

**2020-2021**

**ATHLETIC**

**HANDBOOK**



**Faith Academy**

**Discover...Develop...Deploy!**

## Athletic Program Profile

**Mascot:** Cougars and Lady Cougars

**Colors:** Navy blue, white, and grey

**Affiliations:** Texas Association of Private and Parochial Schools (TAPPS), grades 9-12

**Classification:** TAPPS 2A

**Sports Offered for Grades 6-8:** 6-Man Football, Cross Country, Volleyball, Boy's Basketball, Girl's Basketball, Track, Co-Ed Soccer

**Sports Offered for Grades 9-12:** 6-Man football, Cross Country, Volleyball, Boy's Basketball, Girl's Softball, Boy's and Girl's Cross Country, Boy's & Girl's Track and Field

### District Championships

**Softball:** 2004

**Girls' Basketball:** 2007, 2008, 2009, 2011, 2020

**Volleyball:** 2006

**Boys' Basketball:** 2004, 2006, 2008, 2009, 2020

**Baseball:** 2005, 2006, 2009, 2010

### Playoff Appearances

**Softball:** 2004, 2008, 2010, 2011, 2012, 2013, 2014, 2018

**Volleyball:** 2002, 2003, 2004, 2005, 2006, 2008, 2010, 2011, 2012, 2013, 2014

**Baseball:** 2002, 2003, 2004, 2005, 2006, 2009, 2010, 2012, 2013, 2014

**Girls' Basketball:** 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2018, 2020

**Boys' Basketball:** 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2013, 2014, 2020

### Regional Finals

**Softball:** 2010, 2012, 2013

**Girls' Basketball:** 2007, 2011, 2013, 2020

**Volleyball:** 2005

**Boys' Basketball:** 2002, 2006, 2008, 2020

**Baseball:** 2005, 2006, 2009, 2013

### Final Fours

**Softball:** 2012

**Volleyball:** 2005

**Boys' Basketball:** 2006

**Girls' Basketball:** 2007, 2011, 2013, 2020

### State Finalist

**Softball:** 2012

## Faith Academy Philosophy of Athletics

Faith Academy is committed to providing not only a competitive sports program to its students, families, and fans; but also one that fosters Christ-like character among our student-athletes in addition to athletic abilities.

Many circumstances arise in preparation for and during athletic competition that offers opportunities for God's principles to be applied and it is our goal to see students exemplify Christ-likeness in everything they do. Our dedicated coaches help young people relate victories and defeats, as well as the principles of hard work and teamwork to their daily walk with the Lord.

One of the guiding principles for the Faith Academy Athletic Department can be found in **Colossians 3:23-24**: *“And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance, for you serve the Lord Jesus Christ.”*

All policies and procedures that are defined by the Athletic Department are done so with the intent of teaching and instilling Christ-like qualities in the student-athletes for them to put into use in their daily lives. Our athletic handbook also provides a way to maintain consistency throughout our athletic program and to set forth the standards by which we expect our athletes to adhere. We require that parents, as well as student-athletes, take time to read this handbook so each can properly support Faith Academy and its Athletic Department. Whatever we do, we want to do it well.

### **Athletic Goals and Expectations**

There are five basic goals that Faith Academy strives to instill into each of its student-athletes. They are:

1. Develop Christ-like character in each student-athlete. - Galatians 5:22
2. Teach intensity, diligence, dependability, and self-control. - Philippians 4:13
3. Teach submission to authority on and off the field or court. - Hebrews 13:17
4. Develop Christian leaders that can be examples for the entire student body to respect and follow. - Hebrews 13:7
5. Teach the Biblical definition of winning and how to make it a lifestyle. – Colossians 3:23, I Corinthians 9:24

### **Athletes' Code of Conduct**

The student who chooses to participate in the athletic program will be observed by many public and private schools, media, parents, guests, peers, teachers, and the public at large. Participating in athletics provides the opportunity to demonstrate one's desire to reflect Christ-like virtues in sportsmanship and in performance. In that regard, each FA student-athlete will be held to the following code of conduct:

1. If an athlete receives a suspension from school, the student will be suspended from his/her team for the next game. Further action will be at the discretion of the principal and/or athletic director.
2. A suspended athlete may participate in tryouts for a team, but may not actively participate in practices or games until he has served a probationary period.
3. The use of profanity will not be tolerated. The use of profanity on or off the field/court may result in additional conditioning, a loss in playing time, or another form of punishment as agreed upon by the coach and athletic director.
4. Fighting during athletic events will result in a minimum two-game suspension. More severe discipline action may be enacted depending upon the circumstances.
5. Athletes are to be good representatives of Christ and Faith Academy during home games and on road trips. Failure to do so may result in suspension or dismissal from the team.
6. Faith Academy does not condone and will not tolerate "hazing" or "initiations" of athletes by other athletes. Any such actions will result in suspension and/or dismissal from the athletic team and/or school.
7. Any student-athlete that is ejected from a game will be suspended for the next game by TAPPS rule. If the student-athlete receives a second ejection, he/she will be suspended for two games. A third ejection will result in dismissal from the team and forfeiture of athletic privileges for the remainder of the school year.

## **Sports Offered for the 2020-2021 School Year**

### **Fall Sports**

- Junior High 6-man football (Grades 6-8)
- Junior High Volleyball (Grades 6-8)
- Junior Varsity Volleyball (Grades 9-11)
- Varsity Volleyball (Grades 9-12)
- Varsity 6-Man football (Grades 9-12)
- Cross Country (Grades 7-12)

### **Winter Sports**

- Junior High Boy's and Girl's Basketball (Grades 6-8)
- Junior Varsity Boy's and Girl's Basketball (Grades 9-11)
- Varsity Boy's and Girl's Basketball (Grades 9-12)

### **Spring Sports**

- Junior High Track (Grades 5-8)
- Junior High Soccer Co-ed (Grades 5-8)
- Varsity Softball (Grades 9-12)
- Varsity Baseball (Grades 9-12)
- Varsity Boy's and Girl's Track and Field (Grades 9-12)

Note: Faith Academy is committed to develop its Athletic Department through the addition of both junior high and high school sports as the school continues to grow, and the facilities and funds are available.

### **Athletic Associations**

Our high school athletes compete in the Texas Association of Private and Parochial Schools (TAPPS) 2A level of competition. TAPPS is a statewide program that is governed by a Board of Directors. They form the rules, regulations, districts, and levels of competition that we adhere to.

### **Team Selection**

Because we are a competitive sports program, all team rosters are compiled through the tryout process. Student-athletes that represent our school will possess the ability, character, attitude, passion for the game, commitment, time availability, energy, and academic standing to compete at this level. While this can be a sensitive issue among those students cut from a team, we encourage them to get involved in a league or coaching outside the school and try out again the following year.

For students that try out for a team and do not make the final roster, there are also other opportunities for them to get involved in the Faith Academy Athletic Department. Each team in junior high and high school has need of managers, statisticians, and scorekeepers. Any student at FA is welcome to visit with a head coach to get involved in that way.

### **Junior High Team Selection**

We view the middle school years as an excellent time for our students to gain the necessary athletic experience that will prepare them to be a contributing factor on our varsity and junior varsity teams. Therefore, it is our desire for each of our middle school students to have the opportunity to play the sport(s) of their choice. The tryout process is used on this level in order to maintain a manageable number of players for our limited staff and facilities to accommodate.

### **High School Team Selection**

High school teams are obviously more competitive, and thus more selective, than that of middle school teams. Many factors go into the selection of a team. Each Faith Academy varsity coaching staff is allowed to set the size of their team roster. All final rosters will be shown to the athletic director for approval before any official postings or announcements can be made. Students that do not make a particular team are encouraged to refine their skills and try out again in the future.

If enough interest is present on the high school level, a junior varsity team may be formed to facilitate the extra players who do not make the varsity team. It is the coaches' decision as to which players make the varsity team and which will play on the junior varsity team. The only rule regarding who plays on each team is that a senior cannot play on a junior varsity team. Players may play on both teams if it is necessary to do so in order to form the junior varsity team. However, a player who starts for the varsity team may not play for the junior varsity team on the same day. Also, any player who plays on both teams is limited in the total number of games that he or she can play in during the season (per TAPPS handbook).

### **Previous Athletic Participation**

Students who participated in a sport in either sub-varsity (i.e. JV) or varsity in the 9th grade through 12 grades during the current or previous school year at another school MUST have the Previous Athletic Participation Transfer Form completed and returned to FA. The form must be completed and returned BEFORE they are eligible to participate at the JV or varsity level. A Previous Athletic Participation form is also available at [www.tapps.net](http://www.tapps.net). Click on Forms; scroll down to Required Forms, Click on Transfer Form. The Previous Athletic Participation must be turned in to the Athletic Director once all necessary signatures have been obtained. Also, you may go to [www.myfaithacademy.com](http://www.myfaithacademy.com), under Athletics you will find "Athletic Forms", click on TAAPS Forms and it will direct you to the TAPPS website to retrieve any forms needed.

### **Quitting a Team**

We believe that character is never formed by quitting. Responsibility, integrity, loyalty, and honoring commitments are all attributes that we wish to instill in our athletes. We also believe that students and parents need to realize that participating on an athletic team, whether in middle school or high school, is going to require some effort and sacrifice of time and resources. When a student decides that they want to play on a team and begin a season they are making a commitment to that team.

If after the season begins the student-athlete decides that he/she wishes to quit the team, he/she needs to realize that it is hurting the team by not honoring the commitment that was made when the season began. We feel that a student-athlete needs to take seriously the decision to play for a team, and if he/she makes that choice then everything needs to be done in his/her power to honor that decision.

A student-athlete may drop off the team any time before the first game without penalty. After that period of time no student-athlete may quit the team without penalty. There should be a strong sense of belonging to the team even when personal injuries would restrict the individual's participation in practices and games. An injured player is expected to be at all practices and games as if he or she were healthy, unless other approval is received from his or her coach.

Any student-athlete who quits a team after the first game will lose all athletic eligibility for that sport as well as the next eligible sport. For example, if a female student-athlete quits during basketball season, she will not be eligible to play softball that year but would be eligible to play volleyball the next year. A student-athlete who quits will be removed from the final team roster and forfeit any post-season rewards such as team pictures, letters, awards, etc.

Exceptions to this rule would be for family hardships, severe injury, or serious academic problems. The athletic director and the principal will decide any exceptions.

### **Multiple Sports and Activities**

We encourage athletes to be well rounded, participating in different activities both athletically and otherwise. Different sports challenge athletes in different ways, and the skills developed through the training methods used in one sport will often help the athlete in another sport. Additionally, the disciplines and work ethic required in fine arts is similar to those in athletics. When student-athletes do participate in multiple sports, good, open communication between the student-athlete, his/her parents, and the two coaches involved are tantamount and a

priority will be declared in case of scheduling conflicts and agreed upon by the coaches. In regards to practice time, the team sport will always take priority with the student athlete taking responsibility to get their individual sport training in on their own time.

Regarding multiple activity participation on school teams, student-athletes may participate in a non-athletic department (i.e. fine arts) program and on an athletic team at the same time. Leadership from both activities will work closely together to minimize conflict; however, there will be times when a family will have to choose between two competing commitments. Where there is dual commitment and schedule conflict, there must be a declared priority and agreements made between student, parents and team or department leadership before the season begins as to how the student will divide his/her time between the activities. The decision to participate in multiple sports or multiple activities should ultimately be decided by the parents and student.

If students are participating on a team outside of school while also participating on a school team, the school team has priority over the outside teams. This includes practice and games.

### **Playing Time**

Faith Academy's goal is to provide a competitive athletic program. Coaches determine playing time based upon various factors. These include a student's athletic skill, attitude, character, work-ethic, performance in practice, and "in-game" needs. Our goal is for all players to gain in-game experience. However, this will not be done in such a way that it adversely affects the team's ability to be in a position to win. Participating on any Faith Academy team, and more specifically playing in games, should always be considered a privilege and not a right. Student athletes who have questions regarding playing time should visit with their coaches to discuss what they can do to earn more playing time.

### **Positions/Events**

Each of Faith Academy's coaches are given the charge to field the most competitive team possible based on the members of the team. Therefore they have the freedom to place athletes in positions/events that he or she feels is best for the team. Student-athletes are expected to give their best at that position/event assigned barring any physical injury that prohibits them from participating.

### **Injuries**

We understand that injuries are a part of playing sports and that at times an injury may preclude an athlete from competing in practices/games. If an athlete has an injury that keeps them from competing, a parent note will be accepted for the first 2 days. After 2 days a Doctor's note will be required as severe injuries must be dealt with medically to ensure the health of our athletes. Student-athletes and parents must also understand that missed practice time may or may not result in diminished playing time in a game. That is up to the discretion of the team's coach.

### **Practices for Junior High Teams**

Most team practices for our junior high teams (will be held before school or during their PE period. Coaches may call additional practice time as needed (and facilities permit), but sufficient notice will be given to both the student-athletes and parents.

## **Practices for High School Teams**

All practices for our high school teams will be held before or after school hours. Most practices will begin after school around 3:30 and last anywhere from 1-3 hours. As our buildings are multi-use facilities, there will be times when gym availability (or a coach's schedule) could warrant practices before school, later in the day (i.e. 5:30-7:30 p.m.), or on Saturday. These are possibilities that should be considered by both students and their parents before committing to play for a team.

## **Practice Attendance by Parents**

Unless otherwise noted, practices are closed to parents, as it is the coach's responsibility to lead and instruct the team. This is to minimize confusion as to who is given our student-athletes instruction.

## **24-Hour Rule**

Coaches will not discuss a situation or concern that occurred before or during a game, until at least 24 hours after the game. This is to ensure that emotions and thoughts are gathered together in a controlled manner so that both parties can have a constructive meeting.

## **Game and Practice Attendance Requirements**

Once any student-athlete has joined a team, he/she has committed attention and attendance to that team until the last game/meet is completed. Players must be at every practice or game unless excused for one of the following reasons: 1) doctor or dental appointment, 2) personal sickness, 3) death in the family, 4) previously scheduled church commitment. Student-athletes and/or their parents are responsible for communicating **ANY ABSENCE** to their coach before the practice or game, unless there is an unexpected emergency.

Faith Academy is supportive of its student-athletes being involved in their local church/youth group. We try not to schedule a game on Wednesday or a practice or game on Sunday that would interfere with a regularly scheduled worship service. There are times that a Wednesday games is our only option to meet a full season schedule. We encourage our families to be actively involved in the local church, however, any athlete who misses a practice or game may have to make up practice activities (i.e. conditioning) and face the team's policy for reduction in playing time. This is not meant as punishment for an excusable absence, but a reward and incentive to those team members who were present.

A team member who must miss a practice or game may return to their former status as soon as they have fulfilled the team's policy for absences. Each coach will announce their discipline procedure for missed practices or games. Multiple unexcused absences may result in dismissal from the team. All athletes must also be on time to all practices and games. Coaches will also announce their own discipline procedures for tardiness.

## **Physical Exams**

Students participating in the athletic program will be required to have a current physical exam performed by a doctor prior to the first practice of the season each academic year. Without a physical form on file in the office, a student will be considered ineligible to participate in competition. Any physical performed within the past 12 months will be accepted and will be in effect for one year. A copy of the TAPPS Medical Form can be received from the athletic director. This form is available at [www.tapps.net](http://www.tapps.net), click on Forms, and it is labeled Pre-

participation Physical Examination form. Also, you made go to [www.myfaithacademy.com](http://www.myfaithacademy.com) under Athletics you will find "Athletic Forms", click on TAAPS Forms and it will direct you to the TAPPS website to retrieve any forms needed.

### **Eligibility**

Students who participate in extracurricular activities are responsible to keep up with their school assignments. The following guidelines meet or exceed all TAPPS requirements for extracurricular activity eligibility.

The Faith Academy Athletic Department operates under a "no pass, no play" policy, based on the nine-week report card. On the second quarter report card, the semester grade is used to determine eligibility. Any student failing one course on a nine-week report card will be deemed ineligible for one week beginning at 3:25 pm on the day report cards are issued. Students failing two or more courses at the nine-week grading period are ineligible for two weeks beginning at 3:25 pm on the day report cards are issued. In order to regain eligibility, grades will be checked at 3:25 pm on the day the ineligible period is complete. If at that time the student is no longer failing any classes, he/she will regain their eligibility. **If at that time they are still failing one or more class, another period of ineligibility will begin and grades will again be checked at the appropriate time: in one week for one F, and two weeks for two or more F's. This applies to all athletic teams, musical performances, and other extracurricular activities.**

Student-athletes are required to continue practicing with their team during their time of ineligibility. Students who are ineligible will not be permitted to travel with the team for out of town games.

Progress reports have no direct impact on eligibility as progress reports are mainly intended to keep students on course and inform parents of areas that need attention.

Sponsors, teachers, coaches, and parents are encouraged to "keep current" regarding their students' grades so that students will be continually encouraged to make their academics a priority. "Keeping current" will also help sponsors, teachers, and coaches plan for necessary adjustments in their program or team should students become ineligible.

While FA views athletics as an integral and necessary part of a student's overall education, we also feel strongly that it is a privilege earned and maintained by thorough and diligent attention given to respect and responsibility in the academic areas.

In order for a student-athlete to participate on any given day in a team's practice, he/she must be in the classroom for at least four (4) complete periods that day. In order to participate in a game, he/she must be at school by the start of 2<sup>nd</sup> period and be in attendance the rest of the school day. Exception: A student who has a doctor, dentist, or orthodontist appointment must return to school before 3:00 pm and sign back in at the school office with a doctor's note verifying the appointment. Any other exceptions must have prior approval from the principal.

## **Athletic Fees**

The Faith Academy athletic fees are \$200 for each high school sport the student athlete participates. Junior high sports are \$200 for the first sport and \$100 for each sport thereafter. Football fees are \$350. Cheer, Track, Cross Country, and Soccer are \$100. All fees are due to be paid in full prior to uniforms being issued for the team's first game in order for the student to be considered eligible.

Athletic fees are non-refundable when joining the team. That includes quitting the team, injury, failing grades, expulsion, etc. This fee will help defray the cost of state fees, uniforms, equipment, travel, etc.

**All paperwork and athletic fees must be in before the first game of the season. Until all paperwork and fees are paid, the athlete will not be eligible to play.**

Transcripts and final grades will not be issued until all uniforms/equipment is turned in.

## **Optional Fundraising**

If a student athlete would like to defray the cost of the athletic fee, they have the option to sell Faith Academy Booster cards. These cards can be picked up in the front office or the Athletic Office. Every student that wishes to sell these booster cards **MUST** sell them and turn the money in for their sport by September 27th. This allows the student to sell the cards at the beginning of the year and will be on time for paying athletic dues for any sports following the Volleyball season.

## **Concession Stand/Gate**

Every athlete's family will be required to volunteer in the concession stand and gate a minimum number of 3 times per sport. This is essential to be able to operate a successful concessions operation. If you are scheduled to work a particular time and are not able to fulfill your obligation, please contact the athletic director immediately. The proceeds from the concession stand and gate go towards the daily costs of running the FA athletic department and help keep the athletic fee to a minimum.

## **Team Parent**

The Faith Academy Athletic Department will have a designated Team Parent for every team sport. Please consider helping out with this important responsibility and let the Athletic Director know if you're interested in assisting. The Team Parent duties will be as follows:

### *Pre-Season*

- Check with the Athletic Director and coach to determine ways to assist and preferences for the parent volunteers
- Get phone numbers and e-mail addresses of all players and coaches.
- Coordinate with parents obtaining money for t-shirts, order forms, or other special events.
- Ensure that all Athletic Department forms have been turned in.

### *Weekly*

- Check with coach for any information to be communicated to parents
- E-mail/call to remind parents of upcoming responsibilities (gate, concession, etc.)

- Provide directions to game for all parents who may want to attend away games via e-mail (directions will be made available by the Athletic Department)

#### *End of Season Party*

- Check with coach and, if applicable, schedule/plan team party consisting of date, time and restaurant/place for team party at the end of the season
- Help with other team celebration events.

Communication is the key to parents not becoming frustrated. Letting parents know via e-mail weekly/twice a week about changed practices, practices ending early, duties/responsibilities, changes to travel itineraries, times expected back to school after away games, etc. helps the season run a little smoother. ***We cannot overstate how important the Team Parent is to each and every sport! Please consider helping out!***

#### **Uniform Responsibility**

Uniforms are one of our largest expenditures as an athletic department, and so it is important that we try to maximize the life of these items. With that in mind, we ask that athletes and parents use the following guidelines when cleaning and caring for uniforms that they are issued:

1. Wash separately
2. Wash in cold water
3. Hang up to dry – DO NOT TUMBLE DRY!!
4. Do not make alterations unless given permission by the Athletic Director.

Uniforms become the responsibility of the athlete as soon as they are issued until the time that they are returned. ***Athletic uniforms are only to be worn for games, not practices or other functions and they are not permitted as part of your school uniform at any time.*** Any damage that is done during that period, other than normal wear and tear, is the responsibility of the athlete and will be billed to them accordingly.

**All uniforms and equipment must be returned to the coach or athletic director within one week after the last game of the season.** Any student-athlete who does not return uniforms and/or equipment will have his/her report card held and costs for replacement charged to his/her school bill. An athlete will not be allowed to participate in another sport until all overdue uniforms, equipment, and fees have been turned in. Any lost items will be billed to the athlete at full replacement value.

#### **Early Dismissal**

There are many times throughout the year when teams will travel before school ends for that day. This is because we have multiple sports in different districts stretching from San Antonio to Houston and it is inevitable that we will travel during school hours. If and when a team is to leave early to travel, they will be released by the Athletic Director or Administrator in the front office via intercom. Student-athletes are to remain in class until they are released. Once a student is released, they will have 15 minutes to be on the bus and ready to travel.

#### **Transportation/Road Trips**

It is the responsibility of the athlete and their family to arrange transportation to and from all home athletic practices and events. We require all athletes to have on file with the athletic

office a **TRANSPORTATION FORM**, which states who the student-athlete has permission to ride with other than a parent or guardian. This form needs to be turned in to the athletic office prior to the first game of the season.

Due to our school's high involvement in athletics at the middle school and high school level, there may be times when more teams are traveling than transportation is available. In those cases it is the responsibility of the athlete and their family to arrange transportation to and from athletic events. If this situation were to arise, it will be communicated with families well in advance of the actual date.

Junior high athletes will always be responsible to arrange their own transportation to away games. Most of their games take place within a reasonable distance from school.

What the student-athletes are to wear on road trips or to away games is set by the coach of that sport. In any case, student-athletes need to be aware that they are representing their team, their school, and most importantly their Savior Jesus Christ in the way that they act and the way that they dress. All students are expected to dress appropriately.

When transportation to away games is provided by the school, all team members, cheerleaders, managers, statisticians, and scorekeepers must travel to the game on the school bus or van. A student-athlete may ride home from an off-campus game with his/her parent(s), legal guardian, or a friend's parent(s) provided that the coach has been notified by written or verbal communication from the student-athlete's parent(s) or legal guardian prior to leaving the contest site.

### **Severe/Inclement Weather**

Any changes to published schedules due to bad weather will be updated on our website as soon as an affirmative decision can be made. If lightening is present during an outdoor event, all parties must be moved indoors. The event can only be resumed if 30 minutes has passed since the last visual evidence of lightening. For outdoor practices, heat and humidity are closely monitored. Where possible, outside practices will be scheduled in the coolest times of the day.

### **Insurance Coverage**

Faith Academy requires all student-athletes to be covered under a family primary care/major medical health insurance policy in order to participate in any practices or games. *There is no supplemental insurance available to cover accidents to student-athletes.*

### **Lettering in Junior High Sports**

Each junior high student-athlete will receive a participation certificate for each sport he/she plays in a given school year. Managers, statisticians, and scorekeepers will be honored with a participation certificate that outlines their contributions as well.

### **Lettering in Junior Varsity Sports**

Each junior varsity student-athlete will receive a participation certificate for each sport he/she plays in a given school year. Managers, statisticians, and scorekeepers will be honored with a participation certificate that outlines their contributions as well.

### **Lettering in Varsity Sports**

Varsity Letters are earned for significant contributions to a varsity team (not sub-varsity) either in playing time or servant-leadership. Being on a varsity roster does not mean that a varsity letter will be earned. Student-athletes in grades 9-12 can earn a varsity letter in a sport under any of these qualifications:

- 1) Playing/Participation Time – varies by sport as agreed upon by the Varsity Head Coach and Athletic Director. These requirements will be communicated to athletes and their parents at the beginning of each sport season.
- 2) Servant-Leadership – for those team members who do not meet the minimum playing time requirement, they may qualify for a varsity letter under servant-leadership by demonstrating commitment, positive attitude, and enthusiasm and serving the team in a significant way throughout the season, as decided by the Head Coach.
- 3) Completion of season – a team member must complete the season on the team’s roster. If a player quits a team or is dismissed from a team, he or she will not qualify for a varsity letter. If an injury or season-ending injury impacts the minimum playing/participation time qualification, then it is up to the discretion of the Varsity Head Coach and Athletic Director to determine whether or not the playing/participation time qualification would have been met based on to-date contribution at the time of the injury.

Families can purchase letter jackets and patches for their student's jackets at several local retailers, including Initially Yours.

### **Individual Honors for Junior High Sports**

Junior high teams will have a total of five individual awards for each sport. These categories include Team MVP, Offensive Player of the Year, Defensive Player of the Year, Most Improved, and Coach's Award. An exception to this policy would occur if a particular team had fewer than ten players, or if it is a newly added sport at the school. Cheerleading squads can have as many as three awards, including Team MVP, Most Improved, and Coach's Award.

### **Individual Honors for High School Sports**

Each junior varsity and varsity team will have a total of five individual awards for each sport. These categories include Team MVP, Offensive Player of the Year, Defensive Player of the Year, Most Improved, and Coach's Award. An exception to this policy would occur if a particular team had fewer than ten players, or if it is a newly added sport at the school.

The Athletic Department will also give out a yearly Male and Female Athlete of the Year Award, which will be presented at the awards banquet. This award will be decided upon by the administration after consulting with individual coaches.

Student-athletes will also be recognized at the awards banquet for any All-District, All-Region, and All-State awards they were given by TAPPS or any other organization/media outlet.

### **Out of Season Expectations**

During the school year, student-athletes are expected to give the in-season sport in which they are participating first priority over any type of off-season leagues or training. Any organized

training for another sport during the season in which an athlete is participating (such as an open facility or league) should be cleared with the current in-season head coach.

During the summer, all 9th-12th grade athletes are expected to work on and develop their athletic abilities. Understanding that family and personal time take first priority during the summer, there are various opportunities for student-athletes to train when they can. If a student-athlete is in town and not committed to a family activity, it is assumed that he/she will be engaged in some sort of athletic development program.

### **Chain of Authority for Disputes**

The Athletic Department does its best to run and organize our team and events in a manner that will allow all of those involved to receive the greatest possible enjoyment and benefit. However, we realize that just as in any other organization there will be times that certain problems, conflicts, and concerns arise. It is for that reason that we feel it is important to state up front our position on handling these situations.

We use Matthew 18:15-18 as our Biblical guide to handle such issues. If any parent, athlete, coach, teacher, or administrator has a concern over an athletic issue, they have a Biblical responsibility to go first to the person(s) that they have the concern about or with. It is our desire that any problems can then be cleared up and those involved can move on. If, however, this does not resolve the issue, then and only then, should the issue be brought to the attention of another person. For the record, the level of authority at Faith Academy is as follows:

1. Coach
2. Athletic Director
3. Principal/Administrator
4. Advisory Council

### **Conclusion**

It is my hope that this manual has addressed and answered many if not all of your questions about the Faith Academy Athletic Department. If at any point you have any other questions that are still not answered or are unclear, then please feel free to contact me ([ggonzalez@myffc.com](mailto:ggonzalez@myffc.com)) to set up a meeting.

Thank you for entrusting your children to this school, and I look forward to the privilege and responsibility of serving you and your family.

**Gil Gonzalez III, Faith Academy Athletic Director/Campus Pastor**

**ATHLETIC CHECKLIST FOR STUDENT FILES**

*For Both Junior High and High School Student Athletes*

**Student's Name:** \_\_\_\_\_

**Sport:** \_\_\_\_\_ **Date:** \_\_\_\_\_

- \_\_\_\_\_ 1. Handbook Agreement Form (FA)
- \_\_\_\_\_ 2. Expectation Commitment Form (FA)
- \_\_\_\_\_ 3. Eligibility Commitment Form (FA)
- \_\_\_\_\_ 4. Recognition and Assumption of Risk Agreement (FA)
- \_\_\_\_\_ 5. Parent and Student Notification Steroid Use Agreement (TAPPS)
- \_\_\_\_\_ 6. Student Acknowledgement of Rules (TAPPS)
- \_\_\_\_\_ 7. Sudden Cardiac Arrest Form (TAPPS)
- \_\_\_\_\_ 8. Concussion and Traumatic Brain Injury Form (TAPPS)
- \_\_\_\_\_ 9. Medical History Form – Required every year
- \_\_\_\_\_ 10. Pre-participation Physical Evaluation – Required every year
- \_\_\_\_\_ 11. Previous Athletic Participation Transfer Form – *If applicable* (TAPPS)
- \_\_\_\_\_ 12. FA Athletic Fees:

\_\_\_\_\_ Cash \_\_\_\_\_ Cash \_\_\_\_\_ Date Paid \_\_\_\_\_ Amount Prepaid

Sports Paid For \_\_\_\_\_

**NOTE:** All required FORMS in this Athletic Manual must be COMPLETED and RETURNED to the Athletic Director BEFORE a student-athlete is eligible for participating in any FA sport.

## Handbook Agreement Form

I have read all of the Faith Academy Athletic Handbook and agree to abide by the rules, regulations, and commitments set forth in it. My signature below is an acknowledgment of my commitment.

---

**Print Parent Name**

---

**Parent Signature**

---

**Print Student-Athlete Name**

---

**Student-Athlete Signature**

---

**Date**

## **FAITH ACADEMY ATHLETIC DEPARTMENT EXPECTATION COMMITMENT FORM**

### **Expectations of Coaches**

1. A structured and disciplined program that leads to unity and teamwork.
2. Personal attention given to each player to develop fundamentally sound sport skills.
3. Opportunity, as situations permit, for each player to play as much as possible without jeopardizing the team's ability to win a contest.
4. Consistent communication with teachers (grades and discipline).

### **Expectations from Players**

1. A positive attitude and learning spirit.
2. Must maintain passing grades in all subjects. When a problem arises, immediately see your teacher; secondly, see your coach.
3. Continue to improve on conditioning and fundamental skills during the off season.

### **Expectations from the Parents**

1. Unless otherwise noted, practices are closed to parents. This is to minimize confusion as to who is given our student-athletes instruction.
2. At Home: Encouragement of your son/daughter in the development of his/her skills and his/her team spirit. Please, no negativism in his/her presence toward other players or his/her coach.
3. 24 Hour Rule: Coaches will not discuss a situation or concern that occurred before or during a game, until at least 24 hours after the game. This is to ensure that emotions and thoughts are gathered together in a controlled manner so that both parties can have a constructive meeting.

### **Athletes' Code of Conduct**

The student who chooses to participate in the athletic program will be observed by many public and private schools, media, parents, guests, peers, teachers, and the public at large. Participating in athletics provides the opportunity to demonstrate one's desire to reflect Christ-like virtues in sportsmanship and in performance. In that regard, each FA student-athlete will be held to the following code of conduct:

1. After an athlete receives a suspension from school, the student will be suspended from his/her team for the next game. Further action will be at the discretion of the principal and/or athletic director.
2. A suspended athlete may participate in tryouts for a team, but may not actively participate in practices or games until he has served a probationary period.
3. The use of profanity will not be tolerated. The use of profanity on or off the field may result in additional conditioning, a loss in playing time, or another form of punishment as agreed upon by the coach and athletic director.
4. Fighting during athletic events will result in a minimum two-game suspension. More severe discipline action may be enacted depending upon the circumstances.

5. Athletes are to be good representatives of Christ and Faith Academy on road trips. Failure to do so may result in suspension or dismissal from the team.

6. Faith Academy does not condone and will not tolerate "hazing" or "initiations" of athletes by other athletes. Any such actions will result in suspension and/or dismissal from the athletic team.

7. Any student-athlete that is ejected from a game will be suspended for the next game. If the student-athlete receives a second ejection, he/she will be suspended for two games. A third ejection will result in dismissal from the team and forfeiture of athletic privileges for the remainder of the school year.

**Travel**

All student-athletes are expected to travel to and from all practices, games and contests in transportation provided by or arranged by the school. Any exception to this must have prior approval from the coach. A permission slip must be signed by the parent/guardian and returned to the coach.

1. All vehicles must be left clean after each use.

2. The driver of the team vehicle is the ultimate authority, and all students must submit to his/her instructions.

3. No extra riders (non-team members) will be allowed to ride in the school provided vehicle(s).

***NOTE: Any student-athlete who does not comply with the above mentioned travel rules would forfeit his/her right to travel with the team.***

**Equipment**

The student-athlete will be held financially responsible for any lost or misplaced equipment. Current replacement costs will determine the amount for which the athlete will be held accountable. The cost of any uniform returned in a condition whereby it cannot be reissued will be charged to the athlete. This includes uniforms that have been improperly laundered, cared for, or stored. Athletes will not be allowed to continue in or begin a new season until all financial obligations have been cleared (unless other prior arrangements have been approved).

I have read the preceding of expectations and agree with the requirements and expectations of participating in the Faith Academy Athletic Department I also understand the consequences of not adhering to these expectations.

\_\_\_\_\_  
**Print Parent Name**

\_\_\_\_\_  
**Print Student-Athlete Name**

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_\_  
**Student-Athlete Signature**

\_\_\_\_\_  
**Date**

**FAITH ACADEMY ATHLETIC DEPARTMENT  
ELIGIBILITY COMMITMENT FORM**

The Faith Academy Athletic Department will operate under a "no pass, no play" policy, based on the nine-week report card. Any student failing one course on a nine-weeks report card will be deemed ineligible for one week beginning at 3:25 pm on the day report cards are issued. Students failing two or more courses at the nine-week grading period are ineligible for two weeks beginning at 3:25 pm on the day report cards are issued. In order to regain eligibility, grades will be checked at 3:25 pm on the day the ineligible period is complete. If at that time the student is no longer failing any classes, he/she will regain their eligibility. If at that time they are still failing one or more class, another period of ineligibility will begin and grades will again be checked at the appropriate time: in one week for one F, and two weeks for two or more F's. This applies to all athletic teams, musical performances, and other extracurricular activities.

Student-athletes are required to continuing practicing with their team during their time of ineligibility.

Progress reports have no direct impact on eligibility as progress reports are mainly intended to keep students on course and inform parents of areas that need attention.

While FA views athletics as an integral and necessary part of a student's overall education, we also feel strongly that it is a privilege earned and maintained by thorough and diligent attention given to respect and responsibility in the academic areas.

In order for a student-athlete to participate on any given day in a team's practice, he/she must be in the classroom for at least four (4) complete periods that day. In order to participate in a game, he/she must be at school by the start of 2<sup>nd</sup> period and be in attendance the rest of the school day. Exception: A student who has a doctor, dentist, or orthodontist appointment must return to school before 3:00 pm and sign back in at the school office with a doctor's note verifying the appointment. Any other exceptions must have prior approval from the principal.

FA meets or exceeds all TAPPS requirements for extracurricular activity eligibility.

FA reminds each student-athlete that you as a Christian Student Athlete should display characteristics of such. We will abide by the highest standard.

\_\_\_\_\_  
**Print Parent Name**

\_\_\_\_\_  
**Print Student-Athlete Name**

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_\_  
**Student-Athlete Signature**

\_\_\_\_\_  
**Date**

## Recognition and Assumption of Risk Agreement Form

I, the undersigned parent/legal guardian of \_\_\_\_\_, authorize said child's full participation in the Faith Academy (FA) athletic program. It is my understanding that participation in the activities that make up the FA athletic program are not without some inherent risk of injury.

As such, in consideration of my child's participation in the FA athletic program, I hereby release, waive, discharge and covenant not to sue Faith Academy, the Athletic Department, or employees from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage or injury, including death, that may be sustained by my child, whether caused by the negligence of the releases, or otherwise while participating in such activity, or while in, on, or upon the premises where the activity is being conducted.

I also agree to follow all instructions and procedures in order to maintain a maximum level of safety. Faith Academy requires all student-athletes to be covered under a family primary care/major medical health insurance policy in order to participate in any practices or games. *There is no supplemental insurance available to cover accidents to student-athletes.*

I also give my permission for any emergency medical care or treatment by a physician, surgeon, hospital or medical care facility that may be required including transportation and accept responsibility for the cost.

\_\_\_\_\_  
**Print Father Name**

\_\_\_\_\_  
**Father Signature**

\_\_\_\_\_  
**Print Mother Name**

\_\_\_\_\_  
**Mother Signature**

\_\_\_\_\_  
**Print Student-Athlete Name**

\_\_\_\_\_  
**Student-Athlete Signature**

\_\_\_\_\_  
**Date**

## **PARENT AND STUDENT NOTIFICATION STERIOD USE AGREEMENT FORM**

State law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.

State law requires that only a medical doctor may prescribe a steroid for a person.

State law provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person in good health is not a valid medical purpose.

Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

### **HEALTH CONSEQUENCES ASSOCIATED WITH ANABOLIC STEROIDS**

(source: National Institute on Drug Abuse)  
<http://www.nida.nih.gov/Infofacts/steroids.html>

**For boys and men** – shrinking of the testicles, reduced sperm count, infertility, baldness, development of breasts, increased risk for prostate cancer.

**For girls and women** – growth of facial hair, male-pattern baldness, changes in or cessation of the menstrual cycle, enlargement of the clitoris, deepened voice.

**For adolescents** – growth halted prematurely through premature skeletal maturation and accelerated puberty changes. This means that adolescents risk remaining short for the remainder of their lives if they take anabolic steroids before the typical adolescent growth spurt.

**For all ages** – potentially fatal liver cysts and liver cancer; blood clotting, cholesterol changes, and hypertension which can promote heart attack and stroke; and acne. Available evidence may suggest that anabolic steroid abuse, particularly in high doses, promotes aggression that can manifest as fighting, physical and sexual abuse, and property crimes. Upon stopping anabolic steroids, some abusers may experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, headaches, muscle and joint pain and the strong desire to return to the use of anabolic steroids.

**For Injectors** – infections resulting from the use of shared needles or non-sterile equipment, including HIV/AIDS, hepatitis B and C, and infective endocarditis, a potentially fatal inflammation of the inner lining of the heart. Bacterial infections can develop at the injection site, causing pain and abscess.

### **STUDENT CERTIFICATION**

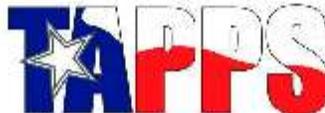
I have read the above information and agree that I will not use illegal anabolic steroids.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

### **PARENT / GUARDIAN CERTIFICATION**

I have read the above information and agree to my knowledge my student will not use illegal anabolic steroids.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_





Texas Association of Private and Parochial Schools
Student Acknowledgement of Rules

Student Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade Level: 9 10 11 12

Is the student transferring from another high school this year? [ ] YES [ ] NO

This form must be completed by the student and parent/guardian each year prior to participation in TAPPS activities at the member school. In accordance with the TAPPS Constitution and By-Laws, we attest that the above named student:

- has not reached 19 years of age prior to September 1 of the current year.
• has not graduated from high school
• did not enroll in the ninth grade more than four years ago
• did not enroll in the tenth grade more than three years ago
• did not participate with or against high school students more than four years ago

Student presently resides with biological or adoptive parents? [ ] YES [ ] NO

If the student is not presently living with biological or adoptive parents,

- If a US citizen, the student must be in compliance with the rules set forth in Section 80 of the TAPPS ByLaws and approved by TAPPS prior to varsity participation in Fine Arts or Athletics.
• If not a US citizen, the student must be in compliance with the rules set forth in Section 102 of the TAPPS By-Laws and approved by TAPPS prior to varsity participation in Fine Arts or Athletics.

Student is a returning high school student or incoming ninth grade student? [ ] YES [ ] NO

If transferring from a high school,

- the student was withdrawn from the previous high school, enrolled in and attending the new school prior to the TRANSFER DEADLINES as posted on the TAPPS website.
• The student is in compliance with the provisions presented in Section 104 of the TAPPS By-Laws
• The student has not participated on a high school team, select, AAU, club, 7 on 7 team or similar organized activity coached or directed by a staff member, teacher or administrator at the new school in the past 12 months.

The above named student

- is a full time day student at the member school as defined in the TAPPS Constitution and By-Laws
• has not represented a college in any contest
• is in compliance with the TAPPS awards rule as presented in the TAPPS By-Laws
• is in compliance with all TAPPS eligibility requirements as presented in the TAPPS Constitution and ByLaws

The school has explained and we are/will be in compliance with the TAPPS governance pertaining to In Season, Off Season and Summer Participation.

The school has explained and we are/will be in compliance with TAPPS governance preventing unattached participation in TAPPS activities.

I understand and attest that the burden of proof pertaining to the eligibility of my child rests solely with the student and parents. In the event eligibility is subject to review, we will provide all information requested by TAPPS included but not limited to birth certificate, transcripts, financial information and all reasonable and pertinent information necessary to establish the student's eligibility to compete.

Parent Signature / Date

Student Signature / Date

**Texas Association of Private and Parochial Schools  
Student Acknowledgement of Rules**

The health and safety of our student athletes is a primary concern of TAPPS and TAPPS member schools. In compliance with TAPPS governance, the school has

- Provided the school's injury reporting policy
- The school's day of contest attendance policy
- The school's return to play policy and procedures
- The school has provided education and training regarding:
  - CONCUSSIONS
  - SUDDEN CARDIAC ARREST
  - STEROID ABUSE
  - HEAT STRESS
  - DEHYDRATION
  - BLOOD BORNE PATHOGENS
- We have provided the school with a current medical history and physical form which includes any previous or current injuries/conditions for the student prior to practice or participation.
- We will accurately report all injuries and illness to the school in a timely manner.
- We agree that the school may report all information pertaining to injuries to TAPPS or assigned entity.
- We agree that the student's name, likeness and information may be shared with TAPPS and other entities as determined by TAPPS.

The parent and student understand and agree that even though protective equipment may be worn and precautions taken, the possibility of accidental injury remains. Neither TAPPS, nor representative of TAPPS, assumes responsibility should an injury occur.

I attest that my child will abide by all TAPPS rules as they are presented in the TAPPS Constitution, By-Laws and Contest rules. I understand that if the student is found to be out of compliance with TAPPS rules and governance, the student's eligibility to compete and the school's eligibility to compete in any activity in which the student participated may be in question. The minimum penalty for participation by an ineligible player is forfeiture of contests in which the player participated.

I understand and agree that the executive management, control and final authority for this association rest with the TAPPS Executive Board. The Executive Board shall determine all governance and subsequent compliance therewith.

We attest that we are in compliance with all information presented in this Acknowledgement of Rules form. It is our understanding that non-compliance with the terms presented may result in sanctions presented to the student, team and school.

By signature below, we attest that participation in TAPPS activities is voluntary and that the student/parents assume all risk for death, injury or personal loss to the participant. The undersigned promise to forever hold harmless the Texas Association of Private and Parochial Schools (TAPPS), its officers, employees and representatives against loss, damage or expense from any and all claims, demands or actions that may be brought against any or all of the said parties because of accident or occurrence while said participant is in route to or from, or participating in a TAPPS sponsored contest.

\_\_\_\_\_ Parent Signature / Date  
Student Signature / Date

## SUDDEN CARDIAC ARREST

### What is Sudden Cardiac Arrest (SCA)?

Sudden Cardiac Arrest is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is not a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction of the heart's electrical system, causing the heart to stop beating.

### How common is Sudden Cardiac Arrest?

While studies differ in the actual rate of occurrence, the American Heart Association information indicates that there are approximately 300,000 SCA events outside hospitals each year in the United States. About 2000 patients under the age of 25 die of SCA each year. Studies now being performed in Texas and other states indicate the occurrence rate for high school age athletes may be greater than this figure.

### Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

Dizziness	Fatigue	Lightheadedness
Extreme tiredness	Shortness of breath	Nausea
Difficulty breathing	Vomiting	Racing or fluttering heartbeat
Chest Pains	Syncope (fainting)	

These symptoms can be confusing and unclear in athletes. Often people confuse these warning signs as physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

For this reason these symptoms are included on the Medical History form provided by TAPPS and required for each student prior to participation in athletic events each year. As parents and student athletes, your truthful answers to these simple questions will assist your medical practitioner when performing the annual physical examination.

### What are the risks of participation and playing with these symptoms?

Continued participation brings with it increased risk. This includes playing in practices and games. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just minutes. Most people who experience a SCA die from the event.

While TAPPS does not mandate Cardiac Screening prior to participation, TAPPS and the TAPPS member schools recognize the importance of our students' health and highly recommend discussing screening options with your healthcare provider. Any student who shows signs of SCA should be removed by the parents from play. This includes all athletic activity, practices or contests. Before returning to play, the student should be examined and receive clearance by a licensed health care professional of the parents' choosing.

**I have reviewed the above material. I understand the symptoms and warning signs of SCA.**

**Additional information is available on the Health and Safety page at [www.tapps.biz](http://www.tapps.biz).**

Parent Signature / Date: \_\_\_\_\_

Student Signature / Date: \_\_\_\_\_

## CONCUSSION AND TRAUMATIC BRAIN INJURY

### What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body
- Can change the way a student's brain normally functions
- Can occur during practice or contests in any sport
- Can occur in activities both associated and not associated with the school
- Can occur even if the student has not lost consciousness
- Can be serious even if a student has just been "dinged" or had their "bell rung"

### Are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, one or more of the following symptoms may become apparent. The student may not "feel right" soon after, a few days after or even weeks after the injury event.

Headache	"Pressure" in the head	Nausea	Vomiting
Balance problems	Dizziness	Blurry Vision	Double Vision
Sensitivity to Light	Sensitivity to Noise	Confusion	Memory Problems
Difficulty paying attention	Feeling sluggish, hazy, foggy or groggy		

If you have concerns regarding any of the above symptoms, your doctor should be consulted for further information and/or examination. Your physician or medical professional can best determine your student's physical condition and ability to participate in athletics.

### What should students do if they believe that they or someone else may have a concussion?

- Students should immediately notify their coach or school personnel.
- Student should be examined by appropriate medical personnel of the parent's choosing. The medical provider should be trained in the diagnosis and treatment of concussions
- If no concussion is diagnosed, the student shall be cleared to return to athletic participation.
- If a concussion is diagnosed, the school protocol for return to play from a concussion shall be enacted. Under no circumstances shall the student be allowed to return to practice or play without the approval of a licensed medical provider trained in the treatment of concussions.

---

**I have reviewed the above material. I understand the symptoms and warning signs of CONCUSSIONS. Additional information is available on the Health and Safety page at [www.tapps.biz](http://www.tapps.biz). All concussions should be reported to the school as soon as possible. Previous concussions should be reported on the Medical History form to allow the medical practitioner the best information possible when conducting the annual physical examination.**

Parent Signature / Date: \_\_\_\_\_

Student Signature / Date: \_\_\_\_\_

**CONCUSSIONS – Don't hide it. Report it. Take time to recover.**



## PREPARTICIPATION PHYSICAL EVALUATION MEDICAL HISTORY



This **MEDICAL HISTORY FORM** must be completed annually by parent (or guardian) and student in order for the student to participate in **TAPPS** athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

STUDENT NAME (PRINT):		
GENDER:	AGE:	DATE OF BIRTH:
HOME ADDRESS:		
HOME PHONE:	PARENT CELL PHONE:	
SCHOOL:	GRADE LEVEL:	
PERSONAL PHYSICIAN:		
PHYSICIAN PHONE:		
<i><b>In case of emergency contact:</b></i>		
NAME:	RELATIONSHIP:	
HOME PHONE:	CELL PHONE:	

Explain any “**YES**” answers on a separate piece of paper. Please circle questions for which you have no answer. Any “**YES**” answer to questions 1-28 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician’s assistant, chiropractor or nurse practitioner is required before any participation in **TAPPS** practices, games or matches.

- |   | YES                      | NO                       |
|---|--------------------------|--------------------------|
| 1. Have you had a medical illness or injury since your last checkup or sports physical?           | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you been hospitalized overnight in the past year?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have you ever had surgery?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you ever passed out during or after exercise?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you ever had chest pain during or after exercise?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you get tired more quickly than your friends during exercise?                               | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you ever experienced racing of your heart or skipped heartbeats?                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Have you ever had high blood pressure?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Have you ever had high cholesterol?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Have you ever been told you have a heart murmur?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Has any family member or relative died of heart problems before age 50?                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Has any family member or relative died of sudden unexpected death before age 50?              | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Has any family member been diagnosed with enlarged heart (Dilated Cardiomyopathy)?            | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Has any family member been diagnosed with Hypertonic Cardiomyopathy?                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Has any family member been diagnosed with Long QT Syndrome?                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Has any family member been diagnosed with ion channelopathy (Brugada syndrome, etc.)?         | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Has any family member been diagnosed with Marfan’s syndrome?                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Have you had a severe viral infections (myocarditis, mononucleosis, etc.) in the past year?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Has a physician ever denied or restricted your participation in sports for any heart problem? | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Have you ever had a head injury or concussion?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Have you ever been knocked out, become unconscious or lost your memory?                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Have you ever experienced a seizure?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Have you ever had numbness in your arms, hands, legs or feet?                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Have you ever had a stinger, burner or pinched nerve?   | <input type="checkbox"/> | <input type="checkbox"/> |

- 25. Are you missing any paired organs?
- 26. Are you presently under a doctor's care?
- 27. Are you currently taking any prescription or nonprescription medications or inhalers?
- 28. Do you have any allergies?
- 29. Have you ever been dizzy before or during exercise?
- 30. Do you currently have any skin problems (itching, acne, warts, fungus or blisters)?
- 31. Have you ever become ill after exercising or working in the heat?
- 32. Have you ever had any problems with your eyes or vision?
- 33. Have you ever gotten unexpectedly short of breath with exercise?
- 34. Do you have asthma?
- 35. Do you have seasonal allergies that require medical treatment?
- 36. Do you use any special protective or corrective equipment?
- 37. Have you ever had a sprain, strain or swelling after injury?
- 38. Have you ever broken or fractured any bones?
- 39. Have you ever dislocated any joints?
- 40. Have you ever had any problems with pain or swelling in muscles, tendons, bones or joints?

If yes, please check the appropriate box and explain on separate sheet of paper.

- |                                    |                                   |                                    |                                |
|------------------------------------|-----------------------------------|------------------------------------|--------------------------------|
| Head <input type="checkbox"/>      | Shoulder <input type="checkbox"/> | Wrist <input type="checkbox"/>     | Thigh <input type="checkbox"/> |
| Shin/Calf <input type="checkbox"/> | Neck <input type="checkbox"/>     | Upper Arm <input type="checkbox"/> | Hand <input type="checkbox"/>  |
| Back <input type="checkbox"/>      | Elbow <input type="checkbox"/>    | Finger <input type="checkbox"/>    | Foot <input type="checkbox"/>  |
| Chest <input type="checkbox"/>     | Forearm <input type="checkbox"/>  | Hip <input type="checkbox"/>       | Ankle <input type="checkbox"/> |

- 41. Do you want to weigh more or less than you do now?
- 42. Do you lose weight regularly to meet weight requirements for your Extra-Curricular Activities?
- 43. Do you feel stressed out?
- 44. Have you been diagnosed with or treated for Sickle Cell Trait or Sickle Cell Disease?

**Females Only**

- 45. When was your first menstrual period? \_\_\_\_\_
- 46. When was your most recent menstrual period? \_\_\_\_\_
- 47. How much time elapses from the start of one period to the start of another? \_\_\_\_\_ days
- 48. How many periods have you had in the last year? \_\_\_\_\_
- 49. What was the longest time between period in the last year? \_\_\_\_\_ days

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of accident still remains. Neither the **Texas Association of Private and Parochial Schools**, nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or illness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school, TAPPS, and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, in between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the authorities of such illness or injury.

*I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful and complete responses could subject the student in question to penalties determined by the Texas Association of Private and Parochial Schools.*

STUDENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT / GUARDIAN NAME (PRINT): \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**For school use only:**



**PREPARTICIPATION PHYSICAL EVALUATION  
PHYSICAL EXAMINATION**

STUDENT'S NAME \_\_\_\_\_ SPORT(S): \_\_\_\_\_  
 GENDER: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_  
 HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ % OF BODY FAT: \_\_\_\_\_  
 PULSE: \_\_\_\_\_ BLOOD PRESSURE: \_\_\_\_/\_\_\_\_ (\_\_\_\_/\_\_\_\_/\_\_\_\_)  
 VISION R 20/\_\_\_\_ L 20/\_\_\_\_ CORRECTED: Y N Pupils: EQUAL\_\_\_\_ UNEQUAL\_\_\_\_

In keeping with the requirements of the Texas Association of Private and Parochial School, as a minimum requirement, this PHYSICAL EXAMINATION FORM must be completed prior to high school athletic participation **each** year of high school.

MEDICAL	NORMAL	ABNORMAL FINDINGS	INITIALS*
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position			
Heart - Auscultation of the heart in the standing position			
Heart - Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			

MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS	INITIALS*
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

\*station-based examination only

<p><b>CLEARANCE</b></p> <p><input type="checkbox"/> Cleared</p> <p><input type="checkbox"/> Cleared after completing evaluation/rehabilitation for: _____</p> <p><input type="checkbox"/> Not cleared for: _____ Reason: _____</p> <p>Recommendations: _____</p> <p>_____</p>
---

Provider Name: \_\_\_\_\_ Date of Examination: \_\_\_\_\_  
 Provider Signature: \_\_\_\_\_  
 Provider Address: \_\_\_\_\_  
 Provider Phone Number: \_\_\_\_\_



# Previous Athletic Participation Form (PAPF)



Student Name: \_\_\_\_\_

Student Address: \_\_\_\_\_

New School: \_\_\_\_\_

Previous School: \_\_\_\_\_

Grades attended at previous school: 9 10 11 12 Grade at new school: 9 10 11 12

Date of acceptance at the new school? \_\_\_\_\_

Date of withdrawal from the previous school? \_\_\_\_\_

Date of first attendance at the new school? \_\_\_\_\_

### CERTIFICATION OF FAMILY

We certify that neither my child nor I have been offered nor accepted any inducement to attend the new school in accordance with Section 87 of the TAPPS By-Laws. Additionally, my child is in compliance with all TRANSFER policies as outlined in Section 104 of the TAPPS By-Laws. The new school has presented information regarding TAPPS eligibility for our review prior to signature of this document. If unsure of compliance, please consult school Athletic Director prior to signature.

\_\_\_\_\_  
Parent / Guardian Signature / Date

\_\_\_\_\_  
Student Signature / Date

### CERTIFICATION OF NEW SCHOOL

We certify that to the best of our knowledge, no one has offered any inducement to the student or parent to transfer to our school. We certify that the student was not induced by anyone. We reviewed all information and circumstances pertaining to this student's transfer to our school and certify that the TAPPS By-Laws have been upheld. The new school has presented information regarding TAPPS eligibility to the student and parents for review prior to signature of this document.

\_\_\_\_\_  
Head Administrator / Date

\_\_\_\_\_  
Athletic Director / Date

### CERTIFICATION AND RELEASE BY PREVIOUS SCHOOL

We certify the following answers to be true and accurate to the best of our knowledge.

1.  Yes  No Was this student ever suspended or removed from an athletic program in your school?
2.  Yes  No Would the student have been prohibited from athletic participation at your school if not transferring?
3.  Yes  No Is the previous school an alternative school in which the student was placed?
4.  Yes  No Based on your knowledge, did the student participate on any AAU, club or similar team coached by a coach or faculty member at the new school?
5.  Yes  No Based on your knowledge, did the student participate on any off-season league team coached by a coach or faculty member at the new school?
6.  Yes  No Based on your knowledge, did the student participate in a camp or camps involving the new school or a coach or faculty member at the new school?
7.  Yes  No Based on your knowledge, did the student receive private or group training by a coach or faculty member at the new school?
8.  Yes  No Based on your knowledge did the student receive any offer of inducement, financial or otherwise, to attend the new school?

\_\_\_\_\_  
Head Administrator / Date

\_\_\_\_\_  
Athletic Director / Date

### For Office Use Only

Date Received by TAPPS: \_\_\_\_\_ TAPPS Approval Date \_\_\_\_\_

TAPPS Office  
3575 Lone Star Circle, Suite 414  
Fort Worth, TX 76177  
254-947-9268  
info@tapps.biz

\_\_\_\_\_  
TAPPS Representative Signature

\_\_\_\_\_  
Participation Start Date/Entered into TAPPster