

SEGUIN I.S.D.
STUDENT / PARENT
ATHLETIC HANDBOOK



MATADORS 2018 / 2019

'ONE TOWN ... ONE TEAM'

MATADOR ATHLETICS

Seguin High School • 1315 E. Cedar St. • Seguin, TX 78155 • (830) 401-8022 • Fax (830) 372-9899

Athletic Office

Athletic Director: Travis Bush

Athletic Coordinator: Kristi Stanley

Athletic Facilities: Dwayne Gerlich

Athletic Secretary: Tina Anderson

Athletic Ticket Clerk: Suzette Long

Seguin High School

Principal: Hector Esquivel

MBLC Principal: Jay Law

Head Coaches:

Football: Travis Bush

Volleyball: Kristi Stanley

Cross Country: Guy Nowlin

Girls Basketball: Jamie Moore

Boys Basketball: Dwayne Gerlich

Girls Soccer: Christina Phinney

Boys Soccer: Dax Farnsworth

Tennis: Sam Ramos

Golf: Paul Stadtmueller

Powerlifting: Nate Langford

Softball: John Garcia

Baseball: Dusty Brittain

Girls Track: Liza Almaraz

Boys Track: Jonathon Nance

Swimming: Erin Borchers

Head Athletic Trainer: John Mize

A.J. Briesemeister Middle School

Principal: Amber Gonzales

Boys Coordinator / Head Coach: Rafael DeLeon

Girls Coordinator / Head Coach: Charron Miller

Jim Barnes Middle School

Principal: Michael Garza

Boys Coordinator / Head Coach: Adrian Milan

Girls Coordinator / Head Coach: Kristen Bigott

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LETTER TO ATHLETE

Dear Matador Athlete,

The Athletic Department of a public school system should be a vital, contributing part of the total education system. It should be a working laboratory where team skills are experienced. We should not serve as a “minor league” for college or professional athletics, but rather an educational arm for helping to develop our students into the best citizens possible.

The total athletic program should maintain a broad scope that will offer all students with athletic interest the opportunity for safe, wholesome, beneficial participation in the sport(s) of their choice.

The most important purpose or goal of the athletic department should be to help young men and women, through competitive athletics, to develop their bodies, minds, and spiritual beings into strong, contributing members of society.

We would like for the coaches, student-athletes, parents, and community to be a “class act” component of our educational system. This philosophy will promote the attitude and expectancy of a “championship” program.

The emphasis will be placed on developing the work ethic and commitment necessary to enhance the performance of the athlete on the court/field. Tradition and winning are attributes that are associated with those athletes that are willing to devote the additional time before or after school, during the season, after the season, and during the summer. Tradition and winning begin with the commitment, first with you, the athlete, then to the team, and finally with the program.

We look forward to your personal commitment to our program.

Seguin Athletic Coaching Staff



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ATHLETIC GOAL & OBJECTIVES

When young men and women sign up for athletics and become members of a team, they make a commitment. They are obligated to follow the rules and regulations of the program. They are not forced to participate. It is voluntary; therefore, they are expected to follow the rules of order.

Parents should strive to help their son or daughter to achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to reach their fullest potential. Supportive parents can instill this desire in student athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

Athletic Goal and Objectives

Our Goal: The student-athlete shall become a more effective citizen and productive member of society.

Our Specific Objectives: The student-athlete shall learn:

1. To work with others: In a democratic society, a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
2. To be successful: Our society is very competitive. We do not always win, but we succeed when we continuously strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. A successful person has a desire to excel and a "never quit" attitude.
3. To develop sportsmanship: To accept any victory or defeat like a true sportsman and knowing one has done his/her best are signs of a good sportsman. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability. We need to respect opposing players, coaches, officials, spectators, and support groups. Treat them as you would want to be treated. Who better than they can understand all the hard work and team effort that is required?
4. To improve: Continual improvement is essential. As an athlete, you must establish a goal, and you must be committed to attaining that goal. Personal sacrifice, work ethic, accountability, and, most important, dedication are essential components in an individual's development as a leader or teammate.
5. To enjoy athletics: It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards that derive from athletics and to give sufficiently of themselves in order to preserve the program.
6. To develop desirable personal health habits: To be an active contributing citizen, it is important to obtain a high degree of physical fitness through exercise, nutrition, and good hygiene, that can be used after your formal years of competition have been completed.

REQUIREMENTS TO PARTICIPATE

The following items must be turned in to the Athletic Department before participating in any practice or game in any extracurricular athletic activity.

A. Physical Examination

A physical examination is required every two years beginning in the 7th grade. Therefore, physicals will be required in the 7th, 9th, and 11th grades. The physical form is available from the athletic office, the athletic trainers or the coaches. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted. The physical covers all sports for the two-year period. Physicals will be offered in April and July for all incoming 7th, 9th, and 11th graders.

B. Athletic Department Forms Packet (*online at www.seguinisd.net, Athletics tab on left menu*)

This packet includes (1) UIL Acknowledgment of Rules; (2) consent to emergency medical treatment; (3) personal student and parent information; (4) a medical history; (5) steroid notification; (6) drug testing consent form; and (7) acknowledgment of SISD Athletic Handbook. The medical history form is only required during the years that a new physical examination is not required. The packet should be filled out completely! Do not leave any requested information blank.

C. Academic Eligibility

A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state-approved courses.

1. Beginning the ninth grade year – must have been promoted from the eighth to the ninth grade.
2. Beginning the tenth grade year – must have at least 5 credits towards graduation.
3. Beginning the eleventh grade year – must have at least 10 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.
4. Beginning the twelfth grade year – must have 15 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.

A student participating in UIL activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than an identified honors or advanced class) for a period of three weeks. The grades will be reviewed at the end of each three-week period; the suspension will be removed if the student is passing all classes with a grade equal to or greater than a 70.

CODE OF CONDUCT

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The school administrators and coaching staff feel strongly that high standards of conduct and citizenship are essential to maintaining a sound program of athletics. The welfare of the student is the major consideration and transcends any other consideration.

Athletics is a privilege in the Seguin ISD, and students choose to be a part of the program. Since student-athletes represent their school and, in many instances, their community, student-athletes are held to higher standards of behavior than those specific in the Student Code of Conduct. Participants are expected to follow the rules including, but not limited to, the Student Code of Conduct and to maintain a favorable attitude and proper conduct at all times. Violations of the athletic policy that are also violations of the Student Code of Conduct may result in independent disciplinary actions by the Athletic Department.

Athletic Code of Conduct – Athletic Department Policies

1. Coaches' Rule:

The head coaches of each sport may establish additional rules and regulations with the approval of the Athletic Director. The rules pertaining to a particular sport must be explained, in writing, by the coach at the start of the season. The coach shall administer penalties for violation of team rules. Copies of all team rules are on file in the athletic office.

2. Discipline:

Discipline yourself, so others won't have to. Each situation may require a different type of discipline. Whatever type of discipline is required, the purpose is to help athletes improve themselves and to become better people. Failure to accept discipline on the part of the athlete or parent/guardian may result in the dismissal from the team and/or the athletic program. The different discipline techniques listed below are recommended by the athletic department for coaches to use and are not intended to be a list of progressive sanctions:

- Verbal correction
- Cooling-off time or time out
- Counseling by coaches
- Techniques or penalties identified by individual coach
- Home visit or phone contact by head coach
- Parent-coach conference with Athletic Director
- Probationary contract
- Suspension from team
- Dismissal from team or program

3. Conduct:

Seguin athletes are held to a standard higher than the Seguin ISD Code of Conduct. This standard applies at all times and not just at athletic events.

Failure to comply with game conduct expectations, or an unsportsmanlike reprimand that results in a game ejection, may result in disciplinary action from the coach, game suspensions, or dismissal from the team and/ or program. Each situation will be reviewed and evaluated on a case-by-case basis.

Student-athletes who violate the Seguin ISD Code of Conduct, listed in the Student/Parent Handbook, are subject to the disciplinary consequences and additional athletic penalties as deemed appropriate by the Athletic Department and approved by the Principal.

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SOCIAL MEDIA

Social Media, other Violations – Student-athletes are high-profile representatives of Seguin ISD, and their behavior is subject to scrutiny by their peers, the campus, community and the media. We expect student-athletes to represent themselves and SISD with honor, respect and dignity at all times, including when interacting on social networking websites and other online environments. As a condition of being a student-athlete in SISD, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

1. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy is unacceptable.
2. Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
3. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples but not limited to: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
4. Student-athletes may not post any content online that would constitute a violation of the SISD Student Code of Conduct.
5. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or any other information deemed confidential by the Athletic Department).
6. Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student-athletes are personally liable for any violations of those laws.

ATHLETIC STANDARDS

Academics: Go to Class - Act with Class!

All students are required to remain academically eligible under the guidelines of the UIL. Athletics and academics can and should work hand-in-hand. There is no reason that athletes cannot strive to be champions in the classroom, as well as in the athletic arena. Remember that repeated occurrences of ineligibility under the “No-Pass-No-Play” rule may result in dismissal from the team or even the athletic program.

Attendance

Attend classes and be on time! Absence/tardy from an athletic period is handled just like all other academic classes as stated in the Seguin High School Student Handbook. The Athletic Department asks parents/guardians to call the athletic office of the sport in which their son/daughter participates and let his/her coach know of his/her absence. Medical appointments are necessary for all families; the Athletic Department asks parents to inform coaches of their son's/daughter's appointments in advance. Playing time and position on the depth chart are factors that are affected by absences. Athletes must attend school and practice to participate in extracurricular activities.

Squad Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can while maintaining the integrity of their sport. Incoming freshmen must have the recommendation of their middle school coach or the approval of the Athletic Director before signing up for an athletic period. Returning high school students who have never been in an athletic period must have the approval of the Athletic Director and the head coach of that sport to be placed into an athletic period.

Cutting

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. Prior to tryouts, the coach shall provide the following information to all candidates for the team:

- Extent of tryout period
- Criteria used to select the team
- Number of athletes to select

Injury or Illness

The Seguin Athletic Department has two athletic trainers on staff. Upon having an injury or illness, the student or family member should contact them at 372-5770 ext. 20715. Our trainers work very closely with the physicians in our community and can assist you with any possible questions that you might have. If the athlete is injured, he or she should attend treatments before school, during athletic period and after school as recommended by the trainers.

ATHLETIC STANDARDS CONT.

Ambassadors of Seguin

All athletes must realize the responsibilities of being ambassadors of their community. Unsportsmanlike or disrespectful behavior will not be tolerated. Conduct of this nature will result in disciplinary action. Serious or repeated offenses may result in removal from the team or athletic program.

Quitting

Anyone quitting a sport after a trial period (usually before the first game) will not be allowed to participate in another sport until the season of the sport quit is completed, unless mutually agreed upon by the head coaches of the sports in question.

Disciplinary Removal

If it becomes necessary to consider removing a student from a team or the athletic program, the coach of that team will notify the Athletic Director. The student will have the opportunity to confer with the coach and the Athletic Director. Parents will receive notification and be invited to attend the conference.

Conflict in Activities

Several of our athletes are in other school-related activities, such as band, cheerleading, dance team, FFA, student council, ROTC, etc. This, of course, causes a conflict of obligations for the student. The Athletic Department recognizes that each extra-curricular activity requires different mandates that are necessary to achieve the level of excellence afforded their programs. It is imperative that, if the student and parents know of any possible conflicts, they initiate the communication to the appropriate coach or sponsor. If practices are missed, then it is left up to the coach or sponsor to determine the role that athlete plays in his/her program.

Multiple Sports

Athletes are encouraged to participate in more than one sport; however, eligibility to participate in a particular sport will not be based upon participation in a second sport. Student athletes will be given every opportunity to compete in multiple sports. If there are any concerns, consult with the head coach of the sport or the Athletic Director. We want what's best for your child.

Care of Equipment and Facilities

Athletic equipment is issued in every sport and is to be hung up in the athlete's assigned locker. (Locks are supplied by the Athletic Department.) Each student-athlete is responsible for his/her equipment. If equipment is lost or torn, the student-athlete should report it to his/her coach. The coach will determine the price of the equipment in question and assess a fee based on the replacement cost and age of equipment. All athletes should maintain the locker room and address any damages to the facility to the coach or Athletic Director.

ATHLETIC STANDARDS CONT.

Travel

All athletes represent the community, school, and team. Therefore, it is expected that all athletes dress in an acceptable manner as outlined by the head coach on all trips and conduct themselves in a proper manner. When missing classes because of early release during the week, it is the responsibility of that athlete to see his/her teachers the day before and request assignments. Student-athletes will not receive special privileges because of the events in which they participate. Utilizing travel time or idle time before or after a contest affords the student time to devote to his/her studies. All work shall be made up at the convenience of the teacher in accordance with the student handbook.

- A. As per Board Policy FBG (LOCAL), all athletes making a school sponsored trip shall be required to ride in transportation provided by the school to and from the event. The Athletic Department understands that there are family emergencies that warrant the return of the athlete with the parent. If this emergency is imminent, then the parent must have a Student Travel Release Form signed by the Principal or Athletic Director. The Athletic Department strongly encourages parents to minimize the use of Release Forms for convenience purposes, thus affording the team to bond as a unit on extra-curricular trips.
- B. Coaches can provide meals to teams traveling to out-of-town games out of each respective sport's fund raising account.

Vacations

Vacations by athletic team members during a sport season are strongly discouraged, and, while family values will always take precedence over program requirements, parents and athletes in conflict between vacations and program requirements may wish to reassess their commitment to being involved in athletics. We urge parents to plan their vacations around the schedule of the sport so there will not be conflicts.

Club Sports

In today's high school programs, athletes have the opportunity to enhance their skills by participating in club sports. A club sport is a sport's program outside of the school that is not affiliated with the UIL. The Athletic Department feels that the athlete's obligations are to the school sport and should take precedence over any club activity. Athletes will not be excused to miss a school contest or event for a club event. If an athlete pursues club participation, he/she must:

- (1) Contact all head coaches of sports at the school in which he/she is participating.
- (2) Be willing to assume the status of playing time and role on team.

Dress and Appearance: See School Dress Code Policy

Each coach may have additional dress requirements for athletes based on uniforms or travel mandates.

BANQUET POLICY & AWARDS

Banquet Policy

The Seguin Sports Booster Club will sponsor one recognition banquet to honor all sports. This banquet is normally scheduled in May. All athletes are invited to the banquet, but only the varsity athletes will be given a complimentary ticket for themselves. No one should plan parties, etc. for any team because this might violate UIL regulations.

Awards

Athletic awards are awarded by the coaches, subject to approval by the Athletic Director, according to policy. A student may qualify for an award in a sport only if he/she has met all of the following criteria:

1. The student-athlete must complete the entire season in good standing.
2. The student must participate in all workouts, excluding illness, emergencies, or participation in another school-sponsored function.
3. For varsity letter awards, the student-athlete must meet the specific guidelines set by the head coach of each sport.

Exception

At his/her discretion, the coach of any sport may recommend for an award an athlete who has not met the guidelines. There are instances when an athlete contributes greatly to the team through personal effort, loyalty, attitude, etc., or suffers any injury that has prevented him/her from competing, but he/she continued to contribute to the team. If deemed worthy, at the coach's discretion and with the approval of the Athletic Director, an athlete may receive an award.

The specific athletic awards given by the Athletic Department are listed below.

A letter jacket will be awarded to a student-athlete once in his/her high school years of competition. This jacket may be for academics, band, choir, ROTC, cheerleading, drill team or athletics. The athletic jacket is given for competition on the varsity level.

ATHLETIC INSURANCE POLICIES & GUIDELINES

The purpose of this section is to explain the accident insurance policy, which covers all athletes in the Seguin Independent School District. Seguin ISD carries an accident insurance policy for all students practicing for and competing in any athletic activity under the regulation and jurisdiction of the district. This policy does not pay all expenses; it is a secondary policy to any other insurance which may be covering this student and may help pay for expenses not taken care of by the student's family insurance. It is recommended by the athletic trainers and the Athletic Director that every effort be made by the family of each student to provide a primary insurance of some kind in case of accident or injury. This will reduce the chance of financial strain in case the district insurance plan must be applied in cases of injury requiring surgery or long-term treatment. There is no need to apply for this insurance. The athletic trainers are responsible for initiating the claim process for all student athletes. Please follow the guidelines below for using the SISD Athletic Insurance Policy.

Doctor Referral Procedure

In case of an injury, parents should contact the athletic trainers (830-372-5770 #20715) or the Athletic Office (830-372-5770 #20717) before taking their child to the doctor. Failure to do so may forfeit their rights to insurance claims covered under the SISD plan. Please note that even if the student is covered under a primary insurance and the parents do not plan on applying the district insurance policy, it is still necessary to contact the athletic trainers or athletic office before seeing a doctor. If your son or daughter requires medical attention as a result of an athletic injury, a doctor referral or hospital visit (example: Emergency Room, x-rays, etc.) will be initiated by the SISD Athletic Trainers. Except for emergency situations, should your son or daughter with an athletic injury visit any doctor or hospital without initial evaluation and referral from the SISD Athletic Trainers, SISD will not assume financial responsibility for medical bills regarding that athletic injury.

Injuries Covered by the SISD Athletic Department

Injuries that are covered by the SISD Athletic Department include:

- injuries that are initially seen and referred to a physician by the SISD Athletic Trainers;
- those that occur in-season or off-season (in adherence with UIL Constitution and Rules); and
- those that are classified as a "medical emergency" should the athletic trainer not be available at the time of injury.

Injuries Not Covered by the SISD Athletic Department

Injuries that are not covered by the SISD Athletic Department include:

- injury resulting in the locker room or showers (i.e., fights or horseplay);
- fights that occur at practice or in games;
- athletes taken to the doctor by parents, coaches, nurses, or school administrators without first consulting the Athletic Trainers;
- injuries that occur during summer activities;
- injuries that may occur to an athlete on school premises but are not associated with athletics;
- those that occur or medical services that may result after an athlete has graduated from SISD;
- those that may occur or medical services that may result after an athlete has quit or been dropped from a particular sport;
- infections or diseases of any type (i.e., boils, warts, colds, flu, hepatitis, vaccination or case counseling, athlete's foot, allergies, etc.);
- injuries that result from a pre-existing condition prior to beginning participation in athletics.

Personal and School Insurance Use for Injuries

Personal insurance is to be applied initially concerning all medical bills. SISD Athletic Insurance will supplement any other hospitalization or accident insurance. Medical attention must be obtained within 30 days from the date of injury, and a properly completed claim form must be filed with the SISD Athletic Trainers within 60 days of the date of injury. It will be the responsibility of the athlete to report an injury and obtain an Accident Report. A claim form will be sent to the parent/guardian. It will be the responsibility of the parent/guardian to submit the claim form to the athletic trainers and follow up on payment of bills. The school insurance will pay according to its Explanation of Benefits. Contact Jalynn Hubble at the Seguin ISD Central Administrative Office for a copy. SISD cannot legally assume responsibility of medical and/or hospital bills resulting from injury to any athlete. Expenses not covered by the policy are the responsibility of the parent or legal guardian and not the SISD.

CODE OF CONDUCT FOR PARENTS

We believe that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We also believe that the highest potential of sports is achieved when participants are committed to pursuing victory with honor.

Trustworthiness

Trustworthiness – Be worthy of trust in all you do.

Integrity – Live up to high ideals of ethics and sportsmanship; do what's right even when it's unpopular or personally costly.

Honesty – Live and act honorably; don't allow your children to lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability – Fulfill commitments; do what you say you will do; be on time; when you tell your children you will attend an event, be sure to do so.

Respect

Respect – Treat people with respect all the time and require the same of your children.

Class – Live and cheer with class; be gracious in victory and accept defeat with dignity; compliment extraordinary performance; and show respect for all competitors.

Disrespectful Conduct – Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials – Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

Respect Coaches – Treat coaches with respect at all times; recognize that they have team goals beyond those of your child. Do not shout instructions to players from the stands.

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Responsibility

Importance of Education – Stress that student-athletes are students first. Be honest with your children about the likelihood of getting an athletic scholarship or playing on a professional level. Place the academic, emotional, physical and moral well-being of your children above desires and pressures to win.

Role-modeling – Consistently exhibit good character and conduct yourself as a role model for your children.

Self-control – Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to demean others.

Integrity of the Game – Protect the integrity of the game; don't gamble on your children's games.

Privilege to Compete – Assure that you and your child understand that participation in interscholastic sports is a privilege, not a right, and that they are expected to represent their team, school and family with honor, on and off the field.

Fairness

Be Fair – Treat all competitors fairly; be open-minded; always be willing to listen and learn.

Caring

Encouragement – Encourage your child and teammates regardless of their play; offer positive reinforcement. Demonstrate sincere interest in your child's play.

Concern for Others – Demonstrate concern for others; never encourage the injury of any player, official or fellow spectator.

HEAD INJURIES

Signs and Symptoms of Mild Head Injury

Parents need to be aware of the observable signs and symptoms of a concussion:

Headache	Nausea
Balance problems or dizziness	Double or fuzzy vision
Sensitivity to light or noise	Feeling slowed down
Feeling “foggy” or “not sharp”	Change in sleep pattern
Concentration or memory problems	Irritability
Sadness	Feeling more emotional

Post-concussion Syndrome

Following a mild head injury, athletes may suffer a number of lingering symptoms for varying lengths of time. If any of the following list of post-concussive symptoms are noted, the athlete should not return to participation.

If symptoms persist, the athlete should return to a physician for an evaluation.

Depression	Numbness/tingling
Dizziness	Poor balance
Drowsiness	Poor concentration
Excess sleep	Ringing in the ears
Fatigue	Sadness
Feeling “in fog”	Sensitivity to light
Headache	Sensitivity to noise
Irritability	Trouble falling asleep
Memory problems	Vomiting
Nausea	Nervousness

Second-Impact Syndrome

Second-Impact Syndrome is a rare event, which poses a significant concern for athletes who return too soon after suffering a previous concussion. Second-Impact Syndrome is characterized by an auto-regulatory dysfunction that causes rapid and fatal brain swelling, and can result in death in as little as two to five minutes. It is particularly important to note that virtually all of the Second-Impact Syndrome cases reported have occurred in adolescent athletes. The progressive signs of Second-Impact Syndrome are as follows:

- Previous history of concussion
- Visual, motor or sensory changes
- Difficulty with memory and/or thought process
- Collapse into coma
- Signs of cranial nerve and brainstem pressure

Cumulative Effects of Repeated Concussions

At this time, there is little known about the cumulative effect of concussions. However, early research suggests that athletes who have sustained at least one mild head injury (MHI) have a greater risk for repeated MHI and that the severity of subsequent MHI may be increased. Until research can further illuminate the potential cumulative effects of concussion, it is recommended that athletes sustaining more than one concussion should be referred for follow up evaluation and assessment to determine any residual effects that might preclude participation in contact or collision sports.

CONCUSSION MANAGEMENT PROTOCOL

House Bill (HB) 2038 was passed by Texas' 82nd Legislature in May 2011 and signed by the Governor to proactively prevent and treat concussions and other head injuries for students participating in interscholastic activities.

Texas school districts must comply with this new law that mandates training requirements for coaches, athletic trainers and members of a Concussion Oversight Team (COT) related to concussions, including evaluation, prevention, symptoms, risks, and long-term effects. The COT must have at least one physician, an athletic trainer, and other licensed care professionals.

Seguin ISD has met training requirements, created a Concussion Management Protocol, and established a district-wide COT in compliance with HB 2038. The district's COT is comprised of Dr. Trent Twitero, physician, Athletic Trainers John Mize and Sarah Anderson, Registered Nurses Veronica Schnautz of Seguin High School and Jobeth Larson of Barnes Middle School, and Rhonda Moore, Seguin ISD lead RN.

Our coaches and sponsors should respond quickly and follow established guidelines any time a student participant reports a head injury/pain, or exhibits symptoms of a possible concussion or head injury.

Our student participants must be removed from practice or competition immediately if a coach, physician, licensed health care professional, or the student's parent or guardian or another person who has authority to make legal decision for the student believes the student may have sustained a concussion.

Our students continue to be encouraged to openly share with coaches/sponsors if they are not feeling well or injured in any capacity. We will continue our practice of notifying a parent/guardian any time a Seguin ISD student is hurt or injured during competition, practice, or any school related activity.

If a concussion is suspected, the law specifies that the student participant must be evaluated by a treating physician of the student and parents'/guardians' choosing. The student may not return to practice or competition until cleared in writing by his/her treating physician and all other notice and consent requirements met. The student must satisfactorily complete Seguin ISD's Concussion Management Protocol and submit a Return to Play Form as designated by UIL.

At Seguin ISD, the safety and well-being of our students is our top priority. We fully support HB 2038 and the UIL in our collective efforts to help ensure the safety of our students. If your child exhibits or says that he/she has concussion-related symptoms such as headache, dizziness, or confusion as a result of participating in a Seguin ISD sponsored activity, please contact the school nurse, the extracurricular sponsor/coach, or a Seguin ISD Athletic Training staff member.

For more information, visit <http://www.uiltexas.org/health/info/concussions>.

RETURN TO PLAY REQUIREMENTS

In accordance with Chapter 38 of the Education Code, Subchapter D, the Seguin ISD Concussion Oversight Team has developed a protocol for managing and responding to student concussions which occur during school athletic games or practices. This protocol involves a multidiscipline approach requiring athletic trainer clearance, physician evaluation and clearance, and successful completion of a progressive program of physical activity prior to a student returning to practice or play. The injured athlete must successfully complete all required steps in order to return to sport activity following the force or impact believed to have caused a concussion.

1. The student will be monitored daily at school by the athletic trainer and/or school nurse. The student's teachers will be notified of the injury and what to expect or what symptoms to look for. Accommodations may be considered according to physician recommendations and observations of the student's behavior while at school.

Phase 1: Must be completed before initiating Phase 2 progressive program of physical activity

Evaluation and Certification by Treating Physician: A student removed from athletic practice or competition on suspicion of having suffered a concussion, including those initially referred to an emergency department, are required to be evaluated by a physician of the student's or parent's choice. The treating physician must provide a written statement indicating that the student is symptom-free and may safely return to play. Prior to evaluation by the treating physician, or as soon thereafter as possible, a copy of this document, Seguin ISD Return to Play Guidelines, shall be provided to the physician.

Timing of Initiation of Physical Activity: A student must be symptom free for a full 24-hour period before engaging in any physical activity.

Asymptomatic Prior to Physical Activity: A student must be asymptomatic at rest and exertion, as observed by the athletic trainer and/or school nurse, prior to engaging in any physical activity.

Phase 2: Once Phase 1 has been completed, as determined by the District Athletic Trainer, the student will begin a progressive, step-by-step program of physical activity, monitored by the athletic trainer and/or school nurse. The progressions will advance at the rate of one step per day, as follows:

Step 1: Light aerobic exercise (5-10 minutes) – exercise bike, or a light jog; no weight lifting, resistance training, or any other exercise.

Step 2: Moderate aerobic exercise (15-20 minutes) – running at moderate intensity in the gym or on the field without a helmet or other equipment.

Step 3: Non-contact training drills in full uniform; may begin weight lifting, resistance training, and other exercises.

Step 4: Full contact practice or training.

Step 5: Full game play.

****A student's progression through the 5 steps of physical activity continues as long as the student is asymptomatic at each activity level. If the student experiences, or the monitor observes, signs of any post-concussion symptoms, the student must be re-evaluated by a licensed healthcare professional. The student will not be permitted to resume physical activity until he/she is again released to return to play by a licensed health-care professional.**

Phase 3: Return to Play

Once the student has completed Phase 1 and Phase 2 successfully, and without exhibiting post-concussion signs or symptoms, he/she may return to sport activity with no restrictions only after the District Athletic Trainer has certified completion of all requirements on the Return to Play Form, including:

- Completion of the Return to Play form signed by the student's parent/legal guardian; and
- Completion of the acknowledgment of the student's completion of Return to Play Guidelines.

Contact Information:

John Mize Med, Lat
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830-372-5770 x20715

Sarah E. Anderson Med, ATC, Lat
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830-372-5770 x20715

Drug Testing

The district administers a student random drug testing program. To learn more about the procedures of the program and/or further information, see policy FNF (LOCAL). All student-athletes, along with their parents, must sign and submit a completed copy of the drug testing consent form to their respective head coach before participation.

DIETARY SUPPLEMENTS

A school district employee may not:

- (1) knowingly sell, market, or distribute a dietary supplement that contains performance enhancing compounds to a primary or secondary education student with whom the employee has contact as part of the employee's school district duties; or
- (2) knowingly endorse or suggest the ingestion, intranasal application, or inhalation of a dietary supplement that contains performance enhancing compounds by a primary or secondary education student with whom the employee has contact as part of the employee's school district duties.

This section does not prohibit a school district employee from:

- (1) providing or endorsing a dietary supplement that contains performance enhancing compounds to, or suggesting the ingestion, intranasal application, or inhalation of a dietary supplement that contains performance-enhancing compounds by the employee's child; or
- (2) selling, marketing, or distributing a dietary supplement that contains performance enhancing compounds to, or endorsing or suggesting the ingestion, intranasal application, or inhalation of a dietary supplement that contains performance enhancing compounds by, a primary or secondary education student as part of activities that:
 - (A) do not occur on school property or at a school-related function;
 - (B) are entirely separate from any aspect of the employee's employment with the school district; and
 - (C) do not, in any way, involve information about or contacts with students that the employee has had access to, directly or indirectly, through any aspect of the employee's employment with the school district.

A person who violates this section commits an offense. An offense under this section is a Class C Misdemeanor.

In this section:

- (1) "Dietary supplement" has the meaning assigned by 21 U.S.C. Section 321 and its subsequent amendments.
- (2) "Performance enhancing compound" means a manufactured product for oral ingestion, intranasal application, or inhalation that:
 - (A) contains a stimulant, amino acid, hormone precursor, herb or other botanical, or any other substance other than an essential vitamin or mineral; and
 - (B) is intended to increase athletic or intellectual performance, promote muscle growth, or increase an individual's endurance or capacity for exercise.

HEAT RELATED ISSUES

Dehydration, Its Effects on Performance, and Its Relationship to Heat Illness

1. Dehydration can affect an athlete's performance in less than an hour of exercise — sooner if the athlete begins the session dehydrated.
2. Dehydration of just one to two percent of body weight (only 1.5-3 lb. for a 150-pound athlete) can negatively influence performance.
3. Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, and heat stroke).
4. High-body-fat athletes can have a harder time with exercise and can become dehydrated faster than lower-body-fat athletes working out under the same environmental conditions.
5. Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
6. Medications/fevers greatly affect an athlete's dehydration problems.
7. Environmental temperature and humidity both contribute to dehydration and heat illnesses.
8. Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
9. Wear lightweight and light-colored clothing.

Recommendations for Hydration to Prevent Heat Illness

Types of Sports Drinks

Fluid Replacers

- Examples: Water, Gatorade, Powerade
- These drinks are absorbed as quickly as water and typically are used for activities lasting less than two hours.

Carbohydrate Loaders

- Examples: Gaterlode, Exceed High, Carboplex
- These drinks replace more muscle glycogen to enhance greater endurance.
- They should be used after ultra-endurance events to increase muscle glycogen re-synthesis after exercise.

Nutrition Supplements

- Examples: Gatorpro, Exceed Sports, Ultra Energy
- These supplements are fortified with vitamins and minerals, and they help athletes maintain a balanced diet.
- They can be used as a meal replacement supplement for athletes who wish to skip a high fat meal, or as extra calories for athletes who wish to gain weight.

What Not to Drink

- Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

Hydration Tips and Fluid Guidelines

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.

- Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early — by the time you are thirsty, you are already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

What to Drink During Exercise

- If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- Salt should never be added to drinks, and salt tablets should be avoided.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

SUDDEN CARDIAC DEATH

1. What is Sudden Cardiac Death?
 - a) Sudden cardiac death is an abrupt occurrence where the heart ceases to function and results in death within minutes.
 - b) It is not a heart attack.
 - c) It is usually due to a malfunction of the heart's electrical system that coordinates the heart muscle contraction to pump blood through the body. The lower chambers (ventricles) of the heart go into fibrillation (ventricular fibrillation) – a fast and disorganized contraction. The ventricles spasm or quiver and can no longer pump blood to the body. The heart cannot recover from ventricular fibrillation on its own.
 - d) Sudden cardiac death in athletes is usually caused by a previously unsuspected heart disease or disorder.
 - e) The occurrence of sudden cardiac death is thought to be in the range of 1 out of 100,000 to 1 out of 300,000 high school age athletes, so it is very rare.

2. What are the possible causes of Sudden Cardiac Death?
 - a) Hypertrophic Cardiomyopathy – a condition where the muscle mass in the left ventricle “hypertrophies.” The thickened heart muscle can block blood flow out of the heart and can increase the risk of ventricular fibrillation. In over half of the cases, this heart disorder is hereditary and is most common in young adults. This is the most common cause for sudden cardiac death in athletes in the United States.
 - b) Coronary Artery Abnormalities – an abnormality of the blood vessels that supply blood into the heart muscle. This is present from birth, but can be silent for years until very vigorous exercise is performed. During exercise, blood flow to the heart muscle can be impaired and result in ventricular fibrillation.
 - c) Commotio Cordis – a concussion of the heart that can occur when someone is hit in the chest in the area of the heart. Objects such as a baseball, softball, hockey puck, lacrosse ball, or even a fist can cause ventricular fibrillation upon striking the chest. These injuries are rare.
 - d) Marfan Syndrome – an inherited abnormality of the connective tissue (ligaments and tendons) in the body. Often these people are tall and thin with long arms, legs, fingers and toes. The wall of the aorta, the main artery from the heart, can become weak and rupture, especially during exercise.
 - e) Wolff-Parkinson-White Syndrome – an extra conduction fiber in the heart that can allow for rapid heartbeat episodes and in some cases ventricular fibrillation can occur.
 - f) Long QT Syndrome – an inherited abnormality of the heart's electrical system. Episodes of rapid heartbeat can occur in the bottom chambers of the heart (ventricles) and ventricular fibrillation can result.
 - g) Recreational Drug Use – even someone with a completely normal heart can develop ventricular fibrillation and die suddenly due to drug use.

3. What are the Warning Signs to be aware of?
 - a) Palpitations – feeling fast or skipped heart beats.
 - b) Dizziness – feeling light-headed.
 - c) Chest pain or chest tightness with exercise.
 - d) Shortness of breath.
 - e) Syncope – fainting or passing out.

ANY of the above symptoms that occur while exercising is a warning sign for sudden cardiac death and warrants further evaluation before participating in any more exercise or sports.

INFORMATION ON STAPHYLOCOCCAL INFECTIONS

Instructions for the Athlete

This information is provided to assist you in the control and prevention of staphylococcal (commonly called staph) infections. These infections usually are easy to treat with inexpensive, well-tolerated antibiotics. However, some staph bacteria have developed resistance; that is, the antibiotics can no longer kill the bacteria. Although antibiotic-resistant infections pose a significant health threat, the following measures are effective against many other infectious diseases.

What is a Staphylococcal Infection?

Staphylococcus aureus commonly causes boils and soft-tissue infections as well as more serious conditions such as pneumonia or bloodstream infections. According to the Center for Disease Control and Prevention (CDC), twenty to thirty-five percent of adults and children in the United States are “colonized” with staph – the bacteria are present but do not cause illness. Staphylococcus aureus colonization usually occurs in the armpit, groin, genital area, and, most frequently, the inside of the nose. Most infections occur through direct physical contact of the staph bacteria with a break in the skin (cut or scrape) or during contact with inanimate objects (such as clothing, bed linens, or furniture) soiled with wound drainage. Your hands must be clean before you touch your eyes, nose, mouth, or any cuts or scrapes on the skin. The bacterium is not carried through the air and is not found in dirt or mud.

Methicillin-resistant Staphylococcus Aureus (MRSA) – An MRSA (often pronounced mersa) infection, unlike common Staphylococcus aureus infection, cannot be treated with methicillin-related antibiotics (such as penicillin). The treatment may be longer, expensive, more complicated, and infections can reappear frequently. Originally, MRSA was limited to hospitals and long-term care facilities. In the past few years, sporadic reports of MRSA not associated with the medical environment have been confirmed. Since the summer of 2002, MRSA outbreaks associated with sports teams have been reported. These outbreaks have included wrestling, volleyball, and most frequently, football teams.

Strategies to Prevent Staphylococcal Infections

Hand washing is the single most important behavior in preventing infectious disease. The proper way to wash your hands is as follows:

1. Use warm water.
2. Wet your hands and wrists.
3. Use liquid soap.
4. Work soap into a lather and wash between fingers, up to wrists and under fingernails for at least 30 seconds.
5. Dry, using a clean cloth towel or paper towel.
6. Use alcohol-based hand sanitizers to wash hands immediately if they come in contact with any body fluid at the playing field or other places where hand-washing facilities are not available.

Wash your hands as described above:

1. after sneezing, blowing, or touching your nose;
2. before and after close contact or using the toilet;
3. before leaving the athletic area.

'ONE TOWN ... ONE TEAM'

Other precautions include:

1. Keep your hands away from your nose and groin.
2. Do not share towels, soap, lotion or other personal care items, even on the sidelines at games.
3. Shower with soap and water as soon as possible after direct contact sports.
4. Dry using a clean, dry towel.
5. Use a moisturizing lotion to prevent dry, cracked skin.
6. Items grossly contaminated with body fluids should be prewashed or rinsed with plain water.
7. Wash your towels, uniforms, scrimmage shirts and any other laundry in hot water and ordinary detergent and dry on the hottest possible cycle.
8. Parents should follow all precautions for laundry taken home.
9. Athletic trainers or coaches may provide more specific directions if needed.

How to Care for Draining Wounds

MRSA may be more difficult to treat. However, treatment is usually successful after prompt, appropriate evaluation by a doctor or clinic and when the correct antibiotic(s), if indicated, is prescribed. Other types of treatments may be indicated.

With Your Physician

A physician or advanced practitioner should examine the wound. A culture and susceptibility test should be performed to determine what bacteria you have and what antibiotic would be the most effective with the fewest side effects. If the practitioner determines you do not have a bacterial infection, you will not receive an antibiotic. Antibiotics are not effective against non-bacterial infections.

1. Take all medication even after the infection seems to have healed.
2. Apply prescribed topical ointments as directed.
3. Follow all other directions the physician/practitioner gives you.
4. Inform the physician/practitioner if you are not responding to treatment.

How to Take Care of Wounds at Home

1. Avoid direct contact with others until the wound is no longer draining and you have been instructed by your physician to resume your usual activities.
2. Wash your hands frequently, especially before and after changing Band-Aids, bandages or wound dressings.
3. Keep the wound covered. Change dressing at least twice a day, or, more frequently, if drainage is apparent.
4. Place all disposable materials that make contact with the wound, including dressings or bandages, in a separate plastic bag and close before being disposed of in the household trash. Wash your hands after removing and disposing of the soiled dressing.
5. Use isopropyl alcohol (available at pharmacies or grocery stores) to disinfect reusable materials, such as scissors or tweezers after each use.
6. All items that come in contact with the wound must be disinfected with a fresh (prepared daily) mix of one tablespoon of household bleach to one quart of water or a phenol-containing product such as Lysol or Pine-sol. Use a phenol-containing spray to disinfect any cloth or upholstered surface. Other commercially available products may be appropriate.
7. Have a designated chair or area for sitting. It should have a hard surface or an easily cleaned plastic or similar cover for easy disinfection. No one else should sit there until the wound has healed completely.
8. Utensils and dishes should be washed in the usual manner with soap and hot water or using a standard home dishwasher.
9. Carry laundry away from the body in a plastic or other lined bag that will not allow wet articles to drain through.

10. Handle and launder all clothing, towels, and linens that come in contact with the wound separately from those of other members of the household. Use a separate hamper.
11. Articles that come in contact with the wound should be washed in hot water with the usual detergent.
12. Dry clothes thoroughly using the hottest setting.
13. Change towels and linens daily.
14. Do not share ointments or antibiotics.

At School

1. Follow any instructions that your athletic trainer, coach, or school nurse gives you regarding direct contact with other persons at school.
2. Carry and use an alcohol-based hand sanitizer when soap and water are not available.
3. Wash hands immediately after contact with the wound.
4. Do not take antibiotics to prevent an infection.

Additional Sources of Information

When in doubt of the correct procedure to follow, contact your health care provider, local or regional health department, or the Texas Department of Health.

Additional information on bacteria, antibiotics and antibiotic resistant organisms, disinfection, wound healing, and other treatment for infections can be found in your local library on the internet, as follows:

Texas Department of Health

<http://www.tdh.state.tx.us/ideas/factsht/factsht.htm>

Centers for Disease Control and Prevention

<http://www.cdc.gov/ncidod/hip/ARESIST/mrsa.htm>
<http://www.cdc.gov/drugresistance/community/>

Other sources <http://www.ahrq.gov> <http://www.tufts.edu/med/apua/Practitioners/RSMarticle.html>