
ATHLETIC HANDBOOK

2017 - 2018



PASS CHRISTIAN PUBLIC SCHOOL DISTRICT
6457 KILN-DELISLE ROAD
PASS CHRISTIAN, MS 39571
228-255-6200
WWW.PC.K12.MS.US

PASS CHRISTIAN SCHOOL DISTRICT ATHLETIC HANDBOOK 2017 - 2018

PASS CHRISTIAN PUBLIC SCHOOL DISTRICT BOARD OF TRUSTEES

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Ms. Penny Rodrigue.....Member

SUPERINTENDENT

Dr. Carla J. Evers

PASS CHRISTIAN HIGH SCHOOL ADMINISTRATION

720 West North Street

Pass Christian, MS 39571

Main Office

(228) 452-2008 Phone

(228) 452-6128 Fax

Robyn Killebrew

Principal

Haleigh Cuevas

Assistant Principal

Tim Ladner

Athletic Director

Bernetta Dedeaux, Athletic Secretary

Mikki Cuevas, Secretary

Kecia Walker, Secretary

PASS CHRISTIAN MIDDLE SCHOOL ADMINISTRATION

280 West Second Street

Pass Christian, MS 39571

Main Office

(228) 452-5220 Phone

(228) 452-5221 Fax

Joe Nelson

Principal

Beth Bellipanni, Ph.D.

Assistant Principal

Brandy Necaise, Secretary

Tiffiane Dedeaux, Secretary

PASS CHRISTIAN SCHOOL DISTRICT
ATHLETIC HANDBOOK
2017 - 2018

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PASS CHRISTIAN SCHOOL DISTRICT

ATHLETICS HANDBOOK

Introduction

This Athletics Handbook has been prepared to present clear guidelines to cover major aspects of the athletics programs of the Pass Christian School District. It is important to understand that this handbook is supplemental to- and is not intended to supersede or substitute for – the policies and procedures of the Pass Christian School District adopted by the School Board governing the operations of the school district. Every staff member and all students are subject to these policies, together with policies as stated in student handbooks and formally adopted by the School Board each year.

In addition, the athletic programs of the district must conform to all rules and regulations established by the Mississippi High School Activities Association (MHSAA) www.misshsaa.com and the Mississippi Department of Education (MDE) www.mde.k12.ms.us.

Participation in sports plays a valuable role in our education program as well and in the development of the individual. The student athlete learns character, cooperation, positive work ethic, leadership, and other virtues which can enhance his or her life.

Our school district colors are scarlet red, royal blue, and white.

Programs

The programs of interscholastic athletics at the middle school and high school are an extension of the educational program. In providing these educational experiences, qualified individuals are employed to serve in the dual capacity as teacher and coach under the direction of the principal and athletic director. Student athletes are under the direction of competent coaches exercising professional judgment where the best of interest of youth are served.

In addition to Band and Cheerleading, the district offers the following competitive sports to students in middle and high school:

<u>High School</u>			<u>Middle School</u>		
<u>Fall</u>	<u>Winter</u>	<u>Spring</u>	<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Cross Country	Basketball	Baseball	Football	Basketball	Track
Football	Soccer	FP Softball	Football		Baseball
Volleyball	Power Lifting	Golf			Softball
Swimming		Tennis			
		Track			

ADMITTANCE TO ACTIVITIES

Each sport activity is considered separate and apart from other activities. In order to avoid athletes attempting to enter a game free of charge to which they are not entitled, each coach should explain this policy to his/her athletes. PCSD permits middle school football players to be admitted free to high school football games and middle school basketball players to be admitted free to high school basketball games.

ALCOHOL/DRUG ABUSE POLICY

Student athletes are considered to be leaders of the school. The conduct and behavior of student athletes must be exemplary and a good example for all students to follow.

Therefore, the following policies concerning alcohol/drug abuse by student athletes will be in effect:

1. Any student athlete at Pass Christian High School or Pass Christian Middle School found to be in possession or under the influence of alcohol and/or drugs on the school campus or at any school sponsored activity on campus or off campus will be disciplined according to the school's disciplinary policy.

2. An athlete's use of illegal drugs or alcohol is considered detrimental to the well-being of the athlete. School board members, administrators, and coaches believe that the use or abuse of drugs or alcohol can:

- Be detrimental to the physical and mental health of the student athlete
- Seriously interfere with the performance of individuals as students and as athletes
- Create an unfair stigma for those student athletes who do not use or abuse drugs or alcohol
- Be extremely dangerous to the student athlete in regards to his participation and performance at games and practices

3. Because of the genuine concern for the well-being of each student athlete participating in interscholastic sports in the Pass Christian School District, we suggest that our coaches counsel student athletes on the serious consequences of alcohol and drug use and look for signs of alcohol and/or drug use such as:

- alcohol or drug paraphernalia
- unusual smell or appearance
- serious mood swings
- lethargic or highly irritable behavior
- consistent tardiness or missed practices and/or games

Any suspicion of alcohol or drug use should be reported to the coaches or school administrators.

See Random Drug Testing section on page 25.

ATHLETICS ELIGIBILITY

The Pass Christian Public School District offers a variety of interscholastic activities for students in grades seven (7) through twelve (12). The purpose of these activities is to promote self-reliance, self-discipline, teamwork, and wholesome competition.

In order to participate in any interscholastic activity, students must meet, at a minimum, the eligibility requirements formulated by the Mississippi High School Activities Association. They shall, also, meet any

additional requirements set by the Board of Trustees. Students must meet the following general policies on participation:

1. Student must be enrolled in the Pass Christian School District.
2. According to MS law, a student must maintain a grade point average of at least 70/C- in order to participate in interscholastic sports/activities. Grade point averages will be calculated at the conclusion of the first semester using the semester averages of **all** courses the student is taking. Students who do not have a 70/C- average for the first semester will be ineligible for the second semester.
3. At the end of the school year, each student's grade point average for the year will be assessed. This assessment will reflect the average for the entire year using the **final** grades for each subject. A student who does not have a grade point average of at least 70/C- will be ineligible for the fall semester.
4. High School eligibility begins when a student enters 9th grade. To be eligible for the fall semester, a student must be promoted to the ninth grade with at least an overall 70/C- average in **all** eighth grade courses.
5. A student who fails the year-end average has an opportunity once during his/her high school career to become eligible for second semester by achieving at least a 70/C- average at the end of the first semester.
6. MHSAA requires students to make "satisfactory progress toward graduation". Beginning as freshmen, students must earn at least three (3) credits first semester and six (6) credits for the year in order to meet this requirement.
7. In compliance with the State Department of Education requirements and the MHSAA, it shall be the policy of the Pass Christian School District that no student in the district shall be retained at any grade level for the purpose of extending eligibility for participation in athletics or any other school activity.
8. Students who are assigned to Pirates Landing (Alternative School) shall lose their eligibility while assigned to Pirates Landing.
9. Any student who is absent more that 37% of the day may not participate in same-day after school activities (or a Saturday contest is the student is absent on Friday). An administrative exception may be granted in the case of an extenuating circumstance.
10. Any student who is assigned In-School Intervention, Exclusion Suspension, or Out-of-School Suspension may not participate in extra-curricular activities on the assigned dates of the discipline, including Saturday contests that follow Friday discipline. No exceptions are permitted.

Middle School

To be eligible to participate during the present year, pupils entering the seventh grade and eighth grade must have pass their previous grade with an average of 70/C- or better in all subjects.

A pupil who is not eligible at the beginning of the school year may become eligible the second semester, by earning an overall average of 70/C- or better based on first semester report card grades.

Students who are assigned to Pirates Landing (Alternative School) shall lose their eligibility while assigned to Pirates Landing.

Seventh and Eighth Graders on High School Teams

The School Board of the Pass Christian Public School District discourages seventh and eighth grade students from participating in high school sports. However, any student desiring to participate must be approved by the Athletic Advisory Committee composed of the Middle School Principal, the Athletic director, and the coach of the sport in question. In making its decision, the committee will consider the following: maturity, emotional stability, size, strength, and scholastic average. The Superintendent will be notified when a student athlete is approved to “play up”.

ATHLETIC EQUIPMENT

Each head coach is directly responsible for the care and control of all equipment used in his/her program.

1. Athletic equipment and supplies are purchased annually and are subject to the budgetary allocations approved by the school board.
2. The head coach is responsible for making an accurate inventory of equipment no later than ten (10) days following the official close of his/her sport season.
3. Duplicate inventory reports should be made, one copy to the athletic director and one to be retained by the coach.
4. Requests for equipment and supplies should be made following district purchasing procedures.
5. School athletic equipment shall not be worn by athletes except during practices and game periods. Exceptions may be made for special recognition days.
6. Athletic equipment must be properly cared for and each athlete should be properly fitted with athletic equipment with regard to safety.
7. Athletic equipment must be stored and secured by the head coach of each sport.
8. Athletic equipment that is property of this school district will not be loaned to outside groups without the approval of the athletic director. A hand-written receipt for equipment loan should be signed and filed pending the return of equipment.
9. Issued athletic equipment that is not returned must be paid for by the athlete. The head coach is responsible for turning all collected money in to the athletic director.

ATHLETIC INJURIES

Injuries to athletes will occur in interscholastic sports regardless of precautions taken. However, safe playing conditions, proper coaching techniques, safe equipment and proper warning regarding possible injuries are essential. An administrator or athletic trainer will verbally review a procedure for medical evacuation, should it be required, with the ambulance service on site for the athletic contest.

Emergency Evacuation Procedures for Injured Athlete

1. The coach in charge of the activity is to assume the responsibility for the injured athlete. He/she must be prepared to recognize injuries and properly administer first aid and/or refer injured athlete to appropriate medical personnel.
2. The coach or designated personnel should call for an ambulance or qualified medical assistance.
3. Injured athletes should be accompanied by a coach to whom this responsibility is designated.
4. The emergency medical authorization form should always be in the team’s medical kit. On this form is the athlete’s parent’s/guardian’s home and work telephone numbers, other contact persons, preferred hospital. Allergic reactions should be included on this form.

5. It is the responsibility of the coach accompanying the injured athlete to notify the parent/guardian of the injury and the action taken. The coach should use discretion and not unduly alarm the parent. Student managers or trainers should not be allowed to inform the parent/guardian of the injury.
6. Either a personal visit to the hospital/home, or in less severe injuries, a telephone call by the head coach should occur following an injury to an athlete.
7. A student accident report must be sent to the athletic secretary the day following the injury.

ATHLETIC INSURANCE

The Pass Christian School District requires student athletes to have accident health insurance. Coaches will maintain documentation on file that this requirement has been met and provide the athletic director with a copy.

AWARDS, LETTERS AND PROCEDURES – High School

The following criteria have been approved by the administration and coaches in selecting awards and letter winners in athletics competition.

- Extent of game participation during current season.
 - Dependability on and off field.
 - Attitude toward practice and training rules.
 - Growth in team spirit.
 - Sportsmanship.
 - Attitude and behavior in the classroom and on campus.
 - Finish the school year in good standing.
- (Awards are withheld until all equipment is either returned or paid for.)

FOOTBALL

Nine awards may be given and two special awards presented:

- a. SPORTSMANSHIP
- b. BEST OFFENSIVE BACK
- c. BEST DEFENSIVE BACK
- d. BEST DEFENSIVE LINEMAN
- e. PIRATE AWARD
- f. MOST IMPROVED PLAYER
- g. MOST OUTSTANDING LINEMAN
- h. MOST DEDICATED
- i. SCHOLAR ATHLETE

VARSITY BASKETBALL (BOYS AND GIRLS)

Eight awards may be awarded:

- a. MOST VALUABLE PLAYER
- b. MOST IMPROVED PLAYER
- c. BEST OFFENSIVE PLAYER
- d. BEST DEFENSIVE PLAYER
- e. SPORTSMANSHIP

- f. SCHOLAR ATHLETE
- h. CONNIE WINSTEAD AWARD (Most Dedicated - GIRLS)
- i. MOST DEDICATED (BOYS)

BASEBALL

Six awards may be awarded:

- a. MOST VALUABLE PLAYER
- b. BEST OFFENSIVE PLAYER
- c. BEST DEFENSIVE PLAYER
- d. MOST IMPROVED PLAYER
- e. SCHOLAR ATHLETE
- f. MOST DEDICATED

TRACK (BOYS AND GIRLS)

Five awards may be awarded:

- a. MOST VALUABLE PLAYER
- b. OUTSTANDING SPRINTER
- c. OUTSTANDING DISTANCE RUNNER
- d. OUTSTANDING IN THE FIELD
- e. SCHOLAR ATHLETE

CROSS COUNTRY (BOYS AND GIRLS)

Four awards may be awarded:

- a. MOST VALUABLE PLAYER
- b. MOST IMPROVED PLAY
- c. MOST DEDICATED RUNNER
- d. SCHOLAR ATHLETE

FASTPITCH

Six awards may be awarded:

- a. BEST OFFENSIVE PLAYER
- b. BEST DEFENSIVE PLAYER
- c. MOST VALUABLE PLAYER
- d. MOST IMPROVED PLAYER
- e. SCHOLAR ATHLETE
- f. MOST DEDICATED

TENNIS (BOYS AND GIRLS)

Five awards may be awarded:

- a. BEN BUTLER AWARD (MOST OUTSTANDING MALE PLAYER)
- b. BEN BUTLER AWARD (MOST OUTSTANDING FEMALE PLAYER)
- c. MOST IMPROVED PLAYER

- d. SCHOLAR ATHLETE
- e. SCHOLAR ATHLETE

GOLF (BOYS AND GIRLS)

Four awards may be awarded:

- a. MOST IMPROVED PLAYER
- b. SCHOLAR ATHLETE
- c. MOST VALUABLE PLAYER
- d. MOST DEDICATED PLAYER

CHEERLEADER

Three awards may be awarded.

- a. OUTSTANDING ALL-AROUND
- b. MOST IMPROVED
- c. SCHOLAR CHEERLEADER

BAND

Five awards may be awarded:

- a. OUTSTANDING MUSICIAN
- b. MOST IMPROVED MUSICIAN
- c. OUTSTANDING FLAG CORPS
- d. SERVICE AWARD
- e. SCHOLAR MUSICIAN

VOLLEYBALL

Five awards may be awarded:

- a. MOST VALUABLE PLAYER
- b. MOST IMPROVED PLAYER
- c. SCHOLAR ATHLETE
- d. BEST OFFENSIVE PLAYER
- e. BEST DEFENSIVE PLAYER

SOCCER (BOYS & GIRLS)

Five awards may be awarded:

- a. BEST OFFENSIVE PLAYER
- b. BEST DEFENSIVE PLAYER
- c. MOST VALUABLE PLAYER
- d. MOST IMPROVED PLAYER
- e. SCHOLAR ATHLETE

SWIMMING (BOYS & GIRLS)

Four awards may be awarded:

- a. MOST VALUABLE SWIMMER
- b. MOST DEDICATED SWIMMER
- c. MOST IMPROVED SWIMMER
- d. SCHOLAR ATHLETE

POWERLIFTING

Three award may be awarded:

- a. MOST OUTSTANDING LIFTER (114-118 LBS. WEIGHT CLASS)
- b. MOST OUTSTANDING LIFTER (198 – SUPER HEAVY WEIGHT CLASS)
- c. MOST IMPROVED LIFTER

SCHOLAR ATHLETE

One (1) scholar athlete award will be given per high school sport. This award will be given to the athlete with the highest numerical average. The scholar athlete award will be based upon the numerical highest numerical academic average at the end of the first semester.

OVERALL SCHOLAR ATHLETE FOR THE YEAR

One athlete will receive this award for maintaining the highest numerical academic average for the four years through the end of the first semester of senior year. This student will be recognized in the spring. In addition, the name of the recipient of this award will be engraved on a perpetual plaque.

SENIOR SERVICE AWARD

A student who has participated in a sport or activity for four complete years at Pass Christian High School, beginning with the 9th grade will receive a senior service award their senior year. If he/she has played other sports for four years, they will receive one plaque with all sports listed. These four year plaques will be given out at the senior awards program.

A student must be in good standing with the school in order to receive an award. The student must participate in an activity for the entire season in order to be eligible for an award.

LETTERMAN JACKETS

Students will be eligible to receive a letterman jacket upon completion of three (3) full years within their respective sport or activity, beginning with their ninth grade year. No jackets will be earned before the completion of a student's junior year.

Band participants are required to complete three (3) full years of both marching and concert band beginning with their ninth grade year in order to become eligible to receive a letterman jacket; unless they have received written approval from the band director prior to the season in question.

LETTERMAN JACKETS WILL BE PROVIDED BY THE BOOSTER CLUB IF FUNDS ARE AVAILABLE. It is the policy of the Pass Christian School District that letterman jackets are not purchased by the School District.

AWARDS, LETTERS AND PROCEDURES – Middle School

A student must participate in a sport the full season to receive an award (extenuating circumstances will be considered). All students participating in athletics will receive a certificate of participation.

FOOTBALL

Seven awards may be awarded.

- a. MOST DEDICATED PLAYER
- b. MOST VALUABLE BACK PLAYER
- c. MOST VALUABLE LINEMAN PLAYER
- d. MOST IMPROVED PLAYER
- e. MOST VALUABLE PLAYER
- f. SPORTSMANSHIP PLAYER
- g. SCHOLAR ATHLETE AWARD

BASKETBALL

Five awards may be awarded.

- a. MOST DEDICATED
- b. MOST VALUABLE
- c. MOST IMPROVED
- d. SPORTSMANSHIP
- e. SCHOLAR ATHLETE AWARD

CROSS-COUNTRY (Boys & Girls)

Four awards may be awarded.

- a. MOST VALUABLE RUNNER
- b. MOST IMPROVED RUNNER
- c. MOST DEDICATED RUNNER
- d. SCHOLAR ATHLETE

CHEERLEADER

Four awards may be awarded.

- a. OUTSTANDING ALL-AROUND
- b. MOST IMPROVED
- c. MOST DEDICATED
- d. SCHOLAR ATHLETE AWARD

BAND

Five awards may be awarded:

- a. OUTSTANDING MUSICIAN – BEG. BAND
- b. MOST IMPROVED MUSICIAN – BEG. BANE
- c. OUTSTANDING MUSICIAN – ADV. BAND
- d. MOST IMPROVED MUSICIAN – ADV. BAND
- e. SERVICE AWARD

TRACK (Boys & Girls)

Five awards may be awarded:

- a. MOST VALUABLE RUNNER
- b. OUTSTANDING SPRINTER
- c. OUTSTANDIN DISTANCE RUNNER
- d. BEST IN FIELD
- e. SCHOLARE ATHLETE

BASEBALL

Five awards may be awarded

- a. MOST VALUABLE PLAYER
- b. OUTSTANDING OFFENSIVE PLAYER
- c. OUTSTANDING DEFENSIVE PLAYER
- d. SCHOLAR ATHLETE
- e. SERVICE AWARD

SOFTBALL

Five awards may be awarded

- a. MOST VALUABLE PLAYER
- b. OUTSTANDING OFFENSIVE PLAYER
- c. OUTSTANDING DEFENSIVE PLAYER
- d. SCHOLAR ATHLETE
- e. SERVICE AWARD

One (1) scholar athlete award will be given per school sport. This award will be given to the athlete with the highest numerical average. The scholar athlete award will be based upon the numerical highest academic average at the end of the first semester.

BOOSTER CLUBS / SUPPORT GROUPS

The Pass Christian School District recognizes the value of community support groups in relation to the student activities program and encourages participation of interested supporters and booster clubs to help promote greater community awareness.

Booster clubs should work with and coordinate all activities with the head coach by discussing tentative plans and activities considered for the school year.

The club will not attempt to influence or direct the policies of the school administration or school officials who are charged with the responsibility of conducting the athletics/activities programs in the Pass Christian School District. The club should in no way violate the rules of the Mississippi High School Activities Association.

The athletic director, coaches and sponsors should work with the booster club/support groups in their projects during the school year.

An organization must receive prior approval from the Principal, Superintendent, and Board of Trustees prior to any fundraising project.

All funds and plans for a construction project or a project altering buildings or grounds must be submitted to the athletic director prior to task so Board approval may be obtained.

A copy of the constitution and by-laws of each Booster Club or support group must be on file in the athletic director's office and the organization must operate according to the rules established in its constitution and by-laws.

Booster clubs must conform to all accounting procedures as established by the Pass Christian School District.

The following is a list of active booster clubs:

Pass Christian Touchdown Club	Pass Christian Volleyball Boosters
Pass Christian Hardwood Club	Pass Christian High Cheer Boosters
Pass Pirate Baseball (Diamond Club)	Pass Christian Middle Cheer Boosters
Pass Christian Band Boosters	Pass Christian High School Court Club
Pass Christian Softball Boosters	Lady Pirate Soccer Boosters
Pass Christian Running Club	Jolly Roger Soccer Boosters
Track and Field Booster Club	

CARDINAL RULES

1. Athletes absent from school on the day of a contest will not be eligible for participation. They must be present at least 63% of the day in order to participate. Athletes who are absent on Friday are not eligible to compete on Saturday.
2. Athletes suspended out of school, assigned to Exclusion Suspension, or in In-School-Intervention will not be eligible to participate in practice or a contest on that day. Student athletes who are suspended or in ES or ISI on Friday are not eligible to compete on Saturday.
3. Every coach is expected to have complete knowledge and understanding of the Mississippi High School Activities Association Handbook of Rules and Regulations as well as the regulations and policies of the Pass Christian Public School District.

4. Each coach will make every possible effort to assure that all athletes exhibit behavior beyond reproach in the classrooms, on the campus, and at school sponsored events. The coach will work closely and cooperate with the principal and classroom teachers to insure that athletes develop leadership skills and positive attitudes.
5. Students attending Pass Christian High School must earn at least six credits per year in order to participate in sports.

CHEERLEADER SELECTION

Cheerleading tryouts are conducted in the spring. Tryouts are open to any interested individual approaching their 7th grade, 8th grade, freshman, sophomore, junior or senior year as long as they meet the following requirements:

1. The candidate must be a bona fide student in the Pass Christian School District.
2. Prior to the tryout clinics, the candidate must pass a physical exam and provide proof to the coach.
3. Students may have no more than one discipline referral for the year before to be eligible to try out.
4. Candidate must meet academic requirements for eligibility:
 - a. Have at least a 70/C- average for first semester.
 - b. Students entering grades 10-12 must have earned six (6) Carnegie units the previous year.
5. All prospective cheerleaders (new and returning) will try out every year. If a student has been removed by the coach from the cheerleading squad more than once (demerits, behavior problems, etc.), the student will not be allowed to try out for the team again.

Sideline Cheerleader Selection Procedure

A meeting will be held at the high school and the middle school for all students on the list who meet the academic requirements. At this meeting, a letter to the parents, copy of the cheerleader rules, and Student Participation Clearance Form will be distributed. A due date for the forms will be set. Candidates are also given a copy of the cheer clinic schedule. (The candidates are expected to attend all days of the after-school cheer clinic.)

Candidates will receive evaluation forms to distribute to four core teachers for the school year. Students taking a core class from a current cheerleading coach will need to receive permission for another teacher to complete the evaluation form. The forms will rate: work ethic, attitude, responsibility, leadership, and academic performance. Candidates will also be rated on their coach-ability by the coach based on prior evaluation or efforts during the tryout clinic.

At tryouts, all candidates will demonstrate a mixture of the following before a panel of qualified impartial judges: jumps, dance, chants, motion technique, stunts, tumbling, energy, and performance ability. The judges will use a standard rating sheet for all candidates. The tryout is closed to the public (friends, family, etc.).

Each of the candidate's points will be totaled from their teacher evaluations, coach-ability points, and judges' sheet. Those candidates with the highest number of points regardless of sex, race, or grade level will be selected as the cheerleaders based on the squad number set by the coach.

Sideline cheerleaders will be chosen for the high school (9-12) and middle school (7-8) levels. High school cheerleading may be divided into varsity and junior varsity at the coach's discretion.

Competition Cheerleader Selection Procedure

Students wishing to try out for the competition team will demonstrate a mixture of the following before the coach: jumps, dance, spirit, cheer, chants, motion technique, stunts, tumbling, energy, and performance ability. The coach will use a standard rating sheet for each candidate and choose the competition team based on abilities and team needs regardless of sex, race, or grade level. The tryout is closed to the public (friends, family, etc.).

Competition cheerleaders will be chosen from high school and middle school (7-12) levels.

Cheerleader Squad Expectations

1. The cheerleading season is a yearlong commitment, beginning at tryouts and lasting until the end of the school year.
2. Sideline cheerleaders are to perform at all home football and basketball games, designated away games, pep rallies, community events, and other performances scheduled by coaches. Competition cheerleaders are expected to compete at 4-6 cheerleading competitions per year.
3. Practices will be held throughout the summer with each member receiving a monthly schedule in advance. Summer cheer camp, choreography camp, and stunt camp are mandatory.
4. Team members must maintain a "C" average per 9 weeks without any failing subjects. Averages will be determined by the most recent report card.
5. Parents are responsible for providing transportation to and from practices. Transportation to required events will be provided by the school.
6. Cheerleading is a sport which requires SELF-DISCIPLINE and COOPERATION among ALL team members. Our goal is to promote school spirit and to model the standards of PCHS stated in the school handbook.
7. Team members will participate in extensive workouts, stretching, and tumbling which can result in soreness. This is a normal response to any workout. Everyone will participate or she will be removed from the team.
8. Cheerleaders will remember that at all times, both in and out of uniform, that they represent the Pass Christian School District and hold their behavior to high standards as leaders in the community.

Cheerleader Demerit/Merit System

Explanation of Demerit, Probation, and Removal

- A. A team member will be placed on probation after acquiring 10 demerits within the demerit system.
- B. Probation is a period of time when the member will not be allowed to perform until the member has less than 10 demerits.
- C. Probation will last either two weeks or until 1 performance has been missed.
- D. If probation occurs more than twice during a nine week period, the member will be removed from the team.
- E. Accumulation of 25 demerits in one year will result in AUTOMATIC DISMISSAL from the team.

Demerits Relating to Practices

A. Late to practice.....	1
B. Talking when coach or captain is instructing.....	1
C. Leaving early without permission.....	2
D. Not dressing out for practice(ALL uniforms, shoes, hair out of face).....	1
E. Chewing gum.....	1
F. Unexcused absence.....	3
G. Late turning in money, uniform, props, assignments, etc.	1
H. Using profanity.....	5
I. Talking back to coaches or captains.....	3
J. Negative Attitude (throwing poms, rolling eyes, refusing to participate,	
K. "I can't" or "I won't", etc.	MIN 5 COACH DISCRETION
L. Cell phones on at practice.....	2
M. Late getting information.....	1
N. Not paying attention.....	1
O. Failure to follow directions.....	3
P. Failure to show report cards to coaches.....	3
Q. Wearing jewelry (including navel rings).....	2
R. Arguing with coaches or captains.....	MIN 5 COACH DISCRETION
S. Disrespect or dishonesty.....	MIN 5 COACH DISCRETION
T. Undignified behavior.....	MIN 5 COACH DISCRETION
U. Fighting	MIN 5 COACH DISCRETION
V. Stealing, cutting class, forgery.....	Discipline decided upon by admin and coach
W. Not <u>PERSONALLY</u> (Cheerleader, not parent) notifying coach of absence prior to practice.....	2 per absence

Demerits Relating to Performance

A. Chewing gum or eating food.....	2
B. Using profanity.....	10
C. Improper attire (including improper undergarments).....	3
D. Insubordination to coaches or captains.....	3
E. Late to performance.....	2
F. Unexcused absence.....	10
G. Leaving early without permission.....	3
H. Using cell phone.....	2
I. Not participating.....	4
J. Negative Attitude.....	MIN 5 COACH DISCRETION
K. Late for 3 rd Quarter.....	2
L. Wearing Jewelry (including navel rings).....	2
M. Undignified behavior	MIN 5 COACH DISCRETION

General Demerits

A. Public displays of affection in uniform.....	3
B. Failure to wear uniform.....	4
C. Physical fighting	10
D. F on progress report.....	3 per class

- E. Receiving detention or ISI.....4 per day
- F. Tardy to School.....2 per tardy after the given 3
- G. Inappropriate use of social media while in uniform.....MIN 5 COACH DISCRETION

IMMEDIATE DISMISSAL FROM CHEER SQUAD

- A. Smoking, consuming alcohol, use of tobacco, or drugs or intent to buy, use or sell these substances at **ANY** school function
- B. An accumulation of 25 demerits
- C. Being cut from 2 performances
- D. Refusal to follow rules set by the coach as supported by administration

Merit System

Decided upon by the coach

- A. Attending school functions, promoting school spirit, and a positive attitude
- B. Putting up mats and banner on unassigned days
- C. Honor Roll on report card and progress reports
- D. Making extra posters for performances
- E. Running laps and conditioning (can be monitored by captains, managers, coach, video)

CODE OF CONDUCT (Athlete)

Students participating in school-sponsored activities are expected to conduct themselves in an exemplary manner which reflects positively on themselves, the school, and the district. Students are subject to all disciplinary policies and procedures in all instances when they are involved in school sponsored events regardless of where the event is located: at the home school, the athletic field, on the bus, or in another school district.

Code of Conduct for Athletes – Level of Offenses and Disciplinary Action

Minor Offenses

1. Inappropriate classroom behavior (per student handbook)
2. Tardiness or missed practices/meetings without proper excuse
3. Inappropriate dress

Disciplinary Actions for Minor Offenses

1. Verbal correction
2. Assigned athletic duties and/or running/sitting out of game or games
3. Conference with parent(s)

Major Offenses

1. Defacing or destroying school property
2. Fighting
3. Stealing
4. Committing forgery
5. Defying a coach or school authority
6. Causing disruption in school or on a school bus (per student handbook)

7. Leaving school grounds or assigned area without permission
8. Using abusive language
9. Use of alcoholic beverages or controlled substances
10. Smoking
11. Display of poor attitude or self-discipline
12. Boycotting the team for any reason

Disciplinary Actions for Major Offenses

1. Conference with parent(s)
2. Assigned athletic duties and/or running/sitting out of game or games
3. Dismissal from program for specified period of time
4. Permanent dismissal from program
5. Any other action deemed appropriate by the coach/administration

CONCUSSION

A concussion is a brain injury that can range from mild to severe and can disrupt the way the brain normally works. The Mississippi High School Activities Association requires student athletes and their parents to annually review and sign the information sheet regarding the signs and symptoms of concussion and the MHSAA Concussion Policy. See Appendix for Concussion Form.

CONDUCT OF COACHES

The conduct of a coach reflects on the integrity of the district as well as the coach. Coaches are in a position to influence young people and should strive to develop individual players and teams into units that will perform at their maximum ability. As role models, coaches are held to a high standard in regard to their public behavior.

Cheerleading is a yearlong commitment, beginning at tryouts and lasting until the end of the school year. Cheerleaders are to perform at all home football and basketball games, designated away games, pep rallies, community events, and other performances scheduled by the coaches. Each member of the squad is responsible for abiding by the requirements of the merit/demerit system as explained in the contract signed by each cheerleader.

DISCIPLINE PROCEDURES

Each coach must ensure that the individual athlete and the team are well disciplined. Coaches and athletes must remember that they represent the school district and should exhibit good sportsmanship at all times.

1. If for any reason, a coach deems it necessary to suspend an athlete from participation or from the team, the parent must be given notice.
2. The parent may appeal a suspension to the coach involved.
3. If an athlete is suspended, boycotts or quits the team for the remainder of the current season, he/she may not participate in any other sport until the sport from which he/she has been suspended is over.
4. If an athlete is suspended, boycotts or quits the team for the remainder of the current season, he/she forfeits credit toward any award of letterman status in that sport for the duration of the current season.

5. Coaches are responsible for advising the athletes and their parents of all rules and regulations pertaining to their particular sport.

DUAL SPORTS PARTICIPATION

Because there are sports whose seasons overlap some student athletes may have conflicts in scheduling. Sports, in-season, take precedence over tryouts in other sports (individual tryouts are encouraged). In the case of an athlete who wishes to participate in multiple sports and scheduling conflicts arise, it is hoped that the two coaches can arrive at a solution. If no agreement can be reached, then a “playoff game” would take first priority, followed by a “district game” next and a “non-district game” last. Student athletes are encouraged to participate in as many sports as they wish, and they should be able to do so without pressure from any coach to limit participation to one sport.

A student athlete who quits one sport to participate in a second sport will not be allowed to play in the second sport until the season of the sport that s/he quit is over. (Example: J. Doe quits basketball late in the season to play baseball. J. Doe will not be allowed to play baseball, practice or compete, until basketball season is over.)

EJECTION OF COACHES / STUDENTS-MHSAA REGULATIONS

The school will be assessed a minimum fine of \$250 in the event the coach is ejected from an athletic contest. The school will be fined \$500 for:

- A team leaving the bench and coming onto the playing area
- A team involved in a fight before or after a contest (from arrival time to departure time)

Any student ejected for un-sportsmanlike conduct or a flagrant foul, the student will be ineligible for the next football game or a minimum of two (2) contests in any other sport. If the ejection occurs in the last contest of the season, the student will be ineligible for the same period of time as stated above in the next sport in which the student participates. It is the responsibility of the local school authorities to ensure this regulation is enforced. When an ineligible student is allowed to participate, forfeiture of the contest is mandatory in all regular-season and post-season play.

If an athlete or coach is penalized, he/she must comply with that penalty. Should a financial penalty be imposed on a coach, it is his/her responsibility to pay the penalty. The Pass Christian School District will not be responsible for payment of a coach’s fine.

GUIDELINES FOR COACHES

1. Each coach will make every possible effort to assure that all athletes/cheerleaders/band members exhibit behavior beyond reproach in the classroom, on the campus and at any athletic facility.
2. Every coach is expected to have complete knowledge and understanding of the MHSAA handbook of rules and regulations as well as the regulations and policies of the school district handbook.
3. If an athlete quits a sport after the first regular season contest, he/she is not eligible to participate in another sport during that season.
4. Supervision is one of the most important aspects in coaching/teaching. All staff members must understand the liability factors regarding this policy. Failure to supervise students/athletes **AT ALL TIMES** could result administrative action up to and including termination.

5. It is the responsibility of the coach/sponsor to have an emergency plan of action in place regarding injuries and/or emergency situations. Both home and travel situations must be covered under this plan.

6. If an athlete displays a lack of self-discipline, poor attitude, or failure to fulfill his/her commitments to the athletic/activity program, he/she may be suspended from participation in that sport or any other sport for the remainder of the season.

HAZING

The Pass Christian School District, NFHS, and the MHSAA, in an effort to promote a positive atmosphere in all student activities, subscribes to the following anti-hazing statement. It is the intention that this information be shared with all members of the school community.

“Hazing” is defined as any action or situation that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission into any Pass Christian School District organization e.g. groups, clubs, athletic teams, grade level activities.

Hazing includes, BUT IS NOT LIMITED TO, the following:

- Brutality of a physical nature such as beating, shipping, branding, forced calisthenics, exposure to the elements, forced consumption of food, liquid, alcohol, drugs or other substances
- Forced physical activity that could adversely affect the physical health or safety of the individual
- Activity that would embarrass or adversely affect the dignity of the individual or would subject the individual to exclusion from social contact

Generally, hazing can be considered action taken or situation created, to intentionally, whether on or off Pass Christian School District properties, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Additionally, any activity which is done or expected of a prospective member, with or without the prospective member’s consent that is not done or expected of a current member may also be considered as a hazing activity.

As defined by the State of Mississippi, hazing is a crime. Persons involved in hazing may be subject to criminal charges as defined by state law.

HOT WEATHER PRECAUTIONS

(The following is a statement by the Committee on the Medical Aspects of Sports of the American Medical Association of the National Federation.)

Spring football training and early fall football practice frequently is conducted in very warm and highly humid weather in many parts of the United States. Under such conditions, special precautions should be observed. Otherwise the athlete is subject to:

- Heat cramps-depletion of electrolytes
- Heat fatigue-depletion of salt and water due to sweating
- Heat exhaustion-excessive depletion of salt and water
- Heat stroke-overheating from breakdown of the sweating mechanism

Each of these conditions is a separate clinical entity but the development of heat stroke is progressive. Definite symptoms and signs will be manifested before it occurs. If these early warning signs are ignored,

the failure of the body to dispose of excess internal heat could progress from heat fatigue to heat exhaustion to heat stroke.

Heat Cramps are only temporarily disabling but the moment of occurrence may be significant.

Heat Fatigue dulls the athlete's skillful alertness and makes him more vulnerable to injury. These illnesses can result in serious physical harm and even death; both are preventable.

Heat Exhaustion and Heat Stroke are preventable only by careful control of various factors in the conditioning program of the athlete. Basic, of course, is an adequate health history examination prior to participation in any practice. With the start of the fall practice, it is essential to provide for gradual acclimation to the hot weather activity. Equally important is the need to adjust salt and water intake to weather conditions. As the athlete becomes accustomed to hot weather activity, he perspires more freely thus dissipating body heat and he excretes less salt thus conserving sodium and potassium. With a graduated training regiment, such acclimation can be expected to take place over a period of about one week.

The old idea that water should be withheld from athletes during workouts has no scientific foundation. In fact, such restriction, by depleting water in the body, can lead to heat fatigue and heat illness. During exercise in the heat, it is essential to replace (at least hourly) the water lost by perspiration. Salt also needs to be replaced daily, particularly during the acclimation period. Salting of the athlete's food within the bounds of taste will accomplish this purpose.

Even after acclimation, it is advisable to alternate periods of strenuous exercise with periods of rest during hot weather. Also, it is important for the coach to observe his athletes carefully for signs of lethargy, inattention, stupor, awkwardness or unusual fatigue. Symptoms of water and salt depletion may include sluggishness, headache, nausea, hallucinations and weak or rapid pulse. If heat illness is suspected, prompt medical attention to these recommended emergency procedures might have vital importance.

Heat Stroke-The collapse of an athlete with dry, warm skin and rapid weak pulse indicates sweating mechanism failure and rising body temperature. **THIS IS AN EMERGENCY, DELAY COULD BE FATAL.** Immediately cool the athlete by the most expedient means; spraying or sponging with cool water is a good method. **OBTAIN MEDICAL CARE AT ONCE.**

Heat Exhaustion-is weakness with profuse sweating and a rapid pulse. This indicates a state of shock due to the depletion of salt and water. Place the person flat on his back in the shade with his head on the ground, level or lower than the body. Give sips of diluted salt water or Gatorade/Powerade type drink if conscious. **OBTAIN MEDICAL CARE AT ONCE.**

The following suggestions are offered to help coaches prevent heat exhaustion and heat stroke during hot weather activity:

- Require a careful medical history and checkup prior to the beginning of practice
- Schedule workouts during cooler morning and early evening hours during hot weather
- Acclimate athletes to hot weather activity by carefully graduating practice schedules
- Provide rest period of 15 to 30 minutes during workouts of an hour or more in hot weather

- Supply clothing that is white to reflect heat, comfortable to permit heat escape and permeable to moisture to allow heat loss via sweat evaporation
- Furnish Gatorade/Powerade type drink and water in recommended amounts during hot weather
- Watch athletes carefully for signs of trouble, particularly athletes who may not report discomfort
- Remember that temperature and humidity are the crucial factors. Obtaining the relative humidity reading from the weather bureau is an advantage in this regard. Heat exhaustion and heat stroke can occur in the shade
- Alert the hospital emergency room medical and nursing staff of the possibility of heat illness among athletes before an emergency occurs so that they are prepared to care for a stricken athlete
- Know what to do in case of an emergency. Be familiar with immediate first aid practices and pre-arrange procedures for obtaining immediate medical care, including ambulance service
- Outlaw the hazardous warm weather use of rubberized apparel or other dehydration devices by players

INTERSCHOLASTIC ATHLETICS

Interscholastic athletics is to be administered as part of a regular school program and is to be under the same administrative control as all other parts of the educational program. Only students enrolled in grades 7-12 will engage in interscholastic athletic events.

All interscholastic athletic events in which this school district participates will be conducted under the rules and regulations of the Mississippi High School Activities Association (MHSAA).

Eligibility for competitive activities in grades 7-12 is determined according to the rules of the MHSAA. Students must meet all requirements established by the MHSAA.

All students participating in athletics will be required to have on file the documents listed below and referenced in the Appendix. It is the explicit responsibility of the head coach of the athletic activity involved to ensure that all these requirements are completed and documentation is properly on file prior to any practice of event associated with the activity.

No student will be allowed to participate in tryouts, practice, or a game for high school or middle school sports until the head coach has received required documentation:

- **Student Participation Clearance Form**
 - Parent Permission
 - Insurance information for the athlete. Proof of insurance is required.
 - Liability waiver
- **Physical Examination.** Each participant in grades 7-12 will either have undergone a physical examination by a licensed medical doctor or will have a statement from his/her family physician that he/she is medically capable of participating in any given sport.
- **Concussion Form**
- **Emergency Medical Authorization**

The coach is responsible to make sure that the documentation is updated each school year.

PUBLICITY AND PROMOTION

Good publicity and promotion are important to encourage community support for the athletic program. The reporting of news items and game results rests with the head coaches and their staff. They are responsible for promoting their programs by:

- Releasing interscholastic schedules prior to the beginning of each season
- Distributing team brochures, schedule cards and calendars
- Releasing conference, district and state news items through the appropriate media channels
- Holding meetings with booster clubs and parents to discuss the season
- Using bulletin boards in school buildings to promote athletics
- Telephoning results to news outlets immediately following contests

RANDOM DRUG TESTING

In accordance with district policy JCDAB, all high school student athletes are subject to random drug testing that will take place three or more times per year. The district school health clinic provider will utilize software to select students using their student number (not name). Sample collection will take place in a controlled environment under the auspices of the district school health clinic provider and conducted by a certified nurse.

The athletic director will notify students selected for testing. **Any student refusing to participate in the drug screening program will be ineligible to participate in competitive extracurricular activities indefinitely.**

In the event of a positive test, the sample will immediately be tested a second time to verify the accuracy of the first test. A student who has confirmed positive test result will be subject to the consequences listed in Appendix – Policy JCDAB Student Drug Testing Procedure on page 33.

RULES AND REGULATIONS

Each head coach will be responsible for establishing rules and regulations for his/her particular sport. A copy must be on file with the principal and Athletic director. A copy should be provided to parents/guardians.

SAFETY PROCEDURES FOR ATHLETES

The safety of student athletes in practice and games is a top priority of the Pass Christian School District. The Athletic director and supervising coaches must take all necessary precautions to insure the safety of the athletes.

SEASON PASSES

Season passes that allow the pass holder admittance to all home regular season games are available at the Pass Christian High School office.

Prices for Students:

Pass High Games Only - \$30.

Pass Middle Games Only - \$30.

Middle and High Games (Season Pass) - \$45.

Prices for Adults:

Pass High Games Only - \$45.

Pass Middle Games Only - \$45.

Middle and High Games (Season Pass) - \$60.

SECURITY PLAN

As a member of the Mississippi High School Activities Association, the Pass Christian School District is required to file a security plan before each school year begins.

This plan provides a sketch of our athletic venues and the Pass Christian School District's use of coaches, staff and the Pass Christian Police Department.

Each of our venues is staffed with school personnel as well as local law enforcement to provide a safe environment for everyone in attendance.

Each venue will have at least one of our sports medical staff available for athletic injury or other emergency situations.

Pass Christian Fire and Rescue along with American Medical Response provides their services in case of life threatening situations.

SPORTS WAIVER/PHYSICAL EXAMINATION

Due to the possibility of injury and the necessity of medical attention, no student will be allowed to engage in high school or middle school sports until the coach has received required documentation:

- Student Participation Clearance Form, which includes parent permission, proof of insurance, and liability waiver.
- Physical examination by a licensed medical doctor or a statement from his/her family physician that he/she is medically capable of participating in any given sport or activity.

SUPERVISION

Athletic facilities are made available only to team members and then, only with a member of the coaching staff present and on duty. There will be NO unsupervised, required or voluntary practice session of any sport on school premises at any time.

TEAM TRYOUTS

Coaches are encouraged to keep as many students on an athletic team as possible without unbalancing the integrity of the sport. Time, space, facilities, equipment, and other similar factors may place limitations on the size of the team/squad.

Tryouts are an important part of the team selection process. Tryouts must be conducted in a fair and equitable manner by the coaching staff of each sport.

- Each student participating in tryouts must have a current physical and signed parent-consent form on file in the possession of the coach conducting the tryout.
- Each participant must be a bona fide student in the Pass Christian School District, or be registered to attend a Pass Christian school during the fall semester.
- Tryout dates must be approved in advance by the Principal. The athletic director will submit the required permission forms to the MHSAA.

- Tryouts must be announced at the appropriate school(s) at least one (1) week prior to the beginning of tryouts by the secondary school principal or his designee.
- Tryouts must be conducted after school hours. MHSAA policy must be followed regarding the number of tryout days.
- An additional tryout may be held for new students who have enrolled in school since tryouts were conducted in that particular sport.

Each coach will have a policy on how athletes are selected for the team (“selection policy”). This policy shall be approved by the athletic director and on file in the athletic director’s office.

TITLE IX

It is the policy of the Pass Christian School District not to discriminate on the basis of sex in its educational programs, activities or employment policies as required by Title IX of the 1972 Education Amendments Act. All athletic activities, whether on the high school, or middle school level are open, within Title IX regulations, to any properly enrolled district student, regardless of sex, who meets the academic, eligibility, and prerequisite requirements as stated in local, district, state, or national athletic association policy.

TRAVEL

Transportation

1. The travel list (athletic participants/coaches) must be on file in the office of the principal by noon at least one day prior to departure.
2. Athletes will travel in district owned or leased vehicles to and from out of town events. With administrative approval, booster clubs may provide charter buses.
3. Only school district employees and student members of the team/squad may travel on school district owned transportation, no other students, spectators or parents.
4. Athletes must return with the squad. Exceptions will be made if the coach/sponsor has secured written permission from the parent/guardian in advance of the event taking place. No student shall be released at the conclusion of any out-of-town event to return home via alternate means without prior approval by school authorities of a written request from parent/guardian. (Board policy JGFB)

Supervision of Athletes

1. Each time a bus is used to transport athletes to and from an athletic contest, a coach must ride with the squad.
2. Horseplay, profanity, and obscene gestures will not be tolerated.
3. The discipline and good behavior of the squad is the responsibility of the coach.
4. The coach in charge is responsible for returning the bus in clean condition following a trip.
5. **Coaches will ensure that all athletes have left the campus after each game before leaving.**

Meals

1. Coaches/sponsors must write on the trip ticket if they plan to stop for meals.
2. Meal arrangements will include only members of the traveling squad, coaches, police escorts, and bus drivers. All athletes must eat together.
3. The district will furnish meals for student athletes who participate in Regional, South State, and State Championship contests.

WEIGHT ROOM

The weight room will be controlled by the coach in charge, both in and out of season. Coaches may supervise the weight room on a schedule established by the athletic director. Athletes may not use the weight room without authorized supervision.

Weight room rules:

- Shirts and shoes are required.
- No one is allowed in the weight room without authorized supervision.
- Weights are to be returned to the rack immediately following use.
- All students must work under the supervision of an instructor assigned to the weight room.
- Proper stretching and cool-down exercises are of utmost importance.
- Each student should know and work with an instructor to determine individual limits.
- Roughhousing and horseplay will not be tolerated in the weight room facility.
- Gum, food or drinks are not allowed in the weight room.
- Use of the weight room facilities by outside groups or school personnel must be approved by the athletic director.

2017-2018 STUDENT PARTICIPATION CLEARANCE FORM

I hereby give consent for my child, _____, to participate in the Pass Christian School District's athletic and activities programs during the 2017-2018 school year. I agree to abide by the rules and regulations of my school district and its governing body, the Mississippi High School Activities Association.

I hereby authorize and give permission for emergency medical treatment to be rendered for and on behalf of my child, _____, for any injury received while participating in any supervised school activity. This authorization includes, but is not limited to, any treatment deemed necessary by certified personnel, physicians, hospital emergency room physicians and hospitals. We accept the financial responsibility for such medical care or treatment.

I hereby release the Pass Christian School District and all school personnel for any and all liability associated with such necessary treatment.

I hereby acknowledge that health and accident insurance is recommended for participation in all organized sports and activities and further certify that my child is covered under the health and accident program listed below.

School day insurance: _____ Other insurance: _____

Policy # _____ Policy # _____

In addition, I assume any expenses for liability not covered by the insurance policy above for injury received by the above named student while participating in sports and school activities. I accept full responsibility for medical and hospital expenses and any other related expenses and do hereby hold harmless the Pass Christian School District and the Board of Trustees, their agents or assignees, of responsibility for any such injury or expenses and waive any and all claims which may arise against them. I realize that participation in organized sports and activities involves the potential for injury, sometimes severe enough to result in total disability, paralysis, or death.

I give the Mississippi High School Activities Association and its assigns, licensees and legal representatives the irrevocable right to use any picture or image or sound recording of the student in all forms and media and in all manners, for any lawful purposes. In addition, I consent to the disclosure, by my child's/ward's school, to the MHSAA, upon its request, of all records relevant to his/her eligibility and participation including, but not limited to, his/her records relating to enrollment and attendance, academic standing, age, discipline, residence and physical fitness.

The Student Participation Clearance Form is required for all students to participate in MHSAA athletic and activity programs.

Parent/ Legal Guardian _____ Phone # _____

Cell # _____ Date _____ (valid 365 from this date)

PASS CHRISTIAN SCHOOL DISTRICT

ATHLETIC DEPARTMENT EMERGENCY MEDICAL AUTHORIZATION 2017-2018 School Year

This form must be made available by the coach at all team practices and contests for each team member to insure proper medical treatment by physicians or hospital in the event of serious injury.

Name of Athlete _____ Date of Birth _____

Grade _____ Gender _____

Parent/Guardian Name _____

Address _____ City _____ MS Zip _____

Parent Cell _____ Parent Cell _____ Business Phone _____

In the event parent/guardian cannot be reached, please contact:

Name	Relationship to Student	Phone Number
------	-------------------------	--------------

List the sports this athlete plays:

1. _____ 2. _____ 3. _____

Does your child have any allergies? If yes, please explain.

YES NO

I hereby give my consent for medical treatment deemed necessary by physicians designated by school authorities and/or transportation to a hospital emergency room for treatment for any illness or injury resulting from his/her athletic participation.

Preferred Physician _____
Name Phone Preferred Hospital

I understand this authorization will only be enforced when I cannot personally be contacted to provide permission for immediate treatment.

Parent/Guardian Signature _____

Parent/Guardian Printed Name _____

Date _____

2017-2018
MISSISSIPPI HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.
Concussion Information Form
(Required by MHSAA Annually)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|-----------------------------------|-------------------------------------|
| • Headaches | Amnesia |
| • “Pressure in head” | “Don’t feel right” |
| • Nausea or vomiting | Fatigue or low energy |
| • Neck pain | Sadness |
| • Balance problems or dizziness | Nervousness or anxiety |
| • Blurred, double or fuzzy vision | Irritability |
| • Sensitivity to light or noise | More emotional |
| • Feeling sluggish or slowed down | Confusion |
| • Feeling foggy or groggy | Concentration or memory problems |
| • Drowsiness | (forgetting game plays) |
| • Change in sleep patterns | Repeating the same question/comment |

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Continued on next page.....

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is key to a student-athlete's safety.

MHSAA Concussion Policy:

- An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting should be removed immediately from the practice or game. The athlete should not be allowed to return to the practice or game for the remainder of the day regardless of whether the athlete appears or states that he/she is normal.
- The athlete should be evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.
- If an athlete has sustained a concussion, the athlete should be referred to a licensed physician preferably one with experience in managing sports concussion injuries.
- The athlete who has been diagnosed with a concussion should be returned to play only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss on consciousness, usually take 7-14 days after resolution of all symptoms.
- Return to play after a concussion should be gradual and follow a progressive return to competition. An athlete should not return to a competitive game before demonstrating that he/she has no symptoms in a full supervised practice.
- Athletes should not continue to practice or return to play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

Remember, it is better to miss one game than to miss the whole season.

I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent Name Printed

Parent Signature

Date

“BLANKET” PERMISSION TO PARTICIPATE IN A SERIES OF SCHOOL SPONSORED FIELD TRIPS

Sport: _____ **School Year:** 2017 – 2018 **School:** _____

I hereby request that _____ (Student’s Name PLEASE PRINT): be allowed to participate in athletic team, band, cheer squad, and/or any series of field trips related to one particular athletic activity.

All team members will ride to an event in district owned or leased transportation with the team. Any athlete who arranges independent transportation to an event, without permission from the coach and the Principal in advance, will be ineligible to compete in that event. All team members will return with their squad. Exceptions will be made if the coach/sponsor has secured written permission from a parent/guardian in advance of the event taking place. No student shall be released at the conclusion of any out-of-town event to return home via alternate means without prior approval by school authorities of a written request from parent/guardian (School Board Policy JGFB).

Detailed trip information, including destination, date, time of departure, time of return, purpose, and supervision, will be given to the parents/guardians prior to each trip in the series (Exceptions must be approved by the Principal).

If any emergency medical procedures or treatment are required by the student during the trip, I consent to the trip supervisor(s) taking, arranging for, and consenting to the procedures or treatment in his/her or their discretion.

In consideration of PCSD allowing the student-athlete to participate in athletics, we agree to release and hold PCSD, its athletic coaches and other employees free, harmless and indemnified from and against any and all claims, suits or causes of action arising from or out of any injury that the student-athlete may suffer from participation in athletics.

NOTE: This form must be signed by student if the student is 18 years of age or older.

Name of Student (PLEASE PRINT)

Student Signature

Date

**Name of Parent/Guardian
(PLEASE PRINT)**

Parent/Guardian Signature

Date

**PASS CHRISTIAN SCHOOL DISTRICT
ATHLETIC DEPARTMENT**

**CONTEST RELEASE FORM
2017-2018 School Year**

****Optional****

Student Name _____ Sport _____

By my signature, I request that the Coach allow my child to leave away games with his/her parent rather than ride the team bus back to the school. I understand that my child will only be released after the Coach visibly sees and speaks with a parent each time this occurs.

I further understand that this release only applies to my child being released to a parent and that any other transportation arrangements (i.e. riding home with another parent or relative) requires a separate note each time it is requested. Such note must be received one day prior to the out-of-town contest and approved by school authorities.

Name of Student (PLEASE PRINT)	Student Signature	Date
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Name of Parent/Guardian (PLEASE PRINT)	Parent/Guardian Signature	Date
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PASS CHRISTIAN SCHOOL DISTRICT ATHLETIC DEPARTMENT

APPENDIX – Policy JCDAB Student Drug Testing Procedure

First Positive Test

1. The district school health clinic provider will provide the athletic director a copy of test results. This report will be shared with the principal.
2. The athletic director/administrator will contact the parents, student, and coach/activity sponsor and inform him or her of the positive test, and the following procedure will be initiated
 - a) A parent/student meeting will be held.
 - b) The student will be suspended from all competitive extracurricular activities (including practice) until a negative test is provided (minimum of 30 calendar days).
 - c) The student will be required to attend a drug awareness/education program conducted by a school guidance counselor. The student will meet with the guidance counselor for three (3) sessions during the thirty day suspension. Failure to attend all sessions will result in continued suspension from competitive extracurricular activities and until all three sessions have been completed.
3. At the end of thirty (30) calendar days, the student is eligible for another drug test.
 - a) Student may seek drug testing at an approved off-campus facility at the parent's expense.
 - b) Student may sign up to be retested during the subsequent round of random screenings.
4. If test results are negative, the student will be allowed to resume participation in the competitive extracurricular activity. A positive result will be considered a ***second positive test***, and the student will be subject to guidelines under Section B (Second Positive Test).

Second Positive Test

1. The athletic director/administrator will contact the parents, student, and coach/activity sponsor and inform them of the ***second positive test***, and the following procedure will be initiated:
 - a) The student will be suspended from all competitive extracurricular activities for an additional forty-five (45) calendar days.
 - b) The student will also be required to attend a drug education program offered by a community-based behavioral health clinic approved by the Pass Christian Public School District. Failure to complete the program will result in a suspension from all competitive extracurricular activities for one calendar year beginning on the date that the additional forty-five day suspension started.
 - c) After providing proof that an approved drug education program has been completed, the student is eligible for another drug test.

- i. Student may seek drug testing at an approved off-campus facility at the parent's expense.
 - ii. Student may sign up to be retested at the subsequent round of random screenings.
- d) If the test is negative, the student will be allowed to participate in the competitive extracurricular activity. A positive result will be considered a **third positive test**, and the student will be subject to those guidelines under Section C (Third Positive Test).

Third Positive Test

The athletic director/administrator will notify the parents, student, and coach/activity sponsor of the **third positive test** in a letter by certified mail informing them that the student is suspended from extracurricular activities for the remainder of the school year.

Non-Consecutive Positive Test Results

Positive test results will be treated as cumulative during a school year. For example, if a student tests positive in the fall, tests negative on the next retest, then positive again anytime thereafter during the school year, the second positive test will be a **second positive test** as subject to consequences thereof.

PROCEDURE FOR REINSTATEMENT

A third positive test establishes that the student has a serious drug problem which must be treated before the student is able to return to extracurricular activities. Following successful completion of a certified drug rehabilitation program and evidence of a series of clean drug tests, the student may apply, in writing, to the athletic director/administrator for reinstatement in competitive extracurricular activities for the following school year.

Parent/Student Acknowledgement

I have been informed of the district Random Drug Testing Policy (JCDAB) and understand the consequences for refusing to participate in screening and for having a positive result to the drug test.

Printed Parent Name

Parent Signature

Date

Printed Student Name

Student Signature

Date