

**Tuba City Boarding School**

**Home of the Thunderbirds**

**2022-2023**



**Student Athlete  
Handbook**

### **Mission Statement**

At Tuba City Boarding School children are first, important, unique, responsible, and nurtured. Opportunities are provided for positive, life-long learning, healthy growth, success, and self-worth. A quality education is supported in a safe and culturally competent environment. Parents, community, and school, together, educating the whole child for life.

### **Vision**

Students feel secure with the fact that each day will begin on a positive note, and expectations will be consistent, equitable and, clearly expressed of the highest quality available.

Students will be given opportunity to participate in school-sponsored athletics. Students will receive due process through a Table of Student Rights and Responsibilities if the need warrants.

### **Philosophy**

Interscholastic athletes are an integral part of the total education program designed to provide a broad spectrum of opportunities for student participation. The element of competition and winning is controlled where it does not determine the nature of the program and is kept at the level appropriate to junior high school youth. We promote success for student to want to excel and win, principles of good sportsmanship always prevail to enhance the educational and social values of the athletic events.

The Tuba City Boarding School believes in maintaining a proper balance between academic programs and extracurricular activities for students. It is also our commitment to provide equal opportunities for participation for both girls and boys in all sports.

## GOALS OF TCBS ATHLETICS

1. To offer a program that will bring pride and tradition to our school, our community and to all participants.
2. To offer a program that will enhance the school spirit of our current students as well as continue the excitement within the alumni of our school and our community followers.
3. To offer a program that contributes to the goals and objectives of the total school philosophy.
4. To offer a well-rounded program realizing that all athletic activities are equally important to the members of each team.
5. To keep the student/athlete's enjoyment, as the major focus in all athletic activities, to teach Sportsmanship.
6. To provide coaches who have a sincere interest in the total development of the student/athlete and not solely his/her athletic performance.
7. To offer our student/athletes the opportunity to learn by experiencing the roles those individuals play in the "team concept."
8. To teach our student/athletes the learning opportunity that exists, in both winning and losing outcomes, and to teach them how to deal with the successes and disappointments that they will experience in life situations.

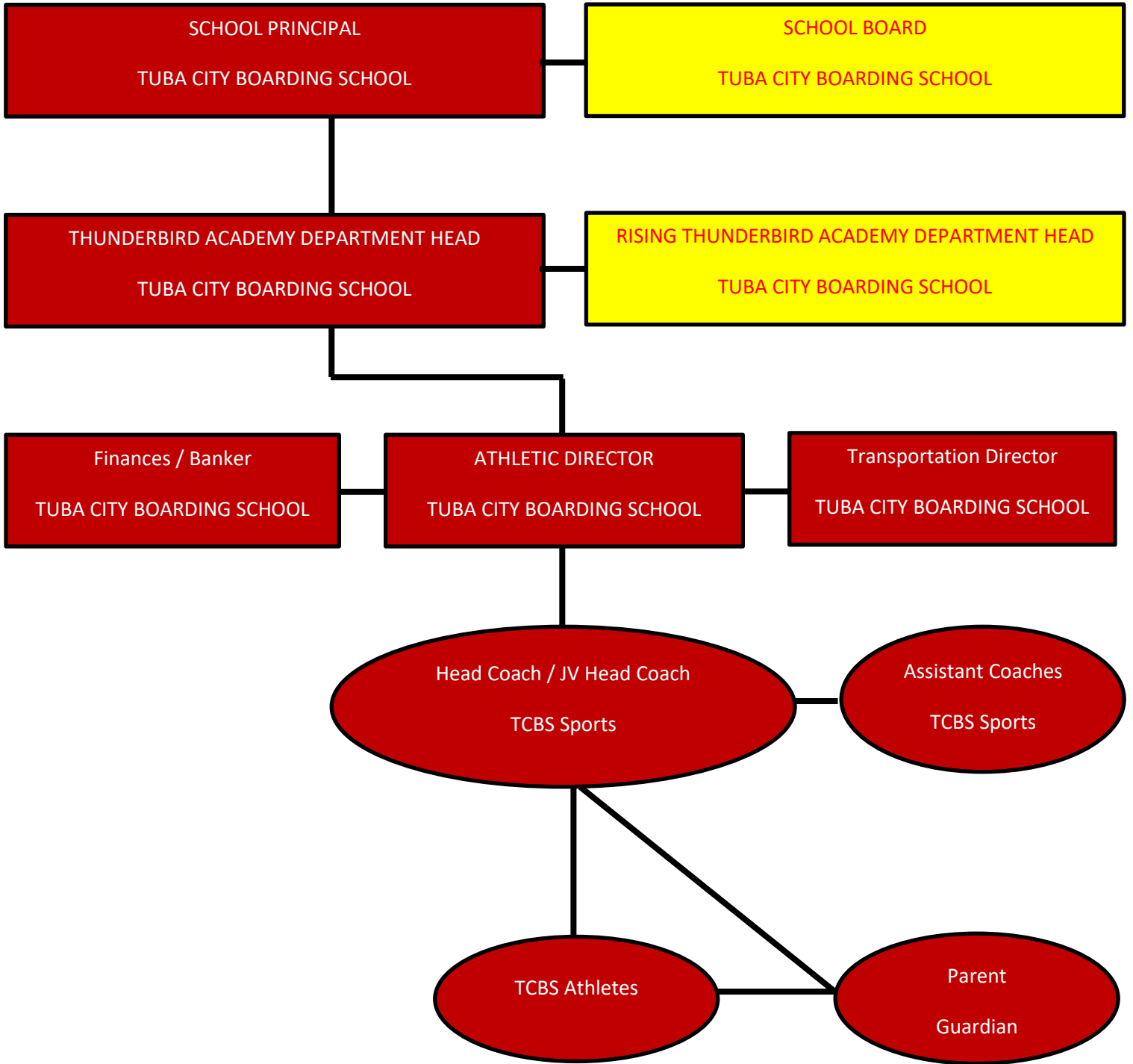
## ATHLETIC AFFILIATION

**Tuba City Boarding School** is a voluntary member of the **Northern Arizona Interscholastic Conference**. As a member Tuba City Boarding School agrees to abide by, and enforce all rules and regulations adopted by the conference. Contest rules shall be governed by NFHS (National Federation of State High School Associations) competition rules in each sport unless otherwise directed by the NAIC bylaws.

The primary role of the Association is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations.

The association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

**TCBS ATHLETIC ORGANIZATIONAL FLOW CHART**



## SPORTS OFFERED BY GRADES AND SEASON

SPORTS	GRADES
<b>Non-Contact Sports</b> CHESS CROSS COUNTRY CHEERLEADING TRACK AND FIELD WRESTLING (exception)	5 <sup>th</sup> Grade – 8 <sup>th</sup> Grade
<b>Contact Sports</b> FOOTBALL VOLLEYBALL BASKETBALL BASEBALL SOFTBALL SOCCER	6 <sup>TH</sup> Grade – 8 <sup>th</sup> Grade

For safety considerations, athletic ability and maturity of our opponents, athletic teams in contact sports will consist of students in grades 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup>. The Athletic team in non-contact sports will consist of students in grades 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> for Chess, Cross Country, Cheerleading, and Track & Field. Wrestling will consist of students in grades 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup>, according to their Weight-Class.

**Baseball** is open to boys. The number of athletes is limited to 30 players: 15 JV players And 15 Varsity players.

**Basketball** is open to boys and girls. The number of athletes is limited to 24 (12 Varsity and 12 JV players. A traveling squad will consist of at least ten players.

**Cheerleading** is limited to 15 members.

**Chess (5-8)** is open to boys and girls. The number of athletes is limited to 20 players.

**Cross Country** is open to boys and girls. The number of athletes is limited to 30 players: 15 JV and 15 Varsity. Traveling squad will be based on time trials.

**Football** is open to boys and girls. The number of athletes is limited to 50 players: 25 JV and 25 Varsity players.

**Softball** is open to girls. The number of athletics is limited to 30 players (Varsity & JV squad of 15 from each team).

**Track** is open to girls and boys. The number of athletes is unlimited. Traveling squad will be based on time trials and/or event offerings.

**Volleyball** is open to girls. The team will be limited to 24 players (Varsity & JV). Travel of 12 from each team.

**Wrestling** is open to boys and girls. The number of athletes is limited to 20 players during meets. Athletes of any weight have equal opportunity. Traveling squad will be determined by wrestle offs in the athlete's specific weight class.

**Soccer** is Co-ed. The number of athletes is limited to 30 players. 15 JV players and 15 Varsity players.

1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter	3 <sup>rd</sup> Quarter	4 <sup>th</sup> Quarter
CROSS COUNTRY FOOTBALL	VOLLEYBALL WRESTLING SOCCER (Co-Ed)	CHESS BOYS BASKETBALL GIRLS BASKETBALL	TRACK AND FIELD BASEBALL SOFTBALL

### **PARTICIPATION / COMPETITION RULES**

1. All Student Athlete must have a current and updated Covid19 / Variant Vaccination.
2. Student-Athlete must have ten practices before participating in any games/meets.
3. Student-Athlete may participate in only one sport, per season.
4. Student-athletes must be at school/practice before, the day of and the day after a game/meet unless excused by the Athletic Director and/or Department Head. If not excused the student will not compete in the upcoming competition.
5. Student will have the first two weeks of the season to decide which sport or activity in which to participate. Quitting a team after the first two weeks and joining another team during the same season will not be permitted.
6. If an athlete's violation(s) is considered a minor incident according to the T-Bird Academy Student Handbook, athlete will not cannot participate in any activity for the duration of that suspension
7. If an athlete's violation(s) is considered a major or severe incident according to the T-Bird Academy Student Handbook, athlete will not cannot participate in any activity for

the duration of that suspension and will also not be able to join another activity for the remainder of the school year.

7. Age Limits:

- a. Students who turn 15 before September 1st are not eligible to participate in middle school interscholastic athletics. If student becomes 15 years of age on / after September 1, he / she is eligible to compete for the remainder of the school year. (NAIC Contest Rule 7).

### **NEW STUDENT / TRANSFER ATHLETE**

1. After enrolling and attending classes, students changing enrollment to/from one school to another school shall be considered a transferring student. Student shall be eligible to participate in interscholastic competition at the school to which he/she transferred provided there is a corresponding change of domicile of parent(s) or legal guardian(s).
2. Eligibility will also be based on student athlete's transcript grades from the previous reporting period.
3. Student Athlete must practice ten (10) days at new school to participate in any games.

### **ACADEMIC ELIGIBILITY**

1. The following guidelines will be implemented with the understanding that the COVID-19 pandemic continues to create inequitable circumstances for students to learn and to pursue good academic standing for the 2022-2023 academic year:
  - a) TCBS will not be conducting grade checks for participation in athletics due to the transition of students returning to classrooms from virtual to in-person learning and due to student's social and emotional well-being.
  - b) Implementation of new grade check policy may be conducted beginning of 3rd Quarter Sports.
  - c) Academic progress and conduct in the classroom are very important and will be checked periodically.
2. Student athletes are responsible for maintaining good academic standings.

## ATHLETE CONDUCT

The conduct of an athlete is closely observed in all areas of being a Tuba City Boarding School student and athlete. It is important that behavior be above reproach in all the following areas:

### In the Classroom

In the academic setting, a good athlete becomes a good student. As an athlete, one must plan his/her schedule to give sufficient time and energy to academic studies. In addition to maintaining good studentship, an athlete should give respectful attention to classroom activities and always show respect for other students and faculty. A conscientious athlete should have a good attendance record. One should never cut classes or school.

### On the Campus

The way athletes behave on campus is of great importance. Athletes should be leaders in every aspect of their academic endeavors at Tuba City Boarding School. Respect is not given, it is earned.

### On the Field

All school rules are carried over to the fields of competition and the Student – Athlete Handbook.

### Sportsmanship

Good sportsmanship is strived for at all Tuba City Boarding School events. Good sportsmanship is a responsibility expected of players, coaches, advisors, faculty, cheerleaders, students, adult spectators, officials, and media. Promotion of good sportsmanship at Tuba City Boarding School events shall include a demonstration of respect for all participants and officials. All involved in an event shall maintain self-control throughout the event. Rules of the event shall be understood, and skill performances should be recognized regardless of team affiliation. Good sportsmanship is the cornerstone of a quality activity program.

### Grooming and Dress Policy

As a member of Tuba City Boarding School athletic team, you are expected to be well groomed. Appearance, expression, and actions always influence people's opinions of athletes, the team, and the school. Good grooming and dress rules will enhance good sportsmanship; reinforce good health habits, good performance, respect for rules and authority; leadership, team pride and discipline. With this belief in the necessity of good grooming and dress, the following rules will be adhered to by team members:

1. While on campus, the school dress code will be always adhered to.
2. No jewelry will be worn while participating in athletics.



3. All uniforms will be worn as prescribed by the coaches.
4. When traveling, teams will wear either uniforms or clothing prescribed by the coaches.
5. No athlete is to wear any clothing that advertises or promotes alcohol, illegal substances, sex, profanity, or is objectionable to the coach or administrators.
6. Hair length or style cannot jeopardize the safety of the athlete while participating

### Athlete Conduct

As an athlete, you are asked to read and agree to the following guidelines for practice, games (home & away) and field trips:

1. I will be a leader and handle all my academic responsibilities.
2. I will always give my best efforts.
3. I will always put the interests of the team above my individual interests.
4. I will treat the locker room as if it were my home away from home – neat and always clean.
5. I realize the consequences of quitting.
6. I will always be on time and prepared for practice and games.
7. As a member of the team, I will be courteous, respectful, and practice good sportsmanship to teammates, opponents, teachers/coaches, and officials.
8. I understand that it is a privilege to represent my school and proper behavior is required in class, at practice, at athletic contests and on field trips.
9. I understand that good sportsmanship is a must. Criticizing, blaming, or disputing with my teammates, coaches, opponents, or referees will not be tolerated.
10. I will be respectful of other schools' staff members and facilities; this is proper behavior as a representative of my school.
11. I will not endanger, threaten, or cause physical harm to any member of the school community or to oneself.
12. I will not initiate, cause, or contribute to any kind of false reporting, warning, or threat.

13. During school and athletic activities (games or practice) I will be in authorized areas and have permission from staff/coach authorization in use of school property, resource, and facilities always.
14. I understand that commitment to practice and games is required. Athletes should communicate any scheduling conflicts with the coaches.
15. I understand that all team members are required to support their team(s) for the entire contest(s).
16. I will accept the decisions of the coach, athletic director, and contest officials.
17. Display modesty in victory and graciousness in defeat.
18. Follow the rules of the game.
19. Wins without boasting, loses without excuses and never quits.
20. Never forget that I represent Tuba City Boarding School
21. I will not lie, cheat, or steal. This violation may result in dismissal from the team.
22. I will always use appropriate language. Avoid use of offensive gesture(s).
23. Show respect, listen, and always obey to coaches and game officials.
24. Show respect for public property and equipment. I will not vandalize or damage property. Costs to repair equipment and property caused because of stupidity and negligence will be sole responsibility of athlete's parent / guardian responsible.
25. I will not haze or bully any student or athlete at Tuba City Boarding School.
  - a. "Hazing means committing an act against a student or coercing a student into committing an act that creates substantial risk or harm to a person, for the student to be initiated into or affiliated with a student organization or for any other purpose. Bullying can be any pattern of behavior that is intended to harass, tease, intimidate, ridicule, humiliate or instill fear in another child or group of children; verbal abuse, threat of or actual physical harm."
26. Horseplay and reckless behavior will not be allowed.
27. I will be alcohol, drug, and tobacco free. I will not use, sell, possess, or distribute any controlled substance or illegal drugs or possession of drug paraphernalia that would

violate the law. **These violations will result in immediate dismissal from the team. Athlete will not be able to join any other sports for the remainder of the school year.**

\*Violation of statements 1-27 during practice, games, and on field trips will be handled in following manner:

**First violation:** = warning and conference with coach; one game suspension

**Second violation:** = conference with athlete/parent/coach/Athletic Director; two game suspension. If necessary, this disciplinary action can be served for first violation.

**Third violation:** = dismissal from team. If necessary, this disciplinary action can be served for first violation.

**All Major and Severe Offenses will be handled by the Dean in accordance described in the Discipline Matrix of the BIE Navajo District Tuba City Boarding School Student – Parent Handbook.**

**\*Violation of statements 1-27 on all games (home or away) and on field trips, will be handled in the following manner.**

**Violation** = Athlete will not play in game(s) that day of incident and the duration of the field trip or event. Athlete will be provided a due process hearing after all necessary documents are forwarded to the Dean.

Being an athlete requires more than being a team member. It often causes demands that may require personal sacrifices. Being a team member is a privilege. If an individual athlete is willing to put the needed effort into athletics, he/she will be rewarded for those efforts.

It is a goal of our schools and TCBS Athletics to have an excellent community, school, and athletic programs of which we can be proud. Consequently, violation of the school rules is not acceptable. The following actions will be taken when the athlete receives any of the following while in classroom / school:

- One detention or Referral in School (Per Season)
  1. Warning and conference with coach.
  
- Two or more detentions/referrals in school (Per Season)
  1. No practice and no games for that week.
  2. Conference with athlete/parents/coach.

3. Review with athlete/parents/principal/coach for possible removal from the team.

- In-School/ Out of School (Per Season)

1. No practice or no games during suspension.
2. Review with athlete / parents /coach for possible removal from the team.

## **Social Media**

Student athletes are high-profile representatives of Tuba City Boarding School, and their behavior is subject to examination by their peers, the campus, community, and the media. The actions of a single student athlete can reflect positively or negatively not only on the individual student athlete, but also on his or her team and coaches, the Athletics Department, and the entire school campus. Student athletes are expected to represent themselves and Tuba City Boarding School with honor, dignity, and integrity always. This includes interaction on social networking websites and in other online environments.

The use of social media has the potential to cause problems for both the student athlete and the school environment. Almost anything a student athlete posts on a social networking site may be viewed by others, and both the media and the public are more likely to view the profiles of student athletes than the profiles of other students.

### Rules Regarding Social Networking Sites

Participation in Tuba City Boarding School - Athletics is a privilege and not a right. As a condition of being a student-athlete in Tuba City Boarding School, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

- No photographing, videotaping, filming, digitally recording, or by any other means secretly viewing, with or without a device, another person without that person's consent in any location where the person has a reasonable expectation of privacy, or in a manner that violates a reasonable expectation of privacy.
- 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 would be unacceptable.
- 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).
- 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: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).

- Student-athletes may not post any content online that would constitute a violation of the Tuba City Boarding School's Student Code of Conduct.
- 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 information).
- Student-athletes are required to abide by all polices related to the use of the internet at school and any school related student activities

Student Athlete will be provided due process. Student-athletes in Tuba City Boarding School are required to abide by rules set forth in these guidelines. The failure to do so will be considered a violation of the student-athlete code of conduct and/or the Tuba City Boarding School student code of conduct. The violation will result in disciplinary action by the athletics department and the school.

- 1st Offense - Warning and parent meeting with the head coach, Athletic Director, and the school Dean. Consequences will be determined based on the severity of the infraction which will include one week suspension from the team and all athletic activities. Athlete will not be able to practice or play in any contest during suspension. Consequences may also include suspension or dismissal from the team or athletic activities.
- 2nd Offense – Student Athlete will be provided due process and if guilty, he or she will be removed from the team and will not be allowed to take part of any other athletic events / sports that season.

## **PRACTICE / GAME POLICIES**

### **Participant**

It is the goal of TCBS athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. It is also to be stressed that participation in Tuba City Boarding School's athletic program is a PRIVILEGE, not a right. Since it is a privilege, the coaching staff, in accordance with the school policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

Attendance

1. Trip Dismissal Request: Athlete must have a student **Trip Dismissal Request Form (see exhibit 2; page 24)** signed before an athlete is dismissed from an activity from a coach on away trips / games.
2. Student will have the first week of the season to decide which sport or activity in which to participate. Quitting a team after the first week and joining another team during the same will not be permitted.
3. Missing Classes / Practice / Game: Athlete is required to attend classes, practices, and Game Days. If you are not in attendance, it is the student athlete's responsibility to bring a note as to the reason you were unable to attend. Prior communication with the Head Coach is encouraged. The following are excused absents / tardy:
  - a. Family Emergencies.
  - b. Academic Events: Tutoring / Afterschool Homework Help Program
  - c. Doctor's Appointments / Illness / Hospital
  - d. Religious Ceremony
  - e. Funeral Attendance
4. Failure to attend classes, practice and games may result in non-participation with upcoming events.
5. Excessive absences will result in suspension or removal from the team.
6. Quitting a Sport / Leaving the Team: Student Athlete must notify the coach in writing when quitting a sport after the first two weeks of the season. If student has participated in an athletic event, student athlete must return all equipment immediately to the Head Coach. In the event student athlete fails to notify the coach, athlete will not be allowed to join the next quarter sport.

Because of the nature of team interscholastic athletics, where the team relies upon every individual. A clearance hearing can be requested. A clearance hearing committee shall consist of the head coach of the sport the student quit, the head coach of the sport the student intends to join, and the athletic director. Based on the student's attitude and evaluated level of commitment, a decision will be levied as to whether the student will be permitted to pursue their interest in that sport.

7. Athletes must attend school the day before, day of and day after the event to be eligible to participate in competition.

8. Attending practices is an integral part of teamwork. Attendance at all practices is required unless previously arranged with the coach. Be on time and ready to play. If an athlete is unable to attend practice or an event for any reason, athlete must notify the coach prior to the missed practice or game. Missed practice times will reflect in the athlete's playing time during competitive events.
9. Attendance at school (at least 1/2 a day) is required for an athlete to attend practices and competitions. Any exceptions need to be cleared with the Athletic Director. However, if an athlete attends school for the required time, but leaves because of illness, or any other related reason, athlete will not be able to attend practice or competitions on that day. Violation of this rule will result in a period of ineligibility of no less than one competition.

### Playing Time

Playing time is determined by the Coach. Athletes are not guaranteed playing time in every competitive event.

### Open/Closed Practice

Coaches will have the right to conduct closed practices. Head Coach will inform his/her decision to conduct closed practice during the first parent meeting. Closed practice provides:

1. Safety for your kids.
2. 1 ½ hours is not much time. Coaches would like uninterrupted practice sessions.
3. Being a teammate is an honor and a responsibility. Our athletes must learn to play for their teammates and their coaches, not for us. We need to allow our children to concentrate not on winning our approval when we are in attendance rather on winning the approval of their teammates and coaches through their personal level of commitment.

### Participation Limitation

A student athlete will only participate in one sport per season.

A Head Coach can decide to downsize the team for the following reasons:

- Safety Reason – when times where there is inadequate ratio of coaches to players.
- Conditions where remaining games, game time, and respective sports rules do not allow time and play for all athletes.
- Preparation of NAIC or State competition where only the required number of Varsity Athletics can compete.
- When a student athlete fails remain eligible for the remainder of the season.
- When a student athlete fails to adhere to a fair requirement or instruction that is acknowledged by the Head Coach.

### “Independent”

An TCBS athlete declared “ineligible” may not enter as an “Independent” or participate in non TCBS or NAIC events during an athlete in-season for any TCBS Sports.

### Club Participation

An athlete in-season for any TCBS sport shall not participate in club tryouts, club practices or any non TCBS athletic / sport competition at the same time. An athlete in-season for any TCBS sport may not miss any TCBS practice and games to attend a club or any non-TCBS athletic sport event. Student will be dismissed from the TCBS sport team if guilty.

### Cuts /Tryouts

There may be times when it will be necessary to have tryouts for teams and “cuts” will be made. During tryouts, we are requesting that coaches and athletes not be interrupted. When coaches are interrupted, they are unable to conduct the proper process for an impartial, unbiased, accurate assessment of each athlete’s skills and ability tryout decisions are final and made by the head coach and his/her staff.

### Injuries / Illness

All injuries, which occur while participating in athletics, should be reported to the coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have a STUDENT ACCIDENT FORM COMPLETED (see coach). Once athletes are treated by a physician, the athlete MUST OBTAIN THE DOCTOR’S PERMISSION TO RETURN TO THE ACTIVITY.

Athletes who are physically unable to practice due to injury are to present to the Athletic Director a statement from a PHYSICIAN STATING THEY ARE AGAIN PHYSICALLY FIT TO PARTICIPATE IN ATHLETICS, before they can practice.

### Cancel Practice/Game

If inclement weather should occur after students are already in school, students will be informed of practice or cancellation by informing athletes. Most of the time there is practice as teams end up utilizing gym space. If practice is cancelled, students / athletes will be sent home on the afterschool 3:30pm bus.

### Ejection Policy

This policy applies to all persons involved in an athletic contest, including student-athletes, coaches, and managers. The following are examples of behavior or conduct that will result in an ejection from a contest:

- Fighting –which includes, but is not limited to combative acts such as:
  1. An attempt to strike an opponent with a fist, hands, arms, legs, or feet.



2. An attempt to punch or kick an opponent, regardless of whether contact is made.
  3. An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate.
  4. Leaving the bench area to participate in a fight (contact or no contact).
- Biting observed by an official.
  - Taunting, baiting, or spitting toward an opponent.
  - Profanity – directed toward an official or opponent.
  - Obscene gesture – includes gesturing in such a manner as to intimidate.
  - Disrespectfully addressing an official - (physically contacting an official is subject to automatic expulsion and can result in ineligibility for remainder of career.

Penalty – for any of the infractions under Ejection Policy:

- First Offense – Reprimand and suspended for the next contest. Not allowed to practice until the game suspension is over. A conference with the coach, student, parent, and school administrator will be held.
- Second Offense – Suspended from the sport for the remainder of the sports season.

## EQUIPMENT

### General Equipment Policy

- Athletic equipment is property of Tuba City Boarding School and is to be used solely for the purpose of competing in an athletic program. It is not to be used for any purpose other than TCBS team games/practices.
- You are responsible for all lost or stolen items. Students who lose items will need to notify coaches as soon as possible.
- Do not alter uniforms or equipment. If this occurs without the approval of the coach and athletic director, you will be billed.
- All items issued and signed for on the issue sheet must be **returned to the head coach at the equipment room** at the assigned time. Generally, your return time will be the first week after your last game or after at your last practice. Your coach will confirm the date and time for the final return of equipment.
- If you are unable to be present for the final return of equipment, you will have five (5) days to return it to the issue window. After the five days, student athlete must turn items to Athletic Director.
- Athlete will not participate in another sport activity and the department will place a hold on testing scores and grade reports until obligations are cleared. (Obligation = items are returned, or payment is received.)
- Individuals quitting the team prior to the end of the season are responsible for returning all items issued within 5 days of the date he/she quit the team.
- All items issued must be returned to the equipment room issue area. This is necessary to confirm all items are returned, your athletic account has been cleared and to eliminate any unnecessary billings. If you do not return your equipment as instructed, your account may not be cleared.

- Your student account will be charged for all game and practice items not returned or damaged beyond normal wear and tear.
- You will not be reissued equipment for the next season or for another sport until all items have been returned and/or student accounts have been cleared.
- Any violation that is criminal in nature will be reported, i.e., property damage or theft.
- The student will pay for stolen, destroyed, damaged, or lost property. Students may not participate in school activities until full restoration or payment is made.
- Tuba City Boarding School will not be held responsible for any personal lost/damaged items during school and school related activities.

### Lockers

- All student athletes must use designated locker rooms and/or bathroom to change.
- Lockers are available at Tuba City Boarding School – Big Gymnasium. Lockers are the property of the school. Student athletes assume full responsibility for all items stored in the locker and locker room. Items of significant monetary value should not be stored in the locker or locker room. Tuba City Boarding School is not responsible for loss or damage to any items stored in the locker/locker room.
- Must provide own lock to secure locker.
- It is the responsibility of the athlete to keep locker and locker room clean.
- The school reserves the right to enter lockers at any time. Normal circumstances when lockers would be accessed include the following:
  1. if a student fails to empty his/her locker at the end of the season or when a student quits the team. One week after the end of the season or date of last participation, the staff and a coach will clean out the locker.
  2. at the request of the individual if he/she is no longer in school or is on medical leave.
  3. an emergency deemed appropriate by the school and the athletic department.
- The athletic department will retain items that are property of the school. Personal items will be held for two weeks and disposed of at the discretion of the school. The school will take no responsibility for removed items.
- If contraband or illegal items are found in the locker or locker room, the athletic department will report the incident to the school Security and the Dean.

## **TRANSPORTATION**

### Activity Bus / Travel

All students must travel to and from contests and events in a school provided transportation supervised by their coach/advisor or a designated chaperone. “To and from” is defined as travel

from Tuba City Boarding School to the opponent's school site and back. Students may return HOME from an away contest with parents/guardians providing a **signed and approved trip dismissal form** obtained from the Athletic Director and the appropriate waiver form has been signed.

For safety and supervision, all athletes must remain with the coach during the duration of the trip. Exceptions can be made for emergencies and may be release to parent / guardian.

The conduct of the players must be respectful and appropriate on the bus, the athletes are to respect the rules of the bus driver and behave accordingly to and from the game. If the athletes misbehave and are disrespectful to the driver school and district consequences will occur.

Students are expected to have a ride or leave the premises within 15 minutes of the end of practice or upon return from an AWAY GAME. Coaches or TCBS staff cannot take athletes home from school.

### **SPORTS BANQUET**

A Sports Banquet for each of the following season: First Quarter / Second Quarter / Third Quarter and Fourth Quarter will be planned for the athletes. The banquet is planned to recognize our student athletes for their accomplishments in sport. This event is organized by athletic department and a group of volunteers. The banquet is free for athletes and guest. Each athlete that successfully completed the sport season will be given a ticket invitation, allowing them to only bring two guests. A ticket is required to enter the sports award banquet.

### **PARENT/ GUARDIAN / SPECTATORS CONDUCT**

#### **Parent & Coach Relationship**

We are pleased that you and your child have chosen to be involved in the interscholastic program at Tuba City Boarding School. Our goal is to provide a positive experience for all involved. Open communication is the most important factor contributing to this goal. By developing these communication lines, we will be able to resolve questions before they become conflicts.

As a parent/guardian you have a right to know what expectations are placed on your child. The following is designed to spell out all levels of communication so that parents, coaches, and athletes are aware of the steps they have available to resolve anything they think is or might become an issue:

Communication you should expect from your child's coach...

1. Philosophy of the coach
2. Coaches' expectations for your child, as well as the players on the team
3. Team requirements, i.e., special equipment, risks of participation, off-season conditioning.
4. Location and times of all practices and contests

5. Notification of discipline that results in the denial of your child's participation

Communication coaches expect from parents...

1. Concerns expressed directly to the coach
2. Notification of any schedule conflict well in advance
3. Specific concerns regarding a coach's philosophy and/or expectations

Appropriate concerns to discuss with coaches...

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues not appropriate to discuss with coaches...

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

Procedure to discuss a concern with a coach...

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the school office.
3. Please do not attempt to confront a coach before or after a contest or practice.  
These can be emotional times for both the parent and the coach. Meetings of this nature usually does not promote resolution.

Procedure when a meeting with a coach does not provide a satisfactory resolution...

1. Call and set up an appointment with the athletic director to discuss the situation.

### Parent/Guardian/Spectator/Fan Conduct

As a Parent/Guardian/Spectator/Fan Conduct I...

1. Pledge to provide positive support, care, and encouragement to me student/athlete and his/her team, coaches, and school. Maintain positive behavior and attitude at all athletic events.
2. Pledge to provide positive support and encouragement to the visiting team, their coaches, and school.
3. Will maintain positive behavior and attitude at all athletic contests.
4. Will respect the position and professionalism of the game official. Respect and accept the official's decision and game calls.
5. Will refrain from the use of foul language.

6. Will refrain from yelling criticism at my student/athlete and his or her coach or team.
7. Will refrain from interfering with the coach.
8. Will be willing to let the coach be responsible for my son or daughter during practice, games, and team related activities. Refrain from coaching players during games and practice.
9. Will refrain from making derogatory comments to players, other parents, game officials, or school administrators. Inappropriate language or profanity will not be tolerated and will result in immediate ejection from the game / facility.
10. Will sign and submit, with accurate information, all required participation forms to the athletic office.
11. Will not circumvent any rules or guidelines of the NAIC or TCBS Athletics.
12. Will refrain from interfering with practices or games.
13. Will respect and accept with dignity the final decisions of officials.
14. I will remember that the game is for youth – not for adults.
15. Avoid criticism of game officials and sideline coaching which may sidetrack the athlete from their performance.
16. Stay off the playing area.
17. Show respect for public property and equipment.
18. I understand Students in Kindergarten through 8th grade WILL NOT BE ADMITTED to athletic events without adult supervision.
19. I understand Students up to 6<sup>th</sup> Grade are to remain within the presence of parent/guardian always including trips to the restroom and concession stand.
20. Learn the rules of the game and the policies set in place.
21. Provide a sports environment for all children that is free from drugs, tobacco, and alcohol, and refrain from their use at all TCBS events.
22. Parent/Guardian/Spectator/Fan Conduct applies at all home and away games.

## Behavior

### Acceptable Behavior:

- Accept all decisions of contest officials.
- Applause during player and coach good play.
- Handshakes between participants and coaches at the end of the contest, regardless of the outcome.
- Cheerleaders and students leading fans in positive cheers.
- Treat the competition as a game, not a war
- Everyone showing concern for an injured player, regardless of which team.

### Unacceptable Behavior

- Disrespectful or derogatory yells, chants, songs, or gestures.
- Booming or heckling of an official's decision.
- Criticizing officials in any way.
- Refusing to shake hands.
- Blaming the loss of a game on an official, coach, or participant.
- Taunting or name-calling to distract an opponent.
- Use of profanity.
- Doing own cheers instead of ones led by the cheerleaders.
- Hand-held signs containing derogatory languages or messages.

## **Corrective Action Policy for violations of Parent, Guardian, Spectators**

Parents, Guardian and Spectators who do not follow the Tuba City Boarding School Code of Conduct will be subject to this Corrective Action Policy. It is the policy of the Tuba City Boarding School Athletic Program that parents, guardian, and spectators should not spoil the experience of participation in youth sports for the children. Furthermore, the athletic program will never punish a child for the actions of his or her parent, coach, or another player.

Tuba City Boarding School Athletics reserves the right to take measure it believes appropriate under the circumstances. Although not required, Tuba City Boarding School Athletics may use progressive corrective actions when a parent, guardian or spectator violates the Code of Conduct. In doing so, it may use **ANY** of the following: verbal warnings, written warnings, and game or season suspension as a means of correcting the problem. In determining an appropriate sanction, Tuba City Boarding School Athletics will consider the severity of the conduct and the frequency of similar or other violations of conduct by the parent, guardian, or spectator.

**Step 1** – Verbal / Written Warning: Coach, Athletic Director, Department Head, or Principal will discuss undesirable conduct with the parent, guardian or spectator and stress that this behavior will not be tolerated. There will be a formal letter of reprimand given to the parent, guardian or spectator stating that the next offense could lead to the parent, coach, or player being banned. This will be documented and kept on file.

**Step 2** – Season Ban: The parent, guardian or spectator will be banned from attending games for the remainder of the season. The Parent, Guardian or spectator will then have to make a formal written request to be re-instated.

**Violation of the above policy will result in corrective action up to and including the possible immediate suspension of a parent, guardian, or spectator by Tuba City Boarding School Athletics.**

EXHIBIT 2 – Student Release Form for Trips

TUBA CITY BOARDING SCHOOL  
**THUNDERBIRD ATHLETICS**



**TRIP DISMISSAL FORM**

DATE: \_\_\_\_\_

I, WILL ASSUME FULL RESPONSIBILITY FOR \_\_\_\_\_,  
(Student Name)

TO BE ALLOWED TO STAY WITH ME AFTER \_\_\_\_\_,  
(Event Name) \_\_\_\_\_, ACTIVITY.

I UNDERSTAND THAT I WILL ASSUME FULL RESPONSIBILITY FOR HIS / HER RETURN HOME. I FURTHER UNDERSTAND, I WILL BE RESPONSIBLE FOR HIS / HER CONDUCT AFTER THE EVENT. ANY QUESTION YOU MAY CONTACT ME AT THIS NUMBER: \_\_\_\_\_  
(Phone Number)

**Coaches Reminder:**

1. Check out students only to Parent / Guardian.
2. Note from parent/guardian if going with other individual not on school's check out sheet.
3. Attach note to release form.

\_\_\_\_\_  
Signature of Adult / Parent / Guardian

\_\_\_\_\_  
Relationship of Student



**INSTRUCTIONS TO SIGN UP FOR  
TUBA CITY BOARDING SCHOOL  
ATHLETIC SPORTS**

**PLEASE COMPLETE THE FOLLOWING  
FORMS AND SUBMIT THE FOLLOWING TO THE TUBA CITY  
BOARDING SCHOOL'S HEAD COACH / ATHLETIC DIRECTOR.**

1. STUDENT HANDBOOK REVIEW & CERTIFICATION – PAGE 26
2. PARENT PERMISSION FOR STUDENT PARTICIPATION – PAGE 27
3. ANNUAL HEALTH QUESTIONNAIRE – PAGE 28
4. MILD TRAUMATIC BRAIN INJURY / CONCUSSION – STATEMENT AND ACKNOWLEDGE FORM – 15.7 C 06/15
5. **ATTACH A PHOTOCOPY OF CURRENT / UPDATED COVID19 / VARIANT VACCINATION CARD.**

**IF YOU ANSWERED “YES” TO ANY OF THE SEVEN (7) QUESTIONS ON THE ANNUAL HEALTH QUESTIONNAIRE – PAGE 28; YOUR CHILD WILL NEED A PHYSICAL EXAM BY A PHYSICIAN / DOCTOR TO BE CLEARED TO PLAY. PLEASE ARRANGE YOUR CHILD’S PHYSICAL WITH YOUR LOCAL HOSPITAL, COMPLETE AND EMAIL THE FOLLOWING FORMS ALONG WITH THE FORMS ABOVE.**

2022-2023 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION – FORMS 15.7-A  
2022-2023 ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION - FORM 15.7-B



**Tuba City Boarding School**

**Student Handbook Review & Certification**

Athlete Name \_\_\_\_\_ Grade \_\_\_\_\_ Male/Female \_\_\_\_\_

Parent(s) \_\_\_\_\_ Parent's Phone \_\_\_\_\_

To be an athlete at TCBS, I must abide by the policies and procedures stated in this handbook and other school publications. I have the responsibility to know the rules that affect me and to be a responsible person.

I have received The Student Handbook. I have read, reviewed, and understand the handbook with my parent/guardian and my teacher.

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

I have read, discussed, and understand the Student Handbook with my child,

\_\_\_\_\_  
**Parent(s) Signature** **Date**



**PARENT PERMISSION FOR STUDENT PARTICIPATION**

Please print & complete legibly in black or blue ink

Student's Name	Gender M/F	Grade	School Year	Today's Date
			2022-2023	

**Parents, please read before signing.**

This is informing parents or guardians that your written permission is required so that your child can participate in the Athletic program. Throughout the year, the Athletic program will be taking your child on different trips such as away games and tournaments throughout the State of Arizona and covering Navajo Mountain, Utah. Some of these trips will involve 1 day; 1 weekend; or even an overnight stay.

Parents are requested to sign and return this document before the student can participate. **A student may be denied participation because of misconduct, excessive absence, or critical academic standing.**

I hereby give the Tuba City Boarding School Athletic program permission to release my son and/or daughter to participate in all Athletic activities. My permission will cover all activities that will involve the students leaving the school campus throughout the school year. I understand these trips to be 1 day; 1 weekend; or even an overnight stay.

Parent/ Guardian Print & Signature	Date	Physical Address	Contact Number Home	Contact Number Other

List 2 contact persons (Other than parent or guardian)

1. \_\_\_\_\_ relationship \_\_\_\_\_ telephone \_\_\_\_\_
2. \_\_\_\_\_ relationship \_\_\_\_\_ telephone \_\_\_\_\_

Consent for emergency / Health Care for \_\_\_\_\_ (student's name)

Be it known that I, the undersigned parent/ guardian of the student above named, do hereby give and grant unto any medical doctor or hospital my consent and authorization to render such aid, treatment, or care to said students as, in the judgment of said doctor or hospital my consent may be required on emergency basis, in the event said student should be injured or stricken ill while participating in this activity.

**(Please provide either a hospital chart # or Insurance information here. Otherwise, your packet will be incomplete and handed back to you.)**

If no medical insurance completes this section.

If you have medical insurance complete this section.

\_\_\_\_\_  
Hospital chart No. (NOT BIRTHDATES)

Insurance Co. \_\_\_\_\_  
Policy number \_\_\_\_\_

Parent / guardian's Signature & Date \_\_\_\_\_

**Annual Health Questionnaire for Sports Participation**  
Grades 5-8

Sports to be played \_\_\_\_\_

Students Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_

School \_\_\_\_\_ City \_\_\_\_\_ Grade \_\_\_\_\_

Parent's Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Telephone \_\_\_\_\_

Family Physician \_\_\_\_\_

Phone Number \_\_\_\_\_

Allergies \_\_\_\_\_

Please answer the following questions by circling the answer.

- |   |     |    |
|---|-----|----|
| 1. During the past 12 months was your child hospitalized?   | Yes | No |
| 2. During the past 12 months has your child had surgery?  | Yes | No |
| 3. During the past 12 months has your child had any injuries that required medical attention.                             | Yes | No |
| 4. Does your child take medication daily?   | Yes | No |
| 5. Do you feel that there should be limits on your child's sports participation because of symptoms of illness or injury? | Yes | No |
| 6. Do you feel there should be limits on your child's sports participation because of family history?                     | Yes | No |
| 7. Has your child ever passed out while exercising?   | Yes | No |

**If you answered "yes" to any of these 7 questions, your child would need a PHYSICAL EXAM by a physician/doctor to be cleared to play. Please arrange this with your local hospital.**

**Take and Use the following forms for Physical Examination Visit:**

- 2022-2023 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION – FORM 15.7-A
- 2022-2023 ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION - FORM 15.7 B

We the undersigned have answered the above questions to the best of our ability. The information given is true. We understand that school personnel will rely on the information provided.

I agree to the participation of my above-named child in the sports programs listed above. In addition, I consent to practice sessions and travel for the sports listed above. I agree to emergency treatment as deemed necessary by medical personnel designated by the program authorities.

Student Signature \_\_\_\_\_ Parent Signature: \_\_\_\_\_ DATE: \_\_\_\_\_

(valid for 365 days, unless revoked.)



## 2022-23 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION

(The parent or guardian should fill out this form with assistance from the student-athlete) Exam Date: \_\_\_\_\_

Name: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Age: \_\_\_\_\_  
Gender: \_\_\_\_\_  
Grade: \_\_\_\_\_  
School: \_\_\_\_\_  
Sport(s): \_\_\_\_\_  
Personal Physician: \_\_\_\_\_  
Hospital Preference: \_\_\_\_\_

In case of emergency contact:  
Name: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone (Home): \_\_\_\_\_  
Phone (Work): \_\_\_\_\_  
Phone (Cell): \_\_\_\_\_  
-----  
Name: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone (Home): \_\_\_\_\_  
Phone (Work): \_\_\_\_\_  
Phone (Cell): \_\_\_\_\_

Explain "Yes" answers on the following page.  
Circle questions you don't know the answers to.

	<b>Y</b>	<b>N</b>
1) Has a doctor ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you have an ongoing medical conditional (like diabetes or asthma)?	<input type="checkbox"/>	<input type="checkbox"/>
3) Are you currently taking any prescription or nonprescription (over-the-counter) medicines or supplements? (Please specify): _____	<input type="checkbox"/>	<input type="checkbox"/>
4) Do you have allergies to medicines, pollens, foods or stringing insects? (Please specify): _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
6) Has a doctor ever told you that you have (check all that apply): <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> A Heart Murmur <input type="checkbox"/> High Cholesterol <input type="checkbox"/> A Heart Infection	<input type="checkbox"/>	<input type="checkbox"/>
7) Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>
8) Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
9) Have you ever had an injury (sprain, muscle/ligament tear, tendinitis, etc.) that caused you to miss a practice or game? (If yes, check affected area in the box below in question 11)	<input type="checkbox"/>	<input type="checkbox"/>
10) Have you had any broken/fractured bones or dislocated joints? (If yes, check affected area in the box below in question 11):	<input type="checkbox"/>	<input type="checkbox"/>
11) Have you had a bone/joint injury that required X-rays, MRI, CT, surgery, injections, rehabilitation physical therapy, a brace, a cast or crutches? (If yes, check affected area in the box below):	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Head <input type="checkbox"/> Neck <input type="checkbox"/> Shoulder <input type="checkbox"/> Upper Arm <input type="checkbox"/> Elbow <input type="checkbox"/> Forearm		
<input type="checkbox"/> Hand/Fingers <input type="checkbox"/> Chest <input type="checkbox"/> Upper Back <input type="checkbox"/> Lower Back <input type="checkbox"/> Hip <input type="checkbox"/> Thigh		
<input type="checkbox"/> Knee <input type="checkbox"/> Calf/Shin <input type="checkbox"/> Ankle <input type="checkbox"/> Foot/Toes		

	Y	N
12) Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>
13) Have you ever been told that you have, or have you had an X-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>
14) Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>
15) Has a doctor told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>
16) Do you cough, wheeze or have difficulty breathing during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
17) Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>
18) Have you ever used an inhaler or taken asthma medication?	<input type="checkbox"/>	<input type="checkbox"/>
19) Were you born without, are you missing, or do you have a non-functioning kidney, eye, testicle or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>
20) Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
21) Do you have any rashes, pressure sores or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
22) Have you had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>
23) Have you ever had an injury to your face, head, skull or brain (including a concussion, confusion, memory loss or headache from a hit to your head, having your "bell rung" or getting "dinged")?	<input type="checkbox"/>	<input type="checkbox"/>
24) Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
25) Have you ever had numbness, tingling or weakness in your arms or legs after being hit, falling, stingers or burners?	<input type="checkbox"/>	<input type="checkbox"/>
26) While exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>
27) Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
28) Have you ever been tested for sickle cell trait?	<input type="checkbox"/>	<input type="checkbox"/>
29) Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
30) Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
31) Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>
32) Are you happy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>
33) Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
34) Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
35) Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>
36) Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>

**Females Only**

	Y	N
37) Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
38) How old were you when you had your first menstrual period?	_____	
39) How many periods have you had in the last year?	_____	

**Explain "Yes" Answers Here**



## 2022-23 ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION

The physician should fill out this form with assistance from the parent or guardian.)

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

Date of Birth: \_\_\_\_\_

### Patient History Questions: Please Tell Me About Your Child...

	Y	N
1) Has your child fainted or passed out DURING or AFTER exercise, emotion or startle?	<input type="checkbox"/>	<input type="checkbox"/>
2) Has your child ever had extreme shortness of breath during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
3) Has your child had extreme fatigue associated with exercise (different from other children)?	<input type="checkbox"/>	<input type="checkbox"/>
4) Has your child ever had discomfort, pain or pressure in his/her chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
5) Has a doctor ever ordered a test for your child's heart?	<input type="checkbox"/>	<input type="checkbox"/>
6) Has your child ever been diagnosed with an unexplained seizure disorder?	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your child ever been diagnosed with exercise-induced asthma not well controlled with medication?	<input type="checkbox"/>	<input type="checkbox"/>

### Explain "Yes" Answers Here

### COVID-19...

	Y	N
1) Has your child been diagnosed with COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>
1a) If yes, is your child still having symptoms from their COVID-19 infection?	<input type="checkbox"/>	<input type="checkbox"/>
2) Was your child hospitalized as a result for complications of COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>
3) Has your child been diagnosed with Multi-Inflammatory Syndrome in Children (MIS-C)?	<input type="checkbox"/>	<input type="checkbox"/>
4) Did your child have any special tests ordered for their heart or lungs or were referred to a heart specialist (cardiologist) to be cleared to return to sports?	<input type="checkbox"/>	<input type="checkbox"/>
5) Has your child returned back to full participation in sports?	<input type="checkbox"/>	<input type="checkbox"/>
6) Has your child had direct or known exposure to someone diagnosed with COVID-19 in the past 3 months?	<input type="checkbox"/>	<input type="checkbox"/>
6a) Was your child tested for COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>
7) Did your child receive the COVID-19 vaccine?		
7a) What was the manufacturer of the vaccine? _____		
7b) Date of vaccination(s) _____		

### Explain "Yes" Answers Here

## Patient Health Questionnaire Version 4 (PHQ-4)

Over the last two weeks, how often have you been bothered by any of the following problems? (circle responses)

	Not At All	Several Days	Over Half The Days	Nearly Every Day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of  $\geq 3$  is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

If you score a sum of 3 or greater on either questions 1 and 2, or 3 and 4, you may have anxiety or depression that is affecting you more than normal. In this case, it is recommended that you talk to a trusted health care provider such as your primary care physician, your athletic trainer at school, or a counselor at school. If there is not someone you feel comfortable talking to or you are interested in learning more to help yourself or a friend, please use the resources provided below.

For more information regarding student-athlete mental health:  
[Quiet Suffering - A Resource for Student-Athlete Mental Health](https://spark.adobe.com/page/lltwyoLpTAp0V/)  
[spark.adobe.com/page/lltwyoLpTAp0V/](https://spark.adobe.com/page/lltwyoLpTAp0V/)

Teen Lifeline Call and Text Crisis Line  
 (602) 248-8336 (TEEN)

Outside Maricopa county call: 1-800-248-8336 (TEEN)

Hours are: Call 24/7/365 | Text weekdays 12-9 p.m. & weekends 3-9 p.m. | Peer counseling 3-9 p.m. daily

Crisis text line: Text HOME to 741741 to connect with a crisis counselor

National Suicide Prevention Lifeline  
 1-800-273-8255 or [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

The Trevor Lifeline  
 866-488-7386 (for gender diverse youth)





**Family History Questions: Please Tell Me About Any Of The Following In Your Family...**

				<b>Y</b>	<b>N</b>
1) Are there any family members who had sudden/unexpected/unexplained death before age 50? (including SIDS, car accidents drowning or near drowning)				<input type="checkbox"/>	<input type="checkbox"/>
2) Are there any family members who died suddenly of "heart problems" before age 50?				<input type="checkbox"/>	<input type="checkbox"/>
3) Are there any family members who have unexplained fainting or seizures?				<input type="checkbox"/>	<input type="checkbox"/>
4) Are there any relatives with certain conditions, such as:				<input type="checkbox"/>	<input type="checkbox"/>
	<b>Y</b>	<b>N</b>		<b>Y</b>	<b>N</b>
Enlarged Heart	<input type="checkbox"/>	<input type="checkbox"/>	Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT)	<input type="checkbox"/>	<input type="checkbox"/>
Hypertrophic Cardiomyopathy (HCM)	<input type="checkbox"/>	<input type="checkbox"/>	Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC)	<input type="checkbox"/>	<input type="checkbox"/>
Dilated Cardiomyopathy (DCM)	<input type="checkbox"/>	<input type="checkbox"/>	Marfan Syndrome (Aortic Rupture)	<input type="checkbox"/>	<input type="checkbox"/>
Heart Rhythm Problems	<input type="checkbox"/>	<input type="checkbox"/>	Heart Attack, Age 50 or Younger	<input type="checkbox"/>	<input type="checkbox"/>
Long QT Syndrome (LQTS)	<input type="checkbox"/>	<input type="checkbox"/>	Pacemaker or Implanted Defibrillator	<input type="checkbox"/>	<input type="checkbox"/>
Short QT Syndrome	<input type="checkbox"/>	<input type="checkbox"/>	Deaf at Birth	<input type="checkbox"/>	<input type="checkbox"/>
Brugada Syndrome	<input type="checkbox"/>	<input type="checkbox"/>			

**Explain "Yes" Answers Here**

**I hereby state that, to the best of my knowledge, my answers to all of the above questions are complete and correct. Furthermore, I acknowledge and understand that my eligibility may be revoked if I have not given truthful and accurate information in response to the above questions.**

\_\_\_\_\_  
 Signature of Student-Athlete

\_\_\_\_\_  
 Signature of Parent/Guardian

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Signature of MD/DO/ND/NMD/NP/PA-C/CCSP

\_\_\_\_\_  
 Date



## 2022-23 ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
 Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 % Body Fat (optional): \_\_\_\_\_ Pulse: \_\_\_\_\_  
 BP: \_\_\_\_ / \_\_\_\_ (\_\_\_\_ / \_\_\_\_, \_\_\_\_ / \_\_\_\_)  
 Corrected: Y  N   
 Vision: R20/\_\_\_\_ L20/\_\_\_\_  
 Pupils: Equal  Unequal

	Normal	Abnormal Findings	Initials *
<b>Medical</b>			
Appearance			
Eyes/Ears/Throat/Nose			
Hearing			
Lymph Nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary &			
Skin			
<b>Musculoskeletal</b>			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hands/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			

\* - Multi-examiner set-up only | & - Having a third party present is recommended for the genitourinary examination

**NOTES:**

Cleared Without Restriction   
 Cleared With Following Restriction: \_\_\_\_\_  
 Not Cleared For: All Sports Certain Sports: \_\_\_\_\_ Reason: \_\_\_\_\_  
 Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of:  
 \_\_\_\_\_

Recommendations: \_\_\_\_\_

Name of Physician (Print/Type): \_\_\_\_\_ Exam Date: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Signature of Physician: \_\_\_\_\_, MD/DO/ND/NMD/NP/PA-C/CCSP

**Arizona Interscholastic Association, Inc.  
Mild Traumatic Brain Injury (MTBI) / Concussion  
Annual Statement and Acknowledgement Form**

I, \_\_\_\_\_ (student), acknowledge that I have to be an active participant in my own health and have the direct responsibility for reporting all of my injuries and illnesses to the school staff (e.g., coaches, team physicians, athletic training staff). I further recognize that my physical condition is dependent upon providing an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after athletic activities.

**By signing below, I acknowledge:**

- My institution has provided me with specific educational materials including the CDC Concussion fact sheet (<http://www.cdc.gov/concussion/HeadsUp/youth.html>) on what a concussion is and has given me an opportunity to ask questions.
- I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician or athletic trainer.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a qualified health care professional.
- Following concussion the brain needs time to heal and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.

Based on the incidence of concussion as published by the CDC the following sports have been identified as high risk for concussion; baseball, basketball, diving, football, pole vaulting, soccer, softball, spiritline and wrestling.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document.

Student Athlete:

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or legal guardian must print and sign name below and indicate date signed:

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_