

TULIA ISD

ATHLETIC HANDBOOK



2007 - 2008

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TULIA ISD ATHLETIC HANDBOOK

INTRODUCTION

This handbook is designed to provide for a successful experience for student athletes and the efficient operation of the Tulia ISD Athletic Program. The Tulia ISD school board has approved the policies, procedures, and regulations in this handbook. The athletic handbook is designed to coexist with the Tulia ISD Student Handbooks and the Tulia ISD Student Code of Conduct. Student athletes in grades 7-12 are accountable and responsible to the rules and requirements contained within this handbook.

It should be noted that different sports might have additional rules and regulations that go beyond what is listed in this athletic handbook. These rules may be in addition to this athletic handbook, but they shall not alter the rules of this handbook.

PHILOSOPHY

The athletic program at Tulia ISD is an integral part of the total educational program. Athletics are a vital part of the physical, mental, social, and moral growth of our students. Athletics are not designed to transcend the academic program but to supplement it.

Athletic programs can provide valuable lessons for practical situations. Student-athletes experience daily victories discovering within themselves the ability to overcome adversity, to develop leadership skills, to develop winning attitudes, to be hard workers, and to be a part of a team that requires sacrifice and service to others. Many intangibles are taught in athletics that become lifelong lessons for the student athlete.

RESPONSIBILITIES

Participation in athletics is a privilege that carries with it responsibilities to the school, to the sport, to the student body, to the community, and to oneself. Athletes have a unique role to play. Their peers, teachers, and the community are constantly monitoring them. Being under this scrutiny, athletes must have strength of character and be aware of the role they have assumed. They must be certain they present to their peers, teachers, and community respect, sincerity, and honesty expected of a young lady or gentleman.

Specific Responsibilities Expected of Tulia ISD Athletes:

1. Maintain a satisfactory citizenship and behavior record in the classroom and on campus by treating teachers, administrators, and fellow students with respect.
2. Maintain passing grades in all classes.
3. Exercise self-control and display positive actions during competition and other

- school activities.
4. Have respect for the decisions of the officials during competition.
 5. Refrain from juvenile behavior in and around the school buildings.
 6. Be a law-abiding citizen both at school and away from school.
 7. Display sportsmanship and class when representing Tulia ISD.
 8. Be committed to attend practices, contests, and meetings of any sport that they choose to participate in.
 9. Abide by training rules established in this handbook and by their coach.
 10. Complete required UIL and school paperwork prior to participation.

ATTENDANCE

It is the obligation and responsibility of team members to attend scheduled practices, contests, and meetings regularly and on time. If an unavoidable conflict arises with a practice or contest, one of the coaches should be notified before the workout or game. Failure to make contact prior to the practice, contest, or meeting may result in the absence being considered unexcused.

Excused Absences:

Excused absences will be made up. The make up for an excused absence is not punishment but is administered so that the athlete can make up missed work and conditioning. Examples of excused absences are illness, a death in the family, school sponsored activities, or emergency situations. **Athletes should understand that when they have to miss, it is imperative that a coach be notified prior to the absence.** The high school athletic number is 995-4142. If you cannot reach anyone at the high school athletic number, you may call the high school office at 995-2759 and leave a message for the coaches. Junior high athletes or parents may call the junior high at 995-4842 and talk with a coach or leave a message with the office.

Athletes should understand that habitual absences, even though they may be excused, become detrimental to their ability to perform and to their knowledge of team concepts. Habitual absences will result in disciplinary actions, including loss of playing time and/or possible suspension or dismissal.

Unexcused Absences:

Athletes and parents should understand that failure to notify the coach prior to an absence will usually result in the absence being considered unexcused. Some extenuating situations will be considered an excused absence without prior notification. If there is a question as to whether it is excused or not, the head coach and/or athletic director will make the decision. Unexcused absences will be made up and disciplinary action will be taken also. Disciplinary action for unexcused absences will be as follows:

- 1st unexcused absence – make up work plus additional disciplinary exercise
- 2nd unexcused absence – make up work plus suspension from the next contest
- 3rd unexcused absence – dismissal from the sport

Unexcused absences will accumulate on a per sport/per season basis.

Injured Athletes:

Injured athletes who cannot actively participate in the workout must still follow all attendance policies. Being injured is not an excuse to miss practice. The injured athlete will be expected to dress out and participate mentally. This is also a time in which they may see the trainer for treatment. (Some injuries may not allow the athlete to dress out or attend practice. If there is a question, the head coach will make the decision on the athlete dressing out or attending the workout).

Ineligible Athletes:

Ineligible athletes shall attend and participate in workouts unless excused by the head coach. By attending and participating in workouts, the athlete may represent the team again at the end of the ineligible period.

ISS:

An athlete placed in ISS is not allowed to participate in a game or contest during his/her placement, but he/she is allowed to practice after school. Failure to report to after school workout will result in an unexcused absence for the athlete unless prior notification is given that the athlete is missing for a justifiable reason. It is the athlete's responsibility to find out if their team is working out after school and find out the time of the workout.

Tardy:

It is also very important for a team member to be on time and to remain at a practice for its duration. Any team member who arrives late to practice or who leaves early is disruptive to the team's improvement and game plan. Athletes that are tardy or that leave practice early will be expected to do make up work for the time they missed. Habitual tardiness will result in disciplinary action including possible suspension or dismissal.

ACADEMICS

Athletes must realize that they are students first and athletes second. Athletes must plan their schedule so that they give sufficient time and energy to their studies to ensure acceptable grades. Athletes must be passing all subjects at the six weeks grading period in order to be eligible to play. Athletes failing a course will be ineligible for competition for three weeks. They may regain eligibility after three weeks if they are passing all subjects at that time. If not, they remain ineligible for another three weeks.

Athletes that habitually earn failing grades on grade reports and/or progress reports become a detriment to the athletic program. They are showing neglect in their responsibility and obligation to their team and the athletic program. They are also neglecting their main purpose for attending school.

Athletes are encouraged to maintain all their grades throughout the school year. Tutorials are available for students that are struggling with their grades. Athletes are encouraged to take advantage of the tutorials and/or other resources that are available to help them with

their grades. Failure to take care of his/her grades will result in the athlete being placed on academic probation or removed from athletic competition or the athletic program.

Any athlete who fails two six weeks grading periods during a semester will be placed on academic probation for the next semester. Their grades will be closely monitored, and they will be expected to show improvement in their grades during the probationary period. **Any athlete on academic probation that fails two six weeks grading periods during the semester of their probation, will be removed from athletic competition for the next semester.** At the end of the suspension period, the athlete may regain participation privileges by requesting to complete the Athletic Re-Entry Program. The Athletic Re-Entry Program is detailed on page 10 of this handbook.

ALCOHOL/ILLEGAL DRUGS

It is a violation for Tullia ISD athletes to use or possess alcohol (excluding for religious ceremonies) or illegal drugs. Reported violations of this nature will be investigated by the athletic director and/or coaching staff. Verified violations will result in disciplinary action for the athlete.

First infraction – The athlete will be required to run 10 miles (or an equivalent) at a pace set by the coach. The athlete will have 5 days to complete the running and the running will be in addition to the regular workout for that day. If the infraction occurs in season, the athlete will be suspended from the next contest or competition.

Second infraction – The athlete will be required to run 10 miles (or an equivalent) under the same guidelines as the first infraction. In addition, the athlete will be suspended for 25% of the total number of contests or competitions of the sport in which he/she is participating. If the infraction occurs during a time in which the athlete is out of season, the suspension period will be served at the start of the season of the next sport in which the athlete participates. If a season ends before an athlete is able to complete his/her suspension, the suspension will carry over to the next sport in which the athlete participates.

Third infraction – The athlete will be removed from athletic competition for one calendar year. At the end of the suspension period, an athlete may regain participation privileges by requesting to complete the Athletic Re-Entry Program.

Fourth infraction – The athlete will be removed from athletic competition for the remainder of their high school career.

Alcohol and illegal drug violations for high school athletes will be cumulative for their high school career. Alcohol and illegal drug violations for junior high athletes will be cumulative for their junior high career. However, if a junior high athlete has not completed his/her suspension time, the suspension will carry over to high school.

An athlete shall remove himself/herself from any situation where alcohol or drugs are being used in an illegal manner. Not to do so will be considered an infraction.

TOBACCO

It is a violation for Tulia ISD athletes to use tobacco in any form. Reported violations of this nature will be investigated by the athletic director and/or coaching staff. Verified violations will result in disciplinary action for the athlete.

First infraction – The athlete will be required to complete 10 miles (or an equivalent) of running at a pace set by the coach. The athlete will have 5 days to complete the running and the running will be in addition to the regular workout for that day. If the infraction occurs in season, the athlete will be suspended from the next contest or competition.

Second infraction – The athlete will be required to run 10 miles (or an equivalent) under the same guidelines as the first infraction. In addition, the athlete will be suspended for 25% of the total number of contests or competitions of the sport in which he/she is participating. If the infraction occurs during a time in which the athlete is out of season, the suspension period will be served at the start of the season of the next sport in which the athlete participates. If a season ends before an athlete is able to complete his/her suspension, the suspension will carry over to the next sport in which the athlete participates.

Third infraction – The athlete will be removed from athletic competition for one calendar year. At the end of the suspension period, an athlete may regain participation privileges by choosing to complete the Athletic Re-Entry Program.

Fourth infraction – The athlete will be removed from athletic competition for the remainder of their high school career.

Tobacco violations for high school athletes will be cumulative for their high school career. Tobacco violations for junior high athletes will be cumulative for their junior high career. However, if a junior high athlete has not completed his/her suspension time, the suspension will carry over to high school.

STERIODS

Recent studies indicate that the use of steroids by high school students is on the rise. Although the drugs are dangerous and illegal to use without a prescription, reports indicate that they are readily available to be used by high school students.

TEA and the UIL request that school districts raise the awareness of the ill effects of steroids. Tulia ISD and the athletic department agree that it is imperative that our athletes and their parents are aware of the dangers of steroid use. At the back of the handbook on

pages 17-18 is a fact sheet about steroids that was created by the U.S. Department of Health and Human Services.

Athletes should also be aware that verified violations of the illegal use of steroids would be considered a violation of our illegal drug policy. The disciplinary action for this violation will be the same as the disciplinary action listed under the Alcohol/Illegal Drugs section of this handbook.

DRESS CODE/PERSONAL APPEARANCE

Athletes are expected to dress neatly and be well groomed in school and at any activity representing the school. They should recognize that appearance, expression, and actions always influence people's opinions of athletes, the team, and the school. Athletes who habitually violate dress and grooming standards may be subject to disciplinary action including suspension if the violations are not corrected.

Requirements:

1. Follow the dress code guidelines in the student handbook. Exception: Athletic uniforms and equipment are acceptable during workouts and competition.
2. Hair, including boy's facial hair, will be groomed to the specifications of the in season head coach.
3. Male athletes will not wear earrings at school or at any Tulia ISD athletic event.
4. Athletes shall follow additional requests of the coach for game day or team travel.

CONDUCT

Athletes may face disciplinary action, including possible suspension or expulsion, for demonstrating behavior that is detrimental to the team. Examples of unacceptable behavior include, but are not limited to:

1. Inappropriate language
2. Unwilling or lazy attitude, poor work ethic
3. Disrespect to the coaching staff
4. Disrespect to a game official
5. Display of temper
6. Not responsive to a coach's request
7. Argumentative attitude
8. Habitual disregard for rules
9. Negative effect on team morale
10. Unsportsmanlike behavior

DISMISSAL FROM A SPORT

On some occasions, an athlete will need to be dismissed from a sport due to unacceptable behavior or violations of the athletic handbook. The following guidelines will be in effect for any athlete that is dismissed from a sport or from athletics.

1. An athlete dismissed from a sport may be dismissed from the athletic program if the violation is deemed to justify such action.
2. An athlete dismissed from a sport will not be allowed to start another sport until the first sport is completed.
3. An athlete dismissed from a sport, may regain participation privileges in that sport the following season by requesting to complete the Athletic Re-Entry Program.
4. An athlete dismissed from a sport a second time (same sport or different sport) will not be allowed to use the Re-Entry Program to regain participation privileges in athletics.

Violations that result in athletes being dismissed from junior high athletics will be cumulative for their junior high career. Violations that result in athletes being dismissed from high school athletics will be cumulative for their high school career.

QUITTING A SPORT

Quitting is an intolerable habit to acquire. Athletes that quit are also “giving up” on themselves and those that depend on them. Commitment to being a Hornet team member is one of the most valuable lessons learned in athletics. Concerns and frustrations can often be worked out with proper communication between the athlete and coach.

1. Any athlete wishing to quit a sport should notify the head coach and complete the Request to Quit form. The athlete will be encouraged to wait 24 hours before making his/her decision final.
2. If an athlete quits a sport after two weeks, he/she will not be allowed to start another sport until the first sport is completed.
3. If an athlete begins participation in two concurrent sports, he/she will have two weeks to determine if it is in his/her best interest to drop one sport and concentrate on the other sport. After two weeks, if the athlete decides to quit one of the sports, he/she will not be allowed to continue with the other sport. This will be considered as one quitting infraction.

4. If an athlete quits a sport, he/she may regain participation privileges in that sport the following season by requesting to complete the Athletic Re-Entry Program.
5. An athlete quitting a sport and not wishing to participate in another sport will be removed from the athletic program and athletic class period. The schedule change will be made as soon as it is possible. In some cases this change may not be possible until the end of the semester.
6. An athlete who quits a second time (same sport or different sport) will not be allowed to use the Re-Entry Program to regain participation privileges in athletics.

Quitting violations for junior high athletes will be cumulative for their junior high career. Quitting violations for high school athletes will be cumulative for their high school career.

ATHLETIC RE-ENTRY PROGRAM

The purpose of the athletic re-entry program is to allow an athlete an opportunity to show his/her commitment to return to the athletic program or sport. Any athlete who quits a sport or is dismissed from a sport will be required to complete the re-entry program before they are allowed to participate in that particular sport. If an athlete is suspended from the program or competition for a period of a semester or longer, he/she will have to complete the re-entry program before he/she may return to participate in any sport. At the discretion of the athletic director or head coach, an athlete may be denied the privilege of using the re-entry program.

Requirements of the Re-Entry Program:

1. Complete the request form to re-enter a sport or athletics.
2. Successfully complete ten miles of running over a five-day period. The running will be in addition to the regular daily workout. A coach will supervise the running and the coach will determine the pace.
3. Write a two-page essay on a topic deemed appropriate by the head coach.
4. Must have passed all classes in at least two of the three six weeks the previous semester.
5. Must have demonstrated good citizenship and good behavior in school and in the community the previous semester. Detentions, ISS assignments, AEP placements, and criminal activities will be considered detrimental to a student requesting to complete the re-entry program.
6. Requests to re-enter basketball must be made at the beginning of the fall semester or earlier. Request to re-enter football, baseball, or track must be made at the beginning of the spring semester or earlier. Request to re-enter cross country, volleyball, tennis or golf must be made at the beginning of workouts for these sports.

Athletes will only be allowed to use the Re-Entry Program one time during their junior high career and two times during their high school career.

AEP PLACEMENT

Any athlete placed in AEP will not be allowed to participate in any athletic activities during their AEP placement. Upon completion of the AEP placement, the athlete may request to complete the Athletic Re-Entry Program if they wish to participate in athletics. The athlete will not be allowed to participate in a sport that is already in season, but he/she may be allowed to complete the re-entry program and participate in a future sport.

LETTER AWARDS (high school only)

Varsity:

Athletes may receive one award jacket for their high school career. If an athlete receives a jacket in another extracurricular activity, they cannot receive one for athletics. After receiving a jacket, a varsity letter will be awarded for all additional times that an athlete qualifies for lettering in any varsity sport.

Criteria for lettering:

General:

Athletes shall complete the entire scheduled season for the sport in good standing. They shall have regular practice attendance for the sport. Athletes who are injured and are unable to complete a season may be lettered at the discretion of the coach of the sport.

Football/ Basketball/ Baseball/ Volleyball:

Athletes shall compete with the varsity team for at least 50% of the season and shall, in the opinion of their coach, have made a major contribution to the team's success in order to letter.

Tennis/Track and Field:

Athletes shall compete in 50% or more of the varsity matches, tournaments, or meets or score a point at the district tournament or meet in order to letter. Athletes may also earn a letter by qualifying for regional.

Golf:

Athletes shall participate as a member of the number one team in 50% or more of the holes played through the district tournament in order to letter. Athletes may also earn a letter by qualifying for regional.

Cross Country:

Athletes shall participate on the varsity team in 50% or more of the meets in order to letter. Athletes may also earn a letter by qualifying for regional.

Subvarsity:

Subvarsity team members shall meet, at the subvarsity level, the same participation standards as are required for the varsity team in order to letter. All subvarsity lettermen shall receive an appropriate symbolic award. Subvarsity team members, who are in the 11th grade and have not received an award jacket, may receive an award jacket instead of a symbolic award if they have participated in a sport for three years.

TEAM TRAVEL

The school will provide transportation for away contests. Athletes should be on time for the departure. They should be appropriately dressed. Passengers should keep the noise to a minimum and remain seated at all times. Do not leave valuables and expensive items on the bus. Athletes should pick up their trash and help clean the bus when arriving back at the school.

It is highly recommended that all varsity athletes travel to and from athletic events with the team except in an emergency or special circumstance situation. We encourage subvarsity athletes to travel to and from athletic events with the team, but understand that due to many contests being on school nights it is sometimes better for the athletes to ride home with their parents. This will be allowed under the following guidelines.

1. Under normal circumstances, students may be released only to their own parent/guardian. The parent/guardian should present himself/herself to the coach after the contest to confirm that the athlete will be going with the parent/guardian. In some cases, the coach may request a parent signature before the student is released.
2. If the parent/guardian wishes their child to be released to another designated adult, a written request should be approved prior to the trip departure. The head coach, athletic director or principal may approve this written request. The designated adult should present himself/herself to the coach after the game to confirm that they will be taking the athlete.

EQUIPMENT

Team uniforms, warm-ups, and equipment belonging to Tulia ISD should be treated with care. Athletes are responsible for keeping their school issued equipment clean and secure. (Coaches may laundry game uniforms in some cases). The use and wear of the school equipment outside of athletic sponsored activities is prohibited. If an athlete loses equipment due to neglect and/or carelessness, he/she will be charged the replacement cost of that equipment. At the end of the season, the athlete is responsible for turning in equipment in the best possible condition or paying replacement costs.

LOCKER ROOM

Athletes are expected to help keep locker rooms as neat and sanitary as possible. It is the responsibility of the athletes to throw away trash, pick up equipment, and keep the locker room clean. All equipment should be hung or placed in the lockers. No equipment should be left on the floor. Specific locker and locker room guidelines will vary from season to season.

Keep all valuables locked up. Each athlete will be provided a lock for his/her convenience in storing valuables. Valuable items that cannot be secured in your locker should not be brought into the locker room or should be turned in to a coach. Do not leave valuables out in the open. Stolen items will be the responsibility of the athlete. (Some athletes may not have access to lock boxes to secure valuables. They should make arrangements with their coach to secure valuables.)

INSURANCE

The Tulia ISD will provide insurance coverage for interscholastic activities for the school year. The coverage period begins with the first day of two-a-days. The coverage provided is secondary to any medical insurance that you may already have. Benefits are intended to supplement other collectible insurance by assisting with balances left unpaid by your primary carrier. **If you have no other insurance, the benefits will not be adequate to cover the full cost of medical treatment.**

Claim forms must be sent within 90 days of the date the athlete first receives medical care. In order to expedite payment of claims, parents/guardians of athletes who have sustained an injury as a result of athletics should obtain a claim form from the coach or athletic director as soon as possible. Filing claims is the parent's responsibility.

COMMUNICATION/PARENT CONFERENCES

Both parenting and coaching are difficult vocations. By establishing lines of communication and understanding each position, we are better able to accept the actions of others and provide greater benefits to children. One purpose of this handbook is to provide a line of communication between the athletic department and parents. Hopefully, the handbook will help parents understand what is expected of their child. At the same time, the athletic department hopes to receive support from the parents in enforcing the rules and regulations of the handbook.

Despite the communication, it is important to understand that there may be times when things do not go the way the athlete wishes or the parent wishes. At these times, a

conference or discussion with the coach may be needed. Please understand that there are appropriate issues to discuss and there are issues not appropriate to discuss.

Appropriate issues to discuss with coaches:

1. Treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues not appropriate to discuss with coaches:

1. Team strategy
2. Play calling
3. Other student-athletes

Conference procedures and guidelines:

1. Please do not attempt to confront a coach before, during, or after a contest or during a practice. This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings require calm, rational attitudes in a private setting.
2. Call the athletic department (995-4142), high school (995-2759) or junior high (995-4842) to set up an appointment with the coach of your child's team or the head coach of the sport.
3. If you are not satisfied with your conference with the coach and/or coaches, you may then set up an appointment with the Athletic Director.
4. After discussing the issue with the head coach and the Athletic Director, you may then contact the Principal if you feel the situation has not been justly attended to.

Following the above order of contacts will generally get your concerns answered in the best fashion. If you prefer to have a conference with a combination of the individuals above, attempts will be made to accommodate your request.

SPORTSMANSHIP – ATHLETES/PARENTS/SPECTATORS

The Tulia ISD administration and athletic department feel it is very important that sportsmanship is demonstrated at all athletic contests. Athletes must understand the importance of respecting the decisions of game officials. Spectators should exhibit the same respect to game officials. The officials are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contests are a part of the game. Spectators verbally abusing officials with insults, threats and profanity can result in the athletic team being punished under the rules of the UIL. This punishment can result in a team having to forfeit a contest or possibly being suspended or disqualified from playoff competition. Be sure everyone understands the potential seriousness that could result to the school's athletic program if misbehavior of spectators is reported to the UIL.

Tulia ISD Expectations of Spectators, Athletes, and Coaches

Good sportsmanship is a must. Be the example.

- Show respect at all times.
- Profanity will not be tolerated.
- Insults directed to officials, players, coaches, or other fans will not be tolerated.
- No noisemakers are allowed at indoor competitions.
- Only cheers that support the teams will be allowed.

Those unable to exhibit proper sportsmanship will be unable to attend games.

Following are a list of behavior expectations of athletes and spectators. These lists appear in the Sportsmanship Manual developed by the UIL. Become aware of these expectations, as well as the ones above, and put them into action. Together we want to present a positive image of Tulia to the game officials and to our opponents.

BEHAVIOR EXPECTATIONS OF THE STUDENT-ATHLETE

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- **Live up to standards of sportsmanship** established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans, and fellow students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
- **Treat opponents the way you would like to be treated**, as a guest or friend. Who better than yourselves can understand all the hard work and team effort that is required of your sport?
- Wish opponents good luck before the game and congratulate them in a courteous manner following either victory or defeat.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and everyone at the contest.

BEHAVIOR EXPECTATIONS OF SPECTATORS

- Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition – not to intimidate or ridicule the other team or its fans.
- Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.
- A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event.
- Use only cheers that support and uplift the teams involved.
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

THE FACTS ABOUT STEROIDS

Facts

Steroids affect the heart. Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.

Steroids affect appearance. In both sexes, steroids can cause male-pattern baldness, cysts, acne, and oily hair and skin.

Steroids affect mood. Steroids can make a person angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use.

Steroids increase risk of infection. Sharing needles or using dirty needles to inject steroids creates a risk for diseases such as HIV/AIDS and hepatitis.

Steroids are illegal to possess without a prescription. Doctors prescribe steroids for specific medical conditions. They are only safe for use when a doctor monitors the patient.

The majority of teens are not using steroids. Among teenage males, who are most likely to use steroids, only 1.8 percent of 8th graders, 2.3 percent of 10th graders, and 3.2 percent of 12th graders reported steroid use in the past year.

Signs

How can you tell if a person is abusing steroids? Sometimes it's hard to tell. But there are signs you can look for. If a person has one or more of the following warning signs, he or she may be abusing steroids:

For Boys:

- Baldness
- Development of Breasts
- Impotence

For Girls:

- Growth of facial hair
- Deepened voice
- Breast reduction

For Both:

- Jaundice (yellowing of the skin)
- Swelling of feet or ankles
- Aching joints

- Bad breath
- Mood swings
- Nervousness
- Trembling

Questions and Answers

Q. Are steroids addictive?

A. Yes, they can be. Withdrawal symptoms include mood swings, suicidal thoughts or attempts, fatigue, restlessness, loss of appetite, and sleeplessness.

Q. How long do steroids stay in your system?

A. The length of time that steroids stay in the body varies. Injected steroids may be detected in the body for 3 to 4 months while the oral types may remain for 1 to 4 weeks.

Q. What can I do to excel in sports if I don't use steroids?

A. Focus on getting proper diet, rest, and good overall mental and physical health. These things are all factors in how the body is shaped and conditioned. Excelling in sports is achievable and done by millions of athletes without relying on steroids.

Q. What are the slang terms related to steroids?

A. Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice. Other slang terms associated with steroid use include:

- Roid rages – uncontrolled outbursts of anger, frustration, or combativeness that may result from using anabolic steroids.
- Shotgunning – taking steroids on an inconsistent basis.
- Stacking – using a combination of two or more anabolic steroids.

To learn more about steroids, contact:

Substance Abuse & Mental Health Services Administration

National Clearinghouse for Alcohol and Drug Information

800/729-6686 – TDD 800/487-4889

linea gratis en espanol 877/767-8432

www.ncadi.samhsa.gov

TULIA ISD HANDBOOK

ACKNOWLEDGEMENT OF RECEIPT

I have received a copy of the Tulia ISD Athletic Handbook. I understand that I will be held accountable for the information outlined in this handbook.

Athlete's Name (Print) _____

Athlete's Signature _____

Date _____

I have received a copy of the Tulia ISD Athletic Handbook. I understand that all athletes will be held accountable for the information outlined in this handbook. I give my approval for _____ to participate in the athletic program at Tulia ISD under the guidelines of the Tulia ISD Athletic Handbook.

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____

Date _____

TULIA ISD HANDBOOK

ACKNOWLEDGEMENT OF RECEIPT

I have received a copy of the Tulia ISD Athletic Handbook. I understand that I will be held accountable for the information outlined in this handbook.

Athlete's Name (Print) _____

Athlete's Signature _____

Date _____

I have received a copy of the Tulia ISD Athletic Handbook. I understand that all athletes will be held accountable for the information outlined in this handbook. I give my approval for _____ to participate in the athletic program at Tulia ISD under the guidelines of the Tulia ISD Athletic Handbook.

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____

Date _____