

Logos Preparatory Academy



ATHLETIC HANDBOOK

2011-2012

Fall 2011

To Logos Prep Parents and Student-Athletes:

Welcome to the 2011-2012 athletic season at Logos Preparatory Academy. You are now part of the Lions athletic program, which began in 2006 with 7th-8th grade basketball and 7th-12th grade track, and has since expanded to 24 teams across 9 different sports in grades 7 through 12.

Athletics, rightly understood as an integral part of a well-rounded education, compliments our greater mission at Logos Prep. Lessons of commitment, teamwork, tenacity and overcoming adversity are advanced on our courts and fields. It is in the midst of “running to win the prize” that our student-athletes experience great life lessons. These lessons go beyond the X’s and O’s and into the heart of each one as they develop a love for Christ and service to those around them.

Along the way, our programs also provide wonderful opportunities to strengthen the larger community of Logos Prep. Relationships built on the sidelines provide cohesiveness among our parents as they support their children. Your enthusiastic participation is important as we continue to seek to honor God through our athletic program.

This handbook contains the philosophies, policies and guidelines, which govern the Logos Prep Athletic Program, as well as some of the more important rules and regulations required by the school and governing leagues. Although it is intended to be comprehensive in nature, there will inevitably be situations that occur that are not outlined in this handbook. Having a common understanding of the rules and regulations that govern athletics will assist in significantly reducing concerns and unforeseen problems.

We ask that you read this handbook thoroughly with your student-athlete. The athletic office must have a current, signed Acknowledgement Form (located at the end of the handbook) on file before a student-athlete can participate.

We look forward to another great year in athletics.

Go Lions!!!

Aaron Weast
Head Administrator

Clayton Harrell
Dean of Student Life

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ATHLETIC PROGRAM PROFILE

Mascot: Lions

Colors: Navy Blue and White,

League: Texas Association of Private and Parochial Schools ([TAPPS](#)) grades 9-12
West Houston Christian Athletic Conference (WHCAC) for grades 7-8

Classification: TAPPS 2A / Division I 6-man Football/Division III Swimming

Sports: Grades 9-12 Football, Volleyball, Cheerleading, Swimming, Basketball,
Baseball, Track, Tennis, Golf, Cross Country
Grades 7-8 Football, Volleyball, Cheerleading, Basketball, Track, and Tennis

TAPPS District Competition:

6-Man Football

Rosehill Christian
Clear Lake Christian
Lake Jackson Brazosport
First Baptist Pasadena

Volleyball/Basketball

Clear Lake Christian
Chinquapin
Living Stones
Pine Drive
Faith Victoria
Shiner St. Paul
Lake Jackson Brazosport
Clear Lake Christian

Baseball

Northeast
Clear Lake Christian
Living Stones
Pine Drive
Lake Jackson Brazosport
Chinquapin
Community

STATE CHAMPIONSHIPS

Swimming - 2008, 2009, 2011 Girls Golf – 2008

STATE RUNNERS-UP

Girls Golf - 2009

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ATHLETIC PROGRAM

PURPOSE

The Logos Prep Athletic Department exists to help fulfill the purpose of the school: Logos Preparatory Academy is a University Model School. Logos Prep is passionate about partnering with parents to educate the next generation of world-changers. Logos Prep trains, develops and encourages young people spiritually, academically, physically, emotionally, and socially, using Christian values for the glory of God. Logos Prep promotes Biblical standards integrated in the educational process to inspire students to do God's will for generations to come.

PHILOSOPHY

Logos Prep athletics helps to fulfill the mission of the school by teaching the Christian way of competing and the Christian way of life as expressed through our three core values in athletics:

- **Character**

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Gal 5:22-23

"Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope." Rom 5:3-4

"Similarly, if anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules." II Tim 2:5

"Be on your guard; stand firm in the faith; be men of courage; be strong." I Cor 16:13

- **Commitment**

"Whatever you do, work at it with all your heart, as working for the Lord, not for men." Col 3:23

"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it a slave so that after I have preached to others, I myself will not be disqualified for the prize." I Cor 9:24-27

"He who gathers crops in the summer is a wise son, but he who sleeps during harvest is a disgraceful son." Prov 10:5

- **Community**

"As iron sharpens iron, so one man sharpens another." Prov 27:17

"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interest, but also to the interests of others." Phillipians 2:3-4

"Dear friends, since God so loved us, we also ought to love one another." I John 4:11

The Logos Prep Athletic Department acknowledges the following order of priorities in our school – 1) God, 2) family, 3) academics, and 4) athletics. When this order is followed, it gives student-athletes the opportunity to be balanced spiritually, physically, mentally, and emotionally.

GOALS

Based on our philosophy, our athletic department and team goals are:

- ***Excellence*** - programs focused on discipleship that honor God and are well managed and well executed
- ***Success*** - reaching maximum potential both individually and as a team

We will emphasize the individual goal of Academic All-State to all of our students in grades 9 through 12. Being a great student and a great athlete is a difficult task, an admirable goal and a worthy accomplishment.

It is our desire that our athletic community – coaches, players and parents – participate in such a way that honors God and conveys a positive witness to those around us. We will be modest in victory and gracious in defeat.

TEAM LEVEL PHILOSOPHY

We recognize the normal stages of a child's development and provide appropriate opportunities in athletics:

Junior High athletic programs (7th-8th grades) strive to further a love for the game, continue to develop fundamental skills, and help athletes begin to understand and execute more advanced level strategies and schemes. Junior High athletics will also work to introduce the concept and critical need of "teamwork." Try-outs are for the purpose of team placement based on skill and ability. Cuts are discouraged but permissible if based on facility or resource issues. Playing time is at the discretion of the coach. And finally, athletics at this stage provides first time excitement of wearing Logos Prep colors in sports.

High School athletic programs (9th-12th grades) strive to be the best they can be with a focus on excellence in execution. Players are put in positions to get the most out of their athletic talent, cultivate leadership skills and understand "team-first" responsibility. Each head coach will put the collective efforts of the team ahead of individual achievement and will take knowledge, ability to execute, attitude, conduct and safety into consideration when it comes to playing time. Athletes should not assume that they are guaranteed a spot on a varsity team simply because they participated on the same team in previous years.

Creation and size of teams is determined by many factors including but not limited to the number of participants interested in a sport, facility availability, safety and coaching resources. Whatever we do we want to do it well. Decisions will be made on a season-by-season, team-by-team basis if we cannot provide a healthy experience for all parties involved.

MULTIPLE SPORTS AND ACTIVITIES

We encourage athletes to be well rounded, participating in different activities both athletically and otherwise, especially early in their athletic careers. 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.

Regarding multiple sport participation, student-athletes may not participate in multiple team sports at the same time. Student-athletes may, however, participate in a lifetime sport (cross country, golf, swimming, tennis, track) and a team sport at the same time if agreed upon by coaches of both 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.

Regarding multiple activity participation, student-athletes may participate in a non-athletic department (i.e. fine arts, music, etc.) program and on an athletic team at the same time if leadership from both activities give permission to do so. Leadership from both activities will work closely together to minimize conflict, however, reserve the right to require, on rare occasion, sole commitment to their activity. 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 seasons begin as to how the student will divide his/her time between the activities.

GENERAL POLICIES

SPORTSMANSHIP

During home contests, we serve as hosts to the visiting team, its students and spectators. They are our guests, and they should be treated accordingly. At away contests, we are expected to act as invited guests. We will treat the home school's personnel and facilities with care and respect.

As participants and spectators, we want to cheer for our team, not against the opponent, being modest in victory and gracious in defeat. Additionally, we will regard the rules of the game as an agreement, the spirit and letter of which we should not break. Players play the game, coaches coach the games... no official has ever "lost" a game for a team. Much like we do not readily credit an official for a win, we will not blame an official for a loss. Officials will be treated with respect and we will accept the final decision of any official.

Any member of the Logos Prep community who is a participant or spectator at an event, who uses profanity, engages in inappropriate behaviors such as fighting or other misconduct will be dismissed from the event and is subject to disciplinary action by the school.

SCHEDULING

The athletic department does its best to schedule games and practices well in advance of the season. Because we cannot control league changes or changes made by an opponent when we travel to their home court/field, changes to schedules will inevitably occur. Additionally, since a majority of our coaches are part-time, there will most likely be a few changes throughout the season due to their work schedules. In the WHCAC league (7th-8th grade sports), schedules are not created until the season starts.

TRANSPORTATION AND TRAVEL

Logos Prep has one school bus that will be used once a coach has put in a bus request form into the athletic office. If a team uses the bus, then the following guidelines will take into effect.

1. All team members are generally expected to ride with the team to and from contests. If, for some reason, you need to ride home with your parents, you must clear this with the coach before leaving for the contest, and you must give either written release, text message, or email from one of your parents to the coach. Under no circumstances will you be released to ride with anyone other than your parents. (Exceptions to this policy would allow students to ride home from contests if the parents in attendance have plans other than returning directly home or the school from athletic contests, therefore requiring the student to travel with the family. Students would still need to clear this with the coach before leaving for the contest with a written release to the coach.
2. While traveling to and from games, students will be required to wear school uniforms or Athletic-approved clothing. (Game uniform or Logos Prep t-shirt and warm-ups)
3. Students will conduct themselves properly on the school bus or in any school vehicle.

4. Receive permission from the coach before bringing any radios, electronic games, etc., aboard the bus. (All music, games, and videos must comply with Logos Prep guidelines)
5. Be informed of departure and return times for each trip by a notice posted on www.highschoolsports.net. 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 times.
6. Students will not be allowed to bring parents, family members or friends on any bus trip. Only coaches and athletes are permitted to ride on the school bus. Managers will be allowed to ride if there are enough seats.
7. Students will be required to wear seat belts at all times.

If the school bus is not available then the parents are responsible for getting their kids to the games. If the school organizes the travel arrangements to the games then parents who allow their students to travel with another parent would need to sign a release form that can be pick-up at the school office.

SEVERE/INCLEMENT WEATHER

Any changes to published schedules due to bad weather will be updated on our athletic 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 20 minutes have passed since the last visual evidence of lightening. For outdoor practices, heat and humidity are closely monitored. Where possible, practices will be scheduled in the coolest times of the day. Practices will not be held outside in a heat index of 110F or above.

FUNDRAISING

Logos Prep Athletics raises funds annually through the booster club, athletic participation fees, concessions and gate fees at games, and from individual gifts. The objective is to provide enhancements to our team sports programs such as new uniforms, equipment, coaching stipends, officials, technology and supplies. These enhancements can often meet unexpected needs that extend beyond our operating budget.

SUBSTANCE ABUSE

The school vigorously opposes student use, possession, or distribution of tobacco or alcohol in any form, on campus or off campus. Violation subjects a student-athlete to disciplinary action deemed appropriate by the coaching staff and administration. Penalties could include multiple-day suspension, permanent removal from the team, or expulsion from school. Students are not permitted to use, possess, purchase or distribute illegal drugs, including athletic performance enhancement drugs. Violation subjects the person(s) involved to disciplinary action and may lead to the involvement of law enforcement. Athletic performance enhancing drugs are detrimental to the health of the student and are never an acceptable alternative to hard work.

GAMBLING

Gambling is not tolerated. Violation subjects the person(s) involved to disciplinary action.

HAZING

Hazing is defined as subjecting someone to an indignity, fright, abuse or threat and is not tolerated. Violation subjects the person(s) to disciplinary action.

LOST AND FOUND

Coaches require athletes to be good stewards of all personal articles, equipment and facilities. Should an item be lost or misplaced, it may turn up in the lost and found area at the school.

REQUISITES FOR PARTICIPATION

Each Logos Prep student-athlete desiring to participate in Logos Prep athletics must have the following completed and signed documents on file in the athletic office **before the first day of participation in any given sport**:

- Activities Code/Acknowledgement of Risk
- Physical Examination
- Medical History
- Locator and Emergency Card
- Logos Prep Proof of Insurance
- TAPPS Acknowledgement of Rules (for 9th-12th grade student-athletes)

If all forms have not been turned in before the first scheduled day of participation, the student-athlete cannot not join the team. All of the aforementioned documents can be found on the Logos Prep website or in hard copy form in the athletics office.

In addition to the above-required documentation, a student-athlete must not have any outstanding athletic fee payments or outstanding uniform/equipment items.

IMPORTANT – No student-athlete will be allowed to go to their next sport if either fees or uniforms have not been turned in.

STUDENT ATHLETES

CODE OF CONDUCT

Being a Logos Prep athlete is a student's choice and thereby a privilege. Student-athletes shall conduct themselves in a way that brings positive recognition to God, Logos Prep, their team, their sport and themselves. A Logos Prep student-athlete reflects the mission and identity of the school, no matter where he or she is. Student-athletes are expected to behave at all times with consideration for others in thoughts, word, and deed and student-athletes must abide by the school's stated rules and any others stipulated by athletic department staff members.

AGE/GRADE ELIGIBILITY

For participation in WHCAC, students entering 7th or 8th grade must be 14 years old or younger on September 1st of the current school year.

For participation in TAPPS, students must be less than 19 years old on September 1st preceding the TAPPS contest. Eighth grade students are not eligible to participate on or against varsity teams.

ACADEMIC REQUIREMENTS

Students are required to maintain a 2.0 cumulative average in core classes, as well as maintain no less than a 60 average in any one subject. Students that fail to meet the academic standards will be placed on probation for that sport. While on probation students must participate in all scheduled practice sessions, but are ineligible for interscholastic participation. The Athletic Director and/or Head Administrator based on the release dates of the grades will set the exact dates of the probation. A grade check will be made after two weeks from the reported grade failure. At this time a review will be made of the grades to determine if the student will be declared eligible to compete once again or dismissed from the team. Each student will be allowed one probation period for each sport participated in. Students on academic probation do not dress for, travel to, or sit on the bench with the team during games.

A student who misses school due to athletic competition is responsible for keeping up with his or her schoolwork. Any work that is due during a period that the student will miss should be turned in before the class period. Any tests that the student will miss should be taken ahead of time if possible. Otherwise, the student is responsible for working out an arrangement with the teacher ahead of time for making up the test. Under no circumstances should a student fail to talk with a teacher whose class he or she will miss at least a day ahead of time.

PARTICIPATION

Participating in athletics is a privilege and is contingent on the following:

1. *Clearance from Previous Sport* – Student-athletes must be cleared from their prior sport before they can begin competing in a new sport. This includes, but is not limited to, being current on athletic fees, uniform and/or equipment was in good condition and checked in, post-season forms completed, etc.
2. *In good academic and moral standing* - Student-athletes may not participate in

practices or games if they have failed to achieve the minimum academic requirement or are suspended from school.

3. *Practice and Game attendance* – Student-athletes must attend at least half of their academic periods the day of a practice or game in order to play. The only exception to this rule is if the absence is caused due to a school event (field trip, college visit, athletic competition, etc.). Parents and student-athletes need to recognize that absences from practices will hinder skill development and physical conditioning as well as jeopardize team unity. Time missed from a sport team practice will influence an athlete's performance and often his or her position with the team. When a personal or social event conflicts with a practice or game, we expect students to honor their commitment to the athletic program and their teammates. When a family event causes the student-athlete to be absent from a practice, the situation should be communicated to the coach at the earliest possible moment, preferably at the beginning of the season and not the same day of the conflict (this does not include family emergencies which are unpredictable and managed differently).

TRYOUTS

Tryouts allow coaches to place like-skilled players together which aids in each player's development. Tryouts can be one day to five days, depending on the sport and grade level. If a student misses tryouts, he or she will be placed on the lower level team. Coaches reserve the right to pull players up from lower level teams at any time. Seventh grade student-athletes can use the first day of tryouts to see if they want to play the sport. If the 7th grader shows up for the second day of tryouts, it is assumed that he or she is committing to play that season.

Important – a roster spot on any one team in a previous year does not guarantee the same spot on the same team in the current year. For example, a junior basketball player who earned a varsity spot last year as a sophomore is not guaranteed to make the varsity basketball roster in his junior year.

TIME COMMITMENTS

Junior High sports (7th-8th grades) – five day a week commitment with two practices and two games or three practices and one game. Practice length for all sports will not exceed 1 hour 45 minutes. No team related events will be held on Sundays. Practices and/or games may be held on Saturdays depending on league scheduling. No teams will have mandatory practices over school holidays with one exception - if a game is scheduled on the day immediately following a Monday holiday, practice can be held on Monday evening. Playing a game after several days off can become a safety/health issue for the kids. No games will be played during finals week.

High School sports (9th-12th grades) – five to six day a week commitment. Practice length for all sports will not exceed 2 hours per day. No team related events will be held on Sundays. Practices and/or games may be held on Saturdays and across some school holidays depending on the sport and season. No games will be played during mid-year exam week or final exam week, and no practices or games of any kind will be held during the first week of the Christmas holidays or on Good Friday.

- Football (Fall) – State playoffs occur the Saturday immediately before and the

Saturday immediately following Thanksgiving Day. If the football team is in the playoffs during this time, practices will be held daily, including the morning or late evening of Thanksgiving Day.

- Basketball (Winter) – Practices may be held during the first two days of Thanksgiving week. District games may start the first week of January. With no games being played the week of finals or the first week of the Christmas holidays, practices and/or games may be held the second week of the Christmas holidays to prepare teams for district competition.
- Baseball (Spring) – District games start the week before spring break. There will be no practices or games over the week of Spring Break

ATTENDANCE

Attendance is integral to a positive experience on the team, and attendance at all practices is mandatory. If a practice must be missed due to illness, emergency, or a family matter, advance notification must be given to a coach or else that absence will count as an unexcused absence. **You should schedule routine doctor appointments other than game or practice times.** Participants may be dismissed from the team due to unexcused absences.

1. The first unexcused absence will result in a verbal warning and what the Head Coach deems necessary up to or including a one contest suspension.
2. When two (2) unexcused absences occur, a phone call will be made to set up a meeting with the athlete and parents to discuss his/her commitment to the team and the athlete will not be allowed back to practice until that meeting is held.
3. A total of three (3) unexcused absences is considered the athlete's resignation from the team without refund or academic credit.
4. The attendance policy is renewed at the start of fall, winter and spring sports.

If an athlete is going to be late or absent, the athlete must call and speak to one of the coaches or leave a detailed message prior to the start of practice. Leaving a voicemail or Text message after the start of practice does not count as contacting the coach and therefore may be counted as an unexcused absence.

Unexcused absences are those deemed as unnecessary by the Head Coach with approval of the Athletic Director.

- Any non-emergency or unapproved absences from games or practices will be considered unexcused
- Excused absences will include but are not limited to:
 - Illness
 - Death in the family
 - Extremely severe weather
 - College visits
 - Family vacations and approved major church activities that are planned and reported to the coach prior to the start of the season
 - Ill or injured athletes who are able to attend school are expected to attend practice sessions.

DEPARTURE FROM TEAM

There are three types of departure from a team. Please note no athletic fee refunds will be given for any departure.

1. Leaving a team – season ending injury, poor health status, family emergency or academic performance all may lead to permissible departure from the team only after being discussed between parents, the head coach and/or Director of Athletics. A student-athlete may still be eligible for a varsity letter or academic credit in this circumstance, and he or she will still be eligible for his or her next season sport.
2. Quitting a team – regardless of reason, any player quitting a sport after they have started the sport will not be eligible to participate in the next sport of their choice until the current sport they quit is over. Ninth through twelfth graders will not earn a letter or academic credit in that sport. The only exception to this rule is if the student-athlete and head coach have clearly communicated up front that a quit might be in play. As an example, if the Head Coach has agreed to let a student-athlete try a sport out for a week to see if they would like to play it and the student-athlete then quits within the agreed upon time, that would not render them ineligible for the next season's sport.
3. Being dismissed from a team – regardless of reason, any player who is dismissed from a team for conduct, rules infractions or disciplinary reasons will not earn a letter or receive academic credit in the sport (for a 9th-12th grader) or be eligible to play in the following season sport.

INJURIES

The sports medicine professional is responsible for the treatment and rehabilitation of injured athletes. The sports medicine professional should be notified in the event of any injury requiring treatment. Injured athletes must be seen by our sports medicine professional or doctor for evaluation before being released for participation, and no treatment and/or rehabilitation program will be discontinued until authorized by the sports medicine professional.

Injured athletes, regardless of grade, are still required to attend practice unless treating and/or rehabilitating an injury, or as approved by the Head Coach. Athletes missing a practice or a game for training must first get permission from their coach. It is the player's responsibility to communicate with the coach.

STEWARDSHIP

All student-athletes are expected to be good stewards of all equipment, facilities and uniforms entrusted to them. Locker rooms, weight rooms and training rooms, and the like are expected to be clean and orderly at all times.

ATHLETIC UNIFORM AND DRESS CODE

Student-athletes are issued team uniforms and are expected to take great care of the uniforms. If a student-athlete is missing a uniform or uniform-piece the day of a game, another uniform will not be issued, no exceptions. If a uniform is lost and cannot be found, another uniform will be issued (if available) once the lost uniform has been paid for in full. Damaged uniform pieces will need to be replaced at the expense of the

student-athlete. The replacement cost of each uniform piece (top, or bottom) is \$75. The replacement cost for a uniform top and bottom is \$150.

Students in 7th-8th grade are not permitted to wear sport team uniforms to school. Students in 9th-12th grade are occasionally permitted to wear a team uniform or team-issued t-shirt/sweatshirt to classes as determined by the Head Coach, Athletic Director and Administration.

Each coach will determine team dress code when traveling to an away game. All practice gear at all times should be Logos Prep athletic apparel, or as appointed by the Head Coach.

LETTERING POLICY

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 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.
OR
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.
AND
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.

Letter jackets may not be purchased prior to a student-athlete earning his/her first varsity letter, regardless of the season in which they earned it. The athletic department keeps on-file a list of student-athletes that qualify for varsity letters and it will notify student-athletes and their parents within one week of the end of the sport season in which he/she participates who has qualified for a varsity letter.

WEIGHT ROOM POLICIES

Athletes are not permitted in a weight room without proper supervision. Appropriate athletic attire (t-shirt, shorts and athletic shoes) must be worn at all times. No athlete should lift alone and a spotter should accompany all lifts. Focus is critical so no horseplay, socializing or laziness will be tolerated. When finished, all weights must be racked and areas cleaned.

Weight Room Regulations

- 1) Any student who uses the weight room must have a signed parental permission and release form on file in the athletic office.
- 2) Shirts and shoes are required at all times – Logos Prep Athletic Practice Clothing is mandatory
- 3) No one is to be in the weight room alone.
- 4) All students must be under the supervision of the instructor assigned.
- 5) Lifters must work with a partner.
- 6) Replace all weights on racks immediately following use.
- 7) Know your limits! Work with the head coach to determine your limits.
- 8) Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
- 9) Warm-up with proper stretching exercises.
- 10) No chewing gum or eating candy while lifting.
- 11) No food or drinks inside weight room.
- 12) No horseplay or profanity.
- 13) No abuse of equipment. Any equipment that is broken must be reported immediately.

TRAINING ROOM POLICIES

A training room is a co-educational sports medicine injury prevention and care room. No student-athlete is allowed in a training room unless under direct supervision of the sports medicine professional or head sport coach. Coaches and athletes may use a training room to get ice but should ask the trainer for the use of other materials and equipment. Athletes needing assistance prior to game have priority over other athletes who are not preparing for a game that same day.

STRENGTH AND SPEED TRAINING

We cannot have successful athletic programs without a strong commitment to strength and speed training. High school student-athletes are expected to work hard on improving strength and speed throughout the school year, whether they are in or out of season. Program Directors (Varsity Head Coaches) will, in accordance with league rules, provide both voluntary and/or mandatory opportunities to student-athletes to train in the weight room, gym, and on the fields throughout the year.

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, and are not expected to train for another school sport during that time period. 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. Regardless of in-season versus out-of-season status, an emphasis will be placed on strength and speed training, both of which will be required of all 9th-12th grade student-athletes throughout the school year.

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 (at school and outside of school) 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 or she will be engaged in some sort of personal strength and speed development program.

PARENTS

Without a doubt, parents are the most influential models for young athletes. From a parent's conduct to the place sports plays in the family order of life priorities, parents make the biggest impact on a young person's athletic experience. Not only are parents influential, they are critical to the success of our athletic programs. The athletic department needs parents to come alongside all sport's teams to serve in one or more of a variety of volunteer positions throughout the year. Team moms, travel coordinators, drivers, overnight chaperones, statisticians, videographers, concessions, admissions, field/gym preparation, or close-down are just a few of the opportunities that provide much needed help and good community time between parents. Serving the athletic department also sets a good example for our student-athletes.

The guidelines that follow are an attempt to provide a foundation for our joint effort to guide your sons and daughters through the challenging yet wonderful experience of high school sports.

PRESENCE AT GAMES, PRACTICES OR TRYOUTS

The coach's classroom is the court or field, usually with undefined walls, making it easy for parents to naturally move close to the action. Parents should be interested, supportive observers from a distance. The coach needs room to be able to instruct and the player to perform without distraction from the stands. Distraction only yields poor results. Cheer them on, yes! Coach or yell at them, no!

It is important to student-athletes that, if possible, parents are present at games, both home and away. A parent's attendance tells the child that the parent cares and that the parent wants to share in the joys and frustrations, which are a part of competition. It also gives parents an opportunity to develop a bond with their child and other parents, and to observe the progress made throughout the season.

Practices and tryouts, which are considered valuable instructional and evaluation time, are closed to all non-team or program personnel, unless previously approved by the Head Coach. Invited guests are expected to refrain from disrupting tryout or practice sessions, and from interacting with players and/or coaches.

PERSPECTIVE – WHY KIDS PLAY THE GAME

Most young people participate in sports for the following reasons: to have fun, to develop that natural desire to play, to make new friends or be with their friends, to be part of a team, and to compete. "To win" or "to be a champion" is often not at the top of the list. Athletes must hear from parents and coaches that it is the process of competing that counts. Too much emphasis on winning and losing puts the value of sports out of context.

COACH AS LEADER

Each coach is prayerfully and thoughtfully considered, recruited, interviewed and hired and therefore has the authority over our children in each given sport. Parents and student-athletes must trust that coaches try to make the best decisions for the team as well as the individuals that make up the team. Coaches are with the team on a daily basis in practice and in competition, evaluating character and performance, and therefore will make

judgment decisions based on what they feel is in the best interest of the team. Playing time, players' positions, and strategy should be left to the discretion of the coach. Parents should help their child understand that being a team member means accepting the coach's decisions even when he or she does not agree with them.

It is also important to remember that neither coaches nor parents are infallible evaluators of talent, nor are either perfect play-callers. A team does not function well with non-coaches trying to coach. Parents should not place a child in a tough spot of having to decide who they are going to listen to, their coach, or their parent. Yielding to authority is a biblical lesson that our children will learn from for years to come.

COMMUNICATION – INTERNAL

Direct communication between the coach and players is very important, and is usually the best way for any questions to be answered or conflicts to be worked through. Inevitably, there will be times when a meeting between a parent and coach is warranted. Please call or e-mail the coach to arrange a convenient time for a phone conversation or meeting. Try to exercise the 24-hour rule – wait 24 hours before placing that call or sending that email. Too often our emotions get the best of us. And remember, before or after practices or games is never an appropriate time to approach a coach. Coaches will be happy to meet with you, but it may be a few days before a convenient time can be arranged.

A meeting with the coach is an opportunity to exchange information and respectfully discuss any concerns or questions that you may have. Hopefully the meeting will promote better understanding and communication, but the meeting should not be viewed as an opportunity to convince the coach that your child should be playing more, playing a different position, or that the coach should be employing a different strategy. After the meeting, just as before the meeting, your support of the team and the coach is expected. If there is a significant issue that you believe requires additional discussion, then the Director of Athletics, coach and parent can meet together to resolve the issue.

If issues cannot be resolved after meeting with the Director of Athletics, then a meeting involving the Head Administrator, along with the Director of Athletics, coach and parent should take place. Any unresolved or escalated issues should then be taken to the Board of Directors.

COMMUNICATION – EXTERNAL

All press releases must be approved by the Athletic Director or his/her appointed contact person within the athletic department (calling in box scores to the local newspaper is not considered a press release and should be the responsibility of the Head Coach or his/her appointed contact person). Please do not damage the relationship our school has with media outlets by harassing them for lack of press coverage of our athletic events.

Parents should never contact opposing schools, officials or the TAPPS office to voice complaints over athletic contests, opposing players, coaches or fans, or officials. All concerns and/or opinions should be communicated directly with Logos Prep Director of Athletics.

FINANCIAL EXPECTATIONS

Expenses for athletic programs fall into two categories – hard costs and soft costs. Hard costs include the athletic fee for the sport and any additional equipment, garments or shoes that the student-athlete may want in order to participate. For some larger team sports, travel costs may be a hard expense as well. Athletic fees are due within two weeks after receiving an invoice from accounting.

Soft costs are non-mandatory costs and include things like post-game meals, end-of-season parties and coach's gifts, yard-signs, post-game celebrations and possible overnight travel.

COACHES

Successful athletic programs start with quality coaches. We believe coaches are one of the most significant components to the athletic program and therefore seek to hire Christian role models who are committed to fulfilling the mission of the school, desire to disciple our student-athletes and serve their families, and who are knowledgeable in their sport.

School athletics are an integral part of each student's overall education and development and coaches shall assist each student-athlete toward developing his or her full potential. Mentoring, development, care and safety of our student-athletes are the most important responsibilities of our coaches.

CODE OF CONDUCT

Because the behavior of a team can reflect the coach's own manner, attitudes, temperament and approach to athletics, coaches shall conduct themselves in a way, both on and off the court, that brings positive recognition to God, Logos Prep, their team, their sport and themselves. Instruction and correction, while demanding and critical, should be positive. Coaches should never embarrass or demean student athletes. The same high standards of preparation, organization, dedication, hard work, self-discipline, sacrifice and Godly behavior that coaches expect of players should be the same that is expected of coaches. Coaches shall model good sportsmanship and respectful attitudes toward officials and opposing teams in victory and defeat.

All coaches are expected to know the rules of the game and the rules/policies of the leagues in which we participate – TAPPS and/or WHCAC.

TIME COMMITMENTS

Coaches are expected to attend all scheduled events (practices and games). Coaches should arrive to practices and games early enough to set up equipment and the facility, and to greet their team. Coaches should not leave the facility of a game or event until all student-athletes have left the premises, or have made prior arrangements with parents.

Coaches shall abide the practice time requirements outlined on page 12 of this handbook. Clarification on some nomenclature and definitions:

- “Walk Throughs” are considered practices
- “Service Projects” are not considered practices or games and can be conducted on a limited basis outside of the maximum number of events a student-athlete can attend on a weekly basis
- “Optional Practices” means no team drills or team building activities will be conducted. Coaches must reinforce that these types of practices are not mandatory and that no penalties may be levied to individuals who do not attend the optional practices.

TRAINING

All coaches will go through “Logos Prep Coaching 101”, a guidebook covering the essential elements of our school, our school's culture, and how to be a successful coach at Logos Prep. All Coaches may be provided with opportunities for growth via clinics, workshops, seminars, and coaching books and videos.

COMMUNICATION

Coaches must communicate with student-athletes and parents on a regular basis. Coaches must communicate to parents at the start of the season the expected commitment to the team and the anticipated practice and game schedule, and the communication must be in writing. Weekly communication from the Head Coach to parents is also a minimum requirement.

PROGRAM DEVELOPMENT

Varsity Head Coaches are the Program Directors for their respective sport. Program Directors, in partnership with the Director of Athletics, oversee all teams and all levels in their sport. This provides a firm foundation for program development. The coach will strive to motivate and assist athletes, both in season and out-of-season, to achieve their full potential as players.

TAPPS

Logos Prep participates in the Texas Association of Private and Parochial (TAPPS) for grades 9 through 12 in the sports of football, volleyball, cross country, boys and girls basketball, baseball, track, swimming, golf and tennis. TAPPS, which just celebrated its 30th year, is one of the largest state associations of private schools in the nation with over 250 member schools that compete in five classifications.

The purpose of TAPPS is to organize, stimulate, encourage and promote the academic, athletic and fine arts programs in an effort to foster a spirit of fair play, good fellowship, true sportsmanship and wholesome competition for the 38,000 boys and girls in its member schools.

Parents must provide the school signed consent each year to allow their son/daughter to participate in any TAPPS event. This consent is provided on the “Acknowledgement of Rules” form given to each family during the school’s registration process.

Parents may film or videotape any game in which their son/daughter participates, but the film/videotape may not be viewed by the athlete or coaches until the game is over. Parents may not film or videotape any contest in which their son/daughter is not participating.

No member of the Logos Prep community should engage in the inducement of non-Logos Prep students for the sole purpose of athletic participation. Inducement includes but is not limited to providing or arranging the payment of tuition, lodging, transportation, payments of cash or promise of a college scholarship.

School coaches may not transport, register or instruct students in grades 9-12 from their school in baseball, basketball, football, or volleyball, except during the TAPPS season, or approved athletic period from August 1 until TAPPS activities end in the spring, usually mid-May. School coaches may not give any instruction or schedule any practice for an individual or a team during the off-season except during the one in-school day athletic period in baseball, basketball, football, soccer, softball and volleyball.

Activities Code/Parent Consent Form

The student participating in activities at Logos Preparatory Academy shall comply with the rules and regulations set down by district policies including the Logos Preparatory Academy Student-Parent Handbook, Logos Preparatory Academy Student Activities Handbook and the Logos Preparatory Academy Board Policy Book.

Violation of the Logos Preparatory Academy Student Activities Handbook policy on Alcohol, Tobacco and Legend Drugs or Controlled Substances on or off school premises will result in the consequences set forth in the Logos Preparatory Academy Student Activities Handbook.

“I have read the Logos Preparatory Academy Student Activities Handbook and the Logos Preparatory Academy Student – Parent Handbook; I understand the rules and requirements that govern the activities programs at Logos Preparatory Academy and the consequences for rule violations and non-compliance.”

Student Signature _____ **Date** _____

Parent Signature _____ **Date** _____

Acknowledgement of Risk

All physical activities can result in possible injuries. Students that participate in organized and approved high school athletics have less of a chance of being physically injured than students involved in activities that are not a part of the school athletic program. Athletes can reduce their chances of injury by obeying all safety rules, following proper procedures and instructions, reporting all physical problems and injuries to their coaches, and inspecting their own equipment daily.

I acknowledge that participating in athletics or cheer activities entails many risks of injury, even when played in an instructional environment. These risks of injury include, but are not limited to, death, serious neck and spinal injuries (which may result in complete or partial paralysis), brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the body, general health, and well-being.

“I have answered all the questions in the forms below accurately to the best of my knowledge. I have read and understand all the rules and regulations in the Logos Preparatory Academy Student Activities Handbook and I agree to comply with them.”

Student Signature _____ **Date** _____

“To the best of my knowledge all questions below are answered accurately and I give permission for the above named person to participate in co-curricular activities. I have read and understand all the rules and regulations in the Logos Preparatory Academy Student Activities Handbook. I understand that my student will be required to follow these in order to participate in activities at Logos Preparatory Academy.”

Parent/Guardian Signature _____ **Date** _____

Locator and Emergency Card

If the parent and/or authorized physician cannot be reached at the time of an emergency and if immediate observation or treatment is urgent in the judgment of school authorities, I authorize and direct the school authorities to send the student to the hospital or doctor most easily accessible and for such doctor to render such observation and treatment as is immediately necessary.

This authorization shall remain effective for one year from the date below unless sooner revoked in writing by the undersigned.

Signature of Parent/Guardian: _____ Date: _____

Address: _____ Home Phone #: _____

The following information is requested to assist in the evaluation and treatment of your child.

Full Name of Child _____
Last First Middle

Age _____ Date of Birth _____ Phone # _____

Physician's Name _____ Phone # _____

Dentist Name _____ Phone # _____

Cell Phone Number (Mother's) _____ (Father's) _____

Employer (Mother's) _____ (Father's) _____

Allergies: _____ Blood Type _____

Chronic Illnesses: _____

Regular Medicines: _____ Date of Last Tetanus Shot _____

Type of Insurance: _____ Policy # _____

Name of Insured Person: _____

If you cannot be reached in case of an emergency list below a contact person and a telephone number:

Contact Person: _____ Phone Number: _____

Contact Person: _____ Phone Number: _____

Proof of Insurance Form Sports Participation

All participants in athletics are required to have accident insurance coverage during the season. Complete the form below, choosing one of the two options.

Name of Student: _____

School Year: _____

_____ I am using my own insurance company for accident insurance.

Name of Insurance Company: _____

Address: _____

Policy #: _____

Insurance Company Phone #: _____

_____ I will be purchasing coverage through Insurance One Agency,
available through the school.



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: _____

In case of emergency contact:

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, physicians 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? | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Are you presently under a doctor's care? | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Are you currently taking any prescription or nonprescription medications or inhalers? | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Do you have any allergies? | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Have you ever been dizzy before or during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. Do you currently have any skin problems (itching, acne, warts, fungus or blisters)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. Have you ever become ill after exercising or working in the heat? | <input type="checkbox"/> | <input type="checkbox"/> |

- | | YES | NO |
|--|--------------------------|--------------------------|
| 32. Have you ever had any problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. Have you ever gotten unexpectedly short of breath with exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. Do you have asthma? | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. Do you have seasonal allergies that require medical treatment? | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. Do you use any special protective or corrective equipment? | <input type="checkbox"/> | <input type="checkbox"/> |
| 37. Have you ever had a sprain, strain or swelling after injury? | <input type="checkbox"/> | <input type="checkbox"/> |
| 38. Have you ever broken or fractured any bones? | <input type="checkbox"/> | <input type="checkbox"/> |
| 39. Have you ever dislocated any joints? | <input type="checkbox"/> | <input type="checkbox"/> |
| 40. Have you ever had any problems with pain or swelling in muscles, tendons, bones or joints? | <input type="checkbox"/> | <input type="checkbox"/> |

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"/> | Foot <input type="checkbox"/> |
| Neck <input type="checkbox"/> | Upper Arm <input type="checkbox"/> | Hand <input type="checkbox"/> | Knee <input type="checkbox"/> | |
| Back <input type="checkbox"/> | Elbow <input type="checkbox"/> | Finger <input type="checkbox"/> | Shin/ Calf <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? | <input type="checkbox"/> | <input type="checkbox"/> |
| 42. Do you lose weight regularly to meet weight requirements for you Extra-Curricular Activities? | <input type="checkbox"/> | <input type="checkbox"/> |
| 43. Do you feel stressed out? | <input type="checkbox"/> | <input type="checkbox"/> |
| 44. Have you been diagnosed with or treated for Sickle Cell Trait or Sickle Cell Disease? | <input type="checkbox"/> | <input type="checkbox"/> |

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:

This Medical History Form reviewed by: NAME: _____ DATE: _____



PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION



STUDENT NAME (PRINT): _____

GENDER: _____ AGE: _____ DATE OF BIRTH: _____

HEIGHT: _____ WEIGHT: _____ % BODY FAT: _____

PULSE: _____ BLOOD PRESSURE: ____/____ (____/____/____)

Brachial blood pressure while sitting

VISION: R 20/____ L 20/____ CORRECTED: YES ____ NO ____ PUPILS: EQUAL ____ UNEQUAL: ____

In keeping with the requirements of the Texas Association of Private and Parochial Schools, as a minimum requirement, this PHYSICAL EXAMINATION FORM must be completed prior to high school athletic participation in the first and third years of high school. This form must be completed if there are yes answers to specific questions on the student's annual MEDICAL HISTORY FORM.

MEDICAL	NORMAL	ABNORMAL FINDINGS	INITIALS*
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart- Auscultation of the heart in supine position			
Heart – Auscultation of the heart in standing position			
Heart – Lower Extremity Pulse			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's Stigmata			

*Initials for station –based examination only

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

CLEARANCE

- Cleared for participation
- Cleared for participation after completing evaluation/ rehabilitation for: _____
- Not cleared for participation

Recommendations: _____

Provider Name: _____ Date of Examination: _____

Provider Signature: _____

Provider Address: _____

Provider Phone Number: _____

Texas Association of Private and Parochial Schools

STUDENT ACKNOWLEDGEMENT OF RULES



STUDENT NAME:

DATE OF BIRTH: GRADE LEVEL: **9 10 11 12**

TAPPS SCHOOL:

This form must be signed by both the student and parent/guardian and be on file at the TAPPS member school prior to the student participating in any Inter-Scholastic contest.

According to the rules outlined in the TAPPS Constitution and By-Laws, by initial or check of the following, we attest that the above named student:

Student Parent

- has not reached 19 years of age prior to September 1 of the current school year.
- has not graduated from high school.
- did not enroll in the NINTH GRADE more than 4 years ago.
- did not enroll in the TENTH GRADE more than 3 years ago.
- is a full time day student at the member school enrolled and attending at least four (4) courses on the member school campus.
- has not represented a college in any contest.
- is not in violation of the TAPPS Awards Rule – Section 103 of the TAPPS By-Laws.
- is in compliance with the TAPPS academic eligibility rules as presented in the TAPPS Constitution, By-Laws and Contest Rules.
- is living with parent(s).
- is living in a TAPPS Approved Boarding School.
- is living with a guardian and has applied for and received approval to participate in TAPPS Extracurricular Activities as outlined in Section 80 of the TAPPS By-Laws governing Citizen students or Section 102 of the TAPPS By-Laws governing International students.

did not transfer to the TAPPS member school from another high school for the current school year.

or

did transfer to the TAPPS member school for the current school year. **In order to be eligible for VARSITY PARTICIPATION, the student must have transferred to the TAPPS member school prior to the following deadlines. By initial of the student and parent / guardian attest that the deadlines were met:**

<input type="checkbox"/> <input type="checkbox"/>	FALL DEADLINE	September 7, 2011	Cross Country, Fall Soccer, Football, Volleyball
<input type="checkbox"/> <input type="checkbox"/>	WINTER DEADLINE	December 7, 2011	Basketball, Swim and Dive, Winter Soccer, Wrestling
<input type="checkbox"/> <input type="checkbox"/>	SPRING DEADLINE	February 22, 2012	Baseball, Golf, Softball, Tennis, Track and Field

is in compliance with the Transfer Rules as presented in Section 104 of the TAPPS By-laws.

has not “followed” any coach to the TAPPS member school as described in Section 104 of the TAPPS By-Laws.

- is in compliance with Section 136 of the TAPPS By-Laws which governs off season activities during the school year. Student has not played for the coach of the TAPPS member school on a non-school team from the beginning of TAPPS activities in July until the last day of the current school year. This includes participation on FALL or Spring league games, individual and group instruction from a member of the staff at the TAPPS member school.
- is in compliance with Section 139 of the TAPPS By-Laws which governs summer activities.
- has been presented the information in TAPPS By-Laws Section 87 and is in compliance with all rules and regulations pertaining to Recruitment, Targeting of Athletes, Inducement and the Tampering of student athletes.
- and parent / guardian have been made aware of the information regarding CONCUSSIONS presented on the EDUCATION page of the TAPPS website.
- and parent / guardian are aware of the rules governing CONCUSSION management as presented in Section 138 of the TAPPS By-Laws.
- and parent / guardian have been made aware of the information regarding STEROID USE presented on the EDUCATION page of the TAPPS website.

