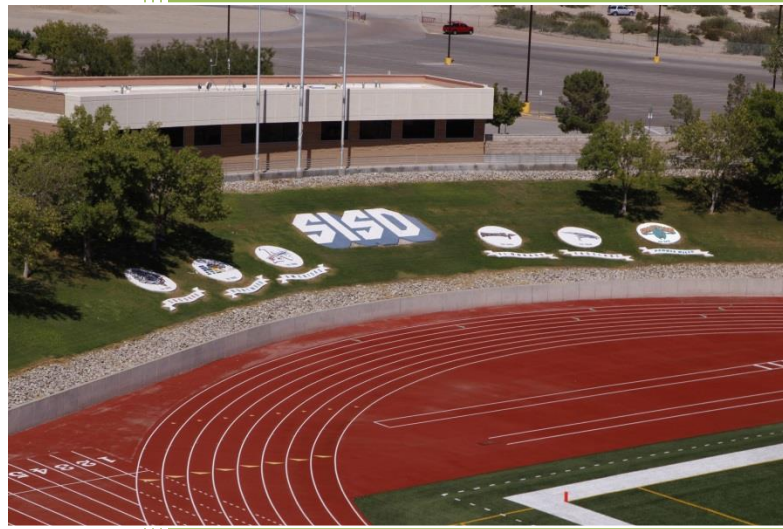


# Socorro ISD Athletic Handbook



SISD Athletics Department  
Socorro Independent School District

## Table of Contents

Student Activities Complex .....	2
Aquatics Center.....	3
HS Principals and Athletic Coordinators.....	4
MS Principals and Athletic Coordinators.....	4
Athletic Department – Mission Statement.....	6
Participation Guidelines.....	6
Sportsmanship Guidelines.....	6
High School Seasons.....	8
Middle School Seasons.....	8
Required Pre-season Forms.....	8
Physical Exams.....	8
Eligibility Requirements.....	9
Residence Requirements.....	10
Transfers.....	10
Recruiting.....	10
Pre-season Meetings.....	11
New Students .....	11
PAPF Process.....	12
DAEP Placements.....	12
Bullying and Hazing.....	12
Multi-Sport Participation.....	13
Quitting.....	13
Tryouts and Cuts.....	13
Suspensions / Removal From Teams.....	13
Athletic Training .....	14
Weather Guidelines.....	16
Emergency Action Plans.....	22
Game Information.....	23
Ticket Sales.....	23
HS / MS Rules and Procedures.....	24
Booster Clubs.....	24
Parent Communication.....	25
Non-School Participation.....	26
Equipment.....	26
Scores and Stats.....	26
Travel.....	27
Additional MS Information.....	29

## Student Activities Complex

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El Paso, Texas 79936  
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**Head Custodian:** Frank Gonzalez  
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**Aquatics Center**

1257 Southview  
El Paso, Texas 79936  
Phone: (915) 937-0551  
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**Assistant Athletic Director:** Dan Ferguson  
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**Aquatics Technicians:** Jaime Escalera  
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**Aquatic Secretary:** Isabelle Mendoza  
(915) 937-0544

## High School Principals and Athletic Coordinators

**Americas High School: (915) 937-2800**

Principal: Patricia Cuevas [pcueva@sisd.net](mailto:pcueva@sisd.net)  
Coordinator: Patrick Melton [pmelto@sisd.net](mailto:pmelto@sisd.net)

**Eastlake High School: (915) 937-3600**

Principal: Gilbert Martinez [gmarti22@sisd.net](mailto:gmarti22@sisd.net)  
Coordinator: Ruben Rodriguez [rrodri75@sisd.net](mailto:rrodri75@sisd.net)

**El Dorado High School: (915) 937-3200**

Principal: Vanessa Betancourt [vbetan01@sisd.net](mailto:vbetan01@sisd.net)  
Coordinator: Roel DeAnda [rdeand@sisd.net](mailto:rdeand@sisd.net)

**Montwood High School: (915) 937-2400**

Principal: Carlos Guerra [cguerr08@sisd.net](mailto:cguerr08@sisd.net)  
Coordinator: Ariel Famaligi [afamal@sisd.net](mailto:afamal@sisd.net)

**Pebble Hills High School: (915) 937-9400**

Principal: Ignacio Estorga [iestor@sisd.net](mailto:iestor@sisd.net)  
Coordinator: Mark Torres [mtorre09@sisd.net](mailto:mtorre09@sisd.net)

**Socorro High School: (915) 937-2000**

Principal: Lucero Miranda Reid [lreid@sisd.net](mailto:lreid@sisd.net)  
Coordinator: Anthony Hinsley [ahinsl@sisd.net](mailto:ahinsl@sisd.net)

## Middle School Principals and Athletic Coordinators

**Bill Sybert K-8 School: (915) 937-4400**

Principal: Gabriela Elliot [gmolin05@sisd.net](mailto:gmolin05@sisd.net)  
Coordinator: Robert Johnson [rjohns@sisd.net](mailto:rjohns@sisd.net)

**Capt. Walter E. Clarke Middle School: (915) 937-5600**

Principal: Ivan Ramirez [iramir05@sisd.net](mailto:iramir05@sisd.net)  
Coordinator: Deanne Rodriguez [drodri01@sisd.net](mailto:drodri01@sisd.net)

**Col. John O. Ensor Middle School: (915) 937-6000**

Principal: Lisa Estrada-Batson [lestra02@sisd.net](mailto:lestra02@sisd.net)  
Coordinator: Miguel Saldana [msalda01@sisd.net](mailto:msalda01@sisd.net)

**Desert Wind K-8 School: (915) 937-7800**

Principal: Leticia Terrazas [lterra01@sisd.net](mailto:lterra01@sisd.net)  
Coordinator: Noe Velarde [nvelar02@sisd.net](mailto:nvelar02@sisd.net)

**Ernesto Serna K-8 School: (915) 937-4800**

Principal: Alejandro Olvera [aolver01@sisd.net](mailto:aolver01@sisd.net)

Coordinator: Maria Andrade [mandra@sisd.net](mailto:mandra@sisd.net)

**Jane Hambric K-8 School: (915) 937-4600**

Principal: Joanne Anguiano [jangui03@sisd.net](mailto:jangui03@sisd.net)

Coordinator: Leticia Renovato [lrenov01@sisd.net](mailto:lrenov01@sisd.net)

**John Drugan K-8 School: (915) 937-6805**

Principal: Adalberto Garcia [agarci10@sisd.net](mailto:agarci10@sisd.net)

Coordinator: Hector Pacheco [hpache01@sisd.net](mailto:hpache01@sisd.net)

**Montwood Middle School: (915) 937-5800**

Principal: Melissa Martinez [mmarti4757@sisd.net](mailto:mmarti4757@sisd.net)

Coordinator: Marta Tavarez [mtavar@sisd.net](mailto:mtavar@sisd.net)

**Paso Del Norte K-8 School: (915) 937-6200**

Principal: Benjamin Baldner [bbaldn@sisd.net](mailto:bbaldn@sisd.net)

Coordinator: Larry Villa [lvilla@sisd.net](mailto:lvilla@sisd.net)

**Spec. Raphael Hernando III Middle School: (915) 937-9800**

Principal: Valerie Hairston [vhairs@sisd.net](mailto:vhairs@sisd.net)

Coordinator: Eddie Lopez [elopez15@sisd.net](mailto:elopez15@sisd.net)

**SSG. Manuel R. Puentes Middle School: (915) 937-9210**

Principal: Monica Castro [mcastr13@sisd.net](mailto:mcastr13@sisd.net)

Coordinator: Alfredo Maldonado [amaldo17@sisd.net](mailto:amaldo17@sisd.net)

**Salvador Sanchez Middle School: (915) 937-5200**

Principal: Nathan Ballard [nballa@sisd.net](mailto:nballa@sisd.net)

Coordinator: Ronald Promesse [rprome01@sisd.net](mailto:rprome01@sisd.net)

**Socorro Middle School: (915) 937-5000**

Principal: Mauro Guerrero [mguerr03@sisd.net](mailto:mguerr03@sisd.net)

Coordinator: Cindy Covarrubias [ccovar01@sisd.net](mailto:ccovar01@sisd.net)

**Sun Ridge Middle School: (915) 937-6600**

Principal: David Herrera [dherre14@sisd.net](mailto:dherre14@sisd.net)

Coordinator: Gabriel Aragon [garago01@sisd.net](mailto:garago01@sisd.net)

**William D. Slider Middle School: (915) 937-5400**

Principal: Brandon Rios [mrios11@sisd.net](mailto:mrios11@sisd.net)

Coordinator: Gustavo Hernandez [ggherna20@sisd.net](mailto:ggherna20@sisd.net)

## Athletic Department Mission Statement

Consistent with the mission statement of Socorro ISD, the athletic department will provide pathways for students to optimize skills and to reach one's full potential through participation in athletics and interscholastic competition. The Socorro ISD Athletic Department seeks to promote the intellectual, physical, social, and emotional development of our student athletes by providing opportunities to participate in athletics. Our program goals are:

- To teach the value of respect, ethical conduct, and sportsmanship.
- To encourage the development of a strong work ethic and self-discipline.
- To develop character and leadership skills.
- To involve as many students as possible in athletic programs and provide opportunities to invest in teamwork.

## Participation Guideline

Being a Socorro ISD athlete is a privilege and is one that carries with it many responsibilities. Participation in athletic programs and/or University Interscholastic League activities is a privilege not a right. No student is required to take part in athletic contests or activities. Therefore, it is imperative that all students participating in athletics understand that they are expected to display good sportsmanship, practice fair play, and show respect for officials, opponents, coaches, and fans when competing for their schools. Failing to live up to the Socorro ISD standards for student behavior can result in athletic participation privileges being removed by Socorro ISD Staff (Administration or Coach).

## Sportsmanship Guidelines

The student-athlete must understand that both winning and losing are part of the game. A student-athlete must be disciplined to be modest in victory and gracious in defeat. The student-athlete must never use profanity or resort to illegal tactics. Excessive displays of temper, flagrant violations of contest rules, and fouls or penalties committed with intent to injure another athlete will not be tolerated. Respect towards officials, fans, and opponents is an absolute must. Conflict of any kind that occurs outside of the team will be handled by the coach or administrator. Any behavior contrary to the above or any other act that is not conducive to good sportsmanship may result in removal from the contest and possible further disciplinary action, including, but not limited to dismissal from the team.

## Code of Conduct

In order to maintain a sound body physically, mentally, emotionally and to demonstrate characteristics expected of a student-athlete in Socorro ISD, participants in athletics must refrain from the following:

- Use or possession of any tobacco products
- Use, possession, or becoming under the influence of any alcoholic beverage
- Use, possession, or becoming under the influence of illegal drugs or behavior-altering substances

- Insubordination, disrespect, disobedience to coaches and/or officials
- Participation in illegal activities such as stealing, fighting, hazing, bullying, indecent exposure, or public lewdness
- Participation in any criminal activities that may result in the notification of a law enforcement officer

\* Student-athletes that do not comply with these guidelines may be subject to disciplinary action that may include a suspension or even a dismissal from athletics.

### **Ejection from Contest**

Coaches or athletes ejected from a contest will serve the penalties mandated by the UIL. Additionally, Socorro ISD could require that ejected players or coaches sign up and complete courses offered on the NFHS website that are relevant to sportsmanship in order provide helpful training that could prevent future occurrences.

### **Spectator Guidelines**

Parents, spectators, and fans are always required to display good sportsmanship. It is important to keep the listed information in mind while attending interscholastic competitions.

- A ticket for admission does not entitle anyone to disrespect or degrade others in any way. Everyone who is a part of high school athletics gives their best effort and that commitment to competing in athletics should be celebrated.
- Understand that the student-athletes will make mistakes, and no participant should be ridiculed at any time because of their efforts. Many of them are still learning the games they play and can easily be disheartened by a rogue fan attacking their performance.
- High school coaches are full-time teachers first and coaches second. Comments or verbal criticism during competitions directed at the coaches creates hostility and frustration that are not conducive to a healthy competitive environment.
- Officials are present to promote the game and the student-athletes involved. They make judgment calls in good faith based on their knowledge and extensive training. A lot of time and effort has gone into making sure that they know the rules. Respect their decisions.
- Winning is an admirable goal of competition, but it is nothing if it comes at the expense of morals, ethics, and common sense.

Spectators that are asked to leave a contest by an administrator, security, or that are ejected by an official could be subject to suspensions or even banned from the campus or other Socorro ISD district facilities at future competitions.



## **High School Seasons**

<b><u>Fall</u></b>	<b><u>Winter</u></b>	<b><u>Spring</u></b>
Cross Country	Boys & Girls Basketball	Softball
Volleyball	Boys & Girls Soccer	Baseball
Football	Swimming	Track
Team Tennis	Wrestling	Golf
Cheerleading	Swimming	Tennis

## **Middle School Seasons**

<b><u>Fall</u></b>	<b><u>Winter</u></b>	<b><u>Spring</u></b>
Football	Boy & Girls Basketball	Baseball
Volleyball	Track	Softball
Cross Country		Boys & Girls Soccer

## **Required Pre-Season Forms**

The required forms listed can be found on the RankOne website specific to Socorro ISD:

- Student Information
- Socorro ISD Release of Medical Information
- Assumption of Risk
- UIL Pre-Participation Physical Evaluation- Medical History and Physical Examination
- UIL Parent and Student Notification/Agreement Form
- UIL Concussion Acknowledgement Form
- UIL Acknowledgement of Rules
- Sudden Cardiac Death Awareness Form

All forms must be completed by the student and parent. All documents are reviewed by the Athletic Trainer. Once all forms have been completed and filed, the Athletic Trainer will clear the athlete for participation. The coach of each sport will review the list of athletes that are cleared on his/her team prior to participation in any physical activity relative to that sport. Athletes that are missing any of the required documents should not be allowed to participate. Athletes and parents that need assistance completing the required forms can contact the Athletic Trainer or head coach.

## **Physical Exams**

Socorro ISD requires a physical examination given by a U.S. doctor or nurse practitioner for each athlete each year of competition. The physical examination is good for 1 school year and may be taken anytime on or after May 1<sup>st</sup> for the following year (exception Cheerleading). An athlete must have a complete and current physical examination on file prior to participating in an athletic period class, practice, tryout, or competition. Only approved vendors may be used by Socorro ISD schools to provide physicals for Socorro ISD athletes. Athletes have the option to receive a physical examination from their own physician, so long as the correct form is used and submitted to the school.

### **Academic Eligibility Requirements:**

A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if he/she:

- Beginning the 9th grade -- has been promoted from the 8th grade to the 9th.
- Beginning the 10th grade -- has earned 5 credits towards state graduation.
- Beginning the 11th grade -- has earned 10 credits towards state graduation OR has earned 5 credits towards state graduation in the last twelve months.
- Beginning the 12th grade -- has earned 15 credits towards state graduation OR has earned 5 credits towards state graduation in the last twelve months.

(The above eligibility criteria apply only to the following sports: Football, Volleyball, Team Tennis, Golf, Swimming, and Cross Country.)

### **General Eligibility Requirements**

Students are eligible to represent their school in varsity interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504 handicapped exception.)
- have not graduated from high school.
- are enrolled by the sixth-class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time day students in a participant high school.
- initially enrolled in the ninth grade not more than four calendar years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if:  
*The student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).*
- have observed all provisions of the Awards Rule.
- have not been recruited.
- have not violated any provision of the summer camp rule.
- have observed all provisions of the Athletic Amateur Rule.

## **UIL Academic Eligibility**

All eligibility checkpoints and action dates must be monitored by the coaches. The official guide used to determine loss of eligibility is the campus failure report. A grade change form may only be accepted if there was a teacher error with signed approval from the campus principal.

## **Residence Requirements**

All students must meet the UIL residence requirements in order to participate at the varsity level. In order to be eligible for varsity participation a student must be a resident of the member school district and a resident of the attendance zone in which the participant school being attended is situated, or if:

- (1) The student has been continuously enrolled in and regularly attending the school for at least the previous calendar year if his or her parents do not reside within the school district's attendance zone.
- (2) The student is attending a school outside the attendance zone where the parents reside because the school board or other appropriate authority changed district or attendance zone lines.
- (3) The student is a transfer student from a public 8-grade ISD not containing a high school, who transferred at the first opportunity:
- (4) The student qualifies as an Intra-District Transfer.

## **Socorro ISD Administrative Regulation FDB:**

### **Athletic Participation Intra-District / Transfers**

A high school student that resides within the Socorro ISD attendance zone accepted into an approved Magnet Program shall be eligible for varsity athletic competition upon enrollment.

UIL - C&CR Section 440: ELIGIBILITY - ATHLETICS (b)(4) Intra-District Transfers. A student who has an option to attend more than one high school within a school district, rather than being assigned to a school according to attendance zones, is eligible at the school first selected if he/she transfers at the first opportunity. If a student subsequently transfers to another school, the student is not eligible for varsity athletic competition until he/she has been in and regularly attended that school for at least the previous calendar year.

## **Recruiting**

Recruiting is not only a violation by the student who has been recruited, but it is also a violation by the school and/or the school district personnel who recruited the student. It is a violation to recruit at all grade levels.

**(UIL C & CR SECTION 1203 C)** - The district executive committee shall investigate efforts on the part of any school official or local fan to recruit players. Recruiting is a violation and may subject the school at fault to disqualification. Disqualification may be made by the committee after the school has been given an opportunity to be heard. A school in violation shall remain disqualified for the period of time specified.

Recruit as defined by UIL: to encourage a student in any way to change schools for the purpose of participating in UIL activities at any grade level. It could include offering a student or the student's parent cash, waiver of tuition, board or lodging, transportation, promise of better conditions at the participant school or on its team, a job or other valuable consideration to induce the student to enroll in a participant school.

### **Pre-Season Parent Meeting**

All Head coaches are required to hold a documented pre-season parent meeting. The date, time, and place of parent meetings should be announced at least one week in advance. Parents should be asked to sign in. Parent meetings should address the following topics and include any additional team specific information.

- Introduction of coaches
- Contact information and communication procedures
- Information on using devices and technology (Remind, RankOne, Hudl, etc...)
- Presentation of the athletic program
- Calendars and schedules of team events
- Practice schedules and procedures
- Policy on media devices
- UIL and Socorro ISD policy, procedures, and guidelines regarding the sport
- Expectations of student athletes
- Expectations of parents and fans
- Sportsmanship information to include ejections
- Transportation policies and opportunities

### **New Students & Transfer Students**

- Upon registration students may be placed in an athletic period with the approval of the head coach.
- The new coach is encouraged to contact the previous coach to start communication on reason for transfer.
- The new coach will notify the Campus Athletic Coordinator and start the PAPF process
- Falsification of any of the registration records (age, residence, credits, legal issues, etc.) by the student/parent shall result in the student's permanent ineligibility.

### **PAPF Process**

1. Initiate PAPF on UIL Portal – Parent and coach communication
2. Eligibility certification – Completion of page 1
3. Parent verification – complete all signature lines
4. Submit to Athletic Coordinator
5. Athletic Coordinator reviews and send to previous school
6. Previous school completes Section III and submits to New School
7. New school Athletic Coordinator verifies and submits to DEC Chair

### **DAEP Placements**

Students who are placed in a disciplinary alternative education program (DAEP) must be prohibited from attending or participating in a school sponsored or school related activity. This includes all games, scrimmages, and practices. The student may return to activities after the placement has been completed.

### **Bullying and Hazing**

Hazing is any action or activity that, regardless of location, intent, or consent of participants, causes or intends to cause: 1) physical harm, 2) mental harm, 3) anxieties, or 4) degrading or disgracing a person for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in an organization.

Hazing is an illegal activity (Texas Education Code 37.151-37.157) and is also a violation of the Socorro ISD Student Code of Conduct. Therefore hazing under any circumstances will not be tolerated in the athletic programs of the Socorro ISD. Students found to be in violation of this portion of the Athletic Code will be subject to disciplinary action through the athletic program, the school district, and the judicial system.

Bullying as defined in the Socorro ISD Student Code of Conduct is prohibited in all athletic programs and competitions. Bullying along with hazing should be defined and addressed during pre-season meetings. Coaches should emphasize the importance of building healthy team relationships and set expectations for appropriate behavior for all team members.

Anyone who witnesses or hears about a form of bullying / hazing should report it to a coach or school employee.

The consequences for bullying and hazing are outlined in the Socorro ISD Student Code of Conduct and the Texas Law.

### **Multi-Sport Participation**

The Socorro ISD Athletic Department guidelines allows and encourages a student athlete to compete in multiple sports if the student athlete can abide by all team rules and regulations. No coach shall discourage any athlete from participating in multiple sports.

### **Quitting**

Quitting often avoids a healthy battle with adversity. For that reason, the Socorro ISD Athletic Department is opposed to team members quitting, regardless of physical abilities. We are committed to the idea that every player in our programs make an important contribution to the success of the team, and when a player quits, he/she deprives the team of that contribution.

A student should take his/her decision to join an athletic team seriously. Athletics takes hard work and dedication. Any participant who quits two weeks after the first practice will not be allowed to participate in any other sport until the regular season has ended in the sport that he/she quit. The only exceptions are if the coaches involved come to an agreement or if he/she leaves the team upon the recommendation of the coach.

### **Team Try-outs and Cuts**

The Socorro ISD Athletic Department does not endorse player cuts but realizes that there are certain sports where cuts are necessary due to financial parameters or game / team management. Objective criteria or a rubric for try-outs must be approved by the campus athletic coordinator. Cut lists must be reviewed by the campus athletic coordinator prior to their release.

### **Suspension from a Team**

The head coach of the respective sport and the athletic coordinator and/or the campus principal will be involved in the decision to make a temporary suspension. The head coach will notify the athletic coordinator and/or campus principal on such action taken against an athlete. Causes for temporary suspensions may include, but not be limited to the following:

- Academic or classroom concerns
- Personal misconduct
- Unexcused absences from academic class, meetings, practices, or games.
- Violations of UIL rules, Socorro ISD policies and athletic policies / guidelines.
- Excessive unsportsmanlike acts
- Use of tobacco, alcohol, performance enhancing products, or vaping

### **Removal from a Team**

The head coach of the respective sport and athletic coordinator or campus principal will decide on removal from a team. The head coach will confer with the athletic coordinator and/or principal before any removal action is taken. Causes for removal from a team could be for a

violation that occurs during or after school hours, in-season or out of season, to include, but not be limited to the following:

- Use of alcohol, tobacco, performance enhancing products, illegal use or possession of weapons or illegal use or possession of drugs not prescribed for the individual by a physician.
- Continued violations of the policies in the SISD Student Athletic Handbook, UIL rules, Board policies, or the SISD Code of Student Conduct and Discipline.
- Repeated violations of school athletic or team policies.
- Personal misconduct that involves police or court action.
- Verbal or physical attack upon an opponent, contest official, teacher, fan, coach, or any other person.
- Repeated flagrant acts of unsportsmanlike conduct.
- Commission of an act that constitutes a crime

### **Athletic Training**

No one, regardless of affiliation, is to be denied first aid in the case of an emergency.

Treatments are to be administered only to:

- Student-athletes from a Socorro ISD High School / middle school or visiting UIL school that are injured during UIL school sponsored activities. Athletes must have a current physical on file in order to receive treatment.
- Only athletes who are involved in a UIL activity will be treated.
- Any athlete who is under the care of a physician must provide written documentation of treatment protocol, restrictions, and/or release for return to play.

### **NON-UIL ATHLETIC INJURIES FOR UIL ATHLETES**

UIL athletes who are injured outside of school (i.e. club sports, open gyms, recreational, etc.) will only receive first aid care after physician evaluation.

Non-athletic injuries for UIL athletes will not be seen in the Athletic Training Room following these guidelines:

- Texas state athletic trainers' practice act Sec. 451.001 does not allow treatment of injury that is not the result of "athletic injury".
- No injuries that are the result of a motor vehicle accident will be seen.

### **PROCEDURE FOR SENDING MS ATHLETES TO SEE THE ATHLETIC TRAINER**

- The Middle School coach must contact the Athletic Trainer regarding the student athlete injury and to schedule an appointment for treatment.
- Whenever possible, a parent, legal guardian or coach should accompany the athlete to see the Athletic Trainer.

## Concussions

Complete Concussion Manual is posted on the Socorro ISD Athletics website.

### **CONCUSSION PROTOCOL**

1. At the time of injury administer one of these assessment tests:
  - a. Sports Concussion Assessment Tool (SCAT5)
  - b. Standardized Assessment of Concussion (SAC)
  - c. Graded Symptom Checklist (GSC)
  - d. Sideline Functional & Visual Assessments
  - e. On-field Cognitive Testing
2. **Athlete does not return to the game or practice if he/she has any symptoms that would indicate the possibility of suffering a concussion.**
3. Licensed Physician Referral
4. Home Instructions
5. Return to Play Guidelines for Parents
6. Parent Informed Consent and Athletes Participation Form
7. Neuro-psychology testing 48 hours after injury and as needed in the post injury evaluations.
8. **Note- If in doubt, athlete is referred to a Licensed Physician and does not return to play.**
9. **In the case of any SUSPECTED concussion, the athlete must be removed from all activity and must complete the return-to-play (RTP) protocol regardless of licensed physician diagnosis. As per TX State Law HB 2038**

### **CONCUSSION MANAGEMENT**

1. School Modifications
  - a. Notify school nurse and all classroom teachers of the student that he/she has a concussion.
  - b. Notify teachers of post-concussion symptoms.
  - c. Student may need special accommodations such as limited computer work, reading activities, testing, assistance to class, etc. until symptoms subside.
  - d. Student may only be able to attend school for half days or may need daily rest periods until symptoms subside.
2. Student must be inactive for a minimum of 7 days from the date of incident before beginning return to play protocol, regardless of licensed physician release.

### **RETURN TO PLAY PROTOCOL**

1. Activity Progressions
  - Phase 1
    1. No activity for a minimum of 7 days regardless of Licensed Physician release.
    2. Athlete must be symptom free with physician clearance for minimum of 24 hours before beginning Phase 2.



## Phase 2

1. Day 1- Light aerobic exercise 5 – 10 minutes on exercise bike or light jogging with no resistance training
2. Day 2- Moderate Aerobic activity and Resistance training. 15 – 20min. running in the gym or on the field with no protective equipment, 20 min. of resistance training may include push-ups and sit ups, **No** weight lifting.
3. Day 3- Sports Specific drills. Weight Lifting, Cutting, sprinting, etc. **No** uniform or protective equipment
4. Day 4- Return to Full Controlled Practice

## Phase 3

1. Day 5- Return to full practice and competition. Once the athlete has completed phase 1 – 2 and returned signed UIL RTP form.

**\*Note – Athlete progression continues as long as the athlete is asymptomatic at current level. If the athlete experiences any post-concussion symptoms, the athlete must wait until they are symptom free for 24 hours and start the progression again at the last symptom free step.**

**If athletes experiences symptoms three times during the return-to-play protocol, they must be re-evaluated by a state board licensed physician.\***

## Weather Guidelines

### Heat Plan

It is believed that heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991). The following practices and precautions are recommended:

1. Each athlete must have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **physical condition** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **gradual acclimatization to hot weather**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80 percent acclimatization can be expected to occur after the first seven to ten days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has no scientific foundation. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum of ten minutes be scheduled for a water break every half

hour of heavy exercise in the heat. **Water should be available in unlimited quantities.** Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practice or games has also been found to aid performance in the heat.

5. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. **Attention must be directed to replacing water - fluid replacement is essential.**
6. Know both the **temperature and humidity.**

Light activity	Moderate Activity	Heavy Activity
T-Shirt and Shorts No Protective Equipment (Helmet Only) Activity lasting < 1 hour Pre-Game Walkthrough	Protective Equipment Activity Lasting < 1.5 hours Sport Specific Drills	Protective Equipment Activity lasting > 1.5 hours Maximal Exertion Sprinting; Sleds

Heat Category	"Feel Like" Temperature F°	Light Activity		Moderate Activity		Heavy Activity	
		Activity/Break	Practice Length	Activity/Break	Practice Length	Activity/Break	Practice Length
1	< 95°	NL	3 hours	NL	3 hours	30/5 min	3 hours
2 (Green)	95°-98°	NL	3 hours	30/5 min	2 hours	30/5 min	2 hours
3 (Yellow)	99°-103°	30/5 min	2.5 hours	20/5 min	2 hours	20/5 min	1.5 hours
4 (Red)	104°-106°	15/5 min	1.5 hours	15/5 min	1 hour	15/5 min	45 min
5 (Black)	>106°	<b>NO OUTSIDE ACTIVITY</b>					

### Cold Weather Plan

Cold injuries are a common result of exposure to cold environments during physical activity or occupational pursuits. Many individuals engage in fitness pursuits and physical activity year-round in environments with cold, wet, or windy conditions (or a combination of these), thereby placing themselves at risk of cold injuries. The occurrence of these injuries depends on the combination of 2 factors: low air or water temperatures (or both) and the influence of wind on the body's ability to maintain a normothermic core temperature, due to localized exposure of the extremities to cold air or surfaces (Cappaert et al., 2008).

Cold exposure can be uncomfortable, impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make

activity uncomfortable and can impair performance when muscle temperature declines. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia, a significant drop in body temperature, occurs with rapid cooling, exhaustion and energy depletion. The resulting failure to the temperature-regulating mechanisms constitutes a medical emergency.

Hypothermia frequently occurs at temperatures above freezing. A wet and windy 30-50° F exposure can be as serious as a subzero exposure. For this reason, Socorro ISD developed a cold weather plan using the wind chill factor instead of the ambient temperature. Wind speed interacts with ambient temperature to significantly increase body cooling. When the body and clothing are wet (sweat, rain, snow, or immersion), the cooling is even more pronounced due to the evaporation of the water held close to the skin by the wet clothing. Clothing is one of the most important parts of keeping the athlete's body warm. Athletes should dress in layers and try to stay as dry as possible. Layers can be added or removed depending on temperature, activity and wind chill. Athletes should layer themselves with wicking fabric next to the body, followed by a lightweight pile or wool layers for warmth. Athletes should use a wind block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss. Therefore, the head and neck should be covered during cold conditions. Other extremities should always be covered to protect from the wind chill (WISD, 2018).

#### Cold Exposure:

- Breathing of cold air can trigger asthma attack (bronchospasm)
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic activity
- Core body temperature reduction, causing reduction of motor output

#### Cold Recognition:

- Shivering, a means for the body to generate heat
- Excessive shivering contributes to fatigue, loss of motor skills
- Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented

#### Notification of temperature

- Coaches and athletic trainers will obtain weather report from Weatherbug® app or website, using their location set by their GPS or by their location zip code.
- The weather report will be taken at 6:30 am for morning workouts, and 2:00 pm for afternoon workouts.
- The "Feels Like" of the day will determine which protocol will be followed.
- "Feels Like" readings will be taken before teams leave for competitions, and an hour by hour report will guide our decisions for the event.

#### Enforcement of Policies

- Head Coach / Athletic Trainers will monitor time of exposure
- Athletic Trainers will report any violations to the Campus Coordinator
- Campus Coordinator will meet with the Head Coach
- Violations of policies will be reported to the Director of Athletics in writing.

### Socorro ISD High School Athletic Cold Weather Plan: Practice

"Feels Like" 33 to 35 degrees (W/Precipitation):

- 35 minutes of exposure/20 minutes inside (may return outside after 20 minutes)
- 35 minutes exposure/20 minutes inside
- Dry clothing (socks, gloves)
- Athletes must be dressed in warm-ups with extremities covered

"Feels Like" 32 Degree or Below (W/Precipitation):

- All activities will be inside
- No outside exposure

"Feels Like" Under 31 to 32 degrees (Dry):

- 45 minutes exposure/ 15 minutes inside
- Athletes must be in warm-ups with extremities covered

"Feels Like" 26 to 30 Degree (Dry):

- 30 minutes of total exposure to chill factor
- 15 minutes inside for re-warming
- Warm-ups must always be worn, extremities covered

"Feels Like" of 25 degrees:

- No outside activity
- All work must be inside

### Socorro ISD Middle School Athletic Cold Weather Plan: Practice

"Feels Like" 39 to 45 degrees (W/Precipitation):

- 35 minutes of exposure/20 minutes inside (may return outside after 20 minutes)
- 35 minutes exposure/20 minutes inside
- Dry clothing (socks, gloves)
- Athletes must be dressed in warm-ups with extremities covered

"Feels Like" 38 degree or Below (W/Precipitation):

- All activities will be inside
- No outside exposure

"Feels Like" 35 to 38 degrees (Dry):

- 45 minutes exposure/ 15 minutes inside for re-warming
- Athletes must be in warm-ups with extremities covered

"Feels Like" 31 to 34 degree (Dry):

- 30 minutes of total exposure to chill factor
- 15 minutes inside
- Warm-ups must always be worn, extremities covered

"Feels Like" of Below 30 degrees:

- No outside activity

### Cold Weather Plan—Games

Games to be postponed due to cold weather will be determined on a case by case basis by the Director of Athletics. Postponed games to be re-scheduled will be determined by the Head Coach of that sport as well as the Director of Athletics. A game date will be considered for rescheduling if the "Feels Like" is below 28.

### School Day Cancellation— Full Day

- No travel or practice unless approved by the Director of Athletics and the Principal

### School Day Early Dismissal—Deteriorating Weather Conditions

- Practice must be approved by the Director of Athletics and the Principal
- If approved practices should be over at 5:00pm

### **Lightning Protocol**

Lightning is the most consistent and significant weather hazard that may affect interscholastic athletics. Within the United States, the National Severe Storms Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes each year. While the probability of being struck by lightning is extremely low, the odds are significantly greater when a storm is in the area and the proper safety precautions are not followed.

#### A. Chain of Command

- The responsibility for removing athletes from a practice/scrimmage area due to the threat of lightning lies with the athletic trainer.
- In the event the athletic trainer is not present, the head coach or designated assistant coach will assume responsibility.
- The athletic trainer present will be responsible for monitoring the weather and advising the head coach or designated assistant coach on the situation.
- The responsibility for removing athletes from a game area due to the threat of lightning lies with the official, referee or umpire in charge.
- It is the responsibility of the athletic trainer present to inform the official, referee or umpire in charge and the visiting team's athletic trainer or head coach of the lightning policy.
- It is also the responsibility of the athletic trainer present to monitor the weather and advise the official, referee or umpire in charge on the situation.

#### B. Means of Monitoring Weather

- Athletic Training Department utilizes lightning detection device and Weather Bug app. The devices should be used to determine if the lightning is too close for safe continuation of practice or game events.
- Flash/Bang Method: count the number of seconds which past between a lightning strike (flash) and the following sound of thunder (bang). Take the number of seconds between flash and bang then divide by five, the resulting number is the approximate distance, in miles, from the practice/ game area to the lightning flash. (Example: 15 seconds would equal 3 miles.)
- Flash/Bang method will be used in the absence/addition of other detection devices.

#### C. Safe Locations from a Lightning Hazard

- Any fully enclosed, substantial building; ideally with plumbing, electrical wiring and telephone service which aid in grounding the building.
- If a substantial building is not available, a fully enclosed vehicle with a metal roof and

the windows completely enclosed is a reasonable alternative.

- Cellular or cordless telephones should be used for summoning help during a thunderstorm. They are a reasonably safer alternative to land-line telephones.

#### D. Unsafe Locations from a lightning Hazard

- Small structures such as rain or picnic shelters or athletic storage sheds should be avoided during thunderstorms.
- Convertible vehicles and golf carts do not provide a high level of protection and cannot be considered safe from lightning.
- Locker-room shower areas, swimming pools (indoor and outdoor), land-line telephones and electrical appliances are also unsafe due to the possible contact with current carrying conduction.

#### E. If No Safe Location is Available

- Find a thick grove of small trees surrounded by taller trees or a dry ditch.
- Stay away from the tallest trees or objects (i.e. light poles, or flag poles), metal objects (i.e. fences or bleachers), individual trees, standing pools of water, and open fields.
- Assume a crouched position on the ground with only the balls of your feet touching the ground, head lowered and cover your ears. **DO NOT LIE FLAT!**
- A person who feels his/her hair stand on end or skin tingle should immediately assume the position described above.

#### F. Suspension and Resumption of Athletic Activity

- Suspension of athletic activity should occur when lightning is within **EIGHT miles or the Flash/Bang ratio reaches forty (40) seconds.**
- Flash/Bang can be used in conjunction with the Weather Bug, if available, and local weather reports to make a sound decision.
- Resumption of athletic activity should not occur until thirty (30) minutes after the last lightning flash is seen.
- As a minimum, the National Severe Storm Laboratory (NLSS) and NCAA Committee on Competitive Safeguards and Medical Aspects of Sports strongly recommend that by the time the observer obtains a Flash to Bang count of 30 seconds, all individuals should have left the athletics site and reached a safe structure or location. Athletic events may need to be terminated.
- The existence of blue sky and the absence of rain are not protection from lightning. Lightning can and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.
- A typical thunderstorm can travel up to 30 miles per hour. Experts believe 30 minutes allows for thunderstorms to be about ten to twelve miles from the area. This minimizes the probability of a nearby, and dangerous, lightning strike.

#### G. Obligation to Warn

- According to a basic principle of tort law, an individual has a duty to warn others of

dangers that may not be obvious to a guest of that person.

- A public address message should be given warning spectators of athletic events if lightning activity becomes an imminent danger in the immediate area. H. Pre-hospital Care of Lightning Strike Victims
- Activate the local emergency management system.
- Lightning strike victims do not carry a charge and are safe to assess.
- The first rule of CPR, make sure the scene is safe, applies as well. If need be move the victim to a safe location.
- It has been demonstrated that there is high success rate of resuscitating lightning strike victims using CPR. Thus, it is imperative to treat the “apparently dead” first by promptly initiating CPR.
- Secondary survey should include evaluating and treating these common injuries from lightning strikes: hypothermia, shock, fractures, and burns.

\*Although the home team is responsible for each game or match, it should be noted that the athletic trainer, head coach and/or administrator is wholly responsible for the safety and well-being of adults and students in his/her charge. If no policy is in effect at the out of town site, it is recommended that the Socorro ISD guidelines be followed.

### **Emergency Action Plan**

Emergencies go hand-in-hand with after-school participation, so it is not a matter of if an emergency will happen, it's a matter of when. Having an Emergency Action Plan on each campus is required. Coaches, athletes, and spectators should be aware of what actions should be taken in the event of an emergency. Each Head Coach and Athletic Trainer should review the Socorro ISD Emergency Action Plan with all staff and team members to include parents if possible.

Each high school campus has an Emergency Action Plan on site with the Athletic Trainers. Each plan lays out a plan specifically for each location. These plans include:

- Athletic Trainer Info
- Campus Map
- Emergency Plan
- Head Injury Protocol
- Neck and Spine Injury Protocol
- Minor to Moderate Injury Protocol
- Weather Policy
- AED Information

## **Emergency Phone Numbers**

Emergency: 911

SISD Police: 915-937-4357

Providence East Campus: 915-832-2000

## **Emergency call procedure**

1. Call 9-1-1
2. Instruct emergency medical services (EMS) personnel to “report (specific location where the athlete is). See Below
3. Provide necessary information to EMS personnel:
  - Name, Address, telephone number that you are using
  - Number of victims; condition of victim
  - First aid treatment initiated
  - Specific directions as needed to locate scene
  - Other information as requested by dispatcher
4. Upon arrival of EMS personnel, provide pertinent information and assists with emergency care as needed.

## **Notes**

1. Notify Athletic Trainer
2. Notify High School Admin
3. Notify the parents
4. Coach or Athletic Trainer should accompany student/athlete to hospital if parent is unavailable
5. Fill out insurance information and give it to EMS personnel if it is needed

## **Game Information**

Complete high school and middle school schedules for regular season games and tournaments are posted on the Socorro ISD Athletics website. Schedules are to include game date, game start time, and opponents.

## **Ticket Sales**

Regular Season Varsity Games - Ticket prices are set of at the beginning of each school year and are included in the District 1-6A & 2-5A Rules and Procedures.

Regular Season Sub-Varsity Games – Tickets may be sold at 9<sup>th</sup> & JV games or meets.

Playoff Games – Ticket prices may be increased.



## **Passes**

Passes listed will be accepted for admission to all regular season games at Socorro ISD:

- Employee Activity Passes
- District Pass from 1-6A, 1-5A, 2-5A, 1-4A (passes with a signature from DEC Chair)
- Texas High School Coaches Association
- Texas Girls Coaches Association

District 1-6A and 2-5A passes will be issued to the high schools by the District Executive Committee. The high school principal or designee will issue passes for campus coaches, sponsors, administrators, etc... The athletic department will issue passes for non-campus administrators, school board members, etc... The passes will be good at all EPISD, YISD, CISD, SEISD, and SISD games.

The SISD Athletic Department will distribute SISD Athletic Employee Stickers that shall be placed on the back of the SISD employee's badge. This sticker will allow a SISD employee free access to any regular season game at any SISD venue. Athletic employee passes are only to be used for individual employee access to the game. Other guests will need to pay for full admission. These employee stickers are not valid for post-season play or play-offs.

Other passes accepted at Socorro ISD venues are the THSCA, TGCA, and THSADA membership passes. Scouts from other districts will be permitted access upon approval of the Athletic Department.

A student who performs as a member of a musical group, dance group, organized pep squad, color guard, or other role during the pre-game or half-time at a UIL athletic contest shall be admitted into the contest free-of-charge.

## **5A / 6A Rules and Procedures – High School**

Guidelines for all district competitions are drafted and approved by the UIL District Executive Committee for each district at the beginning of each school year.

- 1-5A Division I – El Dorado (football)
- 2-5A – El Dorado
- 1-6A – Americas, Eastlake, Montwood, Pebble Hills, Socorro

## **Rules and Procedures – Middle School**

Guidelines for all district competitions are set and approved by a committee of middle school administrators and athletic directors at the beginning of each school year.

## **Booster Clubs**

Athletic Booster Clubs should always operate with the best interest of students in mind. Athletic booster Clubs will operate under all rules and guidelines set by the UIL and Socorro ISD volunteer program. Athletic booster clubs are under the supervision of the campus principal, campus athletic coordinator, and the Socorro ISD Athletic Office.

### ***Guidelines:***

- All registration requirements must be met annually
- Administration must approve all club applications
- Bylaws must be submitted and kept on file at each school
- Officers must be elected annually
- The principal has the authority to discontinue the club
- Financial reports must be submitted monthly
- All fund raisers must be submitted for approval
- Clubs are required to adhere to all requirements set by Socorro ISD Volunteer Program.

UIL RULES AND REGULATIONS –

[UIL - Booster Club Guidelines](#)

## **Parent Communication**

Both parenting and coaching are versatile vocations. By establishing an understanding relationship between coaches and parents, both are better able to accept the actions of the other and provide a positive experience for everyone. Parents should be informed of the expectations placed on them and their children by the coach. Coaches should be afforded the opportunity to meet and discuss any concerns of the parent at the appropriate time and place.

### **Communication parents should expect from the coach:**

1. Coach's philosophy.
2. Expectations the coach has for the team and its members.
3. Locations and times of practices and contests.
4. Team requirements
5. Procedures that will be followed if the student becomes injured during participation.

### **Communication coaches expect from parents:**

1. Concerns regarding athletes should be expressed directly to the coach at an appropriate time and place.
2. Specific concerns in regard to the coach's expectations.
3. Notification of any schedule conflicts well in advance.

**Appropriate concerns to discuss with a coach:**

1. The mental and physical treatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child's behavior.

It is very important to understand your child may not be playing as much as you may hope. A coach makes decisions based on what he/she believe is in the best interests of all athletes participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

**What NOT to discuss with a coach:**

1. How much playing time each athlete is getting.
2. Team strategy.
3. Play calling.
4. Any situation that deals with other student-athletes.

**Non-School Participation**

REQUIRED PARTICIPATION PROHIBITED. Students shall not be required to play on a non-school team in any sport as a prerequisite to playing on a school team.

**Care and Use of Equipment**

The athletic budget provides money to field well-equipped teams in all sports. While this equipment is not always the most expensive available, the equipment should always provide adequate protection where needed. With proper care, this equipment can be kept in use for the duration for which it is designed. The athlete is financially responsible for all equipment that has been issued to him/her.

Proper care of equipment relies on the cooperation of the student athlete. This always includes keeping equipment as clean as possible and repairing equipment as soon as possible if damaged.

Poorly-fitting and/or damaged equipment can be a hindrance to any athlete and can possibly lead to injuries. The athlete should ensure that equipment issued to him/her fits properly and is not damaged. If issued equipment does not fit properly or is damaged, the athlete should notify the equipment manager or coach immediately.

Equipment not being used should be returned to the equipment manager or coach. Equipment should never be borrowed from other athletes.

All missing, lost, or stolen equipment should be reported directly to the head coach.

### **Scores and Stats**

Per District 1-6A & 2-5A Rules and Procedures all scores must be entered on Maxpresp within 24 hours of the completion of each game.

Stats should be kept for each varsity game by the coach. Coaches should have stats to share with players and parents upon request. Posting stats on Maxpreps or any other on-line sites will be done at the discretion of the coach.

### **Transportation – In town**

Transportation requests will be entered on Triptracker by the head coach of each sport. The campus athletic coordinator or principal designee will approve trip requests. All bus requests should be entered and approved on Triptracker two weeks prior to date of the event. Coaches should review transportation schedules the day before the event to ensure transportation will occur as requested. Game day transportation accounts are to be used for buses to and from UIL athletic contests and should not be used for the daily activity bus or field trips.

A spreadsheet with a list of requestors and approvers for each middle school and high school campus should be submitted to the Athletic Office at the beginning of each year. If there are any coaching changes throughout the year the Athletic Coordinator at each campus should send updates to the Systems Administrator, David Salazar in technology to so that the accounts can be updated )937-1649)

### **Out-of-Town Travel**

#### [SISD Travel Policy](#)

Funding for out-of-town regular season travel is assigned to the Socorro ISD Athletic Department. Socorro ISD teams will be funded for only one out-of-town trip. Generally, teams will travel the same day as the competition. If the location and event schedule determine departure the day before, the teams will generally leave at the end of the academic day. Time of departure must be approved by campus principal. School attendance by athletes and coaches is a priority and absences from school due to participation in sports will be monitored.

Direct supervision of student athletes is required at all venues. This supervision includes arrival time prior to boarding bus, van, or plane and is continued throughout the trip until the group has returned to the drop-off site and the student has been released to their parent/guardian. Students are to be supervised at the competitive site, on the bus, van, plane, hotel, restaurant, or at other settings/venues on the trip. Curfews are to be set, announced, and enforced.

Students may have their bags, luggage, or rooms searched prior to or at any time during the trip, with principal's approval.

If an incident occurs, the coach should use the following forms:

1. SISD Athletic-Fine Arts Incident Report Form
2. SISD Athletics-Fine Arts Report: Witness Information Form

**\*\*Both are located on the Athletic webpage. \*\***

In addition to the parent permission form, student and parents must sign a Notice of Consequences form approved by the campus principal for all student travel.

The Travel Request (TR) is available on campus or at the athletic office. The individual in charge of the trip is the "traveler". All students and other adults going on the trip should be listed on an attached form. All information is to be completed including expenses, specific note/comments, checks required, and signatures. A registration form, agenda, or schedule (bracket, event times, etc...) should also be attached.

All trips should be reconciled within 3 business days of return.

Receipts are required from the coaches at the end of the trip. Meal Per Diem may only be used for food or beverage items or meals.

Any additional trips must be approved by campus principal and must be funded by the individual program or campus.

### **Post-Season Travel**

All post-season travel is arranged through the Athletic Department. Departure will be based on the practice or workout schedule prior to the contest at or on the way to the competition site. The number of athletes, student managers, trainers, and adults will be determined by the Athletic Director and Assistant Superintendent that oversee the Department of Athletics.

In individual sports, the head coach will be able to take any athlete who is competing. The coach has the latitude to change relay teams, lineups, etc...

Coaching and adult staffs may be limited when using air transportation. Time of departure must be approved by campus principal. School attendance by athletes and coaches is of the upmost importance and absence from school due to participation in sports will be monitored.

## **SISD Middle School Athletic Program Information**

For middle school sports, the Socorro Independent School district will form its own conference with different divisions. SISD will have limited competition with middle schools from other districts.

Sports will be organized split into Conference A, Conference AA, and Conference AAA. Schools with smaller enrollments will be classified as Conference A; larger schools will be classified as Conference AAA. Conference designation will be based on incoming enrollments and be decided every two years. There may non-division and division contests, division championships, conference championships, and district championships depending on the sport.

Sports will be played during the assigned grading periods:

1<sup>st</sup> nine weeks- Cross Country, Football, and Volleyball

2<sup>nd</sup> nine weeks- Basketball (Boys and Girls)

3<sup>rd</sup> nine weeks- Track

4<sup>th</sup> nine weeks- Baseball, Softball, and Soccer (Boys and Girls)

The following information pertains specifically to the SISD middle school sports program and is organized by topic alphabetically. Each sport is listed alphabetically under “Sport Specific Information”.

### **Eligibility Forms**

An original eligibility form is to be completed and signed prior to a student athlete participating in a contest. This form is to be uploaded to the campus SharePoint folder by the date identified on the sport’s schedule. Supplemental forms are to be completed when additional athletes are added to the team and are to be faxed prior to the first contest the athlete will compete in. Eligibility forms are also used to determine participation numbers for programs and can be downloaded from the “Forms” section of the SISD Athletics webpage.

### **Medical Coverage**

Each Socorro Independent School District middle school with 7<sup>th</sup> and 8<sup>th</sup> grade students participating in athletics will be funded with \$3,150.00 in campus Line Item

1990 36 XXX 91 00 000 6219 to cover payment for on-site medical coverage provided at all athletic events. This coverage will be provided and paid for by the “Host” school. Medical coverage will only be provided by ProAction (nationwide temporary medical and administrative staffing agencies), a SISD school nurse, or a SISD RN substitute nurse. Payment for professional medical coverage is currently \$30 per hour and is calculated to the nearest full hour as approved by campus administrator on timesheet.

Responsibilities of medical coverage provider include evaluating an injury and determining a prudent course of action which may include:

1. Contacting EMS if needed and conducting appropriate aid until EMS arrives
2. Releasing the injured athlete to a parent with a reference for an evaluation or treatment.
3. Explaining to the coach and parent an appropriate course of action, which may include a referral to the feeder pattern high school athletic trainer.

A coach must not allow an injured athlete to play if the medical coverage provider declares that the athlete may not return or continue to participate in the contest.

The medical coverage provider's responsibilities do not include preventative taping; it may be done if the needed materials are provided to the person providing medical coverage.

Preventative taping can be done by athletic trainer on the day of the contest at the respective high school with supplies furnished by the middle school.

Each middle school campus is responsible for furnishing a first aid kit, stocked with the appropriate supplies, at each athletic contest.

Medical coverage duty begins 15 minutes prior to the first contest and ends 15 minutes following the final event. It is the duty of the person providing medical coverage to ask the coaches if athletes require any further attention before they leave the premises.

ProAction will bill the school responsible for payment for medical coverage. A purchase order will be provided by each school. A district employed school nurse will sign a supplemental pay form which will be submitted to the school responsible for payment.

### **Medical Kits and Water Coolers**

Each coaching staff will have a well-stocked medical kit and one or more water coolers, with ice, at an outdoor event site. The kit will include tape, bandages, antiseptics, splints, plastic bags for ice, etc...

Each coaching staff should have one or more coolers, cups, and water bottles available for athletes.

The host school will have a medical coverage kit, a cooler with ice available, and water bottles at events hosted in the gymnasium or cafeteria.

### **Participation**

All players in uniform will play in a regular season game. The amount of playing time is at the discretion of the coach. The exception, as of the 2004-2005 school year, is in football in which a

large team (50-90 players) must have at least 50 players compete in a regular season contest. The penalty for a team not playing an individual in uniform, or at least 50 in football, in a regular season contest is forfeiture of the contest. Playing time and who plays is at the discretion of the coach during post-season play.

### **Post-Contest Procedures**

Once teams have had an opportunity to shake hands and had a team debriefing at the conclusion of the contest, the coach(es) should promptly move the team toward the appropriate exit. At the exit area, the parents and fans can join the players and coaches of their team. If there has been a problem before, during, or after the contest, administrators and coaches may need to make an adjustment to this procedure. Please make sure that all incidents are reported to the SISD athletic director or one of his assistants as soon as possible.

### **Scores**

Coaches will report the contest scores on the Socorro ISD Athletic website under the tab, "Middle School Records". Assigned coaches for each team should input scores / results no later than the first school day following a contest. Coaches should also report any incidents by e-mail to the athletics department and their campus administration. Updated Middle School standings will be available on the website.

### **Sport Specific Information**

#### **B- and Combo Teams**

Schools may have "B-teams" in basketball and volleyball. Coaches will be hired for these teams at the 7<sup>th</sup> and 8<sup>th</sup> grade levels. These teams will play a 5-6 game non-honors schedule. Athletes may play in one A or B team game per week. Players can be moved from A to B team and B to A team throughout the season. It is possible that team coaches may need to officiate B-team games.

Due to small enrollment or lack of participation, combo teams may consist of 7<sup>th</sup> and 8<sup>th</sup> grade students, but must compete at the 8<sup>th</sup> grade level or against other combo teams.

#### **Baseball**

Players are not allowed to wear metal spikes.

A single game does not have a time limit.

Games set up as a doubleheader have a 90-minute time limit that will end at the completion of the inning. There will be 15 minutes between games.

The "Home" team is the official scorebook.

The "Ten Run Rule" is in effect.



## Basketball

Quarters are 8 minutes long.

The “Home” team is the official scorebook and will operate the scoreboard.

There should be no one on the team bench or at the score table who is not acting in an official capacity for the contest. Administrators are asked to assist coaches enforce this rule.

Coaches are not to run the score up against an opponent. A team ahead by 20 or more points can no longer trap or press their opponent. Both coaches can agree to “run-the-clock” in the second half if there is a 20 or more-point differential between teams.

## Cross Country

All races will be approximately two miles in length.

All runners in the same grade and of the same sex will compete in the same race. The top five finishers from each team will score, the next two team finishers place, and the other team runners receive a time and finish position during regular season, conference, and district meets. Only seven runners will represent a school in a championship meet.

## Football

Quarters are 8 minutes long.

The “Home” team will wear dark jerseys and the visiting team will wear their white, or light, jerseys. Any exceptions will be clarified during the pre-season coaches’ meeting.

The “Host” school for a four school/four team doubleheader will be responsible for the chains, sideline markers, down markers, and goal post pads for all contests.

Games played at the SAC:

1. SAC will provide chains, sideline markers, down markers, and goal post pads.
2. “Home” team will sit on the west bench and warm-up at the south end of the field.
3. “Visitors” will sit on east bench and warm-up at the north side of the field.
4. Teams waiting for game-in-progress to finish end may warm-up at the north end of their sideline.

## Soccer

All games will consist of two 25 minute halves and a five-minute halftime.

Games tied after regulation play will go to shootout.

The “Home” team will wear white, or light, jerseys, and the visiting team will wear their dark jerseys. Any exceptions will be clarified at the pre-season coaches’ meeting.

## Softball

Players are not allowed to wear metal spikes.

A single game does not have a time limit.

Games set up as a doubleheader have a 90-minute time limit that will end at the completion of the inning. There will be 15 minutes between games.

The "Home" team is the official scorebook.

The "Ten Run Rule" is in effect.

### Track

Athletes will compete in the following events:

Track	Field
2,400m Run	Discus
400m Relay	High Jump
800m Run	Long Jump
100m 30" Hurdles (Girls)	Shot Put
110m 33" Hurdles (Boys)	Triple Jump
800m Relay	
400m Run	
300m 30" Hurdles (Boys)	
200m Run	
1,600m Run	
1,600m Relay	

Scoring for all meets will follow large meet format:

1<sup>st</sup>- 10 pts.

2<sup>nd</sup>- 8 pts.

3<sup>rd</sup>- 6 pts

4<sup>th</sup>- 4 pts.

5<sup>th</sup>- 2 pts

6<sup>th</sup>- 1 point.

Points double for relays.

An athlete may only compete in two of the following races: 400, 800, 1600, 2400, and 1600 relay.

An athlete may compete in five events with no more than three being running events.

Uniforms are to be school issued. Any spandex worn under a uniform must be a solid color; relay team members must all have the same uniforms with matching solid undergarments.

Jewelry, with the exception of a watch, is not allowed.

Rubber bands, string, or tape should be used to tie back hair.

Athletes will use a 4K shot put and a 1K discuss.

SISD regular season meets will follow the following schedule:

8:00	Teams arrive and coaches make any necessary scratches on official event sheets.	
9:00	Boys Running Events	Girls Field Events
11:15	Girls Running Events	Boys Field Events
1:15	Awards Presentation	

## Volleyball

A match will follow a best 2-out-of-3 format.

A third game will only occur if the first two games are split.

The third game will be played to 25 with a 30-point cap.

The “Home” team keeps the official scorebook and operates the scoreboard.

### **Team Managers and Student Trainers**

Students who assist teams as managers or student trainers should have a current physical on file and wear a school-issued or school color shirt or jacket and be easily identifiable as affiliated with the team. All team managers and student trainers must abide by the UIL “No Pass, No Play” rule.