

# ANTHONY WILDCATS

## Athletic Handbook

2025-2026



---

***ANTHONY INDEPENDENT SCHOOL DISTRICT***  
***840 6<sup>TH</sup> STREET***  
***ANTHONY, TX. 79821***

---

This Handbook has been written and updated  
for the Anthony Athletic Dept. by David Rueda, M. Ed.

## TABLE OF CONTENTS ATHLETIC DEPARTMENT

|                                                    |    |
|----------------------------------------------------|----|
| Contact Information.....                           | 2  |
| Mission/Vision Statement and Values.....           | 2  |
| Athletic Philosophies.....                         | 3  |
| Athletic Policy.....                               | 4  |
| Participation and Non-School Teams.....            | 6  |
| Academic Expectations.....                         | 7  |
| Weekly Grade Checks.....                           | 7  |
| Discipline Management Plan.....                    | 8  |
| General Guidelines/Discipline Procedures.....      | 8  |
| Athletic Travel .....                              | 9  |
| Freshman Participation at the Varsity Level.....   | 9  |
| Managers and Trainers .....                        | 10 |
| Participation of Pregnant Athletes.....            | 10 |
| Participation in Multiple Sports.....              | 11 |
| Senior Participation.....                          | 11 |
| Awards for Achievement .....                       | 11 |
| Lightning Policy.....                              | 13 |
| Athletic Injury Protocol.....                      | 14 |
| Training Room Treatment/Evaluation Guidelines..... | 15 |
| Non-Athletic Injuries.....                         | 15 |
| Guidelines for Sports Concussion Management.....   | 16 |
| Return to Play Guidelines for Parents.....         | 19 |
| Code of Conduct .....                              | 20 |
| Acknowledgement and Receipt.....                   | 21 |

# **ANTHONY WILDCAT ATHLETIC DEPARTMENT**

## **CONTACT INFORMATION**

Anthony Independent School District

840 6<sup>th</sup> Street

Anthony, Texas 79821

Anthony Athletic Director

David Rueda (915) 355-3578

Anthony High School Principal

Sandra Espinoza (915) 886-6550

Anthony Middle School Principal

Veronica Ordoñez (915) 866-6530

## **ANTHONY ISD ATHLETIC PROGRAM VISION STATEMENT**

### **Vision:**

At Anthony ISD, we envision a vibrant and inclusive athletic community that fosters the holistic development of our student-athletes. Our commitment to excellence, sportsmanship, and personal growth guides us in creating an environment where every athlete can thrive, both on and off the field. We aim to inspire a life-long love for sports and empower our students to become well-rounded individuals who excel not only as athletes, but as responsible, ethical, and resilient members of society.

### **Mission:**

Our mission is to provide a comprehensive and equitable athletic program that aligns with the educational values of Anthony ISD. The athletic handbook serves as a vital resource, outlining the principles, expectations, and guidelines that govern our middle and high school sports. Through this handbook, we aim to:

\*Promote excellence

\*Prioritize Safety

\*Foster inclusivity

\*Empower life-long learning

\*Cultivate sportsmanship

\*Engage the community

\*Adapt and evolve

Our Mission is to nurture well-rounded individuals who embrace challenges, celebrate successes, and demonstrate the value of sportsmanship and teamwork both on and off the field. Together, we create an environment where every student can reach their full potential and become leaders in our community.

# ANTHONY ISD ATHLETIC PHILOSOPHIES

## Philosophy

### Through athletics our students will develop:

- self-respect
- self-control
- value themselves and others
- ability to make sound judgements
- understanding teamwork
- physical and mental strength & endurance
- a confidence to better prepare themselves for life
- 100%, Never quit mentality

Our **philosophy for our Middle School** athletes is that they participate in developing all the above listed traits, but they are to also have fun and learn the fundamentals of each sport in which they participate. Our Middle School philosophy is focused on participation and making sure that all athletes get to practice, learn, and play. It is our hope that through the development of basic skills, learning, and building a strong foundation, they will continue to participate and develop into bigger, stronger, fundamentally sound athletes who love to participate and compete. It is at the Middle School that we develop the foundation for our High School Program. Middle School is about getting participation, playing, and getting stronger. If this is accomplished, the winner will take care of itself!

Our **philosophy for our High School** athletes is to continue to develop their skills and physicality along with the principles listed above. As athletes advance to the varsity level the focus moves more to competition and winning. We still want to have as many athletes as possible participating and contributing on the field, but the stronger, more advance, and skilled players will have more playing opportunities in order to win competitions.

Our **philosophy for coaches** is that they dedicate themselves to their chosen profession and teach and lead by example. Coaches' number one priority should be the student athletes' education, wellbeing, and health. Coaches are to help athletes learn how to work as a team, handle adversity, and develop responsible considerate adults who respect themselves, others, and the laws of the community. Coaches are to be role models and believe that doing things right and working hard will result in success, not only in sports, but in life.

## ATHLETIC POLICY

1. All athletes are to be well groomed. No earrings (for safety reasons); hair will be clean, neat and uniform. All caps are to be removed before entering a building. All tattoos will be covered during games or upon entering any athletic building or event. Proper dress is required when traveling.

2. All athletes must be eligible to compete before enrolling in the Athletic Program.

3. Any athlete that quits and wants to be reinstated must complete the following:

- Coaches and athletes will observe a 24-hour cooling off period where an athlete may retract his/her decision to quit and may be reinstated upon approval by the head coach, athletic director, and completion of any disciplinary action.
- Athletes will be given a grace period of 2 weeks to leave the sport at the beginning of the season without consequence.
- The athlete will only be allowed to participate in their next sport when the regular season ends in the sport he or she quit. If the athlete runs 10 miles (10 minutes per mile, monitored by a coach), then the athlete may start the season with the team. The 10 miles must be completed within 5 consecutive days of the day he/she begins. The athlete may not practice until the start of the season.

4. Any student athlete who is placed in DAEP (District Alternative Education Program) or ISS (In School Suspension) and/or suspended or arrested for any reason will be automatically removed from participating and/or performing in any extracurricular activity, until the student athlete has completed suspension or placement in respective setting. Reinstatement is subject to the review and approval of the athletic director, campus administration, and superintendent.

A second placement in ISS or suspension or a combination of the two during the same school year **MAY** result in dismissal from all practice and participation in competition or performance in any extra-curricular activity, including activities that occur during the weekend and intercession. The period of dismissal will be based upon the severity of action and will be left to the discretion of the campus administration and athletic director.

This policy will be honored by all transferred students if they have violated a ***Code of Conduct***.

5. Absences: all excused absences will require athletes to make up the running and/or conditioning missed on the day of absence. The number of absences and tardies carry over with each sport.

**Unexcused absences:**

- 1st offense-Zero if grade is taken and a student/coach conference.
- 2nd offense-Zero if grade is taken and a student, parent, coach conference.
- 3rd offense-Zero if grade is taken suspension from the next game and a student/parent/coach conference.
- 4th offense-dropped from the sport and a student, parent, and coach conference.

Tardies: All tardies will be required to make up any running and/or conditioning from the day they were tardy.

6. Conduct: Athletes should always conduct themselves in a respectful manner. This means in school, in the community, and during competition. Classroom misconduct by an athlete may result in additional consequences from the coach. Good sportsmanship is imperative. Fighting, public displays of temper, pouting, and insubordination constitute unsportsmanlike conduct and will result in appropriate disciplinary action.

7. Failure to take punishment will result in suspension from the Athletic Program.

8. Any other situations that may arise will be reviewed by the Athletic Director, Coach and Principal.

9. Any athlete ejected from an extracurricular contest will be subject to the following punishment:

- 1st offense-Suspension of next following game of play.
- 2nd offense-Suspension of next following two games and/or dismissal.

10. Any athlete that is to be dismissed from a team will be officially informed of their dismissal during a meeting between the athlete, head coach and athletic director. Following the dismissal, the parent(s) of the student athlete will be notified in writing of the action of the athletic department by the athletic director. This notice will list the specific reason(s) for the dismissal.

## **PARTICIPATION OF NON-SCHOOL TEAMS**

**MIDDLE SCHOOL:** Students, while participating on a school team, are permitted to participate in the same sport outside of school during the sport season. Such participation must meet the following criteria:

1. The outside participation may not conflict with the sports schedule of the school, including district, regional and state championship play. (Sport schedules include games and practices.) School competition takes precedence.
  - A first infraction of this rule will result in suspension from play for one game.
  - A second infraction of this rule will result in suspension from the team for the remainder of the season.

**HIGH SCHOOL:** Students, while participating on a school team, are **NOT** permitted to participate in the same sport outside of school during the sport season. Students, while participating on a school team may participate in another sport outside of the school during a sport season. However, such participation must meet the following criteria:

1. The outside participation may not conflict with the sports schedule of the school, including district, regional and state championship play. (Sports schedules include games and practices.)
  - A first infraction of this rule will result in suspension from play for one game.
  - A second infraction of this rule will result in suspension from the team for the remainder of the season.
2. A student who elects to participate on an outside team and does not participate on the school team during the designated sport's season is ineligible to represent his/her school in all meets and games that determine a county, district, regional or state championship.

## ACADEMIC EXPECTATIONS: STATEMENT OF PURPOSE

At Anthony ISD, we believe that success on the field and in the classroom goes hand in hand. Our athletic program is not just about winning games; it is about developing well-rounded student athletes who excel academically, athletically, and personally. *This academic statement of purpose serves as a commitment to our student-athletes, parents, coaches, and staff to prioritize education alongside athletic pursuits.*

### ***Our commitment:***

- Balancing academics and athletics: we understand that student athletes face a unique challenge in managing their time. We encourage all our athletes to strike a balance between their academic responsibilities and athletic commitments.
- Academic support: Anthony ISD provides academic support for our student athletes. We offer tutoring, study halls, and resources to help them succeed in the classroom.
- Maintaining eligibility: To participate in athletics, students must meet minimum academic eligibility requirements set by Anthony ISD and the University Interscholastic League.

## GRADE CHECKS

The coaching staff at Anthony ISD will conduct grade checks and maintain continuous communication with your child's teachers. We will also support the teachers, by encouraging your child to complete all assignments, maintain positive behavior, and strong study habits in everyone of their classes. ***AT NO POINT*** will coaches coerce teachers to change grades for athletic eligibility.



## DISCIPLINE MANAGEMENT PLAN

To make this plan work we will need the help, support, and participation of parents, faculty, and administration. We want our athletes to be successful and to reach their full potential. We feel that this program will help them reach all their goals by reducing the number of poor decisions that many young people make. A person's conduct and character are one thing they can control. With our help they will make the choices that lead to prosperous, productive lives.

### GENERAL GUIDELINES/DISCIPLINE PROCEDURES:

The general guidelines for our discipline management program will be based on the following basic behaviors:

1. Do right: know the difference between right and wrong. Avoid misbehavior and lack of respect. Champions do what is right even when no one is watching.
2. Respect for the Athletic Community:
  - a. Your immediate family (parents, siblings, etc.)
  - b. Anthony Wildcat Community
  - c. The Program (Football, Basketball Softball, etc.)
  - d. Anthony Independent School District
  - e. Anthony, Texas

Your conduct reflects each of these groups. You have a responsibility to represent them to the best of your ability.

#### Discipline Procedures:

Our discipline policy is very simple: we are going to treat you as student athletes in every way. You need to think that being in athletics is like having a job. We expect you to show up every day, on time, and eager to work. If you break our rules, we are going to document your offense and discipline you. If you build a record of breaking many rules, the obviously you do not want to be part of our program. Discipline will **be administered** to athletes for breaking rules., such as but not limited to:

- Use of alcohol or illegal drugs of any kind
- Stealing from teammates
- Showing disrespect toward teachers, coaches, teammates
- Misdemeanor or felony crime
- Office referrals – ISS and/or DAEP assignments

## ATHLETIC TRAVEL

To promote efficiency, safety, and team unity and to relieve parents of the burden of providing transportation to off-campus contests, and to provide the coaching staff the opportunity to mentor, coach and have discussions with individual players as well as with the team, the Anthony ISD Athletic Department provides transportation for its student athletes when they compete in any contest held off campus. Students are required to utilize the transportation provided by Anthony ISD to and from these off-campus contests, except in the following circumstances:

- Conduct when traveling – Students must remember that they are still under the **code of conduct** of the school. Students must behave accordingly when representing Anthony ISD on the bus, at hotels, at restaurants, and other points of interest. Students will be responsible for keeping the school bus clean after travelling. No form of bullying, harassment, or any form of disruptive behavior will be tolerated. Remember that following these rules ensures a safe and enjoyable trip for everyone. Violations will result in disciplinary actions.
- In the case of personal request or an emergency, or if the time is of the essence and the student has homework or another school-related commitment, the parent or guardian may take the student home as long as the parent or guardian has submitted a written request to the Athletic Department and Head Coach. **This form is to be picked up in each campus front office.**
- If a student athlete becomes ill or is injured and needs immediate transportation, a parent may transport the student athlete with the permission of the Head Coach or Assistant Coach.

A student athlete is **NOT** permitted to transport him or herself to or from an off-campus athletic contest.

## FRESHMAN PARTICIPATION AT THE VARSITY LEVEL

Freshmen (boys and/or girls) may be moved up to the Varsity level only upon meeting the below listed criteria:

1. The freshman athlete must be deemed physically and mentally mature enough by the Athletic Director, Head Coach, and Athletic Trainer.
2. The freshman being moved up must be scheduled to make a major contribution by playing most of the game or match.
3. Before moving a freshman athlete to the Varsity level a Head Coach must meet with the Athletic Director to initiate play at the Varsity level.

## **MANAGERS AND TRAINERS**

Managers and trainers are a vital part of a team. Managers and trainers must uphold the same requirements held for all U.I.L. athletes which include deportment and curriculum responsibility. Students are encouraged to participate in this realm of athletics. Both male and female students may participate as a manager or trainer. Female managers and trainers may travel with boys' teams and male managers and trainers may travel with girls' teams if the trip is not an overnight trip. **No** opposite sex managers or trainers will travel and or serve in these capacities in overnight competitions. When opposite sex managers and trainers travel with a team, they will be required to sit at the front seat of the bus. This policy is implemented to best serve and protect our students and to also provide fiscal responsibility. Trainers must dress in a manner that complies with the school's dress code.

## **PARTICIPATION OF PREGNANT ATHLETES**

To protect Anthony LSD athletes, the following guidelines are established for young ladies who become pregnant and are participating in athletics, to include managers and trainers. The policy for young ladies who become pregnant and want to continue to participate in athletics is as follows:

1. Any female athlete who is pregnant may participate through the first trimester (the first 3 months of the pregnancy) with the written permission of her parent/legal guardian and her physician. Participation in practice or games will not be permitted until both documents are turned into the Athletic Department and verified.
2. While pregnant and in her second trimester (the 3rd- 6th month of the pregnancy) a female athlete may continue as part of the team, which includes traveling and being on the bench with the team but may not participate on the court during practice and/or games. This is contingent upon continued written permission from both the guardian and the physician providing medical checkups.

Any female athlete who finds out she is pregnant and fails to notify the coach and/or the Athletic Director immediately thereafter and continues to participate may be dismissed from the team or subject to disciplinary actions.

## PARTICIPATION IN MULTIPLE SPORTS

All athletes should be encouraged to participate in all sports in which they desire to participate. Students may participate in multiple sports at the same time if both seasons are taking place at the same time, i.e., baseball and track. However, athletes will not be allowed to start or practice another sport until the sport that the student is participating in has completed its UIL competition/season for the school year. Coaches and/or others are not to pressure athletes, directly or indirectly, to "specialize" in any one sport. To have an outstanding athletic program at our schools, all coaches must encourage and participate in "selling" the total sports program to our students. We are here to serve our student athletes. If you are visiting with an athlete of another sport about participating in your sport, the head coach of the sport should be present.

## SENIORS WHO HAVE NOT PREVIOUSLY PARTICIPATED

This section refers to senior students who have not previously participated in athletics during high school and decide to play their senior year. In this instance, each player will be evaluated by the head coach. After the evaluation, the head coach will have the final decision concerning whether the player will be placed on the team or cut from the team. A senior **MAY BE** placed at the JV level only if he has participated in the program for a maximum of four years.

## AWARDS FOR ACHIEVEMENT

There are two (2) types of awards:

- 1) **Letterman Jacket:** This award is given to Varsity Level participants who make outstanding contributions to the school program. A student may earn only **one jacket** in his/her high school career. Athletes must meet the sport specific criteria listed below and have the recommendation of the head coach.
- 2) **Certificate of Participation/Trophy:** This award is made to Sub-Varsity and Junior High participants who contribute to a program below the Varsity Level.

## HOW TO EARN A LETTERMAN JACKET

**Football** - An athlete must complete two (2) full seasons at the varsity level and have the recommendation of the head coach to be eligible to receive a 'Letterman's Jacket'. The athlete must have also remained academically eligible throughout the season in which the games were completed to qualify for a jacket.

**Volleyball** - An athlete must complete two (2) full seasons at the varsity level and have the recommendation of the head coach to be eligible to receive a 'Letterman's Jacket'. The athlete must have also remained academically eligible throughout the season in which the games were completed to qualify for a jacket.

**Basketball** - An athlete must complete two (2) full seasons at the varsity level and have the recommendation of the head coach to be eligible to receive a 'Letterman's Jacket'. The athlete must have also remained academically eligible throughout the season in which the games were completed to qualify for a jacket.

**Baseball** - An athlete must complete two (2) full seasons at the varsity level and have the recommendation of the head coach to be eligible to receive a 'Letterman's Jacket'. The athlete must have also remained academically eligible throughout the season in which the games were completed to qualify for a jacket.

**Softball** - An athlete must complete two (2) full seasons at the varsity level have the recommendation of the head coach in order to be eligible to receive a 'Letterman's Jacket.' The athlete must have also remained academically eligible throughout the season in which the games were completed to qualify for a jacket.

**Cross Country** - An athlete must complete two (2) full seasons at the varsity level have the recommendation of the head coach to be eligible to receive a 'Letterman's Jacket.' The athlete must have also remained academically eligible throughout the season in which the meets were completed to qualify for a jacket.

**Track** - An athlete must complete two (2) full seasons at the varsity level have the recommendation of the head coach to be eligible to receive a 'Letterman's Jacket'. The athlete must have also remained academically eligible throughout the season in which the meets were completed to qualify for a jacket.

**Cheerleaders** - Cheerleaders must complete two (2) full years of service to letter at the varsity level. They must have completed the season without and must have a letter of recommendation of the sponsor to letter. They must have completed the season without failing any courses unless eligibility was reinstated during the season.

**Trainers/Managers** - Both must complete two (2) full years of service to letter. They must have completed the season without failing any courses unless eligibility was reinstated during the season.

## ANTHONY ISD LIGHTNING POLICY

The following is the criteria for suspension of athletic practices or games for Anthony ISD teams with the use of the WeatherBug APP.

1. The WeatherBug App will be available for all home outdoor practices and games when the athletic trainer is present.
2. The officials and coaches will be alerted when lightning is detected 8 -20 miles from the activity site.
3. When a lightning strike is detected within 10 miles, the officials and coaches will be informed that the activity is being suspended. (The average lightning strike is six miles long).
4. Activity will be suspended for 30 minutes, then reevaluated.
5. It is the coaches' responsibility to remove the athletes from the playing field to a sheltered location (preferably in a building) until the athletic trainer declares the danger has passed.
6. An announcement will be made to the spectators that they should seek shelter until the danger has passed.
7. If no further lightning is detected within the 10-mile range for 30 minutes, practice/play may resume.
8. THERE SHOULD BE ABSOLUTELY NO LIGHTNING DURING THE SUSPENSION OF ACTIVITY. IF MORE LIGHTNING OCCURS, THE SUSPENSION WILL BE EXTENDED. There should be a 30-minute period where no strikes are detected within 10 miles.
9. The re-occurrence of lightning during the remainder of practice/play may constitute another delay or a postponement.

If for some reason the athletic trainer is not on duty or the WeatherBug App is unavailable, then the following policy should be followed if a practice/game is in progress:

1. If lightning is seen, use the "30 second rule": When you see lightning, start counting until thunder is heard. (5 seconds = 1 mile; 30 seconds = 6 miles; 40 seconds = 8 miles)
2. If you hear thunder within 40 seconds, please follow these rules:
  - A. If practice is in session, the coach should remove the players from the field to a sheltered location (preferably in a building) until the danger has passed.
  - B. If in a game situation, the officials should be informed. It is the officials responsibility to suspend the game for a period of 30 minutes, then reevaluate. The coaches need to take the players to a shelter location (preferably in a building) until the danger has passed.

3. If no further lightning is seen within the 10-mile range for 30 minutes, practice/play may resume.
4. THERE SHOULD BE ABSOLUTELY NO STRIKES DURING THE SUSPENSION OF ACTIVITY. IF MORE STRIKES OCCUR, THE SUSPENSION WILL BE EXTENDED. There should be a 30-minute period where no strikes are detected within 10 miles.
5. The re-occurrence of lightning during the remainder of practice/play may constitute another delay or a postponement.

### **ANTHONY ISD ATHLETIC INJURY PROTOCOL**

The following are the proper procedures for Anthony ISD to follow when dealing with athletic injuries.

- The athletic trainer should be contacted as soon as possible regarding the injury/illness of an athlete.
- The coach is responsible for making sure the athlete is seen by the athletic trainer before returning to play/practice following an injury or illness.
- Athletes who show up to practice and state they cannot work out should be sent immediately to the athletic training room.
- An athlete who is injured in a practice or game should report to the athletic training room the following day.
- Athletes wishing to be taped must report to the athletic training room for treatment. No treatment, No tape!
- Coaches should not tape any athlete unless authorized by the athletic trainer.
- Coaches please do not diagnose, recommend, or perform any treatments on any athletes.
- Coaches should adhere to ALL recommendations for practice and games from the athletic trainer concerning injured and ill athletes.

## **TRAINING ROOM TREATMENT / EVALUATION GUIDELINES**

Treatments are to be administered only to student-athletes from Anthony High School or Middle School that are injured during certain school sponsored activities.

1. These activities include:

|               |               |
|---------------|---------------|
| Baseball      | Basketball    |
| Cheerleading  | Cross Country |
| Football      | Softball      |
| Track & Field | Volleyball    |

**Any student coming into the training room must have a physical on file to receive treatment.**

2. Only athletes who are involved in a UIL activity will be treated.
3. Any athletes who are under the care of a physician must provide written documentation of treatment protocol, and/or release for return to play.
4. Athletes who are members of a school sponsored activity who are injured in non-UIL activities (i.e. club sports, open gyms, recreational, etc.) will only receive first aid care until they are evaluated by a physician. The physician must provide in writing a treatment protocol for the athletic trainer to follow.
5. The Athletic Trainer will not treat non-athletic injuries. This includes PE and lunchtime injuries.

### **NON-ATHLETIC INJURIES**

Non-athletic injuries will be seen in the Athletic Training Room under the following guidelines:

1. Due to liability concerns, the student-athlete must first see a medical doctor prior to being treated by the Athletic Trainer.
2. The student-athlete must provide written documentation for treatment/rehabilitation from the doctor. The information must be specific to what type of treatment/rehab is to be done.
3. No injuries that are the result of a motor vehicle accident will be seen.



# **ANTHONY ISD GUIDELINES FOR SPORTS CONCUSSION MANAGEMENT**

## **Introduction:**

The Center for Disease Control (CDC) estimates that from 2019-2021 there were approximately 150,000 to 250,000 cases of mild traumatic brain injury (MTBI) or concussions annually in the United States as the result of participation in sports. The Sports Concussion Institute estimates that 5 to 10 percent of athletes in contact sports suffer a concussion during a season. Also of concern is the risk of repeated concussions and second impact syndrome for our young athletes. These two problems can have long-lasting, and even terminal effects, on the individual. To have a standard method of managing concussions of Anthony ISD athletes, the following guidelines are intended to serve as a written protocol for concussion management.

## **What is a Concussion?**

**Concussion** - A concussion is a type of traumatic brain injury (TBI). Concussions are the common result of a blow to the head or body which causes the brain to move rapidly within the skull. This injury causes brain function to change which results in an altered mental state (either temporary or prolonged). Physiologic and/or anatomic disruptions of connections between some nerve cells in the brain occur. Concussions can have serious long-term health effects, even from a mild bump on the head. Symptoms include, but are not limited to, brief loss of consciousness, headache, amnesia, nausea, dizziness, confusion, blurred vision, ringing in the ears, loss of balance, moodiness, poor concentration or mentally slow, lethargy, photosensitivity, sensitivity to noise, and a change in sleeping patterns. These symptoms may be temporary or long lasting.

## **Prevention Strategies**

1. Insist that safety comes first.
2. Teach and practice safe playing techniques.
3. Teach athletes the dangers of playing with a concussion.
4. Encourage athletes to follow the rules of play and to always practice good sportsmanship.
5. Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, and eye and mouth guards).
6. All headgear must be NOCSAE certified.
7. Make sure the headgear fits the individual and is secured properly to the individual.
8. For all sports that require headgear, a coach or appropriate designee should check headgear before use to make sure air bladders work and are appropriately filled. Padding should be checked to make sure they are in proper working condition.

## **Evaluation For Concussions**

1. At time of injury administer an assessment test to determine if the athlete has sustained any sort of Traumatic Brain Injury (TBI).
2. The Athlete does not return to a game or practice if he/she has any symptoms that would indicate the possibility of suffering a concussion.
3. Doctor referral
4. Home Instructions
5. Return to play guidelines for parents.
6. Parent informed consent and athlete's participation form.
7. Note- If in doubt, the athlete is referred to a doctor and does not return to play.

## **Concussion Management**

1. School modifications
  - a. Notify school nurses, counselors, and all classroom teachers that the student has sustained a concussion.
  - b. Notify teachers of post- concussion symptoms.
  - c. Students may need special accommodations such as limited computer work, reading activities, testing, assistance to class, etc. until symptoms subside.
  - d. Students may only be able to attend school for half a day or may need daily rest periods until symptoms subside.
2. Student must be symptom free for one week before beginning return to play protocol.

## **Return To Play Guidelines**

1. Activity progressions
  - a. No activity until the athlete is symptom free and cleared by a physician to start activity progression.
  - b. Step 1: Light aerobic exercise - 5 to 10 minutes on an exercise bike or light jog; no weightlifting, resistance training, or any other exercises.
  - c. Step 2: Moderate aerobic exercise - 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.
  - d. Step 3: Non-contact training drills in full uniform. May begin weightlifting, resistance training, and other exercises.
  - e. Step 4: Full contact practice or training.
  - f. Step 5: Full game play.
  - g. Note -Athlete progression continues if an athlete is asymptomatic at current level. If the athlete experiences any post-concussion symptoms, you wait 24 hours and start the progressions again at the beginning.
2. Athletic Trainer Clearance

## **DOCTOR REFERRAL FOR CONCUSSION**

### **Day of Injury Referral**

1. Lack of sustained attention - inability to repeat numbers, months of the year, counting backwards
2. Confused mental status - disorientation to time, date, place, etc.
3. Amnesia - retrograde (before event) and/or post-trauma
4. Dazed look or vacant stare
5. Vomiting and/or nausea
6. Delayed verbal and motor responses- slow to answer questions or follow instructions
7. Memory deficits (short term and delayed memory)- remembering the same questions over a period.
8. Emotional liability- combative and/or aggressive behavior
9. Poor coordination - balance and strength
10. Dizziness
11. Headache or persistent headache that continues to increase in intensity
12. Restlessness - changing positions or inability to get comfortable
13. Neurasthenia- nervous, weakness, exhaustion or irritability
14. Hyperesthesia - excessive sensitivity to touch, pain, light or sound
15. Stiffness of the neck
16. Blood or clear fluid from nose or ears
17. Abnormal drowsiness or sleepiness
18. Convulsions
19. Unequal pupils or unresponsive pupils
20. Poor ability to track with eyes
21. Persistent ringing in ears
22. Slurred or incoherent speech
23. Blurred or double vision
24. Disorientation

## **RETURN TO PLAY GUIDELINES FOR PARENTS**

Anthony ISD has developed a protocol for managing concussions. This policy includes a multidiscipline approach involving athletic trainer clearance, physician referral and clearance and successful completion of activity progressions related to their sport. The following is an outline of this procedure. Your son/daughter must pass all these tests to return to sport activity after having a concussion.

1. All athletes who sustain head injuries are required to be evaluated by their primary care physician. They must have a normal physical and neurological exam prior to being permitted to progress to activity. This includes athletes who were initially referred to an emergency department.
2. The students will be monitored daily at school by the athletic trainer and school nurse. His/her teachers will be notified of their injury and what to expect. Accommodation may need to be given according to physician recommendations and observations.
3. The student must not have any symptoms during rest and during physical exertion.
4. Once cleared to begin activity, the student will start a progressive step-by-step procedure outlined in the following statement. The progressions will advance at the rate of one step per day. The progressions are as follows:
  - a) No activity until the athlete is symptom free and cleared by a physician to start activity progression.
  - b) Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weightlifting, resistance training, or any other exercises.
  - c) Step 2: Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.
  - d) Step 3: Non-contact training drills in full uniform. May begin weightlifting, resistance training, and other exercises.
  - e) Step 4: Full contact practice or training.
  - f) Step 5: Full game play.
  - g) Note -Athlete progression continues if athlete is asymptomatic at current level. If the athlete experiences any post-concussion symptoms, you wait 24 hours and start the progressions again at the beginning.
5. Once the student has completed the 5-step plan, he/she may return to their sport activity with no restrictions.

## **ANTHONY ISD ATHLETIC CODE OF CONDUCT**

### **I. SPORTSMANSHIP AND CITIZENSHIP**

All Anthony High School and Middle School student athletes are expected to consistently demonstrate the highest levels of conduct, sportsmanship, and positive behavior whenever they represent the school. Specific violations of the above include actions such as fighting, theft, use of improper language and misuse of school facilities and equipment.

### **II. DRUG, ALCOHOL AND TOBACCO/VAPE USE**

All Anthony student athletes are required to refrain from the use of drugs, alcohol, controlled substances, and tobacco/vape products 24 hours a day, on and off school property. Violation of these requirements will incur penalties from both the school system and the head coach which may include suspension from activities and/or removal from participation for up to one year.

Note:

For more information, please visit the UIL website at [www.uil texas.org](http://www.uil texas.org). Every year UIL updates and publishes a Parent Information Manual with more information ([www.uil texas.org/files/athletics/manuals/Parent\\_Info\\_Handbook-23.pdf](http://www.uil texas.org/files/athletics/manuals/Parent_Info_Handbook-23.pdf))

## ANTHONY ISD ATHLETIC HANDBOOK

### **Acknowledgment and Receipt:**

I have received a copy of the Anthony ISD Athletic Handbook.

The Anthony ISD Athletic Handbook describes important information about Anthony ISD Athletics to include Anthony ISD district athletic policies and procedures.

I understand that I should consult with the Athletic Director of Anthony ISD regarding any questions not answered in the handbook.

I have received the Anthony ISD Athletic Handbook, and I understand that it is my responsibility to read the Anthony ISD Athletic Handbook in its entirety and comply with the policies contained in this handbook and any revisions made to it.

---

Sport(s) Issuing Receipt

---

Athlete's Current Grade Level

---

Athlete Signature

---

Athlete Name (Print)

---

Parent/Guardian Signature

---

Parent/Guardian Name (Print)

---

Date