



Palestine
INDEPENDENT SCHOOL DISTRICT



Athletic Handbook

2018-2019

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I. Vision & Philosophy

Vision

To be a program that routinely excels past the regular season while simultaneously assisting families raise educated young men and women that have high moral and ethical standards.

Philosophy

We believe that an exemplary athletic program is an extension of the classroom. As such, athletics offers students an opportunity to develop and grow physically, intellectually, emotionally, and socially. The positive benefits that participation in athletics offers include, but are not limited to: self-esteem, self-discipline, self-confidence, and the development of team spirit. Further, participants learn the values associated with competition and benefit from the experience of both winning and losing. For the participating athlete, these experiences provide an integral part of the foundation needed to be a productive citizen capable of leading a full and enriching life.

II. Introduction

The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have potential skill and the desire to participate.

The policies, procedures, and regulations in this handbook are in compliance with school board policies and administrative procedures. They are designed to provide successful experiences for students and the efficient operation of the athletic program.

Palestine ISD athletes must look and act with pride and dignity at ALL times. The purpose of this handbook is to establish regulations and procedures to deal with violations that occur on or off school grounds throughout the entire calendar year.

The handbook is designed to encourage athletes to make choices that ensure their health and safety, and provide appropriate consequences for students who violate the rules.

This handbook supersedes all prior publications governing Palestine athletic teams and shall be used by all principals, coaches, and players in grades 9-12.

You, the student athlete, are accountable and responsible for all polices contained within this handbook and for any additional ones that your respective coaches might add.



III. Available Sports

At Palestine ISD students will be encouraged to participate in multiple sports throughout the school year. Single sport participation will be discouraged. Coaches will coordinate to allow fluid transition to and from practices and contests.

The following sports are available for High School Competition:

Football:	Boys 9th, Junior Varsity and Varsity
Basketball:	Boys and Girls 9th, Junior Varsity and Varsity
Baseball:	Boys 9th, Junior Varsity and Varsity
Track & Field:	Boys and Girls Junior Varsity and Varsity
Tennis:	Boys and Girls Varsity (Team Tennis & Spring Tennis) (JV in spring)
Soccer:	Boys and Girls 9th, Junior Varsity, and Varsity
Softball:	Girls 9th, Junior Varsity, and Varsity
Volleyball:	Girls 9th, Junior Varsity, and Varsity
Golf:	Boys and Girls Varsity
Cross Country:	Boys and Girls Junior Varsity and Varsity
Swimming:	Boys and Girls Varsity

The following sports are available for Junior High School competition:

<u>Boys</u>	<u>Girls</u>
Football	Volleyball
Basketball	Basketball
Track	Track

Junior High students may participate in cross country before school in conjunction with high school cross country workouts.

IV. Participation

It is the goal of this athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics nor is participation in athletics required. **It is also to be stressed that participation in Palestine ISD's athletic program is a PRIVILEGE, not a right.** Since it is a privilege, the coaching staff, in accordance with Palestine ISD policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

New students to Palestine ISD are required by the UIL to go through the Previous Athletic Participation process in order to be eligible to participate. If through that process the coach or athletic director finds the student did not meet standards of a Palestine student athlete at their previous school, the student may be unable to participate at Palestine ISD.

Participation in the Palestine ISD offseason training regimen is required for participation in football. Students that are new to PISD will have that requirement waived.



In order to participate in any sport all UIL and PISD paperwork, including an updated physical, must be on file in the athletic trainers' office. Physicals are required every other year (7th, 9th, 11th grades). Other UIL and PISD documentation are required on a yearly basis.

Practice Requirements:

Any PISD student who wants to participate in a PISD athletic program and wishes to be part of a PISD team is expected to attend all regularly scheduled practices and be enrolled in the athletic period (if there is a period designated for that sport). If a team has a "tryout" process, then the participant must be designated as "making the team" in order to be placed in the athletic period. Students "making the team" will be placed in the athletic period at the next opportunity to adjust their schedule; it is possible that this time frame will vary from campus to campus or from one individual student to another.

Absences for illness, academic needs, family emergencies, or other school related functions are acceptable based on the coach's guidelines. Communication to the coach must be made as soon as possible.

Students will be given the opportunity to be released from practice on Wednesday at 5:30pm to attend church functions without any consequences for leaving early. All practices will conclude no later than 6:00pm on Wednesdays.

Tryouts:

There may be times when it will be necessary to have tryouts for teams and cuts may be made. Tryout decisions are final and made by the head coach and his/her staff.

Club Participation:

An athlete in-season for any PISD sport shall not participate in club competition at the same time without the PISD head coach's approval.

V. Athletic Periods

Athletes at Palestine High School will be afforded the opportunity to refine their athletic skills in athletic classes offered during the school day with the exception of track. It is an expectation of the PISD athletic department that every effort be made to be enrolled in an athletic period if you choose to participate in athletics. The exceptions to this may result from schedule conflicts, class size problems, or other academic needs.

Students that do not begin the year in the athletic period are required to request such admittance through the counselor's office. The coach, coordinator, or athletic director must approve admittance into the athletic period before a schedule can be changed.

Exceptions to enrollment in the sport's athletic period must be made with approval from the coach and athletic director. Students allowed to participate in athletics without enrollment in the appropriate athletic period should expect to be required to workout before and after school.



Athletes will not be allowed to quit the sport in progress to enroll in an offseason of another sport unless both head coaches and the athletic director authorize the change. Athletes that quit athletics and are removed from the athletic period may not be allowed to return to athletics in subsequent years. Once a history of quitting has been established the coach, coordinator, or athletic director must approve admittance back into athletics.

Athletes should not miss the athletic period to complete academic work or receive academic tutorials without prior approval from the coach, coordinator, or athletic director. If a student is allowed to see a teacher during the athletic period the student may be required to make up the workout or activity missed.

Athletes in an athletic period will receive a grade based upon the head coach's criteria for that class.

VI. Responsibilities of an Athlete

All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. We are judged by the company we keep. Our actions in everyday life, both private and public, are a direct reflection on this athletic program and our school.

A. During competition, an athlete:

1. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; be gracious in defeat.
2. Has complete control of him or herself at all times. Horseplay, display of temper, use of profanity, and disrespect for coaches or officials will result in loss of respect for the athlete and in disciplinary action from the coach.
3. No piercings (exception is girls during track season, studs only) or non-natural colored hair will be allowed while representing PISD on game days. Hair must meet Palestine High School dress and grooming guidelines.

B. In the classroom, an athlete:

1. Must realize that he or she is a student first, an athlete second. The student-athlete must give time and energy to classroom studies to ensure good and acceptable grades that meet the UIL requirements for participation.
2. Must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect. Tardiness, horseplay, and unnecessary talking are unacceptable behavior habits that, if uncorrected by the student-athlete, may result in suspension from the athletic program.

C. On Campus, an athlete:

1. Must maintain proper dress and appearance, good grooming, and personal cleanliness. You are a leader and you have only one chance to make a good impression.
2. Will refrain from fighting, scuffling, horseplay, and juvenile behavior at school.



3. An athlete suspended from campus will not be permitted to work out with, travel with, or participate with the team. Eligibility for subsequent contests will be left to the discretion of the coach and/or athletic director.

D. During the athletic period and practices before and after school, an athlete will:

1. Notify the coach if he or she needs to miss a game or practice session that is scheduled. Absences from athletic period practices should be handled according to sport guidelines and team rules. Missed practices will also be required to be made up. Any absence should be made up before an athlete participates in the next contest.
2. Be on the field, court, weight room, or other designated area dressed and ready to practice when the tardy bell rings or when designated by the coach. Tardiness to our class period is as inexcusable as it is to any other class.
3. Maintain neat and clean locker space. Be proud of your dressing area and keep it neat.
4. Lock all personal belongings in your locker. The school is not responsible for misplaced, lost, stolen, or damaged personal property or textbooks.
5. Taking a shower is recommended for hygiene purposes and for aiding the body in its temperature adjustment after workout. Rough housing, towel popping, or throwing objects is not allowed in the shower or the dressing room.

E. During team travel, an athlete will:

1. Travel to and from all away contests with the team. If, for some reason, you need to ride home with your parents, you must clear this with the coach before leaving for the contest (at least 24 hours in advance), and you must give a written release from one of your parents to the coach. Under no circumstances will you be released to ride with anyone other than your parents or a person designated by your family.
2. Dress neatly and properly on all trips. Coaches will advise you regarding the proper attire. Conduct yourself properly on the school bus or in any school vehicle. You will follow the printed rules for bus ridership that govern all Palestine ISD bus riders.
3. Receive permission from the coach before bringing any radios, electronic games, etc. aboard the bus.
4. Be informed of departure and return times. It is your responsibility to be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival time.
5. Only coaches, players, trainers, those associated with the team, and/or school administrators are allowed to ride the team bus.

Overnight Travel:

There may be allowed overnight trips. In these instances the athlete must:

- Abide by the curfew set by the head coach



- **Not be in different gender rooms at any time**
- **Travel to and from the event with the team**
- **Coaches may ask to check the athlete's bags before leaving school.**
- **Adhere to the expectations in the PISD Student Code of Conduct.**
- **No alcohol, tobacco, electronic cigarettes, or other drug use.**

VII. Eligibility

In order to be eligible to participate in an extracurricular activity event for a six week period following the initial six weeks period of a school year, a student must not have a recorded grade average lower than a 70 on a scale of 0-100 in any course for that preceding six weeks period. A student whose recorded six weeks grade average in any course is lower than 70 at the end of a six week period shall be suspended from participation in any extracurricular activity even during the succeeding three week period. If the student is passing all classes at the three week mark, the student may regain eligibility. For AP and Pre-AP classes, the standard is 65. If a student becomes ineligible, he or she is not removed from the team and is still expected to be at all team practices.

VIII. Athlete/Parent/Coach Communication Process

Before the start of each sport, the head coach will conduct a mandatory parent meeting regarding rules, regulations, and additional team rules will be distributed at that time.

If at any time, an athlete or parent has an issue/concern with a coach or program, the below process should be followed:

- 1) Athlete meets with the coach to discuss the problem
- 2) Parents and/or athlete meet with the coach
- 3) Parents and/or athlete meet with the athletic coordinator/director
- 4) Parents schedule a meeting with the district athletic director

Coaches should never be approached to discuss a problem or complaint immediately following a game.

Parents who show up at school without setting an appointment may not be able to meet with a coach, coordinator, or athletic director at that time.

Parents, student athletes, and coaches are all encouraged to be in attendance during meetings when appropriate.



IX. Disciplinary Procedures

The following rules concerning theft, tobacco, alcohol, and illegal drugs apply to all Palestine ISD athletes at all times during the calendar year. Any consequences administered for a violation must be completed or cleared prior to participation in an athletic event. If a student becomes suspended, he or she is not removed from the team and is still expected to be at all team practices.

A. Guilt

In order for an athlete to be considered in violation, one or more of the following must occur:

- Athlete admits to the violation
- Parent of the athlete admits to the violation
- A PISD staff member witnesses the athlete in violation
- A PISD administrator has reason to believe that an athlete has committed an offense
- A local agency report or violation is filed
- Evidence such as a photograph or video is presented

B. Theft

An athlete guilty of theft may be removed from athletics for one calendar year.

C. Tobacco / Alcohol

**No smoking or use of any tobacco products (this includes e-cigarettes).
No use or possession of alcoholic beverages.**

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

First Offense:

- 1) Parent notification by the head coach
- 2) Physical reminder (d-day) as determined by coach/athletic director

Second Offense:

- 1) Parent notification by the head coach
- 2) The student will complete 15 hours of community service. The athletic director or designee will monitor.
- 3) Physical reminder (d-day) as determined by coach/athletic director

Third Offense:

- 1) Parent notification by the head coach
- 2) The student will complete 15 hours of community service. The athletic director or designee will monitor.
- 3) The student will be suspended 3 weeks from the program and cannot participate in a game until all community service hours are complete.
- 4) Physical reminder (d-day) as determined by coach/athletic coordinator

Note:

If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity.



If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach or athletic director.

Subsequent violations could result in longer suspension periods or removal from the program.

D. Illegal Drugs

No use or possession of illegal drugs

PISD has a random drug testing policy in place to address this rule for all student athletes. It is important for the student and the parent to familiarize themselves with this policy. A student may not participate in athletics until the acknowledgement form for this policy is on file in the HR department in the administration building.

E. Suspension

Each coach will have the authority, with the concurrence of the athletic director, to suspend or place on probation, for an extended period of time, any student-athlete for major or minor infractions of rules for that team.

Any student suspended from athletics must be given:

1. The reason(s) for the suspension.
2. The time and provisions of the suspension.
3. The procedures for reentering the program.
4. Information on class schedule change or options.
5. The opportunity to appeal.

Parents of the suspended athlete will be notified **within 24 hours of suspension**.

F. Appeals

The student and/or parent shall have the right to appeal any decision to suspend a student or expel a student from the athletic program. A request for appeal must be submitted to the head coach within **3 days** of the suspension.

An appeal by the student and/or parent of suspension or expulsion from athletics shall be considered by the appropriate school personnel, not on the basis of individual judgment(s), but on the basis of:

1. Variation from printed policy, administrative procedures, regulations, or rules and standards from membership, and participation in athletics.
2. Failure to establish reasonable documentation that the student's conduct/behavior has violated the standards for suspension or expulsion from athletics.
3. Failure to give the student/parent due process (notice of the facts being alleged) about the conduct/behavior and opportunity to refute the charges.

Step 1- Head Coach

- Conference with athlete and parent
- Suspension of activity or dismissal from activity
- Other appropriate action (community service, contract, extra conditioning, etc.)



- Request for 2nd appeal to the athletic director/principal must be done within 5 school days

Step 2- Athletic Director/Principal

- Accept appeal and reduce action
- Denial of appeal
- Add to action
- Other appropriate action
- Cannot appeal this final decision.

X. Quitting or Dropping a Sport

There will be times when some athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

1. The athlete should think the whole situation through before reaching a final decision.
2. The athlete should talk to the coach to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach, or any combination thereof, may be required, and is highly recommended before an athlete will be permitted to quit.
3. If an athlete decides to quit, he/she must check out of the sport just as he/she would check out of any academic class.
4. All equipment must be turned in clean. The athlete must pay for any equipment not returned. Transcripts or privileges may be blocked in the campus office if equipment is not turned in or paid for.
5. If the athlete decides to quit a sport he or she will not be permitted to participate in the next sport in season should he or she quit after the first game. In addition, upon returning to any sport he or she must complete return to team protocol (which likely will include physical activity).

XI. Awards and Lettering

The school letter is among the highest awards the school bestows; the highest, of course, is the diploma. In order to letter, you must be on a varsity team and satisfy the requirements of the head coach. A participant may letter at the coach's discretion if the participant is considered to have been of exceptional value to the team. Exceptions may include playing on a team for four years and never lettering, a letterman who is injured and is unable to complete the season, or a specialist of some type. The school will provide the initial letter and jacket; subsequent letters or personalization of the jacket will not be covered by the school.

NOTE: Any student who has qualified for a letter but has been dismissed from the team for disciplinary reasons will not receive an award.



XII. Athletic Passes

Palestine ISD athletic program will issue player passes to those athletes participating in each sport. The following stipulations shall apply to the passes:

1. Only the player whose name appears on the pass may use it. Free admission is allowed only when the pass is presented. Without the pass, the athlete must pay the standard student admission charge.
2. Identification may be required.
3. Use of the pass may be revoked if an unauthorized person uses the pass or the holder of the pass displays unsportsmanlike conduct at any contest.
4. Passes will be issued to admit athletes to home Palestine ISD athletic events with the exception of varsity home football games, tournaments, and track meets.
5. If any athlete drops from a sport, the coach of that athlete must take up the player pass as a part of the issued equipment.

XIII. Social Media

Student-athletes are high-profile representatives of the Palestine Independent School District, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively, not only on the individual student-athlete, but also on his or her team and coaches, the athletic department and the entire school campus. Therefore, student-athletes are expected to represent themselves and PISD with honor, dignity, and integrity at all times; including when interacting on social networking websites and in other online environments. The popularity of social networking websites (e.g., Facebook, Twitter, Vine, YouTube, Snap Chat, Instagram, BlogSpot, etc.) has grown tremendously during the last few years. These can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything a student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

The athletics department has developed this Student-Athlete Social Networking Guideline in order to:

1. Provide recommendations and suggestions for student-athletes to help them use social media in a safe and responsible manner.
2. Outline important rules that student-athletes must follow when using social media

Important Suggestions & Recommendations Regarding Social Networking Sites:

Some students mistakenly believe social networking websites have a veil of privacy about them and assume their profiles are viewed only by a close circle of friends and fellow students. To the contrary, the content on most of these sites is accessible by anyone in the general public unless security and privacy features are used. The public nature of these websites has created personal safety and personal welfare concerns. For example, student-athletes have been stalked or sexually harassed and assaulted as a result of their Facebook profiles. Fans of opposing teams have taunted student-athletes based on information obtained from social networking sites. Student-athletes also should be aware that potential employers and college admissions officers now regularly screen applicants by conducting “Google” searches of an applicant’s



name and by reviewing the applicant's social networking profiles. Students are being passed over for interviews and denied admission to universities based on the content of their profiles.

Student-athletes should be very careful about what personal information they share on the internet. For their own security, protection, and welfare as well as that of their teammates and friends, the athletic department strongly recommends and advises student-athletes to:

1. Keep phone numbers, physical addresses, birthdates, current whereabouts, travel plans and other personal information strictly confidential. This information should not be contained in a student-athlete's personal online profile.
2. Limit the access of others to e-mail addresses and carefully screen those whom a student-athlete may accept as "friends" on a social networking site.
3. Use whatever security and privacy features are available to restrict the ability of others to view a student-athlete's site or to post pictures, messages, and other content on a student-athlete's site.
4. If an individual contacts a student-athlete via a social networking site and the nature of the contact makes the student-athlete concerned for his or her safety or uncomfortable in any way, the student-athlete should immediately contact a parent, a coach, or a campus administrator.

Rules Regarding Social Networking Sites

Participation in PISD athletics is a privilege and not a right. As a condition of being a student-athlete in PISD, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

1. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy would be unacceptable.
2. Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the athletic department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
3. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
4. Student-athletes may not post any content online that would constitute a violation of the PISD Student Code of Conduct.



5. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the athletic department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
6. Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student-athletes are personally liable for any violations of those laws.

Student-athletes in PISD are required to abide by rules set forth in these guidelines.

The failure to do so will be considered a violation of the student-athlete code of conduct and/or the PISD student code of conduct. The violation may result in disciplinary action by the athletics department and the campus.

- 1st Offense: Warning and parent meeting with the head coach. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.
- 2nd Offense: Parent meeting with the head coach and the athletic director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

XIV. Medical/Insurance Requirements for Athletes

It is strongly suggested that all student-athletes carry, at their own expense, a primary insurance. This is not mandatory unless the insurance waiver is not signed by the parent.

Secondary athletic insurance shall be offered to all students who are participating in athletics at no cost. The program of insurance will be in accordance with the rules and regulations of the UIL and Palestine ISD. This secondary athletic insurance will only be applied after the primary insurance has been applied. Athletic insurance will cover all participants 7-12 grade while participating in a school related athletic event.

The athletic director shall arrange the program of insurance on an annual basis (in cooperation with the Superintendent and subject to confirmation by the school board) with a reputable company.

To access the athletic insurance the athlete must have been seen and referred to a doctor by one of the PISD athletic trainers. Emergency situations where an athletic trainer is not present will be an exception. Once the athlete has been referred to a doctor, the parent or legal guardian will need to set up a time to meet with the head athletic trainer to fill out a claim form. No claim form will be authorized without the above criteria being met.



It is also strongly suggested that all student-athletes carry, at their own expense, the student insurance program offered at their respective campuses. Participation is not mandatory unless the insurance waiver is not signed by the parent. Prices and policies are subject to change. This is a secondary policy that would apply after the primary insurance is applied.

XV. Procedures When Ill or Injured

Your health is of concern to every member of your team. In the event you feel ill and your condition does not improve within two days, inform your athletic trainer. The athletic trainer will either remedy your ailment or communicate with the parent/legal guardian regarding the need to see a doctor.

An injury that could possibly hamper your ability to participate in any workout, practice, or game must be reported to the athletic trainer as soon as possible. Even minor injuries can become major; therefore, all injuries should be reported to the athletic trainer. The athletic trainer will give you specific instructions based upon your scenario.

Only injuries that occurred while participating in a PISD athletic event will be evaluated and treated by the athletic training staff.

Student athletes are expected to get treatment before school at 7:00am. No athlete will be admitted into treatments beyond 7:30am. Likewise, no athlete is allowed to get treatment during the school day, including the athletic period. Special circumstances may apply at the athletic training staffs' discretion.

A daily injury report goes out to all coaches of players' attendance and status at morning treatments. Only athletes that are listed on the injury report with restrictions by the athletic trainer or a doctor will be permitted to abstain from or alter activity.

While we appreciate the notice from parents of new situations, notes requesting certain restrictions for their child due to an injury will not be acknowledged. In accordance with the University Interscholastic League, we will also not recognize notes from a chiropractic office.

If/when an athlete is seen by a doctor, a note with clear restrictions needs to be given to the athletic training staff to keep on file. The note should include date seen, injury/illness, return to play date, and the doctor's information and signature.

Going to the doctor for a PISD athletic injury without the agreement from the athletic training staff is discouraged as they are licensed healthcare professionals trained to provide appropriate care for such circumstances. If one of the athletic trainers refers an athlete to the doctor, it is advised that the athlete be seen, as the injury may need further medical evaluation.

While injured, athletes are still expected to dress out and stay with their group during workouts unless physically unable. Learning can still be achieved through attentive observation.



Injuries are not an excuse for missing team activities and removal from the team may happen as a result of such conduct.

If athletes need to talk to the athletic trainer while not in the presence of the trainer, such communication must take place through the Remind app. Trainers will not be permitted to release personal phone numbers. Remind app instructions are posted in the training room.

Cooperation with these policies will ensure that each athlete has the same opportunity to compete with the least chance for re-injury.

All athletes must follow campus athletic training room rules.





I _____ have read and understand the rules, expectations, and
(student name)
behaviors expected of me as a PISD athlete. I _____
(student name)
understand that any consequences as a result of breaking rules or inappropriate behavior is a
result of my decisions or actions alone. I _____ pledge to
(student name)
follow these rules, guidelines, and expectations as long as I remain in the PISD athletic
program.

(student name)

(student signature)

(parent / guardian name)

(parent / guardian signature)

