a regular basis.

Signs and Symptoms of Concussion – The signs and symptoms of concussion may include but are not limited to: Head ache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may be: Advanced Practice Nurse, neuropsychologist or a physician’s assistant. The COT is charged with developing the Return to Play protocol based on scientific evidence.

Treatment of Concussion - The student-athlete shall be removed from practice or competition immediately if suspected to have sustained a concussion. Every student-athlete suspected of sustaining a concussion shall be seen by a physician before they may return to athletic participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete may begin their district’s Return to Play protocol as determined by the Concussion Oversight Team.

Return to Play - According to the Texas Education Code, Section 38.157: A student removed from an interscholastic athletics practice or competition under Section 38.156 may not be permitted to practice (play) again following the force or impact believed to have caused the concussion until:

- (1) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student’s parent or guardian or another person with legal authority to make medical decisions for the student;
- (2) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play;
- (3) the treating physician has provided a written statement indicating that, in the physician’s professional judgment, it is safe for the student to return to play; and
- (4) the student and the student’s parent or guardian or another person with legal authority to make medical decisions for the student:
 - (A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;
 - (B) have provided the treating physician’s written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and
 - (C) have signed a consent form indicating that the person signing:
 - (i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;
 - (ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;
 - (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician’s written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and
 - (iv) understands the immunity provisions under Section 38.159.

Parent or Guardian Signature _____ Date _____
 Student Signature _____ Date _____



Concussion Management Protocol Return to Play Form

This form must be completed and submitted to the athletic trainer or other person (who is not a coach) responsible for compliance with the Return to Play protocol established by the school district Concussion Oversight Team, as determined by the superintendent or their designee (see Section 38.157 (c) of the Texas Education Code).

Student Name (Print): _____

School Name: La Academia de Estrellas

Designated school district official verifies → check all 3 bullets below:

- The student has been evaluated by a treating physician selected by the student, their parent or other person with legal authority to make medical decisions for the student.
- The student has completed the Return to Play protocol established by the school district Concussion Oversight Team.
- The school has received a written statement from the treating physician indicating, that in the physician’s professional judgment, it is safe for the student to return to play.

School Individual Signature: _____ Date: _____

School Name: La Academia de Estrellas

Parent, or other person with legal authority to make medical decisions for the student signs and certifies that he/she → check all 4 bullets below:

- Has been informed concerning and consents to the student participating in returning to play in accordance with the return to play protocol established by the Concussion Oversight Team.
- Understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return to play protocol.
- Consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician’s written statement under Subdivision (3) and, if any, the return to play recommendations of the treating physician.
- Understands the immunity provisions under Section 38.159 of the Texas Education Code.

Parent/Responsible Decision-Maker Signature: _____ Date: _____

Parent/Responsible Decision-Maker Print: _____

School Name: La Academia de Estrellas



Anabolic Steroid Use and Random Steroid Testing

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uiltexas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student Name (Print): _____ Grade (6-8) _____

Student Signature: _____ Date: _____

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in UIL athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from anabolic steroid use and may be asked to submit to testing for the presence of anabolic steroids in his/her body. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my student's high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uiltexas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by UIL.

Parent Name (Print): _____ Date: _____

Parent Signature: _____

Relationship to student: _____



Parents should read and understand all La Academia de Estrellas policies, procedures, rules and handbooks as they pertain to student and parent responsibilities.

As a caring responsible parent/guardian of La Academia de Estrellas, I will:

- Remember that participation in sports should be fun and that the game is for the players, not the adults.
- Teach my child that doing one’s best is more important than winning.
- Praise my child for competing fairly and trying hard.
- Make my child feel like a winner regardless of the outcome.
- Never ridicule or yell at my child or other participants for making a mistake or losing a competition.
- Not encourage any behaviors or practices that would endanger the health, safety or welfare of my child or others in attendance.
- Teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- Emphasize skill development and the importance of practice along with their benefits and communicate such to my child.
- Demand that my child treat others with respect regardless of race, creed, color, sex or ability.

La Academia de Estrellas: Acknowledgement Form

We (athlete and parent) have received and read the LAE Athletic Handbook for 2016-2017. We understand that these policies have been approved by the school’s Board of Directors and are part of the district’s rules and regulations that apply to all student-athletes. We acknowledge and consent to all requirements stated and implied in this handbook and have been made aware of the outlined consequences that we face failing to adhere to these rules. By signing below, we (athlete and parent) agree to all LAE Athletic Handbook terms and conditions.

Printed Athletes Name _____ Grade _____

Athlete’s Signature _____ Date _____

Parent/Guardian Signature _____

Please sign, date and return this form to the athletic director. Students will not be allowed to participate in any athletic event until this completed form is returned. Please retain the handbook for future reference.



CONTRACT ACKNOWLEDGEMENT FORM

Please sign indicating your understanding and support of this Athletic Contract which includes some but not all expectations that student-athletes and parents must agree to abide by as well as your acknowledgement of the risk of injury to athletes. Completed forms must be returned to the Athletic Coordinator before the student-athlete may participate in any athletic event.

As a student-athlete, I _____ understand my responsibilities for participating in the LAE Athletic program. I also understand there are consequences for violating any of the expectations outlined in this contract, the Athletic Handbook and Student Code of Conduct which may include the removal from the athletic program.

Signature of Student

Athlete _____ Date _____

Printed Student

Name _____ Grade: _____

As the parent, I understand my responsibilities and those of my athlete participating in the LAE Athletic program. I also understand that there will be consequences for my athlete for violating the expectations outlined in this contract, the Athletic Handbook and Student Code of Conduct which may include the removal from the athletic program. I further pledge my loyalty and support to my athlete and to the school.

Signature of

Parent _____ Date _____

***Please return this signed acknowledgement page form to the Athletic Director.**