

Hamlin

Pied Pipers

Athletic

Department

Handbook
2020-2021

Objectives of Athletics

1. The primary objective of our program is to develop a sense of responsibility and accountability in all our athletes. It is our desire that through competitive athletics, our students realize that they can determine the course of their own lives. We believe that through our program we can help our students grow into mature, responsible citizens who contribute to our society.
2. We want to ensure that each one of our athletes has an opportunity to be successful. Not every young athlete will have the same level of talent, but every athlete can be praised for his/her work and effort. Every athlete can feel good about himself/herself and his/her role on the team.
3. Hamlin ISD coaches will work to ensure that our athletes enjoy participating. When it's time to work, we will work and work very hard, but we also are going to find time for our athletes to have fun.

Hamlin ISD Athletic Department Policies and Guidelines

ACADEMICS

All athletes are students first and athletes second. **Your primary reason for being in school is to get an education.** We believe that it takes a special person to be a student and an athlete. You are going to have to work harder, stay up later, and get up earlier, etc., because much of your study time will be taken up by athletics. We know that this is not easy, but we expect you to do it because others before you have been able to do it.

Be organized, do not put off assignments. Write things down. If you are having trouble in class get help from someone, but you have to ask. Coaches will check grades periodically, but it is still your responsibility to get help if you are having trouble with grades.

ATHLETIC CLASS PERIODS

Our coaches believe that we have one of the finest athletic programs in TEXAS. This program is designed to make you a better athlete. It is not for any single sport. Its purpose and design is to make you better at all sports. Emphasis will be placed on strength, agility, and conditioning. All athletes who intend to participate in

football, cross country, basketball, power lifting, track, golf, tennis, baseball or softball must be enrolled in an athletic period.

The athletic periods will run according to the school schedule each day. UIL guidelines will be followed. Seniors **will** participate in athletic conditioning until the last sport in which they are competing has ended. We expect our athletes to work year round to become their very best.

ATTENDANCE

ABSENCES – No absence will be excused. Absences because of illness, a school function, a death in the family, will be considered legitimate absences and the athlete will only be required to make up the work that was missed. However, with the exception of an illness, athletes must have their coach's approval **before** any such absence occurs. In other words, if an athlete is going to miss a Wednesday practice because of a school function, he or she should let the coach know as soon as possible and get the coach's approval. If an athlete becomes ill during the day, it is his/her responsibility to notify a coach before they go home.

Any such absence not approved by the athlete's coach before the absence occurred will be considered a deliberate miss and that athlete will be subject to disciplinary action in addition to making up the work missed. **If three such absences occur during a single season, that athlete will be suspended from the team for the remainder of the**

season and may not begin another sport until the season ends.

PROMPTNESS

Always be on time! The athlete is responsible for his/her own time. During school, athletes will have a designated amount of time after the athletic period bell to be dressed and ready to go. Tardiness will result in disciplinary measures according to the sport. On trips, the bus waits for no one. **Excessive tardiness will not be tolerated.**

If you must miss or if you are late to an athletic period/practice, be sure that it cannot be avoided. Do not make appointments on our time. If you must be absent or late, talk to your coach before the athletic period begins. If you fail to do so, you are subject to disciplinary action.

ATTITUDE – WORK HABITS

Your attitude toward the sport will, many times, determine how successful you are at that sport. If you work hard, attend practice, study the sport and listen when the coach corrects your mistakes, then you will enjoy the sport more and have greater success. Do not be a griper or complainer. Negative attitudes benefit no one. Positive attitudes help us all.

Learn to take both praise and criticism from your coach. He or she is only trying to make you better. Different coaches

have different personalities, so each one may offer criticism in a different manner, but the intent of the criticism is the same: to make you a better player.

There is no substitute for hard work. The harder you work, the better you get. Do not allow yourself to be mentally or physically lazy.

CHAIN OF COMMAND

If a player or parent has a problem or conflict with a coach, there is a proper chain of command to follow. First, schedule a time to talk to the coach with whom you have the conflict or problem. Second, visit with the head coach of that sport. Be respectful, honest, and direct and you will receive the same treatment in return. On the field or court and immediately before or after games are inappropriate times for these types of discussions.

If you are not satisfied or the problem is not resolved, then go to step three. Talk with the athletic director. Again be honest and respectful and you will be treated that way in return. If you still feel that the problem is not resolved to your satisfaction, then you should take the problem to the high school principal. This way seems like the long way to go, but almost any problem can be solved in this manner. By following the proper channels further conflicts and problems can be avoided.

COACHES/TEACHERS/ADMINISTRATORS

Each coach, teacher and administrator at Hamlin High School is a professional. Working with young people is what they do to earn a living, and they have spent a great deal of time and money training to be good at what they do. Therefore, they will be treated with the respect to which they are entitled. These people should receive “yes ma’am/yes sir,” “no ma’am/no sir” responses from players when talking to them. They in return will treat players with respect. Whenever one of these people is speaking to you, either individually or as a group, you will give him or her your undivided attention and look him or her in the eye. If a player is disrespectful to a coach, teacher, or administrator, or is in violation of athletic policies, he or she will be disciplined. This discipline may be extra physical work or game suspension(s). If the behavior persists on the part of the student athlete, he or she may be removed from the program.

CONDUCT

The athletes who have preceded you have helped us build a well-respected program. We want to be known as a class act. Do not do anything that would detract from this. Our athletic teams are noted for clean, tough, competitive play. We do not “shoot off our mouths” on or off the field. Praise your opponents and play to your ability. We expect you to conduct yourselves as ladies and gentlemen at all times. We know that each of you do not have the same ability, but we expect each of you to perform to the best of your ability at

all times. Misconduct will not be tolerated and will result in disciplinary actions according to the sport.

ELIGIBILITY

An athlete must maintain a 70 average in all classes to be eligible for extracurricular activities. In addition, the athlete must have the correct number of credits at the beginning of the school year. Additional work may be required of students who are ineligible.

9 th	must be promoted to 9 th grade
10 th	must have 5 credits
11 th	must have 10 credits
12 th	must have 15 credits

In order to attend a Division I or II university on athletic scholarship, the athlete must meet all requirements of the NCAA. Student athletes should check with the Athletic Director or High School Counselor for these requirements.

EQUIPMENT AND UNIFORMS

Hamlin ISD will issue the proper equipment for each sport. The athlete will be held responsible for his or her own equipment. Athletes will be held responsible for lost or stolen equipment. The athlete to whom it was issued will pay for equipment lost or stolen. Any athlete caught in the equipment room or borrowing another's equipment will be

subject to disciplinary action. Any athlete caught stealing will be automatically suspended from athletics. An athlete will not be allowed to participate in another sport until his or her equipment record is clear in the previous sport. An athlete who does not take care of his or her equipment or hang it up correctly in his/her locker will be disciplined according to sport.

Dress should reflect pride and class: both in uniform and out. We will furnish your uniform and each coach will set equipment and uniform guidelines. Take care of your equipment. UIL guidelines prohibit the wearing of any jewelry in practice or during games.

FORMS

All incoming 7th, 9th and 11th grade athletes and any athlete who has never had a physical are required to have a physical examination before participating in any athletic contest. All other physicals are kept on file. An athlete who moves into the district should have a copy of his or her physical examination or make arrangements to get it. In addition to a “Medical Examination Form”, all athletes must have a completed “Medical History Form”, “Acknowledgement of Rules Form”, a “Permit for Participation Form” and a “Handbook Acknowledgement Form” (located in the back of this handbook) on file before participating in any athletic contest. **Please** see to it that your paperwork is completed, signed properly, and up-to-date.

GROOMING

Students competing in athletics at Hamlin High School will reflect a positive public image in their appearance.

Hairstyles and clothing should not be disruptive. To attain a team appearance, as well as for safety reasons, hair for young men will be short and neatly groomed. Women should wear a hairstyle that will keep hair out of their eyes. Men will not be allowed to wear earrings or any other form of body piercing on campus or at any function where they represent Hamlin High School. Tattoos will be covered. Athletes at Hamlin High School will also not be allowed to wear bandannas or other headgear not appropriate to their sport. Your appearance should, at all times, reflect class and pride in yourself and in our athletic program and must fall within school dress code guidelines.

BOYS HAIR GUIDELINES

1. Hair must be a natural color.
2. Hair must not hang below your eyebrows or touch the top of a dress shirt collar (when wet).
3. Ears must be visible.
4. Hair may not extend (stand out) more than two inches away from head regardless of the cut or style.
5. Sideburns will extend no further than the bottom of the ear.
6. No facial hair will be permitted (you must be clean shaven.)

These guidelines will help us be uniform in our appearance and promote a positive image when we participate and travel as a team.

LETTERING

The first time a student letters on a varsity team he/she shall receive a school athletic jacket. This is ordered at the end of the season and presented to the athlete. All additional patches or decorations for the jacket will be the responsibility of the individual student.

Students participating in athletics at the sub varsity levels will be recognized for their efforts at assemblies in the fall or spring for each of the sports in which they took part.

Lettering requirements to be determined by coaches and administrators.

INJURY OR ILLNESS

If you have injury or illness, it is your responsibility to notify a coach. The coaches will either treat the injury or, if the injury is too severe, he will refer you to your family physician. If you do not come to school, call one of these numbers daily: boys (325) 576-3802 or girls (325) 576-3624 and let the coach know you will not be at school or workout.

If you are sick or injured we do not expect you to work out, **but if you are at school we do expect you to be at practice, in the required uniform following your group from station to station and learning as much as you can.**

If your injury or illness requires a visit to a physician, bring us a note from the physician telling us how long you will be out and what we can do to treat your injury. **We will treat what a doctor says as law; you will not be allowed to return to practice until the doctor releases you.** We will keep a file of these doctor's notes, so please be sure and get one.

LOCKER ROOM

During the course of the season you will spend a great deal of time in this room. Take care of it like it is your own: it is. Keep it clean by putting trash and tape in the trashcan. Do not wear muddy shoes or steel cleats in this area. Make this room a more pleasant place for everyone.

The locker room is also a private place. It is a place where your team family meets. What's said in the locker room should stay there. Do not be a busybody; a rumor can grow until it disrupts a whole team.

Each locker room will have guidelines posted for teams to abide by. Each team member is expected to know these guidelines and follow them. Failure to adhere to these guidelines will result in disciplinary measures according to the sport.

The athlete will be responsible for keeping his or her locker neat and clean for hygienic and organizational reasons. Your coach will explain to you how your locker is to be kept.

QUITTING

Each sport will begin with a 5-day trial period. Athletes will be given this time to determine if the sport they are involved in is something they will enjoy. If an athlete chooses to quit during this 5-day trial period there will be no consequences. The athlete will be allowed to continue to be involved in the strength and conditioning part of athletics as he or she prepares for their next sport.

If you start something, finish it. No coach will try to make you participate in a sport, but we do expect you to honor your commitments and finish what you start. Therefore, if you chose to quit after the 5-day trial period then you will not be allowed to participate in athletics for one calendar year. There will be a 24 hour cooling off period that allows the athlete to reconsider their action. If an athlete returns within the 24 hour cooling off period, they may be reinstated at the coach's discretion. If an athlete wishes to return the following year, it will be at the discretion of the coach involved and the athletic director. There will also be a six month buy back period that must be approved by the AD and the coach involved.

SCHEDULING CONFLICTS

Conflicts will arise in which an athlete will be participating in some other extracurricular activity. These conflicts are handled using the following rule. **A district contest will always take precedence over a non-district contest and a district contest will always take precedence over a field trip. Regional competition will over rule district and state competition will take precedence over everything.** Using this rule, all participants will be given an opportunity to compete in the major contests or events of any extracurricular activity. The Athletic Department will do everything possible to avoid conflicts of this type.

SUBSTANCE ABUSE

Students who represent Hamlin High School by their participation in any UIL activity are expected to exemplify the highest standards of conduct and safe, healthy behavior. Use of alcohol, tobacco, e-cigarette/vape, and /or drugs **will not be tolerated.** Specifically, students are not expected to sell, deliver, possess, give, use individually or be present at social gatherings where alcoholic beverages or controlled substances are made available to minors. (Use or possession of other forms of drugs or controlled substances may be dealt with differently according to the law.) An athlete agrees to abide by this Substance Abuse Policy and its consequences for his/her entire tenure at Hamlin High School. This is not based on a year-to-year format and is not contingent on school being in session. To insure consistency among different groups, the following uniform

penalties for failure to adhere to these guidelines will be implemented.

Alcohol Related Offense/E-Cigarette or Vape (citation issued by law enforcement)

1st Offense – 15 day suspension and 25 miles of conditioning prior to participation

2nd Offense – 60 day athletic suspension plus 25 miles

3rd Offense – 90 day athletic suspension 25 miles

Drug Related Offense (see Hamlin ISD drug policy)

1st Offense - required to attend and successfully complete a drug education program approved by the District, a 30 day athletic suspension, plus 25 miles running to be completed in a time period determined by the Athletic Director.

2nd Offense - 60 day athletic suspension plus all other requirements of first offense.

3rd Offense - Career expulsion from the athletic program.

TRAVEL

All team members are expected to travel to and from competition in school provided vehicles. Extenuating circumstances that necessitate an exception to this rule must be presented to the coach of the team by the parents of the student involved. This must be done in writing before the trip begins, and students will only be allowed to leave with their parents or legal guardian. If the student needs to

leave with someone other than a parent or legal guardian, 24 hour notice must be given to the athletic director prior to the trip.

Cell Phone Use

Phones may only be used with the coach's permission. The coaches have the discretion of collecting cell phones for a time and then returning the phone at the end of the trip.

Concussion Policy

House Bill 2038 Establishes a concussion protocol for student athletes.

This bill requires:

- **General information on concussions**
- **Parents receive a copy of concussion guidelines**
- **Parent signature required of all athletes. (Acknowledgment of Rules)**
- **Home care of concussions**

Concussion: Definition

“Sports Concussion (MTBI The term mild traumatic brain injury (MTBI) is used interchangeably with the term concussion.) Is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.” Or “An injury to the brain that affects function”

- **Usually no damage to brain anatomy- as far as we can tell**
- **Disturbance in brain metabolism**
- **Common features:**
 - **Direct blow to head or body**
 - **Loss of consciousness not necessary**
 - **Rapid onset of symptoms (usually)**
 - **Traditional medical test usually normal (CAT/MRI)**

Facts

- **Concussions can occur in any sport and all concussions are serious**

- Concussions can occur without loss of consciousness
- 10% of all contact sports athletes sustain concussions
- 63% of all concussions occur in football
- Girls soccer report second highest # of concussions
- An athlete who sustains a concussion is 4-6 times more likely to sustain a second concussion. "Bell ringers" account for 75% of all concussive injuries
- Effects of concussion are cumulative in athletes who return to play prior to complete recovery
- The best way to prevent problems with concussions is to manage them effectively when they occur
- 80 % of all concussions get better in one week, 20% usually take 3 weeks or longer to recover.
- Repeat concussions can result in brain swelling, permanent brain damage, and even death
- 2nd impact usually occurs within 14 days of the first concussion and under age 21

Common Signs and Symptoms of a Concussion

Signs observed	Signs reported by athlete
<ul style="list-style-type: none"> • Appears to be dazed or stunned • Is confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even temporarily) • Shows behavior or personality change • Forgets events prior to hit (retrograde amnesia) • Forgets events after hit (anterograde amnesia) 	<ul style="list-style-type: none"> • Headache • Nausea • Balance problems or dizziness • Double or fuzzy vision • Sensitivity to light or noise • Feeling sluggish • Feeling "foggy" • Change in sleep pattern • Concentration or memory problems

Post-Concussion Syndrome

Although the majority of athletes who experience a concussion are likely to recover, an unknown number of these individuals may experience chronic cognitive and neurobehavioral difficulties related to recurrent injury.

Symptoms may include:

- Chronic headaches
- Fatigue
- Sleep difficulties
- Personality changes (e.g. increased irritability, emotionality)
- Sensitivity to light or noise
- Dizziness when standing quickly
- Deficits in short-term memory, problem solving and general academic functioning

This constellation of symptoms is referred to "Post-Concussion Syndrome" and can be quite disabling for an athlete. In some cases, such difficulties can be permanent and disabling.

In addition to Post-Concussion Syndrome, suffering a second blow to the head while recovering from an initial concussion can have catastrophic consequences as in the case of "Second Impact Syndrome," which has led to approximately 30-40 deaths over the past decade.

What we now know is that each concussion should be treated individually depending on the symptoms and the neurocognitive test results. This may be the reason why standardized concussion management guidelines were unsuccessful.

The following recommendations are made to improve concussion management and speed the recovery process:

<u>Recommendation #1:</u>	No adolescent with a concussion should continue to play or return to a game after sustaining a concussion.
<u>Recommendation #2:</u>	An individual sustaining a concussion should cease doing any activity that causes the symptoms of a concussion to increase.
<u>Recommendation #3:</u>	School attendance and activities may need to be modified.
<u>Recommendation #4:</u>	Neurocognitive testing is an important component of concussion management.
<u>Recommendation #5:</u>	No athlete should return to contact competitive sports until they are symptom free, both at rest and with exercise and have normal neurocognitive testing.
<u>Recommendation #6:</u>	All sports and health education programs should teach students the specific signs and symptoms of concussions.

Evaluation for Concussion/MTBI

- 1. At time of injury the Athletic Trainer, or physician will administer one of the assessments.**
 - a. Sports Concussion Assessment Tool (SCAT 1/SCAT 2)**
 - b. Graded Symptom Checklist (GSC)**
 - c. Sideline Functional & Visual Assessments**
 - d. On-field Cognitive Testing**
- 2. Observe 15 to 20 minutes and re-evaluate**
- 3. Athlete does not return to a game or practice until all protocols have been exhausted.**
- 4. Physician referral**
- 5. Home instructions**
- 6. ImPACT Post-Injury test approximately 48 hours after injury**
- 7. Note-If in doubt, athlete is referred to physician**

Concussion Management- School management

- 1. Notify school nurse/counselor and all classroom teachers of the student that has had a concussion.**
- 2. Notify teachers of post concussion symptoms.**
- 3. Student may only be able to attend school for half days or may need daily rest periods until symptoms subside. In case of protracted concussion, the student may need a 504 meeting to deal with accommodations.**

Return to Play Guidelines

- 1. ImPACT Assessment**
 - Evaluation should occur at 48 hours**
 - Clinical Interview, ImPACT**
 - Referral (as needed) to other specialist**
 - Recommendations Regarding Cognitive & Physical Activity**
 - School attendance**
 - Athletic attendance**
 - Academic accommodations**

- Athletic participation
2. Future evaluation as recommended
 3. Return to norm on symptom data and cognitive data
 4. Progress through exertion/practice (5 stage post-concussion exertion program)
 5. Return to competition

5 Stage Post-Concussion Exertion Program

Stage 1

Target Heart Rate : 30-40% of maximum exertion

Recommendations: 10-15 minutes of cardio exercise; low stimulus environment; no impact activities; balance and vestibular treatment (prn); limit head movement/ position change; limit concentration activities

- Very light aerobic conditioning
- Sub-max strengthening
- ROM/ Stretching
- Very low level balance activities

Stage 2

Target Heart Rate : 40-60% of maximum exertion

Recommendations: 20-30 minutes of cardio exercise; exercise in gym areas; use various exercise equipment; allow some positional changes and head movement; low level concentration activities

- Moderate aerobic conditioning
- Light weight strength exercise
- Stretching (active stretching initiated)
- Low-level balance activities

Stage 3

Target Heart Rate: 60-80% of maximum exertion

Recommendations: any environment ok for exercise (indoor, outdoor); integrate strength, conditioning, and balance /proprioceptive exercise; incorporate concentration challenges

- Moderately aggressive aerobic exercise
- All forms of strength exercise (80% max)
- Active stretching exercise
- Impact activities running, plyometrics (noncontact)
- Challenging proprio-balance activities

Stage 4 (Sports Performance Training)

***Target Heart Rate:* 80-90% of maximum exertion**

***Recommendations:* continue to avoid contact activity, resume aggressive training in all environments**

- Non-contact physical training
- Aggressive strength exercise
- Impact activities/ plyometrics
- Sports specific training activities

Stage 5 (Sports Performance Training)

***Target Heart Rate:* Full exertion**

***Recommendations:* Initiate contact activities as appropriate to sport activity; full exertion for sport**

- Resume full physical training activities with contact
- Continue aggressive strength/conditioning exercise
- Sport specific activities

Home Care for a Concussed Athlete

An athlete who has experienced a head injury or concussion may have signs and symptoms that do not become apparent until hours after the initial traumatic event. At the time of injury, hospitalization may not have been required. However, you should be alert for possible signs and symptoms in the athlete. Seek medical attention immediately if you observe any changes of these symptoms:

- Headache (especially one that increases in intensity) or headache that is persistent
- Any period of loss of consciousness
- Seizure activity
- Nausea or vomiting

- Drowsiness, lethargy or sleepiness
- Memory deficits
- Mental confusion/disorientation or inability to focus attention (easily distracted)
- Emotions out of proportion to circumstances
- Delayed verbal and motor responses/slurred speech
- Feeling “foggy”
- Gross observable lack of coordination (such as changes in gait or balance)
- Vacant stare (puzzled facial expressions)
- Blurry or double vision
- One pupil larger than the other from right to left eye, or dilated pupils
- Bleeding and/or clear fluid from the nose or ears
- Ringing in the ears

The best guideline is to note *symptoms that* worsen and behaviors that seem to represent a change in your son or daughter. If you have any questions or concerns about the symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency department.

A person with a concussion may:

- Use acetaminophen (Tylenol) for headaches
- Use ice pack on head and neck as needed for comfort
- Eat a light diet
- Go to sleep
- Rest (no strenuous activity or sports)

There is no need to:

- Wake up every hour
- Test reflexes
- Stay in bed

Do not:

- Drink alcohol
- Drive while symptomatic
- Exercise or lift weights
- Use a computer or text message
- Watch TV for long periods of time
- Take Ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory medications

Lights out on Electronics

The use of computers, TV and phone, including texting, can delay the brain's healing process. Restriction from using these items as well as avoidance of concerts and loud music may improve healing time. During the next few days, limit TV time and only non-violent programs.

Academic Accommodation

The school administrators (principals, counselors and teachers should be contacted and informed that the student athlete has sustained a concussion. Request "academic accommodation" such as excuse from classes and homework for a few days. This should occur until the symptoms diminish. Please remind your child to check in with the school nurse prior to going to class on the first day he or she returns to school.

Your child should also follow up with the school's athletic trainer and should be restricted from participation until the symptoms resolve and a physician has cleared them to return to play. Return to play should be gradual and increase in stress over a period of few days. If signs or symptoms return with workouts, then restrict them from exercise until the athlete is able to work out without symptoms returning.

Physicians recommend neurocognitive testing as a tool to determine safe return-to-play time lines. This online test is easily implemented in the office of the athletic trainer. Your child will be tested after 48 hours after initial injury.

Hamlin Independent School District

PERMIT FOR VOLUNTARY PARTICIPATION IN EXTRACURRICULAR PROGRAMS

_____ has my permission to participate in _____
Student's name sport, activity or organization

An extracurricular program of the Hamlin Independent School District for the _____ school year. I agree to assume responsibility for payment of all expenses, including medical expenses that may arise from practicing, rehearsing, traveling, or participating in any extracurricular activity sponsored by the District. I agree to assume responsibility for any and all liability arising out of my child's voluntary participation in any extracurricular activity sponsored by the District.

I understand that Hamlin ISD provides a supplemental insurance program that will assist with some of the medical costs for accidents while participating in UIL and other extracurricular programs. I also understand that this insurance program will **not** cover the full cost of medical treatment. A student's medical treatment and reporting of claims remains the responsibility of the parent/guardian.

Parent or Guardian's Printed Name _____

Parent or Guardian's Signature _____

Date _____