



Parent/Student-Athlete
Handbook
2018-2019



Dear Parent/Guardian:

Your son or daughter has expressed a desire to participate in the Athletic Program in the Tyler ISD. It is the belief of the coaching staff that athletics can do more for your child than teach him/her to play the sport he/she has chosen.

We believe athletics instills the desire to win, attain personal goals ensuring maximum team effort, builds strength of body, and strength of character. The latter of these qualities determines the success of the first three.

It is our belief that strength of character is the foundation upon which to build the well-developed, well-polished individual. Athletes, as people in any specialized field, have a unique role to play. Athletes are constantly being monitored by their peers, teachers, and the community. By constantly being under this scrutiny, athletes must have strength of character and be constantly aware of the role they have assumed. They must be certain they present to their peers, teachers, and community respect, sincerity, and honesty expected of a young lady or gentleman.

We believe very strongly that our athletes should possess these qualities. Because of this belief, we have established the following set of guidelines to be followed by all athletes in the Tyler ISD.

ALL ATHLETES, REGARDLESS OF SPORT, MUST:

1. Abide by all University Interscholastic League (UIL) rule specifications, and abide by local athletic policy.
2. Attend every practice session and athletic contest unless ill or emergency situations. (Parents or athlete must call in if the athlete is not attending a practice session.)
 1. At all times, respond to every situation as young lady or gentleman.
 2. Abide by all Tyler ISD, Athletic Department, and campus guidelines and policies.
 3. Maintain academic intensity to achieve success in the classroom.

Violation of these policies will result in appropriate disciplinary action being taken against the student and could result in his/her removal from the athletic program in the Tyler ISD. Therefore, we ask your cooperation in motivating your son or daughter to observe these rules to that he or she will receive the maximum benefit from the program.

Enclosed is an information handbook for Tyler ISD Athletics, which includes guidelines and policies for the student-athletes. We have discussed these rules with your son or daughter. Please read them, discuss them again with your son or daughter.

Sincerely,



Greg Priest
Athletic Director
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Tyler ISD Vision Statement

Tyler ISD will focus on successful student outcomes.

Tyler ISD Athletic Department Vision Statement

Provide leadership to our student-athletes to help them develop personally, academically, and athletically.

Tyler ISD Athletic Department Mission Statement

The mission of the Athletic Department is to support the overall mission of TISD and provide quality athletic participation opportunities for students.

TYLER ISD ATHLETIC PROGRAM OBJECTIVES

1. Student-Athlete Experience

All student-athletes will be afforded the highest quality academic, athletic and social experience.

2. Athletic Excellence

Every sport will strive for competitive success with a goal of winning district and state championships.

3. Culture of Integrity

Create an environment of trust, accountability, commitment, sportsmanship with equity and diversity.

4. Community Engagement

Improve visibility of athletics by representing and promoting our schools within the community.

5. Resource Development and Stewardship

Enhance revenue streams and improve department guidance in order to achieve excellence.

Philosophy of Tyler ISD Athletics

The Tyler Independent School District believes that a dynamic program of student activities is vital to the educational development of the student.

The Tyler ISD Department of Athletics should provide a variety of experiences to enhance the development of positive student habits and attitudes that will prepare them for adult life in a democratic society.

Athletics should function as an integral part of the total curriculum. It should offer opportunities to serve the institution, to assist in the development of positive relationships and good will, to promote self-realization, all-around growth, and good citizenship qualities.

The Tyler ISD athletic program is based on the premise that athletes are students first and that athletic participation is a privilege rather than a right. Students learn teamwork and group responsibility. They also learn to deal with success and to overcome adversity.

The athletic program in Tyler ISD is structured very intentionally, with specific goals in mind for athletes at each level. All athletes are required to properly represent TISD on and off the field, or they will not be afforded the privilege of representing TISD in interscholastic competition.

At the middle school level our primary goal is to make the athletic experience for the students enjoyable. It is a time to focus on participation and camaraderie among team members. This allows the students to have fun while learning the fundamentals of the sport. All athletes who try out and make a middle school team, attend all practices, give great effort in practice and are eligible academically will participate in every single game. Winning is a secondary issue for our program at this level. We believe that if middle school student has a great experience with their friends, and learns the fundamentals of their respective sport, we have accomplished the most important foundational goals in building the total athletic program.

As the students move up through our program into **high school** we begin shaping them toward the day they will begin competing at the varsity level. Similar to middle school, our freshmen and junior varsity teams are centered on player development. While the playing time percentage may vary, we attempt to ensure each student has an opportunity to participate in all games. Again, the final score is less important than facilitating player growth.

At the **varsity level we play to win championships.** Playing time is at the varsity head coach's discretion, driven by the intent to win. Varsity players are mature both athletically and mentally and their dedication and commitment to their team must supersede their personal desires. One of life's greatest lessons and gifts is the privilege of living for a purpose bigger than self. We firmly believe a team can, and should compete at the highest level, giving maximum effort, in a way that honors TISD and the teams in which they compete.

UIL SPORTS OFFERED

HIGH SCHOOL (9-12)

Baseball
Basketball (Boys and Girls)
Cross Country (Boys and Girls)
Football
Golf (Boys and Girls)
Powerlifting (Boys and Girls)
Soccer (Boys and Girls)
Softball
Swimming (Boys and Girls)
Tennis (Boys and Girls)
Track (Boys and Girls)
Volleyball

MIDDLE SCHOOLS (7-8)

Boulter, Hubbard, Moore, and Three Lakes

Basketball (Boys and Girls)
Cross Country (Boys and Girls)
Football
Soccer (Boys and Girls)
Track (Boys and Girls)
Volleyball

Hogg

Cross Country (Boys and Girls)
Soccer (Boys and Girls)

Please note that in the middle schools all sports practice before or after school when in-season. The middle school athletic class period is designed to be general Athletic Development class when sports are not in-season and all student-athletes are encouraged to participate in the class.

PURSUING VICTORY WITH HONOR

Basic Philosophy

Winning Is Important

Winning is important and trying to win is essential. Without the passionate pursuit of victory much of the enjoyment, as well as the educational and spiritual value, of sports will be lost.

Honor Is More Important

Sports programs should not trivialize winning or the desire to win. To dismiss victory by saying, "It's only a game" can be disrespectful to athletes and coaches who devote their time to being the best they can be in the pursuit of individual victories, records, championships, and medals. But the greatest value of sports is its ability to enhance and uplift the character of participants and spectators.

Ethics Is Essential to True Winning

The best strategy to improve sports is not to de-emphasize winning but to more vigorously emphasize that adherence to ethical standards and sportsmanship in the honorable pursuit of victory is essential to winning in its true sense. It is one thing to be declared the winner, it is quite another to really win.

There Is No True Victory Without Honor

Cheating and bad sportsmanship are not options. They rob victory of meaning and replace the high ideals of sport with the petty values of a dog-eat-dog marketplace. Victories attained in dishonorable ways are hollow and degrade the concept of sport.

Ethics and Sportsmanship Are Ground Rules

Programs that adopt Pursuing Victory With Honor are expected to take whatever steps are necessary to assure that coaches and athletes are committed to principles of ethics and sportsmanship as ground rules governing the pursuit of victory. Their responsibilities to demonstrate and develop good character must never be subordinate to the desire to win. It is never proper to act unethically in order to win.

Benefits of Sports Come From the Competition, Not the Outcome

Quality amateur sports programs are based on the belief that vital lessons and great value of sports are learned from the honorable pursuit of victory, from the competition itself rather than the outcome.

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ATHLETIC OBJECTIVES

- ❖ Promote improvement through self-evaluation
- ❖ Retain, attract, and hire exemplary coaches
- ❖ Promote consistency and unity throughout the athletic department
- ❖ Increase parent and community partnerships with the Athletic Department
- ❖ Increase faculty/staff awareness and involvement with the Athletic Department
- ❖ Maintain a high level of expectation for success
- ❖ Use athletics as a tool to prepare our student-athletes for the future
- ❖ Increase scholarship opportunities for student-athletes
- ❖ Promote athletic programs and activities with aggressive communication
- ❖ Win championships with class and character
- ❖ Finish inside the Top 100 in the Lone Star Cup

The Parent's Role

Being the parent of an interscholastic athlete can be a great experience. Tyler ISD has many different sports. Parents' participation with their son or daughter can be and should be an enjoyable activity. Their support is very important to their athletes, the high school and community. To make this experience the most rewarding for all concerned, the following are some suggestions on being a supportive athletic parent:

- 1) **Be positive** - Being on a school team is quite an accomplishment. Do not let playing time dictate the athlete's happiness. Celebrate the fact he/she was good enough to make a team. When things are not going well for your son/daughter or for the team is when parents need to be most positive and supportive.
- 2) **Be supportive of coaching staff in front of your son/daughter**. Nothing can injure teamwork faster than athletes doubting the capabilities of their coaches. The coaches are trying to do their best at every moment. If you have concerns, follow the TISD Athletic Department communication process. Our staff will listen, appreciate your confidentiality and give you a timely response.
- 3) **Be part of a parent network** - Whether you are part of a booster club or not, very special relationships can be fostered over the careers of athletes by socializing with other parents. This socialization can take place at games, after games, at team dinners, etc. Parents need support too! Be positive with each other and do not hesitate to remind each other about remaining positive at all times. If you hear a "rumor" that concerns you about any athletic issue, call the coach to verify or clarify what you've heard. Don't perpetuate a rumor by passing it on or by remaining silent about an issue that could affect a program.
- 4) **Booster parents** - We appreciate the fact that you are an active booster parent and supportive of our total program. Don't feel you are obligated to donate funds or equipment to our athletic program in order for it to be successful. While we have financial needs from time to time, our school historically has made a strong commitment to athletics. Your attendance at our sporting events and encouraging other fans to come and watch our athletic teams perform would be of tremendous support. Booster parents are also encouraged to be involved in ongoing booster meetings and projects for all sports. The Booster Clubs are for all TISD sports in grades 9-12. Your membership and participation in the Booster Club is very much appreciated.
- 5) **Winning and losing** - It shall be our staff's goal to pursue excellence in the school's athletic program, through motivating students to achieve to the best of their ability, while honoring themselves with their talents. Winning, under a positive goal-oriented environment, can be a natural and enjoyable outgrowth of this attitude. Everyone enjoys a well-played victory, but a "Winning is Everything" philosophy cannot become the controlling force. Too much is sacrificed when that philosophy is dominant. The philosophy should be to be honorable in our attitudes and skills and whether we win the physical victory or not, we have still won the game of life.
- 6) **College Scholarships** - Having lofty expectations for our children is a normal and healthy goal. In striving for these expectations, we must also be realistic. Not everyone can receive a college scholarship, nor should your child's athletic success be measured by the number of offers he or she receives. We have received our share of scholarships based on all the hard work you, the athletes and the coaches have put in. Our coaches will help individuals and parents in whatever way they can to find an opportunity for those who wish to pursue collegiate careers. Coaches will not, however, recommend a school at which the athlete cannot potentially be successful.
- 7) **Other thoughts** - The success of our athletic program is not dictated by the athlete alone. Our school's teams, students and adult supporters should work together. If the contributions of either are less than total, everyone stands to lose. We have a tremendous amount of support for our athletes by the coaches, administration and the board. We thank you for your support and participation.

Parent's Expectations of Coach:

- 1) Treat my son/daughter fairly.
- 2) Let me know if my athlete is experiencing any problems (physical, social, emotional).
- 3) Communicate clearly your expectations of me and my son/daughter.
- 4) Keep in mind that as parents we identify with our son/daughter's achievements.
- 5) Be a good role model.
- 6) Protect my son/daughter from bullying or social ostracism by cliques.

Coach's Expectations of Parents:

- 1) Recognize my commitment.
- 2) Offer praise for accomplishments and support for my efforts.
- 3) Keep me informed of any home issues that might affect your son/daughter.
- 4) Follow established grievance guidelines when there is a problem.
- 5) Be an enthusiastic and respectful fan at games.
- 6) Support your son/daughter's efforts and commitment to the program.
- 7) Monitor your son/daughter's schedule to help avoid over involvement in diverse activities.
- 8) Screen your son/daughter from conflicting input from outside coaches and experts.
- 9) Do not gossip or complain about me at home, in the community and in social media.
- 10) Do not substitute your agenda for your son/daughter.

Coach's Expectations of Athlete:

- 1) Set realistic personal goals for yourself and follow them.
- 2) Be honest about your ability level.
- 3) Let me know if you have an injury or you are ill.
- 4) Understand that my feedback on your performance is constructive.
- 5) Take pride in your team.
- 6) Support your fellow athletes.
- 7) Let me know if you are having academic problems or issues with peers.
- 8) Let me know if something is issues or concerns exist in your home or personal life that might affect your participation.
- 9) Discuss with me if you are receiving conflicting advice about your performance from other coaches or your parents.
- 10) Show respect for my position as a coach and the need to make decisions that are in the best interest of the team.
- 11) Refrain from any use of illegal substances including alcohol.
- 12) Always display good sportsmanship to opponents and referees/judges.
- 13) Let me know if you are having conflicts with the scheduling demands of a job or other school related activities.

Athlete's Expectations of Coach:

- 1) Treat me fairly. Do not play favorites.
- 2) Do not embarrass me in front of my teammates.
- 3) Understand that the sport/team might not be as important to me as to you.
- 4) Understand the pressure I am under from my parents.
- 5) Understand the conflicts with school, work and other activities.
- 6) Understand that my outside job is necessary for me and my family.
- 7) Praise me when I am doing something good.
- 8) Make sure that I am not bullied or harassed by cliques on the team.
- 9) Help me set realistic goals for myself.
- 10) Be there for me if I need advice about something personal in my life.

Athlete's Expectations of Parents:

- 1) Allow me to follow my dreams and goals in athletics. Don't live your unfilled dreams through me.
- 2) Find a way to support me without undue pressure.
- 3) Show the coach respect.
- 4) Have positive communication with my coach and if issues arise, follow the adopted process.
- 5) Understand the conflicts I have with school work and other activities.
- 6) Be a good listener, especially when you don't agree with everything I say.

TISD Athletics Complaints/Concerns Process and Guidelines

Our goals are to facilitate communication between player and coach, then coach and parent/student and to address concerns in a collaborative, effective manner. If you are a student or parent who has a concern or complaint about a sport, coach or coaching style, please follow the recommended UIL guidelines.

Coaches cannot address a problem unless they know that a problem exists. Most of the time, a problem stems between coaches and parents from a miscommunication or misinterpretation of an issue. Therefore, we ask that your child talk first with the coach and address the problem directly. If the outcome of that meeting is not satisfactory, we ask that the parent and student meet together with the coach.

The TISD Athletic Department is here to work alongside parents to encourage an enjoyable experience for the student-athlete in TISD Athletics. We will do whatever it takes in working with parents to achieve that goal. When an issue or conflict arises, please give due diligence and follow the department communication protocol.

Please wait 24 hours before approaching a coach either in person, by phone or through email. This allows all involved a "cooling down" period and also provides for a time for reflection.

Again, we are committed to effective communication and problem solving and look forward to meeting with students and parents to build and maintain top caliber athletic programs in TISD. We ask and encourage you to follow the procedures outlined below.

PARENT/COACH COMMUNICATION GUIDELINES

Portions reprinted from the UIL Parent Information Manual

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents, you have the right to know, and understand the expectations placed on them and their children. Coaches have the right to know that if parents have a concern; they will discuss it with the coach at the appropriate time and place.

Communication, you as a parent should expect from his/her child's coach:

- Coach's philosophy
- Expectations the coach has for your son or daughter, as well as other players on the team
- Locations and times of practices and contests
- Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations
- Procedures that will be followed if your child becomes injured during participation

Communication coaches can expect from you as parents:

- Concerns regarding your son or daughter expressed directly to the coach at the appropriate time and place
- Specific concerns in regard to the coach's philosophy and/or expectations
- Notification of any schedule conflicts well in advance

As your child becomes involved in interscholastic athletics, he/she will experience some of the most rewarding moments of their lives. As we all experience in life, there are times when outcomes are not as we had hoped. This will happen in athletic competitions and create lifelong learning opportunities for your child and the coach. Discussion and honest communication are needed at these times.

Appropriate concerns to discuss with a coach:

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

It is very difficult to accept your child is not playing as much as you may hope. Coaches make decisions based on what they believe and know is in the best interests of all students participating. Based on careful review of the items above, certain things can and should be discussed with your child's coach. Other items, such as those listed next, must be left to the discretion of the coach.

Issues NOT appropriate for discussion with your child's coach:

- How much playing time each athlete is getting
- Team strategy
- Play calling
- Any situation that deals with other student-athletes

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

TYLER ISD ATHLETICS COMPLAINT/CONCERN COMMUNICATION PROCESS

If you have a concern to discuss with the coach, the following procedure should be followed:

Informal

Telephone the coach or send him/her an email about your concerns and allow the coach two (2) school days to discuss the matter with you and offer a solution. Please do not approach a coach during a game or practice. If both parties agree that it is necessary, a face to face meeting will be held.

Step 1

If the informal interaction does not resolve the issue, put your concerns in writing (email or letter) to the coach with an explanation of why the informal process did not solve the problem. You will receive a written reply from the coach offering a solution within three (3) school days.

Step 2

1. If the Step 1 response does not resolve the issue, within three (3) school days of receipt of the response from the coach put your reasons for disagreement with the offered solution in detail and in writing to the Tyler ISD Athletic Director.
2. Attach the Step 1 response from the coach.
3. The Tyler ISD Athletic Director will conduct an independent investigation of the complaint and contact you to schedule a meeting, if needed, to seek resolution of the issue.
4. Within three (3) school days from receipt of your request the Tyler ISD Athletic Director will send a written reply to the complaint/concern.

Notes:

- *Contact information for the coach and athletic director is attached.*
- *Complaint/Concern Defined: A complaint (or concern) is an oral or written communication questioning the conduct or failure to act by a coach or other athletic department staff in which the athlete's parent (legal guardian) feels aggrieved or dissatisfied.*
- *If the complaint/concern is in regards to a potential criminal act or immoral behavior by the coach, initiate your complaint in writing at Step 2.*

UIL BEHAVIOR EXPECTATIONS OF SPECTATORS

1. 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.
2. Remember that school athletics are a learning experience for students and that mistakes are sometimes made.
3. 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.
4. A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
5. Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
6. Show respect for the opposing players, coaches, spectators and support groups.
7. 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.
8. Recognize and show appreciation for an outstanding play by either team.
9. Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).
10. Use only cheers that support and uplift the teams involved.
11. Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.
12. 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.
13. Game officials can ask that school administrators have unruly fans removed from a contest facility.
14. There is no such thing as a "right" to attend interscholastic athletics. Interscholastic athletics are considered a "privilege" and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.
15. Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal; it is hollow if it comes at the expense of morals, ethics, and just plain common sense.
16. The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.

Tyler ISD Athletic Code of Conduct

Participation in any athletic activity at Tyler Independent School District is a privilege and is extended to all who wish to participate. Along with this privilege, all athletic participants must follow all rules set by the Tyler ISD Athletic Department and the University Interscholastic League in order to participate.

1. Athletes are students first and will strive to reach their potential academically as well as displaying excellent character and conduct within our schools and community.
2. Attendance is a must for athletes. They will attend academic classes as well as athletic practices and games. **UNEXCUSED ABSENCES WILL NOT BE TOLERATED.**
3. Athletes are representing Tyler ISD and the community; therefore, good grooming standards will be met. Hair will be neat, clean, and of reasonable length. No facial hair is permitted. Tyler ISD's dress code will be followed. The Head Coach of a sport with the approval of the Athletic Director may have higher standards of dress and grooming.
4. It is a UIL rule violation to wear any type of jewelry during a UIL contest. Therefore, this ruling will be practiced at all times during all athletic activities including practices, games, and leisure workouts within the facilities of Tyler ISD. Male athletes shall not wear earrings while representing or attending any Tyler ISD school activities.
5. Athletes will dress appropriately while representing Tyler ISD. Proper attire will be worn during practice sessions, games, as well as traveling to or from other schools and tournaments.
6. Athletes will refrain from using profanity. It will not be tolerated.
7. Hazing of any type or form shall not be permitted. "Hazing" means any intentional, knowing, or reckless act occurring on or off campus directed against a student, by one person alone or acting with others, that endangers the mental or physical health or safety of a student for the purpose of pledging, being initiated into, affiliating with, or maintaining membership in any organization whose members include other students.
8. Theft of any kind will not be tolerated. An athlete guilty of theft may be removed from athletics for one calendar year.
9. Athletes will display good sportsmanship as they represent Tyler ISD. They will show courtesy and respect for teammates, officials, opponents, spectators, coaches, parents, teachers, and community members.
10. Athletes are responsible for the equipment issued to them. They will be responsible for payment of items lost, damaged or not returned. All clothing and equipment issued to an athlete are the property of Tyler ISD.

11. **Tobacco:** Students are prohibited from possessing or using any type of tobacco product, electronic cigarettes (e-cigarettes), or any other electronic vaporizing device, while on school property at any time or while attending an off campus school-related activity. The district and its staff strictly enforce prohibitions against the use of all tobacco products, e-cigarettes or any other electronic vaporizing device, by students and all others on school property and at school-sponsored and school-related activities. **[See the Student Code of Conduct and policies at FNCD and GKA.]**

The athlete who violates the above stated rules shall be subject to the following:

First Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete 5 hours of community service. The Athletic Coordinator or designee will monitor.
- 3) Extra conditioning or practice as determined by Coach/Athletic Coordinator

Second Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete 15 hours of community service. The Athletic Coordinator or designee will monitor.
- 3) Extra conditioning or practice as determined by Coach/Athletic Coordinator

Third Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended 3 weeks from the program and cannot participate in a game or practice until all community service hours are complete.
- 3) Extra conditioning or practice as determined by Coach/Athletic Coordinator

12. **Illegal Drugs, Abuse or Misuse of Prescription Drugs, Alcohol, and Class C Misdemeanors:**

Tyler ISD prohibits the use of illegal drugs, abuse or misuse of prescription drugs, and alcohol by students at school-related or school sanctioned activities on or off school property. Any student-athlete cited for drugs, abuse or misuse of prescription drugs, alcohol, or a Class C misdemeanor on or off school property shall adhere to the following after campus disciplinary action:

First Offense

- 1) Conference with student-athlete, parents or legal guardians and head coach to discuss prohibited conduct.
- 2) The student-athlete will be suspended from a minimum of 10 percent of the team's contest (minimum 1 contest does not include a scrimmage) with any additional suspension (i.e., more than one contest) and physical training at the discretion of the Athletic Director and Head Coach. The suspension will take effect with the first regular season or post-season contest immediately following the offense. Any unfulfilled suspension shall be completed in the next academic year beginning with the first contest of the regular season.

- 3) The student will complete 25 hours of community service. The Athletic Coordinator or designee will monitor.
- 4) Appropriate drug education as imposed by the Athletic Director.
- 5) The student shall be required to produce a negative urine sample prior to being allowed to return to participation in any extracurricular activity.
- 6) The student's name shall be placed on the mandatory drug screening list for one calendar year.

Second Offense

- 1) Conference with student-athlete, parents or legal guardians and head coach to discuss prohibited conduct.
- 2) The student-athlete will be suspended from the program for a minimum of 30 percent team's contests with any additional suspension and physical training at the discretion of the Athletic Director and Head Coach. The suspension will take effect with the first regular season or post season contest immediately following the offense. Any unfulfilled suspension shall be completed in the next academic year beginning with the first contest of the regular season.
- 3) The student will complete 50 hours of community service. The Athletic Coordinator or designee will monitor.
- 4) Appropriate drug education as imposed by Athletic Director.
- 5) The student shall be required to produce a negative urine sample prior to being allowed to return to participation in any extracurricular activity.
- 6) The student's name shall be placed on the mandatory drug screening list for one calendar year.

Third Offense

- 1) Conference with student-athlete, parents or legal guardians and head coach to discuss prohibited conduct.
- 2) The student-athlete will be permanently removed from his/her team for one calendar year.
- 3) The student will complete 100 hours of community service. The Athletic Coordinator or designee will monitor.
- 4) The student shall be required to produce a negative urine sample prior to being allowed to return to participation in any extracurricular activity.
- 5) The student's name shall be placed on the mandatory drug screening list for one calendar year.

13. **In School Suspension** – An athlete cannot participate in games until ISS is completed. Disciplinary actions are at the discretion of the Head Coach and or the Athletic Director.

14. **DAEP** - An athlete cannot participate in practice or games until his or her time in DAEP has been completed. Disciplinary actions are at the discretion of the Head Coach and or the Athletic Director.

RANDOM DRUG TESTING PROGRAM

1. The District requires drug testing of any student in grades 7–12 who chooses to participate in a school-sponsored UIL athletic program. A student participating in an athletic program shall be randomly tested throughout the school year.
2. The purposes of the drug-testing program are to:
 - a. Prevent injury, illness, and harm resulting from the use of illegal and performance-enhancing drugs or alcohol;
 - b. Help enforce a drug-free educational environment;
 - c. Deter student use of illegal and performance-enhancing drugs or alcohol; and
 - d. Educate students regarding the harm caused by the use of illegal and performance-enhancing drugs or alcohol.
 - e. Offer student-athletes a credible means to resist peer pressure as it relates to the use of legal and illegal drugs, alcohol, and performance enhancing substances.
3. The results of any drug test shall be used only to determine eligibility for participation in extracurricular secondary school-sponsored athletics programs. The District shall take no action against a student except as provided in the FNF Local policy, and no academic penalty shall be incurred by a student as a result of participation in this program.
4. The Board shall contract with a certified drug-testing laboratory to conduct testing of students' urine samples. Testing laboratories shall not release statistics regarding the rate of positive drug tests to any person or organization without consent of the District.

SUBSTANCES FOR WHICH TESTS ARE CONDUCTED

Alcoholic beverages, and harmful substances, and synthetic substance including herbal incense/K2/Spice for the purpose of intoxication, narcotic drug, or other controlled substance of any form, except as prescribed by a licensed physician for legitimate medical purposes for the student's medical condition or disease. Drugs to be tested but not limited to: cocaine, opiates, cannabinoids, phencyclidine, benzodiazepines, amphetamine, methamphetamine, ecstasy, barbiturates, methadone, alcohol/ethylglucuronide, synthetic stimulants and or depressants, anabolic and androgenic Steroids, and inhalants

5. Personnel from the drug testing laboratory shall collect urine samples under conditions that are no more intrusive than the conditions experienced in a public restroom setting. When selected for testing, the selected student shall be escorted to the school's testing site by a District employee and shall remain under District employee supervision until the student provides a suitable sample for testing. A certified professional collector from the drug testing laboratory of the same gender as the student shall monitor the collection of a suitable urine specimen. The student shall have due privacy at the urinal or within the bathroom stall. The collection shall not be a directly observed collection if the specimen produced is a suitable specimen within temperature range established by SAMHSA Urine
6. Any attempt to substitute or adulterate the specimen by the selected student shall result in a positive test result and be considered refusing to test.

7. Random tests shall be conducted each six weeks throughout the school year. No less than ten percent of the students participating in athletics shall be randomly selected for each random test date. The drug testing laboratory shall use a random selection method to identify students chosen for random testing. Students shall not receive prior notice of the testing date or time.
8. A student who refuses to be tested when selected or who is determined to have tampered with a sample shall be subject to the appropriate consequences, as outlined in the administrative procedures provided to parents and students.
9. Upon receiving results of a positive drug test, the District shall schedule a meeting with the student and the student's parents/guardian to review the test results and discuss consequences.
10. Prior to testing, the student or parent/guardian shall provide any information and documentation that may reveal a possible reason for a positive test result. The student or parent/guardian shall have ten school days following the meeting to provide a medical explanation for a positive result.
11. If a student tests positive for a trace amount of a drug for which tests are conducted, the following shall occur:
For a **first** offense,
 - a. The student shall be called into a conference with the athletic trainer, coach/sponsor, and the campus coordinator overseeing that sport.
 - b. A verbal and written warning shall be given. The student shall be given until the following day to inform his or her parents or guardian.
 - c. The athletic trainer shall contact the student's parents or guardian by telephone to inform them of the test and to discuss the District's drug screening policies and procedures. A copy of the signed written warning shall then be sent to the parents or guardian via the U.S. mail.
 - d. The student's name shall be placed on the mandatory drug screening list for one calendar year from the date of the test.
 - e. There shall be no suspension or other punitive actions taken.

For a **second** offense,

- a) Test shall be considered positive, and the student shall be subject to the provisions at CONSEQUENCES POSITIVE TEST, below.

Consequences of Positive Testing

Consequences of positive test results shall be cumulative through the student's enrollment in the District.

Consequences of a **first** confirmed positive test result shall be as follows:

1. The District shall hold a required conference with the student/athlete and the student's parent/guardian. The purpose of this meeting shall be to answer any questions regarding the drug-screening policies and procedures as well as to help identify and correct any at-risk behaviors.

2. The student shall be suspended from ten percent of all athletic contests and competitions. The suspension will start with the next regular/post-season competition from the time of the parent/guardian conference. During the suspension, the student-athlete may participate in practice, attend team meetings, but may not travel or dress for any contest.
3. The District shall refer the student-athlete to a District approved counseling program for an assessment which will determine the length of counseling needed for the student. The student must fulfill the recommendation of the counseling program, and provide documentation confirming completion of the program.
4. The student shall be required to produce a negative urine sample prior to being allowed to return to participation in any extracurricular activity.
5. The student's name shall be placed on the mandatory drug screening list for one calendar year.
6. A positive test that results in a suspension in excess of the number of athletic contests remaining in the season shall continue with the start of the next athletic season. If a student is a multiple sport athlete, the suspension shall carry over to the next sport.

Consequences of a **second** confirmed positive test result shall be as follows:

1. The District shall hold a required conference with the student/athlete and the student's parent/guardian. The purpose of this meeting shall be to answer any questions regarding the drug-screening policies and procedures as well as to help identify and correct any at-risk behaviors.
2. The student shall be suspended from thirty percent of all athletic contests and competitions. The suspension will start with the next regular/post-season competition from the time of the parent/guardian conference. During the suspension, the student-athlete may participate in practice, attend team meetings, but may not travel or dress for any contest.
3. The District shall refer the student-athlete to a District approved counseling program for an assessment which will determine the length of counseling needed for the student. The student must fulfill the recommendation of the counseling program, and provide documentation confirming completion of the program.
4. The student shall be required to produce a negative urine sample prior to being allowed to return to participation in any extracurricular activity.
5. The student's name shall be placed on the mandatory drug screening list for one calendar year.
6. A positive test that results in a suspension in excess of the number of athletic contests remaining in the season shall continue with the start of the next athletic season. If a student is a multiple sport athlete, the suspension shall carry over to the next sport.

Consequences of a **third** confirmed positive test result shall be as follows:

1. The District shall hold a required conference with the student/athlete and the student's parent/guardian. The purpose of this meeting shall be to answer any questions regarding the drug-screening policies and procedures as well as to help identify and correct any at-risk behaviors.
2. A minimum of one full calendar year suspension from all athletic contests from the time of the parent/guardian conference. During the suspension the coach may allow the student athlete to participate in practices, attend team meetings, but may not travel or dress for any contest.

3. The District shall refer the student-athlete to a District approved counseling program for an assessment which will determine the length of counseling needed for the student. The student must fulfill the recommendation of the counseling program, and provide documentation confirming completion of the program.
4. The student's name shall be placed on the mandatory drug screening list for one calendar year.
5. Community service: A student testing positive for the third time or subsequent time shall be required to perform 20 hours of community service as approved by the campus administration.

Any offense beyond a third offense shall be treated as a third offense for the purposes of assigning consequences under this policy before a student regains eligibility to participate in athletics.

12. A student or parent may appeal a decision made under this policy in accordance with the administrative procedures provided to parents and students outlining the student drug test activity appeals process.

TYLER ISD ATHLETIC DEPARTMENT POLICIES

ACADEMIC REQUIREMENTS FOR ELIGIBILITY-NO PASS NO PLAY

A student shall be suspended from participation in after school athletics after a grade evaluation period (six weeks) in which the student received a grade lower than the equivalent of 70 on a scale of 100 in any academic class. A suspension continues for at least three school weeks and is not removed during the school year until the conditions of reinstatement, described below, are met.

Until the suspension is removed or the school year ends, the District shall review the grades of a student suspended under these provisions at the end of each three-week period following the date on which the suspension began. At the time of a review, the suspension is removed if the student's grade in each class, other than an identified honors or advanced class, is equal to or greater than the equivalent of 70 on a scale of 100. The principal and each of the student's teachers shall make the determination concerning the student's grades.

AMATEUR RULE (UIL) - Section 441 of the UIL Constitution & Contest Rules.

Section 441: AMATEUR ATHLETIC STATUS

An amateur participates in athletics for the aesthetic, physical, mental, and social benefits to be derived. Therefore, the purpose of such participation is playing for the intrinsic rewards rather than for valuable consideration. The amateur rule is a safeguard against exploitation and commercialization of high school students. It poses a responsibility on the student at all times (whether in school or outside school) to abide by the letter and intent of amateurism. Schools are charged with the responsibility of informing students of all applicable subsections of this rule and enforcing this rule. Administrators and coaches must insure that athletes receive only services specifically permitted by written rule. Any breach of the rule undermines the educational goals of interscholastic athletics.

- (a) NOT AN AMATEUR. For purposes of competing in an athletic contest, a student in grades 9-12 is not an amateur if that individual, within the preceding 12 months received money or other valuable consideration for teaching or participating in a League sponsored school sport or received valuable consideration for allowing his or her name to be used in promoting a product, plan or service related to a League contest or accepted money or other valuable consideration from school booster club funds for

any non-school purpose. It is a violation of the athletic amateur rule for parents of student athletes to accept tickets to athletic contests where their children are participating. It is also a violation for parents of student athletes to accept free pass gate admission to athletic contests where their children are participating unless they are at the contest in another capacity, i.e., if the parent is an employee of the school or a board member, or working at a concession booth, etc. (See Official Interpretations #11 and 12, Appendix I of the UIL CCR.)

(b) EXCEPTIONS:

- (1) Seniors may sign a letter of intent or scholarship agreement which contains the conditions of a scholarship with a postsecondary institution.
- (2) For purposes of competing in an athletic contest, the participant school, school district or a student's parent(s) may provide medical examination and services, athletic insurance, transportation and other travel expenses incurred in competing away from home, or supplies and services during and in connection with a game or practice period. Jerseys or game shirts may be worn on game day as well as during practice or competition, with school district approval.
- (3) Participant schools and member school districts may permit student athletes to attend contests by permit admission through a pass gate.
- (4) A student-athlete in grades 9-12 may accept funds that are administered by the United States Olympic Committee (USOC) pursuant to its Operation Gold program.
- (5) Student athletes may accept small "goodie bags" consisting of cookies, candy and symbolic gifts from their classmates, if allowed by local school policy.
- (6) Student athletes may accept travel expenses and attend free banquets in connection with an awards ceremony to accept a national and/or state-wide award, after completing their eligibility in that sport.
- (7) This rule is sport-specific. For example if a student violates the rule in one sport, such as accepting a prize for winning a hole-in-one contest in golf, that student would be ineligible only for golf.

Student athletes in grades 9-12 may only accept symbolic awards for participation in school related activities. Symbolic awards student athletes may accept include medals, trophies, plaques, certificates, etc. Student athletes may not accept t-shirts, gift certificates, equipment or other valuable consideration for participation in school sponsored athletic activities. Participation in activities not sponsored by the UIL (bowling, rodeo, archery, gymnastics, etc.) is not subject to the UIL Athletic Amateur Rule.

Student-athletes shall be in compliance with the Athletic Amateur Rule from the first day of attendance in the ninth grade through their last day of UIL athletic competition in grade twelve. This includes during school and during non-school time and applies to all UIL competition and to non-school participation in the same sports sponsored by the UIL. Participation in activities not sponsored by the UIL (bowling, rodeo, archery, gymnastics, etc.) is not subject to the UIL Athletic Amateur Rule.

Students may accept a medal, trophy, patch, or other symbolic award for participating in competitions, if the award is given by the organization conducting the competition.

It would not be a violation for student athletes to raise funds for non-school participation. No school funds (including booster club funds), equipment or transportation could be involved in non-school activities. The non-school fundraiser could not be related to the school and the student athletes must do it all on their own or with the assistance of their parents.

Students may participate in all-star contests provided they do not receive any valuable consideration. Students who are selected for all-star teams based on non-school competition may have lodging, meals and transportation provided by the non-school league for subsequent all-star team participation. Team coaches or league sponsors should disburse funds for these allowable expenses. All non-school groups should be structured to protect the amateur status of students in grades 9-12. Financial records should be maintained. UIL member schools may not participate in sponsoring all-star contests.

If an athlete receives a scholarship for an activity or collects donations to go, can that athlete receive a tee-shirt or pair of shoes given to all who participate in that activity? Yes. The rule is not intended to cause athletes to be treated any differently than other students whose parents have paid their expenses

If the sponsor of the activity provides an athlete with apparel for use in the camp, league, etc., may the athlete keep the used apparel after the activity?

Yes, provided all participants in the activity will keep the clothing, and provided that the apparel is nothing more than individual player uniforms, shoes, etc. The receipt of additional items of clothing, balls, gloves, bats, etc., not used by the individual during the activity could be deemed a violation.

The penalty to a student-athlete is forfeiture of varsity athletic eligibility in the sport for which the violation occurred for one calendar year from the date of the violation. **Student athletes are prohibited from accepting valuable consideration for participation in school athletics - anything that is not given or offered to the entire student body on the same basis that it is given or offered to an athlete.** Valuable consideration is defined as tangible or intangible property or service including anything that is usable, wearable, salable or consumable.

Salable food items or trinkets given to athletes by students, cheerleaders, drill team members, little/big brothers or sisters, school boosters, parents of other students, teachers or others violate this rule (see exception for "goodie bags" to follow).

*Homemade "spirit signs" made from paper and normal supplies a student purchases for school use may be placed on the students' lockers or in their yards. Trinkets and food items cannot be attached. Yard signs should be made of commercial quality wood, plastic, etc. If not purchased or made by the individual player's parent, they must be returned after the season.

*The school may provide meals for contests held away from the home school only. If the school does not pay for meals, the individual parents need to purchase their own child's food. **Parents may purchase anything they wish for their own child items of valuable consideration for their child's teammates.** The school may also provide supplies for games and practices and transportation for school field trips. Students should pay admission fees during school field trips.

*Parties for athletes are governed by the following State Executive Committee interpretation of

The following are interpretations of the amateur rule:

A. VALUABLE CONSIDERATION SCHOOL TEAMS AND ATHLETES MAY ACCEPT:

- a. Pre-Season. School athletic teams may be given pre-season meals, if approved by the school.
- b. Post-Season. School athletic teams may be given post-season meals, if approved by the school. Banquet favors or gifts are considered valuable consideration and are subject to the Awards and Amateur Rules if they are given to a student athlete at any time.

- c. Other. If approved by the school, school athletic teams and athletes may be invited to and may attend functions where free admission is offered, or where refreshments and/or meals are served. Athletes or athletic teams may be recognized at these functions, but may not accept anything, other than food items, that is not given to all other students.

B. ADDITIONAL VALUABLE CONSIDERATION THAT SCHOOL TEAMS AND ATHLETES MAY ACCEPT:

Examples of items deemed allowable under this interpretation if approved by the school, include but are not limited to:

- meals, snacks or snack foods during or after practices;
- parties provided by parents or other students that are strictly for a school athletic team.

ALWAYS CHECK THE RULES PRIOR TO TAKING ACTION!

ATHLETIC PERIOD

The athletic period is considered a class period and will be treated as such. All students must attend their respective athletic period each day. Please make every effort to schedule appointments after school so that the student-athlete will not miss any class periods.

AWARDS/LETTERING POLICY

Each varsity sport has specific criteria for earning a varsity letter award. The head coach of each sport will provide each varsity team member with the lettering criteria. Earned letter awards (letter jackets, letter blankets) may be denied or taken up in the event a student-athlete violates the code of conduct or acts in a manner that embarrasses the Tyler ISD Athletic Program.

CREDIT REQUIREMENTS FOR HIGH SCHOOL ELIGIBILITY DURING FIRST 6 WEEKS

The standards below determine academic eligibility for the first six weeks of the school year. Students in non-compliance may request a hardship appeal of their academic eligibility through the UIL.

- a. GRADES NINE AND BELOW. Students must have been promoted from the previous grade.
- b. SECOND YEAR OF HIGH SCHOOL. Five accumulated credits that count toward state graduation requirements.
- c. THIRD YEAR OF HIGH SCHOOL. Ten accumulated credits that count toward state graduation requirements or student must have earned at least five credits within the last twelve months that count toward state graduation requirements.
- d. FOURTH YEAR OF HIGH SCHOOL. Fifteen accumulated credits that count toward state graduation requirements or student must have earned at least five credits within the last twelve months that count toward state graduation requirements.

DRESS CODE FOR EXTRACURRICULAR ACTIVITIES

The principal, in cooperation with the sponsor, coach, or other person in charge of an extracurricular activity, may regulate the dress and grooming of students who participate in the activity. Students who violate dress and grooming standards established for such an activity may be removed or excluded from the activity for a

period determined by the principal or sponsor and may be subject to other disciplinary action, as specified in the Student Code of Conduct. *TISD School Board Policy FNCA(Local)*

DUAL PARTICIPATION/NON-SCHOOL SANCTIONED PARTICIPATION

All athletes participating in Tyler ISD Athletics make a commitment to the team, their teammates and their school. Each program demands the dedication of time and energy of the athlete. Part of this commitment is to be a student first and strive for academic excellence. Another integral part of that commitment is to place the Tyler ISD Athletic team above participation in any non-school sanctioned activity and attend all practices and games scheduled by Tyler ISD Coaches.

If an athlete chooses to miss a Tyler ISD Athletic practice or game because of participation in an activity not under the auspices of Tyler ISD, the student-athlete will face consequences. Each varsity head coach will determine and communicate to the parents and student-athletes prior to the season the consequences for missing a Tyler ISD Athletic game or practice. Repeated absences may result in the student-athlete's removal from the team.

Non-athletic Tyler ISD school sanctioned activities do not fall under this policy.

ELIGIBILITY REQUIREMENTS- UIL

Eligibility rules are found in [Section 400 and 440](#) of the UIL *Constitution and Contest Rules*. Any question regarding a student's eligibility, should be addressed to the school principal and/or superintendent. Residence requirements according to [Sections 400 \(d\), 440, and 442](#) should be thoroughly investigated for any student new to school.

Students are eligible to represent their school in varsity interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. ([See 504 handicapped exception.](#))
- have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time day students in a participant high school.
- initially enrolled in the ninth grade not more than four calendar years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see [Section 442](#) of the *Constitution and Contest Rules*).
- have observed all provisions of the [Awards Rule](#).
- have not represented a college in a contest.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)

- have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the [Athletic Amateur Rule](#). For purposes of competing in an athletic contest, a student in grades 9-12 is not an amateur if that individual, within the preceding 12 months received money or other valuable consideration for teaching or participating in a League sponsored school sport or received valuable consideration for allowing his or her name to be used in promoting a product, plan, or service related to a League contest or accepted money or other valuable consideration from school booster club funds for any non-school purpose. It is a violation of the athletic amateur rule for parents of student athletes to accept tickets to athletic contests where their children are participating. It is also a violation for parents of student athletes to accept free pass gate admission to athletic contests where their children are participating unless they are at the contest in another capacity, i.e., if the parent is an employee of the school or a board member, or working at a concession booth, etc. If a student did not realize that accepting the valuable consideration was a violation of the amateur rule, and returns the valuable consideration within 30 days after being informed of the violation, that student may regain athletic eligibility as of the date the valuable consideration is returned. If a student fails to return it within 30 days, that student remains ineligible for one year from when he or she accepted it. During the period of time a student is in possession of valuable consideration, he or she is ineligible for varsity athletic competition in the sport for which the violation occurred. Any games or contests in which the student participated during that time would be forfeited as the minimum penalty. This rule is sport-specific. For example if a student violates the rule in one sport, such as accepting a prize for winning a hole-in-one contest in golf, that student would be ineligible only for golf.
- did not change schools for athletic purposes.

ELIGIBILITY REQUIREMENTS FOR 7TH AND 8TH GRADE PARTICIPANTS- UIL

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

1. Has met the requirements of Section 1400 (a) (above) regarding general eligibility:
2. For 7th grade athletic competition, has not reached his/her 14th birthday on or before September 1, and has not enrolled in the 9th grade.
3. For 8th grade athletic competition, has not reached his/her 15th birthday on or before September 1, and has not enrolled in the 9th grade.

4. A student who initially entered the 7th or 8th grade the current school year and is too old for 7th or 8th grade participation may participate according to age, that is, 7th graders on the 8th grade, 9th grade, high school junior varsity or high school varsity team, and 8th graders on the 9th grade, high school junior varsity, or high school varsity team.
 - A. Four Consecutive Years. A student has only four consecutive calendar years to complete high school varsity eligibility. Exception: See [Section 463](#).
 - B. Athletic Class. Overage junior high school students who have reached their 15th birthday on or before September 1 of that school year may be assigned to high school athletic periods if they are participating with the high school sub-varsity or varsity. Otherwise 7th and 8th grade students remain in their junior high school athletic class throughout the school year.
 - C. Full Participation Allowed. Only 7th and 8th grade students who are too old to represent the 8th grade team may participate on the high school's athletic team. Overage junior high school students who participate with a high school 9th grade, sub-varsity or varsity team, may participate fully under the rules for high school athletes in that sport, including, but not limited to, rules governing number of games, post-season games, etc.
5. Is a full-time student in grade seven or eight at the school he/she represents. Exception: Seventh and eighth grade students from public K-8 schools that do not field a team, may participate on the 7th and 8th grade baseball, basketball, football, soccer, softball, and/or volleyball teams at the junior high school in the attendance area where they reside or which is a part of the designated receiving school district. (Parochial, private, and home schooled students are not eligible.)
6. 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.
7. Has not repeated the 7th or 8th grade for athletic purposes. A student who repeats the 7th or 8th grade for athletic purposes shall be eligible for only two consecutive years in 7th and 8th grade athletic competition after the first enrollment in the 7th grade. A student held back one year in the 7th or 8th grade for athletic purposes shall lose the fourth year of eligibility after entering the 9th grade. A student held back for two years for athletic purposes shall lose the third and fourth years of eligibility after entering the 9th grade.
8. Has not changed schools for athletic purposes.

EQUIPMENT AND UNIFORMS

Each athlete will be issued the proper equipment, workout uniform, and game uniform. In the event the equipment or uniform(s) is not returned at the end of the season, the athlete will have to reimburse the athletic department for the replacement cost. Per UIL rules (C&CR Section 441), no equipment or uniforms may be given to athletes to keep on a permanent basis.

HAZING

A person commits an offense if the person:

1. Engages in hazing.
2. Solicits, encourages, directs, aids, or attempts to aid another in engaging in hazing.

3. Has firsthand knowledge of the planning of a specific hazing incident involving a student in an educational institution, or firsthand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge in writing to the principal, Superintendent, or designee.

“Hazing” means any intentional, knowing, or reckless act occurring on or off the campus of an educational institution directed against a student, by one person alone or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are or include other students. The term includes:

1. Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body, or similar activity.
2. Any type of physical activity, such as sleep deprivation, exposure to the elements, and confinement in a small space, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
3. Any activity involving consumption of a food, liquid, alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
4. Any activity that intimidates or threatens the student with ostracism, that subjects the student to extreme mental stress, shame, or humiliation, or that adversely affects the mental health or dignity of the student or discourages the student from entering or remaining registered in an educational institution, or that may reasonably be expected to cause a student to leave the organization or the institution rather than submit to acts described above.

Any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code. *TISD Board Policy FNCC (Legal)*

SOCIAL MEDIA POLICY

All student-athletes will refrain from posting, submitting, sending or publishing inappropriate, slanderous, derogatory, sexually suggestive, sexually explicit, or any form of negative comments, photos, texts, etc. to any electronic, public or private entity which includes, but is not limited to: Facebook, Twitter, Snapchat, YouTube, Instagram, personal email accounts, person web pages, personal or private chat rooms, personal texting/cell phone accounts, etc.

Sending any form of inappropriate (as determined by TISD) photos, comments, etc., will not be tolerated regardless of who the intended recipient may be. Once sent, consequences designated by the coach in conjunction with district administration will occur.

TECHNOLOGY/INTERNET/PHOTOGRAPHY/ELECTRONIC DEVICES RESTROOMS/DRESSING AREAS

The use of mobile telephones or any device capable of capturing images is strictly prohibited in locker rooms or restroom areas while at school or at a school-related or school-sponsored event.

INJURIES

Each High School employs two fully licensed Athletic Trainers.

Athletic training is practiced by athletic trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. In Texas, athletic trainers practice under state statutes recognizing them as qualified health care professionals similar to physical therapists, occupational therapists and other health care professionals.

Injuries must be reported to an athletic trainer(s) as soon as possible. Unless the injury is an extreme emergency please contact the athletic trainer prior to visiting a doctor. Anytime a doctor is consulted for an injury, the student-athlete must present a written clearance for participation in athletics from the doctor before he/she is allowed to participate in TISD Athletics.

In many cases, the athletic trainer can save the student-athlete a trip to a doctor's office or a physical therapist's office thus saving on co-pays, etc. Please consult with the athletic trainers on all injuries and/or prescribed rehabilitation of injury programs.

In some extreme cases, the District's extracurricular catastrophic insurance plan may supplement the athlete's primary insurance if the injury occurred in athletics. However, certain steps and procedures must be followed to make a claim and it is imperative that the athletic trainer(s) is aware of the injury.

**Please review the UIL Safety and Health information and TISD Sports Medicine information page at the back of this manual.

INSURANCE

Tyler ISD provides to all student-athletes a supplemental accident insurance policy with the student-athletes being the primary provider and the schools secondary.

Tyler ISD also carries a catastrophic injury insurance policy for extracurricular participants. The TISD policy does not take the place of a student's primary insurance. It is expected that all student-athletes maintain their own primary insurance coverage at all times.

MULTI-SPORT PARTICIPATION

Participation in multiple sports is encouraged. However, an athlete must complete the season in a sport before they move on to the next sport's season unless mutually agreed upon by the varsity head coaches and athletic director. Tyler ISD coaches will make every effort to insure that a student may participate in as many activities as they wish.

NON-SCHOOL PARTICIPATION REGULATIONS (UIL)

UIL rules restrict school coaches in grades 7-12 from interacting with student-athletes in grades 7-12 from their attendance zone in team sport non-school activities. School coaches are prohibited from providing transportation for student-athletes to non-school activities, or from providing instruction during the off-season

except for allowable off-season programs during the school day. No school funds (including booster club funds), equipment or transportation can be used for non-school activities. Coaches shall not be involved in any activity which would bring financial gain to the coach by using a student's participation in a camp or clinic, such as a rebate for each player sent to a particular camp or from each player using a particular product.

Student athletes are allowed to participate in non-school competitions, camps and clinics at any time during the school year and summer, unless prohibited by local school district policies.

Non-School Participation Not Required. School coaches shall not require student-athletes to participate in non-school activities. School coaches and personnel should make every effort to insure that student-athletes realize that participation in non-school activities is strictly voluntary and never required. Participation in non-school activities shall not be a prerequisite for trying out for a school team.

PRIVATE INSTRUCTION

A student may take a private lesson anytime except during the school day, including the athletic period or during school practice sessions. Schools shall not pay for these private lessons. Private lessons may not occur during the academic day, or during the athletic period.

Private Instruction - Individual Sports. Coaches shall not charge a fee for private instruction to student-athletes during the school year. The restriction on charging fees for private instruction applies only to those students who 1) are in grades 9-12; 2) are from the coach's attendance zone; and 3) participate in the sport for which the coach is responsible.

Private Instruction - Team Sports. UIL rules prohibit school coaches in grades 7-12 from working with student athletes in grades 7-12 from their own attendance zone in team sports in the off season and during the summer. It would be a violation for a school coach in grades 7-12 to provide instruction to a student athlete in grades 7-12 from his/her attendance zone who participates in a team sport.

PARENT RESIDENCE RULE- UIL

Section 442: RESIDENCE IN SCHOOL DISTRICT AND ATTENDANCE ZONE

This section applies to the first calendar year of attendance in grades 9-12. Parent(s) in the context of this rule means parents or adoptive parents who adopted the student prior to the student's first entry in the ninth grade.

- (a) **PRESUMPTION OF RESIDENCE OF STUDENT, PARENT(S), SPOUSE.** The residence of a single, divorced or widowed student is presumed to be that of the parents of the student. The residence of a married student is presumed to be that of his or her spouse.
- (b) **GUARDIAN OF PERSON.** If a student's parents are alive but a guardian of his or her person was appointed by appropriate authority and recorded in the county clerk's office more than one year ago, the residence of the student is presumed to be that of the guardian if the student has continuously resided with the guardian for a calendar year or more. If no legal guardianship has been taken out, three years' residence with and support of a contestant establishes guardianship within the meaning of this rule.
- (c) **GUARDIAN.** If a student's parents are dead and a guardian of his or her person has been appointed by appropriate authority, the residence of the student is presumed to be that of the guardian.
- (d) **Relative; Supporter.** If a student's parents are dead and a guardianship of his or her person has not been appointed, the residence of the student is presumed to be that of the grandparent, aunt, uncle, adult brother or sister or other person with whom the student is living and by whom the student is supported.
- (e) **CUSTODIAL.** The residence of a student assigned by appropriate authority to a foster home or a home licensed by the state as a child care boarding facility, or placed in a home by the Texas Youth Commission,

is presumed to be at the home. If a student's parent(s) move the student to a foster home in another school district, the student is not eligible, but may apply for a waiver.

(f) DIVORCED PARENTS. The residence of a student whose parents are divorced is presumed to be that of either parent.

(g) SEPARATED PARENTS.

1. If a student's parents separate (and are not divorced), and if one parent remains in the attendance zone where the student has been attending school, the student's residence is presumed to be that of the parent who did not move.
2. If a student transfers to a new school with a separated (but not divorced) parent, the student is ineligible for one calendar year, but may apply for a waiver.

(h) CRITERIA OF RESIDENCE. The intent of this section is to insure that unless circumstances fit one of the exceptions above, any relocation of residence is a complete and permanent move for the family.

The residence shall be the domicile which is a fixed, permanent and principal home for legal purposes. The residence is not bona fide under UIL rules unless it complies with all of the following criteria.

1. Does the student's parent, guardian or other person whose residence determines the student's residence own a house or condominium or rent a house, apartment or other living quarters in the school district and attendance zone? *Parents must provide documentation to verify the purchase, lease or rental of a home located in the new attendance zone. A lease agreement or rental agreement should be for a reasonable duration.*
2. Do the student and the parent or guardian have their furniture and personal effects in the district and attendance zone? *There should be no personal effects or furniture belonging to the family in the previous residence.*
3. Do the student and the parent or guardian receive their mail (other than office mail) in the district and attendance zone? *The family should have submitted a change of mailing address to the Post Office.*
4. Are the parents or guardians registered to vote in the district and attendance zone? *If either of the parents was registered to vote at the previous address, they should have applied for a new voter registration card at the new address.*
5. Do the parents or guardians regularly live in the district and attendance zone and intend to live there indefinitely? *The new residence should accommodate the entire family. The former house should be on the market at a reasonable market price or sold, or the lease or rental agreement terminated. All utilities and telephone service should be disconnected or no longer in the family's name. All licensed drivers in the household should have complied with DPS regulations for changing their address*
6. Do parents live in the district and attendance zone for the first calendar year? *If the parents of a contestant move from the district or school zone before the student has been in attendance for one year, the student loses athletic eligibility in the school district from which the parents move, and remains ineligible there for varsity athletics until a year is up.*

PARTICIPATION

Each varsity head coach sets the criteria for participation on a team. The chance to participate on a school team may require a try-out period. Expectations for making a team or staying on a team will be communicated prior to the season and/or try-out period.

STUDENT PARTICIPATION REQUIRED FORMS

- **Pre-Participation Physical Examination Form** - A Physical Examination Form must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. The form must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.
- **Medical History Form** - Each year prior to any practice or participation a UIL Medical History Form signed by both a student and a parent or guardian is required. A Medical History Form shall accompany each physical examination and shall be signed by both a student and a parent or guardian. A student may be required to have a physical examination based on answers to the medical history form.
- **Parent or Guardian Permit** - Annual participation permit signed by the student's parent or guardian.
- **Rules Acknowledgment Form** - Annual UIL Rules Acknowledgment Form signed by the student and the student's parent or guardian.
- **Parent/Student Anabolic Steroid Use and Random Steroid Testing Form** - The parent/guardian of each high school athlete, along with each high school athlete, must annually sign the UIL Illegal Steroid Use and Random Steroid Testing Parent and Student Notification/Agreement Form.
- **Concussion Acknowledgment Form** - Annual UIL Concussion Acknowledgment Form signed by the student and the student's parent or guardian.
- **Sudden Cardiac Arrest Awareness Form** - Annual UIL Sudden Cardiac Arrest Awareness Form signed by the student and the student's parent or guardian.

All paperwork must be cleared by a TISD Athletic Trainer prior to participating in athletics and includes tryouts, off season strength and conditioning programs, and competitions.

NO EXCEPTIONS. All required forms are available on the TISD athletic website or can be accessed on Rank One.

PLAYING TIME

Student-athletes in the Tyler Independent School District Athletic Program earn playing time for game and scrimmage situations by, first, being a member in good standing of the school community. Second, a student-athlete must attend practice and work to the best of his/her ability. Third, a student-athlete must be a team player and execute the specific role assigned to him/her by the coach. Fourth, a student-athlete must demonstrate a commitment to fair-play and sportsmanship at all times. And finally, a student-athlete must support the team by contributing in a positive way to the team's learning environment. In other words, the student-athlete must focus on learning tasks and assignments and not disrupt other players.

At the middle school level every player will play in every game unless a player fails to maintain expectations regarding behavior, academics, or practice attendance. It is not required that each player play the same amount of time.

At the high school level, playing time is 100% at the coach's discretion and is never negotiable.

QUITTING A SPORT

Any athlete who quits a team or is dropped from the team will not be permitted to work out with another team until the previous sport season has been completed. If both varsity head coaches are in agreement, the student athlete may move to the next sport before the end of the season. If an athlete quits, he/she will forfeit his/her award for the sport.

STRENGTH AND CONDITIONING

All athletes will participate in strength and conditioning activities. The strength and conditioning program is the period of time when athletes from any sport are not competing against other schools in a UIL sanctioned event in their chosen sport.

An athlete who participates in only one sport will be required to participate in that sport's conditioning program. For example, an athlete may not quit the football team after football season in December and expect to get back on the team the next season in August.

Athletes who participate in two or more sports will participate in their non-spring sport conditioning program.

SCHOOL HOLIDAY PARTICIPATION

While we realize the importance of school holidays, avoiding competition or practice on every school holiday sometimes is not feasible especially at the varsity level. Thus, the head coach of each sport may require participation on school holidays if the sport is in season with the following stipulations.

1. The student-athletes and parents are given notice prior to the start of the season.
2. The student-athletes and parents are given notice of the consequences if a practice is missed prior to the start of the season.
3. Competition and practices must be scheduled in accordance with UIL rules

Please check with your coach prior to planning vacations or appointments.

TRANSPORTATION

Per TISD School Board policy, FMG (Local), athletes will be required to ride to and from an athletic event in transportation provided by the District. Only in extenuating circumstances will a student be allowed to ride to or from in a private vehicle. Parents/guardian may request a release in extenuating circumstances by notifying the campus athletic coordinator in writing at least one day prior to the trip. A release form may be obtained from the campus athletic coordinator or the Athletic Office. If approved, the Athletic Office will notify the coach in charge of the trip.

TRY-OUTS/TEAM SELECTION

Coaches may conduct try-outs for participation on a team. Students must have a completed all required UIL forms and on file with the athletic trainer prior to try-outs.

There are many factors that enter into the selection of members for all of our athletic teams. This process is probably one of, if not the toughest part of coaching. As coaches we try very hard to be fair in our judgments, as we fully realize the athlete's desire to be a member of our teams and the disappointments associated with not making a team or making the team the player had hoped to make.

It is impossible to make a purely objective evaluation, based entirely on the mastery of sport skills, or any other criteria. Too many other things have to be considered in order to maintain a successful program. Consequently, subjective evaluations are basically opinions and are open to many arguments both for and against these evaluations. Please keep in mind that the coaches have been hired as professionals to make these types of decisions. Also realize that the coaches want to make the teams and the program the best they can possibly be and will not exclude players they believe will accomplish this in the end.

Coaches will make selections based on the following general guidelines:

- 1) Players that will make our teams better.
- 2) Players we believe have a realistic chance to play on a varsity team at some point in their career.
- 3) Players that fit the available positions for the greatest benefit of the team.

Players that understand two areas of evaluation for team placement and playing time: **effort and execution.**

With Regards To the Team Selection Process

Team selections are based on selection criteria (sometimes referred to as rubrics or assessments), which address the sport-specific skills and abilities needed to play the sport and, in some cases, performance benchmarks (i.e., the level of performance in the skills and abilities) required to make a given team. In keeping with the modified approach, however, it is the TISD Athletic Program's goal to maximize student participation in athletics. At present, many teams can accommodate the large number of students who try out. However, this does not guarantee that every student who tries out for a team will be placed on a team. Past athletic success does not guarantee success in the future. Student-athletes must demonstrate a strong commitment to both team and player development every year before being placed on a team. Furthermore, once a player is selected for a team, it is his/her responsibility to maintain that commitment for continued team and individual improvement.

By no means is this an all-inclusive list we use to evaluate players but it does cover many of the things we look for in the selection of our teams. We strive to use our best possible professional judgment, and if we error, we try to do so by keeping more players on squads, rather than less. As always, we appreciate and value each student as an individual, but will base all decisions on what is best for the **TEAM.**

WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC PARTICIPATION

Student-athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

WEATHER

In the event of severe weather or pending severe weather, a decision will be made by 1:00pm to postpone or cancel an event based on the information and forecast available at the time. A decision to postpone or cancel will be disseminated via our staff, the TISD Communications Department, and through email lists. Should severe weather present itself during an event, the game administrator and the game officials will make the decision based on the department's weather safety guidelines.

SAFETY AND HEALTH INFORMATION

Reprinted from the UIL Parent Information manual

~WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC PARTICIPATION ~

Student athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The UIL encourages student athletes in all sports, and their parents, to discuss risks and risk minimization with coaches and school administrators.

HEAD INJURIES

Signs and Symptoms of Traumatic Brain Injury

Parents need to be aware of the observable signs and symptoms of a concussion:

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling slowed down
- Feeling “foggy” or “not sharp”
- Change in sleep pattern
- Concentration or memory problems
- Irritability
- Sadness
- Feeling more emotional

Post-concussion Syndrome

Following a mild head injury, athletes may suffer a number of lingering symptoms for varying lengths of time. If any of the following list of post-concussive symptoms are noted, the athlete should not be allowed to return to participation and should be referred for physician evaluation if symptoms persist.

- Depression
- Numbness/tingling
- Dizziness
- Poor balance
- Drowsiness
- Poor concentration
- Excess sleep
- Ringing in the ears
- Fatigue
- Sadness
- Feeling “in a fog”
- Sensitivity to light
- Headache
- Sensitivity to noise
- Irritability
- Trouble falling asleep
- Memory problems
- Vomiting
- Nausea
- Nervousness

Second-Impact Syndrome

Second-impact syndrome is a rare event, which poses a significant concern for athletes who return too soon after suffering a previous concussion. Second-impact syndrome is characterized by an auto regulatory dysfunction that causes rapid and fatal brain swelling, and can result in death in as little as two to five minutes. It is particularly important to note that virtually all of the second-impact syndrome cases that have been reported have occurred in adolescent athletes. The progressive signs of second-impact syndrome are as follows:

- Previous history of concussion
- Visual, motor or sensory changes
- Difficulty with memory and/or thought process
- Collapse into coma
- Signs of cranial nerve and brainstem pressure

Cumulative Effects of Repeated Concussions

At this time, there is little known about the cumulative effect of concussions. However, early research suggests that athletes who have sustained at least one traumatic brain injury (TBI) have a greater risk for repeated TBI and that the severity of subsequent TBI may be increased. Until research can further illuminate the potential cumulative effects of concussion, it is recommended that athletes sustaining more than one concussion should be referred for follow up evaluation and assessment to determine any residual effects that might preclude participation in contact or collision sports.

Reference:

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

PO Box 690

Indianapolis, Indiana 46260

Phone: 317-972-6900, Fax:

317.822.5700 www.nfhs.org

Prepared by Vito Perriello, M.D., a member of the NFHS Sports Medicine Advisory Committee.

Concussion management protocol

The UIL Legislative Council in concert with the Medical Advisory Committee has mandated the implementation of a Concussion Management Protocol for all UIL activities.

While all interested parties understand that concussion and brain injury are not the only risk associated with participation in extracurricular activities, a comprehensive and standardized plan to deal with occurrences of such injuries is a step in a positive direction for the health and safety of our participants.

A traumatic brain injury occurs when an outside force impacts the head hard enough to cause the brain to move within the skull or if the force causes the skull to break and directly hurts the brain.

A direct blow to the head can be great enough to injure the brain inside the skull. A direct force to the head can also break the skull and directly hurt the brain. This type of injury can occur from motor vehicle crashes, firearms, falls, sports, and physical violence, such as hitting or striking with an object.

A rapid acceleration and deceleration of the head can force the brain to move back and forth across the inside of the skull. The stress from the rapid movements pulls apart nerve fibers and causes damage to brain tissue.

STERIODS AND STEROID TESTING

UIL Anabolic Steroid Testing Program Information

The following is information pertaining to the UIL Anabolic Steroid Testing Program. Mandated by Senate

Bill 8, passed by the 80th Texas Legislature, this statewide random testing program will affect student-athletes in grades 9-12, regardless of sport, gender or participation level.

The National Center for Drug Free Sport, Inc. has been selected to conduct the UIL Anabolic Steroid Testing Program.

The UIL has been directed to test a statistically significant number of student-athletes in grades 9-12 at approximately 30% of UIL member high schools. The selection process of schools and student-athletes will be random.

According to state law, a student-athlete is prohibited from participating in an athletic competition sponsored or sanctioned by the UIL unless:

- 1) the Student-athlete agrees not to use Anabolic Steroids; and,
- 2) if enrolled in high school, the Student-athlete submits to random testing for the presence of Anabolic Steroids in the Student-athlete's body; and
- 3) the UIL obtains from the Student-athlete's Parent, a UIL-approved acknowledgement and consent form signed by the Parent and acknowledging that:
 - (a) the Parent's child, if enrolled in high school, may be subject to random Anabolic Steroid testing; and
 - (b) the Parent or guardian consents to such testing; and
 - (c) state law prohibits possessing, dispensing, delivering, or administering a steroid in a manner not allowed by state law;
 - (d) state law provides that bodybuilding, muscle enhancement, or the increase of muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose;
 - (e) only a licensed practitioner with prescriptive authority may prescribe a steroid for a person; and
 - (f) violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

Use of anabolic steroids not prescribed by a doctor, and/or use of nutritional or dietary supplements (available online and in many stores) that may contain or be contaminated with steroid-like chemicals, can cause a positive steroid test result. A positive result on a steroid test will result in a loss of eligibility for a minimum of 30 days.

Nutritional or dietary supplements include but may not be limited to:

- Supplements marketed as 'pro-hormones' of testosterone (e.g.; andro; DHEA, etc.)
- Numerous herbal extracts (e.g.; crysin, saw palmetto, tribulus terrestris, etc.)
- Protein powders, amino acids supplements and creatine
- Vitamin supplements and mineral supplements

Dietary supplements are not considered to be a food or a drug and therefore the contents and purity of these products is NOT tested closely or regulated by the Food and Drug Administration (FDA).

Athletes must be aware that they are responsible for everything they eat, drink and put into their body. Ignorance and/or lack of intent are not acceptable excuses for a positive steroid test result.

The UIL and TEA want to make students, parents, coaches and school administrators aware that dietary supplements can contain, or be contaminated with, steroid-like chemicals that can cause a 'positive' test result. A positive result on a steroid test will result in a loss of eligibility for a minimum of 30 days.

Contact the University Interscholastic League at 512-471-5883 or online at www.uil.utexas.edu with questions or to obtain additional information.

Information is also available from the National Center for Drug Free Sport, through the Resource Exchange

Center (REC).

The Resource Exchange Center (REC) is a service solely dedicated to making sure participants are provided with up-to-date, confidential and accurate information on dietary supplements and dangerous or banned substances.

The REC is available 24 hours a day seven days a week by calling the UIL hotline or by logging into: <http://www.drugfreesport.com/rec>, and entering the assigned password. All correspondence with the REC can be done so anonymously, and will be kept confidential. Questions received by the REC will be answered within 24 hours of submission during regular business hours. REC is available 24 hours a day via the web. Calls to a person are during normal business hours (8:30am - 5:00pm CST).

The password to the REC for the Texas State High Schools: texashs (not case sensitive)

The 800 number to the REC for the UIL: 877-733-1135

Steroids

(Source: Drug Enforcement Administration, and the National Federation of State High School Associations)

What are anabolic steroids?

Anabolic steroids are synthetically produced variants of the naturally occurring male hormone testosterone. Both males and females have testosterone produced in their bodies: males in the testes, and females in the ovaries and other tissues. The full name for this class of drugs is androgenic (promoting masculine characteristics) anabolic (tissue building) steroids (the class of drugs). Some of the common street (slang) names for anabolic steroids include arnolds, gym candy, pumpers, roids, stackers, weight trainers, and juice.

Why do young people misuse steroids?

Anabolic steroids are primarily used by those who claim steroids give them a competitive advantage and/or improve their physical performance. Steroids are purported to increase lean body mass, strength and aggressiveness. As a result, young people take steroids to increase their muscle size and strength, which they believe improves personal appearance. For some young people appearance is the key to life. However, no anabolic, androgenic steroid is purely anabolic. In other words, the use of steroids won't lead to muscle growth without also leading to other unintended, undesirable side effects.

Are all steroids illegal?

Doctors may prescribe steroids to patients for legitimate medical purposes such as loss of function of testicles, breast cancer, low red blood cell count, delayed puberty and debilitated states resulting from surgery or sickness. Veterinarians administer steroids to animals (e.g. cats, cattle, dogs, and horses) for legitimate purposes such as to promote feed efficiency, and to improve weight gain, vigor, and hair coat. They are also used in veterinary practice to treat anemia and counteract tissue breakdown during illness and trauma. For purposes of illegal use there are several sources; the most common illegal source is from smuggling steroids into the United States from other countries such as Mexico and European countries. Smuggling from these areas is easier because a prescription is not required for the purchase of steroids. Less often steroids found in the illicit market are diverted from legitimate sources (e.g. thefts or inappropriate prescribing) or produced in clandestine laboratories. **The possession or sale of anabolic steroids in the United States without a prescription is illegal.**

How are steroids taken?

Anabolic steroids dispensed for legitimate medical purposes are administered several ways including injection

into the muscles or under the skin, by mouth, pellet implantation under the skin and by application to the skin (e.g. gels or patches). These same routes are used for purposes of abusing steroids, with injection and oral administration being the most common. The length of time that steroids stay in the body varies from a couple of days to more than 12 months.

Physical & Psychological dangers

Steroid users are vulnerable to physical and psychological side effects, many of which are irreversible in women. The short-term adverse physical effects of anabolic steroid abuse are fairly well known. However, the long-term adverse physical effects of anabolic steroid abuse have not been studied, and as such, are not known.

Effects of Steroids

FOR BOYS:

- Baldness
- Development of breasts
- Shrinkage of testicles
- Loss of function of testicles

FOR GIRLS:

- Growth of facial and body hair
- Deepened voice
- Breast reduction
- Menstrual irregularities

FOR BOTH:

- Acne
- Thick, oily skin
- Jaundice (yellowing of the skin)
- Swelling – Fluid retention
- Stunted growth (close the growth plates in the long bones and permanently stunt their growth)
- Increase in bad cholesterol levels
- Decrease in good cholesterol levels
- Mood swings
- Increase in feelings of hostility
- Increase in aggressive behavior

Laws and penalties for anabolic steroid abuse

Federal law placed anabolic steroids in Schedule III of the Controlled Substances Act (CSA) as of February 27, 1991. The possession or sale of anabolic steroids without a valid prescription is illegal. Simple possession of illicitly obtained anabolic steroids carries a maximum penalty of one year in prison and a minimum \$1,000 fine if this is an individual's first drug offense. The maximum penalty for trafficking is five years in prison and a fine of \$250,000 if this is the individual's first felony drug offense. If this is the second felony drug offense, the maximum period of imprisonment and the maximum fine both double. While the above listed penalties are for federal offenses, individual states have also implemented fines and penalties for illegal use of anabolic steroids.

The International Olympic Committee (IOC), National Collegiate Athletic Association (NCAA), and many professional sports leagues (e.g. Major League Baseball, National Basketball Association, National Football League (NFL), and National Hockey League) have banned the use of steroids by athletes, both because of their potential dangerous side effects and because they give the user an unfair advantage. The IOC, NCAA, and NFL have also banned the use of steroid precursors (e.g. androstenedione) by athletes for the same reason steroids were banned. The IOC and professional sports leagues use urine testing to detect steroid use both in and out of competition.

What can you do to help a friend who is abusing steroids?

The most important aspect to curtailing abuse is education concerning dangerous and harmful side effects, and symptoms of abuse. Athletes and others must understand that they can excel in sports and have a great body without steroids. They should focus on getting proper diet, rest, and good overall mental and physical health. These things are all factors in how the body is shaped and conditioned. Millions of people have excelled in sports and look great without steroids.

Nutritional/Dietary Supplements Information (Source: NCAA Sports Medicine Handbook)

Nutritional and dietary supplements are marketed to student athletes to improve performance, recovery time, and muscle-building capability. These items are marketed in this regard despite the lack of proof of effectiveness. In addition, such substances can be expensive and may potentially be harmful to health or performance. Of greater concern is the lack of regulation and safety in the manufacture of dietary supplements. Many compounds obtained from specialty "nutrition" stores and mail order businesses may not be subject to the strict regulations set by the United States Food and Drug Administration. Therefore, contents of many of these compounds are not represented accurately on the list of ingredients and may contain impurities. Therefore, student-athletes should be instructed to consult with their family physician before taking ANY nutritional supplement.

Protein and amino acid supplements are popular with strength-training student-athletes. Although protein is needed to repair and build muscles after strenuous training, most studies have shown that student-athletes ingest a sufficient amount without supplements. The recommended amount of protein in the diet should be 12-15 percent of total energy intake (about 1.4-1.6 gm/kg of body weight) for all types of student-athletes. Although selected amino acid supplements are purported to increase the production of anabolic hormones, studies using manufacturer-recommended amounts have not found increases in growth hormone or muscle mass.

Creatine has been found in some laboratory studies to enhance short-term, high-intensity exercise capability,

delay fatigue on repeated bouts of such exercise and increase strength. Several studies have contradicted these claims, and, moreover, the safety of creatine supplements has not been verified. Some weight gains have been found in creatine users, but the cause is unclear, and some scientists believe the gains to be a result of fluid retention only. Many other “high-tech” nutritional or dietary supplements may seem to be effective at first, but this is likely a placebo effect — if student-athletes believe these substances will enhance performance, they may train harder or work more efficiently.

Student-athletes should be aware that nutritional supplements are not limited to pills and powders; “energy” drinks that contain stimulants are popular. Many of these contain large amounts of either caffeine or other stimulants. In addition, the use of stimulants while exercising can increase the risk of heat illness. Student-athletes should be provided accurate and sound information on nutritional supplements. It is not worth risking safety for products that have not been scientifically proven to improve performance.

Androstenedione

(Source: Food and Drug Administration)

Summary:

Androstenedione and related molecules, if given in sufficient quantities and for sufficient duration, are likely to cause androgenic (promoting masculine characteristics) (and thus anabolic (tissue building)) or estrogenic (promoting feminine characteristics) effects in humans. Although these compounds possess at most weak intrinsic androgenic activity, they are pro-hormones for both androgens (testosterone) and estrogens. The biochemical evidence supporting the effect of androstenedione to raise circulating levels of testosterone and estrogens is strong. This, in conjunction with the known potential for site-of-action direct conversion of androstenedione to testosterone, leads to a conclusion of a direct relationship between risk of androgenic or estrogenic effects of treatment and dose and duration of treatment. In particular, androstenedione and related molecules consumed in sufficient quantities to have any anabolic (tissue building) effects will confer androgenic and estrogenic risks, although risks may also be present with consumption that is not sufficient to produce obvious anabolic effects.

Children and adolescents are particularly vulnerable to irreversible effects of androstenedione via its conversion to active sex steroids. These effects include disruption of normal sexual development, specifically virilization in girls associated with severe acne, excessive body and facial hair, deepening of the voice, disruption of the menstrual cycle, and infertility. The conversion to estrogens can cause feminization of boys, with breast enlargement and testicular atrophy. In girls, exposure to excess estrogens may confer long-term increased risk for breast and uterine cancer. Finally, in boys and girls, the combined effects of excessive androgens and estrogens can induce premature puberty, early closure of the growth plates of long bones, resulting in significant compromise of adult stature.

Steroid hormone metabolism and actions of androgens and estrogens

Androstenedione (“andro”) and its derivatives are believed to possess little intrinsic activity as hormones, but andro and its derivatives can be readily converted to active androgens (male hormones, possessing anabolic activity) and estrogens (female hormones). After ingestion and absorption into the blood stream, they may be metabolized (converted) in liver and, perhaps more importantly, at peripheral sites of action (like muscle) to testosterone and subsequently aromatized (another metabolic conversion) to estradiol (potent estrogen) in adipose (fat) tissue. These molecules may thus be considered pro-hormones of both potent androgens and estrogens. That is, consumption of these intermediate molecules can “drive” production of active sex hormones and thereby effect desired (i.e., muscle growth) and undesired (see below) changes in those ingesting them.

Potential adverse effects of ‘Andro’:

The following lists the well-known adverse effects of excess androgens (male hormones) and estrogens (female hormones). These adverse effects will occur to varying degrees based on potency of the administered hormone, dose, and duration of exposure. It is important to note that not all effects, be they deemed primarily cosmetic or serious health consequences, are fully or even partially reversible.

Androgenic

- Acne/seborrhea (oily skin)
- Hirsutism (excessive hairiness, particularly on the face and trunk, i.e., male-pattern) Male pattern baldness
- Deepening of the voice due to laryngeal hypertrophy
- Weight gain, altered fat:muscle ratios
- Loss of female body contour
Altered menstrual cycling
Testicular atrophy
- Reduction in HDL-C, potentially increasing risk of atherosclerosis
- Alterations in coagulation
- Edema (swelling of soft tissue of the extremities due to abnormal retention of fluid)
Erythrocytosis (increased red cell production, thickening the blood)
- Obstructive sleep apnea (periodic slowing or cessation of breathing during sleep, a risk for combined heart and lung disease and death)
- Fetal effects via transplacental transfer
- Liver disease (a known problem with 17-alkylated anabolic steroids) including cancer
- Increased aggressiveness

Estrogenic effects

- Gynecomastia (breast enlargement in males)
- Testicular atrophy
- Impotence
- Abnormal menstrual cycling
- Endometrial hyperplasia (abnormal growth of the lining of the uterus, a risk for uterine cancer)
Blood clots
- Glucose intolerance/diabetes
- Hypertriglyceridemia (elevated fats in the blood, a risk for heart disease and pancreatic injury)

Effects of sex hormones generally (not restricted to androgens or estrogens)

- Sex hormone related epilepsy
- Migraine headache
- Premature closure of growth plates of bone with reduction in height (mostly an estrogenic effect)
Precocious (early) puberty

Conclusion:

Those taking sufficient quantities of these pro-hormones to effect anabolism (the goal of the athlete in training) are by definition at risk for androgenic as well as estrogenic effects, all as a result of metabolic conversion of the precursor hormones to active sex steroids. However, even some of those not taking sufficient quantities for sufficient durations to provide obvious performance enhancement or muscle

growth may still be at risk for adverse effects of androgen and/or estrogen excess, regardless of age or gender.

Parents, coaches and administrators should be aware of Texas state law as well. According to Section 38.011 of the Texas Education Code:

§ 38.011. Dietary Supplements

- (a) A school district employee may not:
- 1) knowingly sell, market, or distribute a dietary supplement that contains performance enhancing compounds to a primary or secondary education student with whom the employee has contact as part of the employee's school district duties; or
 - 2) knowingly endorse or suggest the ingestion, intranasal application, or inhalation of a dietary supplement that contains performance enhancing compounds by a primary or secondary education student with whom the employee has contact as part of the employee's school district duties.
- (b) This section does not prohibit a school district employee from:
- 1) providing or endorsing a dietary supplement that contains performance enhancing compounds to, or suggesting the ingestion, intranasal application, or inhalation of a dietary supplement that contains performance enhancing compounds by, the employee's child; or
 - 2) selling, marketing, or distributing a dietary supplement that contains performance enhancing compounds to, or endorsing or suggesting the ingestion, intranasal application, or inhalation of a dietary supplement that contains performance enhancing compounds by, a primary or secondary education student as part of activities that:
 - do not occur on school property or at a school-related function;
 - are entirely separate from any aspect of the employee's employment with the school district; and
 - do not in any way involve information about or contacts with students that the employee has had access to, directly or indirectly, through any aspect of the employee's employment with the school district.
- (c) A person who violates this section commits an offense. An offense under this section is a Class C misdemeanor.
- (d) In this section:
- 1) "Dietary supplement" has the meaning assigned by 21 U.S.C. Section 321 and its subsequent amendments.
 - 2) "Performance enhancing compound" means a manufactured product for oral ingestion, intranasal application, or inhalation that:
 - contains a stimulant, amino acid, hormone precursor, herb or other botanical, or any other substance other than an essential vitamin or mineral; and
 - is intended to increase athletic or intellectual performance, promote muscle growth, or increase an individual's endurance or capacity for exercise.

Added by Acts 1999, 76th Leg., ch. 1086, § 1, eff. Sept. 1, 1999.

HEAT RELATED ISSUES

Dehydration, Its Effects on Performance, and its Relationship to Heat Illness

1. Dehydration can affect an athlete's performance in less than an hour of exercise — sooner if the athlete begins the session dehydrated.
2. Dehydration of just one to two percent of body weight (only 1.5-3 lb. for a 150-pound athlete) can negatively influence performance.
3. Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, and heat stroke).
4. High-body-fat athletes can have a harder time with exercise and can become dehydrated faster than lower-body-fat athletes working out under the same environmental conditions.
5. Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
6. Medications/fevers greatly affect an athlete's dehydration problems.
7. Environmental temperature and humidity both contribute to dehydration and heat illnesses.
8. Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
9. Wear light-weight and light-colored clothing.

Recommendations for Hydration to prevent heat illness.

WHAT NOT TO DRINK

- Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

HYDRATION TIPS AND FLUID GUIDELINES

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early — By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

WHAT TO DRINK DURING EXERCISE

- If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.

- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise. Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- Salt should never be added to drinks, and salt tablets should be avoided.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

EATING DISORDERS

1. Athletes and parents should be educated on the maintenance of healthy weight through sound eating behaviors and appropriate exercise.
2. Athletes who demonstrate unhealthy weight-control practices should be referred to the proper professional.
3. Athletes who intend to gain or lose weight should do so under the direction of a physician and follow the established principals for healthy weight reduction or gain.
4. Athletes should be routinely monitored for changes in menstrual function, growth, diet, and weight and body composition during the course of a season.

PREVENTION

To maintain proper weight control and optimal body composition, a lifetime commitment to proper diet and regular physical activity is required.

- Discourage the use of rubber suits, steam rooms, hot boxes, saunas, laxatives and diuretics.
- Educate coaches, athletes, administrators and parents about the adverse consequences of prolonged fasting and dehydration on performance and health.
- Educate coaches, athletes, administrators and parents regarding adequate nutrition needed to maintain normal growth and development.
- Emphasize the need for daily caloric intake from a balanced diet high in carbohydrates, low in fat, with adequate protein.
- Recommended weight loss should not exceed one kilogram (approximately two pounds) per week.

Resources:

AAP. Promotion of Healthy Weight-Control Practices in Young Athletes. Pediatrics. 1996;97:752-753.

ACSM. Weight loss in wrestlers. Medicine and Science in Sports and Exercise. 1996;28=:ix-xii.

SUDDEN CARDIAC DEATH

Is my child at risk of dying while playing sports?

Arnold L. Fenrich, M.D.

1. What is Sudden Cardiac Death?
 - (a) Sudden cardiac death is an abrupt occurrence where the heart ceases to function and results in death within minutes.
 - (b) It is not a heart attack.
 - (c) It is usually due to a malfunction of the heart's electrical system that coordinates the heart muscle contraction to pump blood through the body. The lower chambers (ventricles) of the heart go into fibrillation (ventricular fibrillation) – a fast and disorganized contraction. The ventricles spasm or quiver and can no longer pump blood to the body. The heart cannot recover from ventricular fibrillation on its own.
 - (d) Sudden cardiac death in athletes is usually caused by a previously unsuspected heart disease or disorder.
 - (e) The occurrence of sudden cardiac death is thought to be in the range of 1 out of 100,000 to 1 out of 300,000 high school age athletes. So it is very rare.
2. What are the possible causes of Sudden Cardiac Death?
 - (a) Hypertrophic Cardiomyopathy – a condition where the muscle mass in the left ventricle “hypertrophies”. The thickened heart muscle can block blood flow out of the heart and can increase the risk of ventricular fibrillation. In over half of the cases, this heart disorder is hereditary and is most common in young adults. This is the most common cause for sudden cardiac death in athletes in the United States.
 - (b) Coronary Artery Abnormalities – an abnormality of the blood vessels that supply blood into the heart muscle. This is present from birth, but can be silent for years until very vigorous exercise is performed. During exercise, blood flow to the heart muscle can be impaired and result in ventricular fibrillation.
 - (c) Commotio Cordis – a concussion of the heart that can occur when someone is hit in the chest in the area of the heart. Objects such as a baseball, softball, hockey puck, lacrosse ball, or even a fist can cause ventricular fibrillation upon striking the chest. These injuries are rare.
 - (d) Marfan Syndrome – an inherited abnormality of the connective tissue (ligaments and tendons) in the body. Often these people are tall and thin with long arms, legs, fingers and toes. The wall of the aorta, the main artery from the heart, can become weak and rupture, especially during exercise.
 - (e) Wolff-Parkinson-White Syndrome – an extra conduction fiber in the heart that can allow for rapid heartbeat episodes and in some cases ventricular fibrillation can occur.
 - (f) Long QT Syndrome – an inherited abnormality of the heart's electrical system. Episodes of rapid heartbeat can occur in the bottom chambers of the heart (ventricles) and ventricular fibrillation can result.
 - (g) Recreational Drug Use – even someone with a completely normal heart can develop ventricular fibrillation and die suddenly due to drug use.
3. What are the Warning Signs to be aware of?
 - (a) Palpitations – feeling fast or skipped heart beats.
 - (b) Dizziness – feeling lightheaded.
 - (c) Chest pain or chest tightness with exercise.

- (d) Shortness of breath.
- (e) Syncope – fainting or passing out.

ANY of the above symptoms that occur while exercising is a warning sign for sudden cardiac death and warrants further evaluation before participating in any more exercise or sports.

TISD Sports Medicine General Rules

- All injuries should be reported in timely manner
- Athletes must report to AM treatments if injured
- Athletes are responsible for all equipment issued (braces, crutches, modalities, etc...)
- Athletes are expected to report to scheduled treatments on time
- No loitering or horse playing will be tolerated
- Shirts and shorts are required to be worn in athletic training room

John Tyler High School

Head Athletic Trainer: Ngan Morris
Office Phone: 903-262-3480

Athletic Trainer: Jay Ramsey
Office Phone: 903-262-4904

Gym Phone: 903-262-2933

Tyler Lee High School

Head Athletic Trainer: Amy Langley
Office Phone: 903-262-2833

Athletic Trainer: Colin Shillinglaw
Office Phone: 903-262-3409

All Middle Schools please call or email one of the Athletic Trainers to schedule an appointment in the athletic training room.

Tyler ISD Parent/Student Athlete Handbook

I/we have read the Tyler ISD Parent/Student Handbook and understand the Policies, Rules and Regulations that govern the program.

Parent Signature

Date

Parent Name Printed

Student Athlete Signature

Date

Student Athlete Name Printed