



# Tolleson Union High School District

## 2022-2023 Athletics Handbook



<b>COPPER CANYON HIGH SCHOOL</b> (623) 478-4800	<b>LA JOYA COMMUNITY HIGH SCHOOL</b> (623) 478-4400
<b>SIERRA LINDA HIGH SCHOOL</b> (623) 474-7700	<b>TOLLESON UNION HIGH SCHOOL</b> (623) 478-4200
<b>TOLLESON VIRTUAL HIGH SCHOOL</b> (623) 478-4134	<b>UNIVERSITY HIGH SCHOOL</b> (623) 478-4380
<b>WEST POINT HIGH SCHOOL</b> (623) 474-8700	<b>WESTVIEW HIGH SCHOOL</b> (623) 478-4600
<b>CONTINUING EDUCATION ACADEMY</b> (623) 478-4120	<b>LIGHTHOUSE ACADEMY</b> (623) 478-4377

# Table of Contents

	Page
Purpose .....	1
High School Athletic Philosophy.....	1
High School Athletic Goals And Objectives .....	1
Student Athlete Code Of Conduct .....	2
Sources of Information for Parents/Students .....	5
Sportsmanship Requirements.....	6
Hazing Prevention Procedures .....	7
Arizona Interscholastic Association Eligibility Rules .....	8
Sports Participation Guidelines.....	9
Procedures For Athletic Participation Clearance .....	10
Student Athlete Academic Eligibility .....	11
Extracurricular Activity Eligibility .....	12
Pre-Participation Process .....	18
Insurance Guidelines.....	19
Risk Warning & Informed Consent Guidelines .....	19
AIA Position Statement .....	24
Scheduling Of Contests .....	26
Out Of Season/Summer Guidelines .....	26
Uniform And Equipment Replacement Rules .....	26
TUHSD Athletic Department Contact Information .....	30

## PURPOSE

This handbook is intended to provide a tool for Tolleson Union High School District student athletes and their parents with information that is essential to successful and fulfilling participation in the interscholastic athletic program. It is the District's expectation that the student athletes and their parents be held responsible for adherence to the requirements and expectancies set forth in this handbook.

## HIGH SCHOOL ATHLETIC PHILOSOPHY

We believe athletics to be a beneficial and valuable experience for the young people of Tolleson Union High District high schools. This is an area in which young men and women can develop the skills they will need to meet the demands and challenges of adult life. Such valuable personal traits as sacrifice, determination, dedication and the will to succeed will always be a part of athletics and is only one of many activities provided. All students are to remember that classroom performance must come first. The athletic departments will strive to be a source of pride for our athletes, students, school and community. (The Tolleson Union High School District athletic programs will continually seek to make significant contributions to the total education of the students.)

## HIGH SCHOOL ATHLETIC GOALS AND OBJECTIVES

With the following goals and objectives in mind, the athletic departments seek to contribute to the growth, development and education of the young men and women who attend our high schools:

- Each student should become aware of the importance and value of a physically fit body, how to reach an acceptable fitness level and how to maintain that level.
- Each student should understand the important role of healthy mental attitudes and emotional stability in effective athletic performance.
- Through the principles of justice, fair play and good sportsmanship, each student will develop good citizenship and respect for rules and authority.
- Each student will be provided the opportunity to develop his/her athletic skills to their fullest potential.
- Each student will gain an understanding and appreciation of the risks inherent in athletic participation and become aware of measures he/she can employ to effectively reduce those risks.
- The athletic programs will seek to promote community interest and involvement in school activities by providing enjoyable experiences for participants and spectators.
- Each student will realize the benefits of self-esteem, self-confidence, self-discipline, a desire to achieve and a commitment to excellence.
- The athletic programs will develop the leadership qualities that exist in each of our students.
- Each student will become aware of the importance of setting goals and dedicating one's self to reaching those goals by making the necessary sacrifices.

## **STUDENT ATHLETE ASSUMPTION OF RISK STATEMENT**

### **An Important Safety Statement**

Safety for student athletes during participation in the interscholastic athletic program is of utmost concern. We attempt to provide all student athletes with a safe practice and playing environment. Our coaching staffs are carefully selected to ensure competence in conducting their sport. We provide the best in protective equipment and include proper facilities maintenance as an important aspect in injury prevention.

Despite these efforts, injuries do occur. Athletic competition by its very nature creates various situations where injuries cannot be avoided. As an athletic participant, **there is always the possibility that you may sustain** an injury. The injury sustained could range from minor contusion to a severe spinal cord injury resulting in quadriplegia or death.

Participation in athletic competition provided the individual with a positive educational experience that can add to the individual's development. The participant and participant's parents must realize, however, that there is a potential for **serious injury**. Individuals who cannot accept the injury risk should redirect their energies to either a non-athletic activity or select a sport with a reduced injury potential.

\*Each sport and facility may have unique kinds of injury risks. Individual schools and sports may require athletes and parents to sign additional sports specific risk statements.

## **STUDENT ATHLETE CODE OF CONDUCT**

The interscholastic Athletic program at Tolleson Union High School District facilitates the personal growth and education of students through their participation in a comprehensive program of AIA sports. As an integral part of the school, the Athletic program actively promotes fair equity and diversity.

To this end, the Athletics Department has adopted a standard of ethical conduct and behavioral expectations for all athletes in the Tolleson Union High School District. A balanced student-athlete will be a responsible citizen, who achieves academically and performs athletically. Violation of this code of conduct is a significant event and calls for disciplinary action.

### **I. Standards of Conduct**

1. It is a privilege and not a right to be a student-athlete in the Tolleson Union High School District.
2. On and off campus and in cyberspace communities, you are expected to conduct yourself in a manner that exhibits honor and respect to our school, students, teachers and staff.
3. As a student-athlete you are expected to conform to all federal, state, and local laws as well as school and Tolleson Union High School District regulations regarding academics, and general conduct.
4. Students penalized for violating public laws are not exempt from further prosecution by school authorities if actions also violate school rules.
5. The athletic department and respective coaches reserve the right to implement additional sanctions.

6. Tolleson Union High School District expects its student-athletes to demonstrate academic integrity and accomplishment, train and strive for their highest degree of athletic excellence and sportsmanship, and to conduct themselves responsibly as members of the campus and larger community.
7. Hazing - behavior that endangers the physical or mental health of any person – or damages property will not be tolerated.
8. Sportsmanship is respect for oneself, teammates, coaches, officials, opponents, and property.
9. Sportsmanship also requires maintaining self-control and refusing to be drawn into or encourage physical conflict not otherwise required by proper execution of the sport.

Sportsmanship: Sportsmanship shall be defined in accordance with the standards of the A.I.A. and the Tolleson Union High School District. In general, a sportsperson is one who can take a loss or defeat without complaint, a victory without gloating, and who treats opponents with fairness, generosity, and courtesy. All student-athletes are obligated to represent themselves, the team, the Athletic Department, the school, their families, and their communities, with the highest level of sportsmanship.

## II. Prohibited Conduct

Prohibited conduct includes violation of any of the standards established by the governing authorities identified above. Student-athletes must not violate any of the policies described below.

1. *Academic Dishonesty*: The Athletic Department will not tolerate acts of academic misconduct which includes, but is not limited to: cheating, falsification/fabrication, tampering, plagiarism, facilitating academic misconduct, and other academic misconduct.
2. *The possession or use of illegal drugs, tobacco and or alcohol* is strictly forbidden.
3. *Hazing*: Hazing in connection with membership or participation in athletic team activities is strictly prohibited.
4. *Cyberspace* (including social networking websites): Student-athletes are permitted to have profiles on social networking websites provided that a) no offensive or inappropriate pictures are posted, b) no offensive or inappropriate comments are posted and/or c) any information placed on the website(s) does not violate the ethics and intent behind the Tolleson District Student Code of Conduct, the student-athlete code of conduct, and all other applicable state, federal, and local laws.
5. *Violence*: The Tolleson Union High School District is committed to creating and maintaining a community in which its members are free from all forms of harassment, exploitation, intimidation, and violence. Student-athletes are prohibited from engaging in violent acts including assault on a person or property, hate crimes, hazing, stalking, sexual violence, or any other conduct prohibited by law.
6. *Sexual Assault*: The Department of Athletics will not tolerate sexual harassment, intimidation, stalking, sexual assault, domestic violence, or other related violations.
7. *Disrespect*: At all times, student-athletes are required to conduct themselves in a manner respectful of themselves, their team, the school, the Department of Athletics, game officials, opponents, and property. Student-athletes are to refrain from disrespectful conduct such as unsportsmanlike conduct; profane, abusive, demeaning, harassing, threatening, or obscene expression; or deliberate damage to equipment or other property. Disrespectful conduct will be reviewed by the head coach and director of athletics and may result in disciplinary action.

8. *Poor Sportsmanship*: Student-athletes are held accountable to a high standard of ethical conduct in all activities affecting the athletics program, whether as a participant or as a spectator.
9. *Unexcused Class Absences and Poor Academic Performance*: Student-athletes are expected to attend class regularly and punctually, and to fulfill course academic performance requirements. Failure to meet such obligations may affect eligibility to participate, eligibility, and academic standing.
10. *Failure to Meet Team Obligations*: Student-athletes must complete training requirements; arrive promptly for team practices, meetings, and departure for away games and other team events; attend team functions; and otherwise fulfill their responsibilities as team members. Absences must be communicated in advance to the Head Coach unless an unforeseeable emergency arises.

### **III. Disciplinary Process and Sanctions**

Sanctions levied by Athletics may occur over and above those levied by the school. Sanctions will vary depending on the type and circumstances of the violation. When the Department of Athletics becomes aware of an alleged violation of this Code of Conduct, the director of athletics or his/her designee (“the AD”) will take reasonable steps to verify the validity, reliability, and accuracy of the report. These steps may include interviews of students and employees, or of all persons having knowledge of relevant facts; examination of documents; and other steps necessary for the AD to determine the merits of the report. A meeting with the student-athlete will ordinarily occur before any discipline is imposed; however, in extenuating circumstances, the AD may suspend the student-athlete before the meeting.

Determination of responsibility will be based on a preponderance of evidence and information available. A first-time offense may be serious enough to warrant any of the possible sanctions listed below. A student-athlete’s refusal to participate and cooperate in an Athletic Department investigation of possible violation of this Code of Conduct or AIA rules may itself constitute a basis for disciplinary action.

Possible Sanctions include but are not limited to:

1. Warning
2. Probation – *Special status with conditions imposed for a limited time*
3. Restitution – *i.e., payment for damaged property*
4. Suspension – *Removal of a student-athlete from all athletic department activities for a limited period of time*
5. Expulsion – *Permanent removal from a team and/or department activities regulations*

#### **Violations of Team Rules**

Each student-athlete is responsible for following his/her specific team policies. These policies shall be in writing and distributed to team members at the beginning of the playing season. The Head Coach and the Athletic Director all have authority to impose sanctions.

#### **Violation of Criminal Law**

Student-athletes arrested for, or charged with, violating the criminal law will be immediately suspended from practice and competition. Based on available information, the director of athletics may at any time, prior to a finding or plea of guilty to a criminal charge, may lift or modify the suspension.

#### IV. Appeals

The student athlete will be given the opportunity to make a written statement within five days about the circumstances and why he or she feels reinstatement is warranted. Upon conclusion of an appeal, the building principal will notify the student in writing as to the result of the appeal.

#### V. Agreement/Waiver (Signed on Register My Athlete)

I understand and agree that I am required to know, understand, and follow the standards contained in the Tolleson Union High School District Student-Athlete Code of Conduct. In addition, I understand and agree that I am responsible for knowing, understanding, and following the rules, policies, and procedures of Tolleson Union High School District, and my sport's team policies.

I understand the possible sanctions which could be imposed due to a violation of any of the policies listed above. If I have further questions regarding this Student-Athlete Code of Conduct, I can ask my coach or athletic director.

### **IMPORTANT SOURCES OF INFORMATION FOR PARENTS/STUDENTS**

#### **Tolleson Union High School District**

[www.tuhsd.org](http://www.tuhsd.org)

(Athletic information on District and School websites)

#### **Arizona Interscholastic Association**

<http://aiaonline.org>

(The AIA by-laws, rules, and regulations for all sports as well as power ratings, state tournament information, articles on high school sports, and AIA programs offered)

#### **AZPreps365**

[www.azpreps365.com](http://www.azpreps365.com)

(One-stop shop for Arizona High School Sports – schedules, scores, rankings, brackets, videos and more.)

#### **National Federation of State High School Association**

<http://nfhs.org>

(Rules and information relating to high school athletics across the nation)

#### **Register My Athlete**

<http://registermyathlete.com/schools>

#### **Brainbook: Concussion Education**

<https://academy.azpreps365.com/>

#### **Opioid Education: The Game You Can't Win**

<https://academy.azpreps365.com/>

#### **NCAA Eligibility Center**

<https://web3.ncaa.org/ecwr3/>

#### **NAIA Eligibility Center**

<https://www.naia.org/student-athletes/future-student-athletes/index>

# SPORTSMANSHIP REQUIREMENTS

## “VICTORY WITH HONOR.....SPORTSMANSHIP AND CITIZENSHIP”

The Tolleson Union High School District supports the Arizona Interscholastic Association (AIA) in the Pursuing Victory With Honor program. Sportsmanship and citizenship will form the foundation of all district athletic programs. Student athletes, parents, coaches and spectators are expected to adhere to the principals of good sportsmanship at all times. Interscholastic athletics serves as an educational function in public schools, it is not about winning. **As a spectator you are a guest at our educational activities and expected to be a good sport at all times. Coaches, athletes and the participants are held to the same high standards of good sportsmanship.**

### Six Pillars

#### Trustworthiness

- Be honest – *Don't deceive, cheat or steal*
- Be reliable – *Do what you say you will do*
- Have the courage to do the right thing
- Build a good reputation
- Be loyal – *Stand by your family, friends and country*

#### Respect

- Treat others with respect; follow the Golden Rule
- Use good manners, not bad language
- Be considerate of the feelings of others
- Do not threaten, hit or hurt anyone
- Deal peacefully with anger, insults and disagreements

#### Responsibility

- Do what you are supposed to do
- Persevere: Keep on trying -- *Always do your best*
- Use self-control; Be self-disciplined
- Think before you act – *Consider the consequences*
- Be accountable for your choices

#### Fairness

- Play by the rules; take turns and share
- Be open-minded; listen to others
- Do not take advantage of others; do not blame others carelessly

#### Caring

- Be kind, be compassionate and show you care
- Express gratitude -- forgive others -- help people in need

#### Citizenship

- Do your share to make your school and community better
- Cooperate -- stay informed, vote
- Be a good neighbor; obey laws and rules
- Respect authority; protect the environment

## HAZING PREVENTION PROCEDURES

The Arizona legislature has issued a mandate (A.R.S. 15-2301) to “every public educational institution in this state.” This law:

- Requires school districts to “adopt, post, and enforce a hazing prevention policy.”
- Directs that “the hazing prevention policy shall be printed in every student handbook for distribution to parents and students.”
- Sets forth specific provisions which must be included in the “hazing prevention policy.”

It is the responsibility of all Tolleson Union High School District personnel (including principal, athletic directors, coaches, teachers, and staff) and students to be aware of and strictly adhere to the following policy;

- “Hazing” means any intentional, knowing, or reckless act committed by a student whether individually or in concert with other persons, against another student, and in which both of the following apply:
  - The act was committed in connection with an initiation into, an affiliation with or the maintenance of membership in any organization that is affiliated with Tolleson Union High School District.
  - The act contributes to a substantial risk of potential physical injury, mental harm or degradation or causes physical injury, mental harm or personal degradation.
- “Organization” means an athletic team, association, order, society, corps, cooperative, club, or other similar group that is affiliated with an educational institution and whose membership consists primarily of students enrolled at that educational institution.
- Hazing is strictly prohibited and will not be tolerated.
- This prohibition includes:
  - any solicitation to engage in hazing; and
  - aiding and abetting another person that is engaged in hazing.
- The fact that a person consents to or acquiesced in the hazing activity to being “hazed” does not constitute a defense to violation of this policy.
- All students, teachers and staff shall take reasonable measures within the scope of their individual authority/ability to prevent violations of this policy.

The following procedures are to be employed by students, teachers and staff in reporting violations of this policy, or for filing complaints for violations of this policy:

- Standard administrative procedures will apply for all teachers and staff, as directed by the administration and include the appropriate due process provided and implemented by school administration for investigation of reports of violations of this policy.
- **Violations of these hazing procedures may result in notification to the appropriate law enforcement agencies.**
- Penalties and sanctions for violation of this policy shall be imposed in accordance with the Tolleson Union High School District Student Athlete Code of Conduct.
- The appeals process for those who are subjected to disciplinary action under this policy shall follow current district disciplinary guidelines.

# ARIZONA INTERSCHOLASTIC ASSOCIATION ELIGIBILITY RULES

(Please refer to [www.aiaonline.org](http://www.aiaonline.org) for AIA Bylaws: Articles 14 and 15)

## Article 14.4 NONSCHOOL PARTICIPATION

14.4.1 A student who is a member or becomes a member of a school team shall not practice, have practiced or compete with any other group, club, organization, association, etc., in that sport during the interscholastic season of competition. This rule applies to the following team sports: football, baseball, basketball, volleyball, soccer, softball, track relay and swimming relay teams. For purposes of this rule, the interscholastic season of competition shall begin with the first regularly scheduled game and conclude with that particular team's final game. Any student violating the above rule shall forfeit his/her eligibility for a minimum of the balance of the season for that sport or up to a maximum of one calendar year.

14.4.2 Tryouts/Workouts – a student is permitted to participate in a maximum of two tryouts/workouts in any sport during that sport's season of competition. For purposes of this rule, a tryout/workout is defined as one for a professional team, a collegiate program, or for a national team. If a student participates in more than two tryouts/workouts, he/she shall be ineligible for the remainder of that sport's season of competition.

14.4.3 Attendance at out of season activities and summer activities shall be voluntary and no student athlete shall be prohibited from participating on athletic teams for failing to attend.

## 14.5 INDIVIDUAL COMPETITION

14.5.1 A student competing as an individual and in his/her name shall not be coached by, transported by, financed by, or chaperoned by the school or school personnel. He/She shall not be identified as a representative of the school. He/She shall not use any school equipment when competing.

14.5.2 Any swimmer or runner, who competes outside of their school team during the season of sport, must compete UNATTACHED from the school.

## Article 15 STUDENT ELIGIBILITY

- 15.1 Student Eligibility Requirements
- 15.2 Application of Student Eligibility Rules
- 15.3 Enrollment Rule
- 15.4 Academic Rule
- 15.5 Domicile Rule
- 15.6 Age Limit / Birth Record Rule
- 15.7 Physical Examination Rule
- 15.8 Parental or Legal Guardian Consent Rule
- 15.9 Maximum Participation Rule
- 15.10 Transfer Rule

After enrolling and attending one or more classes, a student changing enrollment from one school (sending school) to another school (receiving school) shall be considered a transferring student. For information and record keeping purposes, the receiving and sending school shall reasonably cooperate and complete Form 550.

15.10.1 In State Transfers – a student shall be ineligible for all contests at all levels until after the first 50% of the maximum allowable Power Rankings regular season contests in those sports in which the student participated during the twelve (12) months immediately preceding the transfer.

Participation is defined as a student participating in the sport during a regular season game as is specified by the AIA standardized calendar.

15.10.1.1 For individual sports, the student will be ineligible for 50% of allowable competitions for that school on the AIA calendar.

15.10.1.2 If a transfer occurs during the season, the student is ineligible for one year from the date of first attendance at the receiving school in that sport.

15.10.1.3 In case of any subsequent transfer by the student, the student is ineligible for one year from the date of first attendance at the receiving school.

- 15.11 Amateur Rule
- 15.12 Recruitment Rule
- 15.13 Eligibility Appeal Procedures
- 15.14 Hardship (Form 15.10)
- 15.15 International Student Eligibility

## SPORTS PARTICIPATION GUIDELINES

### Athlete Responsibilities

Participation in high school athletics is a privilege that carries with it a certain amount of individual responsibility. The following guidelines are set forth to help each athlete meet and accept those responsibilities:

- Report all injuries to the coach and athletic trainer as soon as possible.
- Team practices are scheduled for almost every school day, as well as some Saturdays and holidays, unless otherwise canceled. Team members are expected to be punctual in reporting to practice. In case of a necessary absence from practice, it is the athlete's responsibility to notify the coach before the practice or contest.
- AIA Article 14.2 **No open facility, practice, contest, chalk talk, or films are permitted on Sunday during the school year.**
- District guidelines are to provide transportation for students involved in activities/events that take place away from their home campus. Students are required to travel with their club/team. *See the section entitled "Travel Procedures for Students" for specific rules pertaining to students riding home with a legal parent/guardian following an event.* This procedure is to be used only under circumstances when it is absolutely essential and not on a routine basis (Page 25).
- As members of an athletic team, athletes are representing much more than themselves. Our athletes should strive at all times, in their dress, actions, and behavior, to reflect only those qualities and characteristics that will bring pride to themselves, their team, and their high school.
- **The athlete is held responsible for all athletic equipment issued to him/her.** Athletic equipment should not be worn around school unless the athlete is directed by his/her coach to do so. Any lost or stolen athletic equipment should be reported immediately to the coach so that the appropriate steps can be taken to locate the item. **The athlete will be required to pay for any equipment that is assigned during the check-out process and not returned at the conclusion of their participation.**
- On the field or court, athletes must conduct themselves in a commendable manner. The expectation is that all athletes have complete control of themselves at all times. Coaches will review and discuss more specific regulations related to proper athletic conduct. Refer to AIA Sportsmanship Rule in this handbook.

- Any athlete who voluntarily leaves a team or is released from the team for any reason may not participate in any other organized team activity until the sport from which he/she dropped has ended. Exceptions are subject to coach and athletic director's approval. Any athlete planning to voluntarily leave a squad must first notify his/her coach in advance of this action. Any athlete not having paid their participation fee in full will be assessed a fine on their bookstore account for the amount due.
- Our high schools give athletic awards to those students that successfully participate in the interscholastic athletic program. This minimum requirement for earning an athletic award is completing the season in good standing. However, there may be additional requirements stipulated by the coach. Certificates will be given to each athlete who letters by the site athletic program.

## PROCEDURES FOR ATHLETIC PARTICIPATION CLEARANCE

All students must meet the minimum requirements set forth by the Arizona Interscholastic Association and receive participation clearance from the site athletic director before they will be issued any equipment, **allowed to attend open facilities, tryout, practice**, or be eligible to participate in interscholastic competition. The procedure for receiving athletic participation clearance is as follows:

Go to Register My Athlete: <http://registermyathlete.com/schools> to set up an account and register your student. Instructions can be found on the District website under Programs / Athletics.

The clearance process includes the following information:

- Electronic Document Approval
  - Equipment Checkout/Parental Consent to Participate
  - Statement of Awareness
  - MTBI/Concussion Annual Statement
  - NCAA Clearinghouse
  - Student Athlete Code of Conduct
  - Risks Associated with Opioid Use
- Insurance Verification
- E-Signatures
- Signed Documents and Certificates
  - AIA Annual Physical Evaluation/Examination  
**Examination Form must have doctor signature and doctor office stamp**  
*(Upload via Register My Athlete)*
  - AIA Brainbook & Opioid Courses Certificates  
*(Upload via Register My Athlete)*
  - Birth Certificate  
*(Upload via Register My Athlete)*
  - Consent for Emergency Care  
*(Upload via Register My Athlete)*
- Participation Fee
  - An annual Athletics Fee of \$50.00 per sport payable at the student bookstore.
  - Any athlete not having paid their participation fee in full will be assessed a fine on their bookstore account for the amount due.
  - Note: Debts to the bookstore **must** be paid in full before clearance will be given.

## Attendance

No student may participate in an extracurricular activity on any date during which the student has been absent for more than one-half (1/2) of the class periods in which the student is enrolled

Students, whose parents have called in the morning excusing them for the entire day, arriving during the second half of the day must report to the attendance office to remove the excused absence for the afternoon periods.

## STUDENT ATHLETE ACADEMIC ELIGIBILITY

The State Board of Education as mandated by the Arizona State Legislature requires that each school district must have in place a “No Pass No Play” policy. Athletics, speech, spiritline and ROTC are all defined as extracurricular activities that fall under the “No Pass No Play” policy.

Student-athletes’ grades are checked on the dates below. If a student is failing one or more classes, they will lose a minimum of one week of eligibility from Monday to Friday. At the start of following three consecutive weeks, the Athletics Office will run a report to determine if a student can regain eligibility until the next eligibility check.



### Tolleson Union High School District Eligibility Timeline 2022-2023

Eligibility Check	Reinstatement Check	Reinstatement Check	Reinstatement Check
August 15	August 22	August 29	
September 5	September 12	September 19	
September 26	October 3	October 10	
Eligibility Check	Reinstatement Check	Reinstatement Check	Reinstatement Check
October 17	October 24	October 31	
November 7	November 14	November 21	November 28
December 5	December 12	December 19	December 26
Eligibility Check	Reinstatement Check	Reinstatement Check	Reinstatement Check
January 9	January 16	January 23	
January 30	February 6	February 13	
February 20	February 27	March 6	March 13
Eligibility Check	Reinstatement Check	Reinstatement Check	Reinstatement Check
March 20	March 27	April 3	
April 10	April 17	April 24	
May 1	May 8	May 15	

A student-athlete can become Eligible to play over break.

A student-athlete will not become Ineligible to play until after a break.

## EXTRACURRICULAR ACTIVITY ELIGIBILITY (TUHSD GOVERNING BOARD POLICY JJJ)

All interscholastic activities in grades nine (9) through twelve (12) that are 1) of a competitive nature and involve more than one (1) school where a championship, winner, or rating is determined and 2) endeavors for which no credit is earned in meeting graduation or promotion requirements that are of a continuous and ongoing nature, organized, planned, or sponsored by the District, consistent with District policy, shall be conducted under the provisions of this policy. Such activities will be established and designed to offer students worthwhile athletic and leisure-time interests, wholesome recreational and social activity, and an opportunity to develop skills in democratic and cooperative management for these activities. These programs will be appropriate to the maturity of students and as varied as staff and facilities permit.

All such activities conducted under the auspices of the District shall be under the direct supervision of the certificated individual responsible for the activity.

It is necessary to have the extracurricular activities function within a realistic framework of control. In order that overenthusiastic students do not place a social or athletic function on a higher plane than the academic program, the following policy will be adhered to:

- A. Students who, upon having their work checked on a cumulative basis at the end of each three (3) week period, and have one (1) or more failing grades will be ineligible to participate in competition for any athletic teams or extracurricular activities. Students determined to be ineligible for competition may participate in practice sessions and/or attend meetings. After they earn a passing grade in all classes, they shall be reinstated when the subsequent weekly reinstatement report is performed, unless ineligible for some reason other than academic performance.
- B. The eligibility criterion for extracurricular participation shall be a passing grade in all classes in which the student is enrolled, and the student shall maintain progress toward promotion or graduation.
- C. The responsibility for notification of students and parents of these requirements and for enforcement of the above rule rests with the Superintendent.
- D. The student and the parent(s) or guardian(s), and coaches/sponsors shall be notified of ineligibility in a manner such that is timely and respects confidentiality. Timeliness indicates earnest communication attempts within twenty-four (24) hours of determination of ineligibility.

Process for communication of eligibility status to players, parent/guardians, coaches:

- a. Coaches shall receive an eligibility report from the athletic office each Monday
  - b. Students shall receive verbal notification from Coaches within twenty-four (24) hours
  - c. Parents shall receive notification from Coaches within twenty-four (24) hours
- E. Support services shall be made available to students who become ineligible for extracurricular programs.

Students whose behavior presents a problem or jeopardizes school discipline may be ineligible for participation in extracurricular activities until such time as their behavior warrants reinstatement.

The same general standards shall apply for special education students except that such eligibility shall be determined on a case-by-case basis in relationship to the respective students' individual education programs.

The Superintendent shall consult with and invite comment on this policy from parents and teachers and shall make recommendations to the Board regarding this policy, as necessary, after considering such comments. The Board, as a part of the procedure for adoption of this policy, shall hold a public hearing on the contents of this policy. [The Board, as a part of the procedure for adoption of this policy, shall form an advisory committee for input from parents and teachers.]

A school district governing board, a charter school or an interscholastic athletic association of which a school district governing board or charter school is a member may not prohibit a pupil from wearing a religious or cultural accessory or hair piece while participating in an extracurricular or athletic activity if the accessory or hair piece does not jeopardize the health or safety of the pupil or any other person participating in the activity, as determined by the supervisor of the extracurricular activity or the officiant of the athletic activity.

The Superintendent shall establish regulations to ensure that:

- A. Necessary documents in support of this policy are maintained.
- B. Necessary data related to ineligible students are collected and reported as required by law.
- C. The cultural traditions of students are considered when establishing or enforcing rules related to participation in extracurricular activities.
- D. The requirements of this policy are met.

The Superintendent may develop additional rules or procedures for the proper conduct of extracurricular programs and the implementation of the provisions of this policy.

Adopted: May 23, 2017

## **Educational Support Services**

Educational support services may include, but are not limited to:

- Individual assistance from teacher.
- Supervised study periods.
- Tutor program.
- Study skill program.

These services shall be available to all students. Students who are participating or attempting to participate in extracurricular activities and are declared ineligible by this rule shall be directed by the certificated supervisor of the activity to the appropriate support service(s).

Any student whose behavior during extracurricular activities is inappropriate to the spirit of the event and/or violates District Student Behavior Guidelines may be denied participation in an extracurricular activity until such time as a behavior of the student warrants reinstatement.

## **Monitoring**

It shall be the responsibility of the **Head Coach** of any activity to monitor and communicate the eligibility status of the student(s) participating or attempting to participate in the activity.

Remediation plans are available to all students. It is the student's responsibility to attend assigned sessions or make special arrangements for any individual remediation services. Parents may contact the coach/sponsor, the teacher, or the athletic director for information and assistance in student remediation at any time.

## **SAFETY GUIDELINES**

Tolleson Union High School District is committed to making the health and safety of its athletes the highest priority of the interscholastic athletic program. To this end, the district employs athletic trainers at every high school and imposes strict requirements upon athletic directors and coaches for knowledge of, and adherence to, safety policies and procedures.

We know, however, that the efforts of Tolleson Union High School District personnel can only go so far in providing protection from injury. **Athletes and their parents must also be committed to safety** for the district's goals to be achieved. In addition to focusing on the following areas of concern, athletes and parents will be provided with a continuous flow of information which is critical to athlete health and safety.

Tolleson Union High School District athletic trainers are nationally certified, state licensed health care professionals who specialize in athletic health care. If you have any questions or concerns about the risk of injury or illness due to athletic participation, or how to best reduce that risk, be sure to contact the athletic trainers at your school. On the following pages you will find detailed information concerning certain aspects of the "safety guidelines: which have been adopted by Tolleson Union High School District.



# Tolleson Union High School District

## Request for Review of Eligibility

*(This is not an official Grade Change Form)*

Copper Canyon    La Joya Community    Sierra Linda    Tolleson Union    University High    West Point    Westview

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

ID# \_\_\_\_\_

Course	Previous Grade Percent	Updated Grade Percent

Reason for Change in Grade:

Teacher Error: (Entering grades late is not an error)

**(Teacher Response)** What was the Error? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Student Absence:

**(Student Response)** What was the reason for the Absence? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Teacher Name (*Print*)

\_\_\_\_\_  
Teacher Signature

\_\_\_\_\_  
Student Name (*Print*)

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

\_\_\_\_\_  
Administrator Signature

\_\_\_\_\_  
Date

**COMPLETED FORM MUST BE SUBMITTED TO THE ATHLETICS/ACTIVITIES OFFICE**

*A student may request to change a class from credit to audit status through the first one-third (1/3) of any course. Any student who changes a class from credit status to audit status during the term will be ineligible under the No Pass/No Play regulations through the end of the term.*

*Any student may request to drop a class, without that class appearing on the student's transcript, before the end of the 5th week of any block class will remain on the transcript. They will be ineligible for the remainder of the term.*

## **High School Activity Participation Fee**

A \$50.00 per sport per year (not to exceed \$200.00 per family) participation fee will be assessed to enable the student to participate in any of the following AIA activities:

- Athletics
- Spiritline
- Speech and Debate
- Esports

The fee must be paid prior to participation in one of the above activities. Requests for fee waiver consideration due to hardship must be directed to your school's athletic director. There is a family cap for two or more participants from the same family. Funds generated will be used to cover the costs of game management, entry and tournament fees, officials, equipment, transportation and meal money for events.

## **Guidelines for Team Selection**

Participation in interscholastic activities is not a right. The following guidelines apply:

- An athlete will be offered ample opportunity to demonstrate their abilities.
- A tryout period of a minimum of three days is a district guideline, which may be subject to change by the coach in consultation with the site athletic director.
- The coach is responsible to establish a criteria system for team selection.
- The coach will review the selection process with the athletic director prior to tryouts.
- The coach will notify players of tryout results in a timely and sensitive manner.
- Coaches will be proactive with regard to the sensitive process of non-selection of all athletes.
- The coach may discuss tryout results with the athlete or parent but may not discuss with other athletes.
- Coaches will provide suggestions for improvement to help athletes, who are cut, prepare for the future tryouts.
- The coach may not use any off-season program participation as a basis for team selection.
- Multiple sports players must be allowed to tryout. Their selections to the team shall not result in cutting previously selected players, although it may involve changes in level of team on which those players will participate.
- There will be no public commentary regarding the selection process.

Note: In all instances, the final decisions for team selection will reside with the Head Coach with the process only subject to review by the Athletic Director.

## **Guidelines for Students Participating In Two Concurrent Sports**

- If it is deemed to be in the best interest of the student and athletic program, athletes may participate in two concurrent sports with the following conditions:
  - Both coaches must personally meet with the athlete and his/her parents to review the demands of each sport.
  - It must be mutually agreeable with both coaches with consideration given to practice schedules and games.
  - The student athlete must identify the primary sport. This sport has priority when necessary over the second sport.

- The student athlete and his/her parent/guardian must attend the preseason risk warning meeting and execute an informed consent form related to each sport.
- Participation of freshmen athletes in varsity sports is rarely appropriate and not to be encouraged. In those instances, where such participation is being considered, the following guidelines apply:
  - Before any freshmen athlete is placed on a varsity team/sport, the coach must communicate his/her intentions with their athletic director.
  - The head coach must communicate with the student athlete and parents/guardians. Discussion should focus on time commitments, academic concerns, and level of competition, health and safety issues, peer separation, and possible future burnout.
  - The coach, parents/guardians, and athletic director must reach a consensus regarding participation.

Note: The above guidelines for freshmen athletes do not apply to: Cross Country, Golf, Swim/Dive, Wrestling, Tennis and Track and Field.

### **Guidelines for Athletes with Disabilities**

Federal law prohibits any discrimination against students with disabilities and requires reasonable accommodation of such students to allow for them to be included as broadly as is reasonably possible in all school programs, including extracurricular activities. The following guidelines will be applicable to participation of students with disabilities in the Tolleson Union High School District athletic program:

- If they are cleared to participate through the athletic participation clearance process, reasonable accommodation must be made for the participation of athletes with disabilities. For example, an athlete with hearing loss must be allowed to have a qualified “interpreter” available during practices, games and team meetings to assure effective communication with that athlete.
- Other than making reasonable accommodation for their participation, athletes with disabilities must not be treated differently than any other athlete out of concern for their well-being. For example:
  - In wrestling, an athlete with disability cannot be continuously matched against smaller, younger, less mature participants out of a concern that the athlete will be at greater risk working against participants of similar size, age and maturity.
  - In baseball or softball, an athlete with hearing loss cannot be required to wear protective equipment that is not required of other athletes out of concern that he/she is at greater risk of being struck by a ball or bat.
- Athletes with disabilities and their parents/guardians will not be subjected to more stringent requirements pertaining to risk warning and informed consent than is the case with all other student athletes.

### **Scholar Athlete Recognition**

All athletes are subject to AIA rewards for individual or team academic excellence. A team with a combined GPA of 3.1 or an individual with a 3.5 GPA or more will receive state recognition.

## PRE-PARTICIPATION PROCESS

Tolleson Union High School District recognizes that effective pre-participation screening of all athletes is an essential component of providing for their safety. Consequently, an annual athletic participation clearance process which includes an annual pre-participation physical evaluation and an annual pre-participation physical examination is required for athletic participation. This requirement applies not only to “in-season” participation, but to any out-of-season (including summer) program which is organized and conducted by Tolleson Union High School District athletic staff.

### Screening Methods

Responsibility for facilitating and assuring compliance with pre-participation screening lies with the athletic director, athletic trainers and coaches at each school. Various factors may influence the particular details of a given school’s approach to pre-participation screening, but certain guidelines must be followed:

- A group screening (Physicals) may be conducted at each school. This would be scheduled in the spring, after March 1st or in the summer, prior to commencement of any in-season sports activities for the coming school year. The cost of these screenings (physicals) to the athletes will be nominal, and arrangements may be made for a waiver or payment plan for those athletes who are unable to afford the cost at the time of the screening as determined by the athletic director.
- Screenings (Physicals) at each school would be open to athletes from the host school and may be open to other Tolleson Union High School District schools, as long as prior notification and arrangements are made between the athletic director of the athlete’s school and the athletic director of the school conducting the screening (physical).
- Standardized screening forms (physical evaluation and physical examination), approved by the AIA, are required for all screenings (physicals) from an approved medical staff.
- The school athletic director, athletic trainers and school team physician would collaborate on planning and implementation of group screenings (physicals). At least one qualified physician must be present and sign all forms, and the screening staff shall be of sufficient size and qualification to assure effective screening of all athletes. School nurses, athletic trainers from other schools, and other qualified health care personnel may be used to support the physician(s) in the screening process.
- If an athlete is unable to participate in a group screening (physical), his/her parents/guardians will be responsible for arranging for private screening (physical) with a qualified physician of their choice. In this instance, the athlete/parent will obtain the appropriate screening (physical) form from the athletic director conducting screenings in a manner which assures uniformity for all athletes.
- 15.7.1 A student shall not be allowed to practice or compete in interscholastic athletics until there is on file with the principal or his/her designee a record of a preparticipation physical examination (PPE) performed by a doctor of medicine (M.D.), an osteopathic physician (D.O.), a naturopathic physician (N.D., N.M.D.), a certified registered nurse practitioner (N.P.) licensed to practice, a certified physician's assistant (PA-C) registered by the Joint Board Of Medical Examiners and the Osteopathic Examiners in Medicine and Surgery, or a certified chiropractic sports physician (CCSP). The physical examination for the following school year shall be given on or after March 1. The physical examination on file shall be signed by one of the aforementioned medical

providers and shall state that, in the opinion of the examining provider, the provider did not find any medical reason to disqualify the student from practice or competition in athletic contests. The principal or his/her designee, if deemed advisable, may require a student to be reexamined.

- A screening (physical) is valid from March 1 through the last day of school the following school year unless the athlete has suffered a significant injury or illness since the screening (physical) was performed. In that instance, the athlete must be thoroughly evaluated by the athletic trainer before resuming participation. The athletic trainer may, in his/her discretion, recommend to the athletic director a re-screening.
- Screening (physical) forms shall be uploaded by the parent/guardian on Register My Athlete, maintained by the athletic director and made available to the athletic trainers.

## INSURANCE GUIDELINES

Availability of insurance coverage is critical to obtaining appropriate medical care for athletes, particularly in an emergency situation. Therefore, it is an important safety consideration.

### **Insurance requirement**

Tolleson Union High School District requires proof of insurance as a condition of participation in all sports programs. This applies not only to in-season activities but to all out-of-season (including summer) activities planned and facilitated by Tolleson Union High School District personnel. **A “waiver” of the insurance requirement by the parent/guardian will not suffice.**

### **Insurance coverage for purchase**

Tolleson Union High School District offers the parents the opportunity to purchase insurance coverage through an outside agency. Brochures will be available at each site for the appropriate coverage.

### **Verification of Compliance**

It is the responsibility of the school athletic director, athletic trainer, and head coach of each sport, to assure that the insurance requirement has been met prior to commencement of any form of participation by the athlete. **Insurance information for all athletes must be updated and maintained by the parent/guardian on Register My Athlete** so it is immediately accessible at every activity session, whether conducted on or off campus. Athletic Directors will work with their school’s bookstore organization to develop a fund from which school insurance can be purchased on behalf of athletes whose parents/guardians are unable to afford the coverage and have no primary coverage for the athlete.

## RISK WARNING & INFORMED CONSENT GUIDELINES

### **Responsibilities of Tolleson Union High School District**

Tolleson Union High School District recognizes its legal and moral responsibility to assure that prior to participating in athletic activities all students and their parents/guardians are entitled to be made aware of the risks which are inherent in their chosen sport and to give their “informed consent” to participation. Complete commitment and cooperation of administrators, athletic trainers, coaches, parents and athletes is essential to assuring that this responsibility is fulfilled.

The District also recognizes that educating parents and athletes concerning sport-specific risks is an essential component of reducing those risks and preventing injuries. This requires a comprehensive approach which is uniformly applied with parents and athletes of all athletic teams throughout the district.

### **Risk Warning Methodology**

The District will provide specific tools and methods for facilitating the education of parents and athletes concerning sport-specific risks and documenting their informed consent to participation. School athletic directors, coaches and athletic trainers will form the primary team at each school which is responsible for assuring that procedures and guidelines related to risk warning and informed consent are uniformly implemented with every sports team at that school. The following general guidelines will be followed:

- A standardized “Athletic Statement of Awareness” form is included in the Athletic Packet and by reading this document you will be asked as a parent/guardian and athlete to sign that you have received and read this information.
- A parent/athlete meeting may be conducted for each sports team prior to the commencement of pre-season practice for that team. All parents are urged to attend.
- Different levels of team for a given sport may meet together, but risks specific to each level will be addressed.
- General meetings scheduled by “sport season” may be conducted to address general and “season-specific” risks, but each sport must also meet with parents/athletes of that sport to address “sport-specific” risks.
- Use of audio-visual aids and handouts may be used as part of this educational process. Materials provided by the school athletic director with input from the appropriate advisory committee(s) and then reproduced and disseminated to all schools. In addition, the District web site will serve as sources for informed consent information, including the very important “risk video.”
- When athletes participate in multiple sports, they and their parents are strongly encouraged to attend all sport-specific meetings for each sport.
- Efforts will be made to assure that each year, new and meaningful information is provided in addition to the basic risk education so that athletes and their parents will not view the process as redundant and a waste of time. However, repetition of critical information is essential to assuring comprehension and retention of that information. The information provided at these meetings may save an athlete’s life.
- There are provisions for parents/athletes to have alternative opportunities to receive the risk information conveyed at the regularly scheduled meeting, and to pose any questions or concerns they may have related to risk issues. A video is available on the district website and athletic trainers and coaches, as well as the athletic director are available to discuss risk management information.
- The written consent given to participate in a sport during the regular sport season does not apply to out-of-season and summer activities for participants in that sport, or to unusual circumstances such as out-of-state travel to tournaments or camps related to that sport. Parents are strongly encouraged to attend meetings set up by coaches to explain the particulars of those activities.

- No unusual requirements will be imposed pertaining to athletes with disabilities. The standard process applicable to all students will include a provision for addressing any condition which exposes an athlete to “unusual” risk, e.g. prior surgery for an athletic injury, frequent concussions, history of heat illness, medical conditions which predispose athletes to injury or illness, etc., as well as any legally defined “disability.”

NO ATHLETE WILL BE ISSUED EQUIPMENT OR CLEARED TO COMMENCE PRACTICE UNTIL ALL REQUIREMENTS HAVE BEEN MET AND THE ATHLETIC INFORMATION FORMS HAVE BEEN SIGNED AND FILED WITH THE ATHLETIC DIRECTOR.

### **Concussion Awareness**

In accordance with the AIA and the State of Arizona, the District recognizes the importance of concussion awareness in sports. In a two-part effort, the District has implemented for all coaches, trainers and student athletes an educational component (Brainbook) and a baseline testing program (ImPACT - Immediate Post-Concussion Assessment and Cognitive Testing).

Brainbook is the educational piece where all coaches, trainers and student athletes go through a comprehensive educational component designed to educate everyone of the danger of concussions, head injuries, and the risk of continued participation in athletic activity after a concussion. All coaches, trainers and student athletes must complete the course and receive a certificate that shows successful completion.

ImPACT is the diagnostic piece where every student athlete is baseline tested so that our ability to determine if a concussion has occurred is greatly increased. ImPACT is the first, most-widely used, and most scientifically validated computerized concussion evaluation system. Given the inherent difficulties in concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing. This type of concussion assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of a concussion.

- All coaches and trainers must be Brainbook Concussion Certificated
- All athletes will be Brainbook Concussion Certificated
- All athletes will be baseline tested using IMPACT
- All Parents will sign the AIA Concussion Annual Statement and Acknowledgement Form before athletic participation is allowed.

### **Heat Illness Prevention Guidelines**

Risk of heat illness poses a very serious problem for Tolleson Union High School District athletes and must be accorded the appropriate level of concern and consideration. Heat illness is the one form of athletic injury/illness that is absolutely preventable, and yet every school year brings reported instances of heat illness in high school athletes. Severe heat illness is a medical emergency and can produce permanent disability or death. Tolleson Union High School District athletic trainers and athletic directors are well-versed in nationally accepted guidelines for prevention of heat illness and serve as a valuable resource to aid and educate coaches, athletes, and parents regarding this issue.

## Prevention Education

The District recognizes that prevention is the best way to deal with heat illness. Prevention includes several key areas, including:

- A consideration for risks associated with exercising in hot, humid environmental conditions.
- *The need for gradual acclimatization over a 3 to 14-day period.*
- The need for athletes to progressively increase the intensity and duration of work in the heat with a combination of strenuous interval training and continuous exercise.
- The fact that well-acclimatized athletes should train for 1-2 hours per practice session under the climate conditions that will be present during their competitive events.
- The realization that “proper hydration” must be attended to throughout the day, not just during activity sessions. Athletes need to drink water throughout the day.

## Hydration Requirement Guidelines

Athletes must be hydrated prior to the beginning of each activity session, and then maintain those hydration levels throughout the session. Methods for assuring compliance with hydration requirements will be provided by athletic trainers but are dependent upon complete cooperation of parents and athletes. **These requirements must be followed each time an athlete engages in vigorous activity, whether in a school-sponsored session or in a personal workout.**

- To assure proper pre-activity hydration, athletes should consume at least 17-20 oz. of water or a sport drink 2-3 hours before the start of the activity session, and another 7-10 oz. within 10-20 minutes before the start of the session.
- During activity, athletes should consume at least 7-10 oz. of fluid every 10-20 minutes.
- Post-activity hydration should attempt to replace all fluid lost during the session within 2 hours. The best way to assure compliance is for the athlete to weigh before and after the session. Replacement of lost fluid is accomplished by returning to pre-session weight.
- Carbonated and caffeinated beverages interfere with hydration and must be avoided.
- Hydration requirements vary between athletes, based upon a number of factors. Certain athletes may be particularly susceptible to heat illness due to pre-existing conditions or medical history. Athletes and parents must rely upon their family physician and/or the school athletic trainer for guidance on these issues.
- Heat illness is not unique to “outdoor” activities, and can occur “indoors” under certain circumstances. **Follow hydration guidelines for all activity sessions.**

## **Injury Evaluation and Care**

While district athletic trainers are available to provide immediate evaluation and care to athletes during most practices and competitive events, and coaches are also trained to administer first-aid care, there are instances in which athletes and their parents need to make decisions on their own. Most commonly, this need will arise when the athlete begins experiencing symptoms at home which were not apparent during, or immediately following, the activity session.

Since injuries and other adverse health conditions are inevitable in athletics, and the severity of the problem may not be recognized immediately, it is important for athletes and parents to be continually alert to the development of symptoms.

The following guidelines are provided by the athletic trainers for use as a resource for parents/guardians and/or athletes to assist in determining the need for initial care and treatment

of injuries or conditions while at home, or in other instances when an athletic trainer or coach is not immediately available.

- How badly am I hurt? Should I see a doctor?
- Consider the degree of pain:
  - Debilitating pain – *stops performance; can't move the injured part.* \*
  - Limiting pain – *hinders performance; able to complete the activity.*
  - Temporary pain – *interferes with performance for no longer than seven days.* \*
  - Chronic Pain – *interferes with performance for longer than seven days.* \*
- Examine for deformity.
- Swelling – *amount is generally related to the severity of the injury; swelling within the first two hours indicates a significant injury.* \*
- Discoloration – *amount is related to the severity of the injury.*
- Comparison – *Does it look like the other one?*

**\*In any of these cases, see a doctor immediately.**

How should I care for my injury until I see a doctor? Your goals are to (A) control pain, (B) control swelling, and (C) prevent further injury.

### **R.I.C.E. Principle**

- **Rest** – Do not use the injured part if it is painful; immobilize if necessary.
- **Ice** – Apply ice to the injured part immediately; 20 minutes on, one hour off, repeat; ice will limit swelling and reduce the pain.
- **Compression** – Use an elastic bandage (which can be soaked in cold water to aid the cooling process) to add firm pressure.
- **Elevation** – Where practical, keep the injured part elevated higher than the heart for the first 24 hours.

If you sustain an injury when the athletic trainer is not available, and you are in doubt about how to treat the injury or whether or not you should see a doctor, discuss it with your coach or call your family physician. Do not underestimate injuries.

### **Return to Activity Following Injury or Illness**

One of the most critical concerns in athlete safety is the avoidance of unnecessary recurrence of injury or illness after return to activity. This requires that the athlete be fully recovered and properly reconditioned before returning to the rigors of practice and competition. The following principles apply to any situation requiring return to activity:

- If the injury or illness is of a minor nature, not requiring advanced medical care, the ATC shall be responsible for making the decision whether the athlete is fit for return to activity.
- If the injury or illness has required advanced medical care, written clearance from the treating physician (or team physician, if appropriate) shall be required for the athlete's return to activity. This written clearance shall reference the specific injury/illness and any limitations to be imposed upon the athlete.
- Following receipt of the physician's clearance, the athletic trainer shall evaluate the athlete and provide any necessary reconditioning. The athletic trainer shall notify the site athletic director that the athlete is ready for return to full activity.
- Based upon the recommendations of the athletic trainer, the athletic director shall then determine whether to approve the athlete for return to full activity.

## SUBSTANCE USE BY ATHLETES

The use of unlawful substances is a “safety issue” that is of major concern in high school athletics. Such usage has serious short-and-long-term consequences to the health and well-being of all high school students, but particularly to athletes. Combining substances which are deemed unlawful for minors, with the rigors of competitive athletics, creates significant risk of health consequences that can be very serious, and even life threatening. The “substances” includes: alcohol; tobacco; unlawfully obtained, or improperly used, prescription medications; recreational drugs such as marijuana, cocaine (in all forms), methamphetamines (in all forms) and heroin; anabolic/androgenic steroids, and all other performance enhancing substances.

The Tolleson Union High School District has a zero tolerance policy relating to the use of any of these substances. Violation of this policy by athletes will lead to immediate imposition of penalties. The use of any of these substances is of concern to the district as a matter of student health and safety as well as the integrity of the interscholastic athletic program.

With regard to performance enhancement, it is the position of the Tolleson Union High School District that this is effectively achieved through dedicated and disciplined compliance with guidelines provided by district athletic trainers and coaches for fitness, strength and skill development. The district does not approve of or condone, the use of any type of performance enhancing substances for increased muscle development or enhanced athletic ability. Such usage is a direct attack upon the integrity of athletics and is considered to be cheating. The District is strongly opposed to the use of any performance enhancing substances by athletes and members of the student body because of health and ethical concerns.

## AIA POSITION STATEMENT

### **Supplements, Drugs and Performance Enhancing Substances**

All AIA member schools are required to annually communicate this AIA Position Statement on the use of supplements, drugs and performance enhancing substances to every participant in interscholastic activities. (See Article 14, Section 14.13.2)

The Arizona Interscholastic Association (AIA) views sports, and the participation of student-athletes in sport, as an activity that enhances the student-athlete’s well-being by providing an environment and stimulus that promotes growth and development along a healthy and ethically based path.

- It is the position of the AIA that a balanced diet, providing sufficient calories, is optimal for meeting the nutritional needs of the growing student-athlete.
- It is the position of the AIA that nutritional supplements are rarely, if ever, needed to replace a healthy diet.
- Nutritional supplements use for specific medical conditions may be given individual consideration.
- The AIA is strongly opposed to “doping” defined as those substances and procedures listed on the World Anti-Doping Agency’s Prohibited List ([www.wada-ama.org](http://www.wada-ama.org)).
- It is the position of the AIA that there is no place for the use of recreational drugs, alcohol or tobacco in the lifestyle of the student-athlete. The legal consequences for the use of these products by a student athlete are supported by the AIA.

In Pursuit of Victory with Honor, the AIA promotes the use of exercise and sport as a mechanism to establish current fitness and long-term healthy lifestyle behaviors. It is the position of the AIA that the student-athlete, who consumes a balanced diet, practices sport frequently and consistently and perseveres in the face of challenges, can meet these goals.

### **Travel Procedures for Students**

The District guideline is to provide transportation for athletes to all practices and contests which take place away from the home campus of the affected team. **All athletes are required to use district-provided transportation.** The only exception is in the occasional situation where parents need to provide transportation to their child following an event. This requires compliance with specific policies outlined below. It should be done only when absolutely essential, and not as a matter of routine. The following guidelines are applicable to all transportation situations:

- Report ahead of scheduled time. It is better to be an hour early than a minute late. The bus will not wait on anyone.
- No one will be permitted to make the trip with the team who is not absolutely necessary. The coach always reserves the right to determine who makes the trip. If necessary, a list of those making the trip will be posted sometime prior to the day of the trip.
- Coaches will instruct participants as to the appropriate dress on all out-of-town trips.
- There will be NO FOOD/DRINK taken on trips unless arrangements have been made with the coach.
- Instructions will be given to keep the bus clean; and all participants will be asked to clean a portion of the bus in their area.
- Any student in possession of tobacco, alcohol or drugs (including but not limited to performance enhancing substances and steroids) will be subject to disciplinary action in accordance with team and district policies.
- Players should use the travel time to prepare mentally for the game. No horseplay or carelessness will be permitted on the trip.
- It is the responsibility of the parents or guardians to contact the coach/athletic trainer regarding departure time return time and other regulations relating to each trip.
- Participants are representing their school, coaches, parents, and the community. Everyone mentioned is judged by the behavior of the team.

When parents have a particular need to provide transportation to their child following an event, the following requirements must be met:

- They must obtain written approval from the school athletic director no later than the day prior to the day of the event.
- They must communicate directly with the head coach concerning their intentions and provide the head coach a copy of the written approval prior to the team's departure for the event.
- The head coach will allow the athlete to leave the event only with his/her parent/guardian.
- The head coach may adopt and enforce stricter requirements if and when they deem it necessary as approved by the athletic director.

## SCHEDULING OF CONTESTS

The AIA schedules all contests for member schools. Individual schools are part of the process when scheduling freedom games and athletic invitational tournaments.

The Tolleson Union High School District subscribes to the following considerations in relation to athletic schedules:

- Loss of school time
- Finances
- Distance
- Sensitivity with respect to religious holidays

## OUT OF SEASON/SUMMER GUIDELINES

Out of season activities relating to AIA sports will follow current AIA bylaws and regulations. Summer participation in activities related to AIA sports shall be under the direction of the site athletic director. All students participating in summer/out of season AIA sports activities shall meet the Tolleson Union High School District requirements for athletic clearance on Register My Athlete.

## UNIFORM AND EQUIPMENT REPLACEMENT RULES

### Equipment and Uniforms

- Students shall turn in all athletic equipment and school issued lock immediately after completion of any sport or after dropping out of that sport as the case may be.
- Students are not to share lockers or locker combination numbers with other students.
- Students will be required to pay for any equipment that is signed for during the check-out process and not returned at the conclusion of their participation.
- Abuse of equipment – “Normal” wear and tear is expected. You will be held responsible for unusual abuse or loss of equipment.
- School uniforms are to be used or worn only under three strict conditions:
  - practice;
  - competition;
  - approved by the coach.
- Students failing to turn in all equipment issued to them or failing to pay for lost items shall not receive any honors or award for that sport or be permitted to take part in any other sport until satisfactory clearance is made.

***The School is not responsible for any lost or stolen personal property.***

## TUHSD ATHLETIC DEPARTMENT CONTACT INFORMATION

### **Tolleson Union High School District**

9801 W. Van Buren

Tolleson, AZ 85353

**Derek Fahleson, Director of Athletics**

623-478-4023

derek.fahleson@tuhsd.org

### **Copper Canyon High School**

9126 W. Camelback Rd.

Glendale, AZ 85305

**Chris Williams, Athletic Director**

623-478-4812

christopher.williams@tuhsd.org

### **La Joya Community High School**

11650 W. Wyman

Avondale, Az. 85323

**Joe Williams, Athletic Director**

623-478-4408

joseph.williams@tuhsd.org

### **Sierra Linda High School**

3434 S. 67th Ave.

Phoenix, AZ 85043

**Jim Kramer, Athletic Director**

623-474-7720

james.kramer@tuhsd.org

### **Tolleson Union High School**

9419 W. Van Buren

Tolleson, AZ 85353

**Dr. Ray Perkins, Athletic Director**

623-478-4231

ray.perkins@tuhsd.org

### **West Point High School**

11620 W. Encanto

Avondale, AZ 85392

**Josh Wray, Athletic Director**

623-474-8717

joshua.wray@tuhsd.org

### **Westview High School**

10850 W. Garden Lakes Pkwy

Avondale, AZ 85392

**John Rosenberger, Athletic Director**

623-478-4605

johnathan.rosenberger@tuhsd.org

Contact the athletic office at your school with specific questions or concerns regarding Interscholastic Athletics.