



NIA ATHLETICS HANDBOOK 2022-2023

Developing Warriors of Wisdom Stature and Favor As We Pursue Athletic Excellence

Letter From The Superintendent

Dear Newman Student-Athletes and Parents,

Thanks to you and the Athletics Department for a great and successful academic year. I believe that this new year has much to offer, as our Student-Athletes:

work to be champions, doing their best in their field of sport and in their studies;

strive in keeping with the Olympic motto, "FASTER, HIGHER STRONGER;"

endeavor to be individuals of character and good conduct;

"PREPARE FOR YOUR FUTURE" (in line with the theme of this new year) with integrity, courage and confidence.

Standing with you as you "PREPARE FOR YOUR FUTURE,"

Sheba George, Ph. D., Ed. D.

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Mission of Newman International Academy Athletics

Newman International Academy Athletics is committed to excellence in academics and athletics. We are dedicated to pursuing Victory with Honor, adhering to the rules of competition and ethical behavior, producing champions in athletics and in life, and displaying the following traits of character: trustworthiness, respect, personal responsibility, fairness toward all, and being good members of the community both on and off the field. We will contribute our absolute best as we come alongside our NIA colleagues in building the whole person for the whole world by raising Warriors of Wisdom, Stature and Favor.

The Athletics programs of Newman International Academy (NIA) are based on the premise that Student-Athletes are first and foremost Students, and that athletic participation is *a privilege rather than a right*. NIA Student-Athletes train not only to excel in their sport, but also to handle success well and overcome adversity.

The Athletics Programs at NIA are structured with specific goals in mind for Student-Athletes at each level. All Student-Athletes are required to properly represent NIA on and off the field in accordance with our Student Handbook and Code of Conduct, or they will not be afforded the privilege of representing NIA at competitions.

At the **MIDDLE SCHOOL** level our primary goal is to make the Athletics experience for the students enjoyable. Middle School is a time to focus on participation and camaraderie among team members as students learn about the preparation required to excel as well as the rules that govern sports. This allows the students to have fun while learning the fundamentals of sport and the rigors of athletic conditioning. Every Student-Athlete who tries out for and is selected to be on a Middle School team, and who is academically and medically eligible to participate, has kept all team requirements, has no unexcused absences from practices, and will commit to participate in every game will participate in every game. While winning is important, it is a secondary consideration for our programs at the Middle School level. We believe that if a Middle School student has a valuable experience in working with other students and learns the fundamentals of sports, we will have accomplished significant foundational goals in building a complete NIA Athletics Program.

As the students move up through our programs into the **HIGH SCHOOL** Level, we help them focus toward the day when they will be able to compete at the Varsity level. Similar to the Middle School level, Student-Athletes at the High School level understand that those who are selected for our Freshman and Junior Varsity teams are centered on Student-Athlete development and the foundations of the core team dynamic—that the team is equal to more than just the sum of its parts. While playing time percentages vary with situations, team dynamics and Coaches' discretion, we make every attempt to ensure that each team member has an opportunity to participate in all games so long as the Student-Athlete is academically and medically eligible to participate, has kept all team requirements, has no unexcused absences from practices, and will commit to participate in every game.

At the **Varsity Level, we play to win championships while continuing to develop the champion within**. Playing time is determined by the Varsity Head Coach's discretion with the intention of having a winning outcome and a productive team environment. Varsity Student-Athletes are mature both athletically and mentally, and their dedication and commitment to their teams supersedes their individual desires. We firmly believe Varsity Student-Athletes can, and should compete at the highest level while giving their maximum effort in a way that honors NIA, their teammates, their families and themselves.

Competing In Interscholastic Athletics

NOTE: Student-Athletes will have unlimited access to water during all outdoor activities at all times.

A PRIVILEGE AND NOT A RIGHT: Parents and students must understand that Athletics is a Co-Curricular program designed to accommodate students who have the ability to participate in Interscholastic Athletic Competitions at NIA. Not all students are capable of competing in these programs. One of the difficult tasks faced by a Coach or Athletic Director is making the judgment as to which Student-Athlete should be selected to compete. There are many criteria to be considered in these selections, only one of which is the Student-Athlete's skill level. Students are not obligated to take part in Co-Curricular Athletics, nor is it required for graduation. Being a member of an Athletic Team is a privilege and not a right. Since it is a privilege, the Coach, Athletic Director, Campus Principal, and Assistant Superintendent/Superintendent have the authority to revoke the privilege when rules are not followed. Student Handbook policy and process for appeal must be followed when an appeal is requested.

NIA has a wide array of Athletics programs. Each team will have specific rules, regulations and stipulations regarding participation, awards, lettering, and other mandatory requirements that must be met in order for a Student-Athlete to remain on a team as a member in good standing. Because NIA Student-Athletes compete in Interscholastic Athletics, in keeping with the foundational element of NIA Athletics (that it is a privilege and not a right) NIA Student-Athletes must expect that they will be held to a higher standard in several areas including social and behavioral areas. There will be requirements for NIA Student-Athletes that are not imposed on the general school population.

Respect for American Heritage

In accordance with Newman International Academy's Mission statement, we require all participants in our Athletics programs to represent our American Heritage appropriately. Therefore, during the playing or singing of the National Anthem, we require all NIA Student Athletes and all Coaches to stand facing the Flag with their heads uncovered and their right hands over their hearts.

Student-Athlete Athletics Eligibility Policy

Each Student-Athlete participating in NIA Athletics must have on file an approval sheet signed by their parent(s) or legal guardian. NIA is in good standing with Its Athletics regulating agency (**TCAF**), and all rules and regulations will be strictly enforced. Please note TCAF's *Student Eligibility Statement, Section 4.02 (a) Player Eligibility*, states "Individual participants must be regularly attending and meeting all academic requirements of a Member School."

There are specific requirements for participating in NIA Athletics. Each Coach will review the explanation of all the team-specific rules with all the Student-Athletes seeking to be a part of a team. There will be several parental and Student-Athlete consent forms to sign and return (see below). By signing these forms, all parties agree to abide by the rules and allow the Coach to make decisions in the best interests of the teams. These forms will remain on file in the Athletic Director's Office.

Grades In PE/Athletics Classes

PE/Athletics Class grades are not based on a Student-Athlete's athletic ability. Grades will be based on the Student-Athlete's willingness to act, behave and cooperate in such a manner that will allow for the success of the Student-Athlete individually and for the team and program. All Student-Athletes will begin each grading period with a grade of 100%. Points will be subtracted for conduct or behavior that is unbecoming or detrimental to the class. Excessive *unexcused* absenteeism could result in a failing grade.

In those cases, a Student-Athlete could possibly fail the class or be removed from Athletics and receive no credit for the class.

NOTE: TCAF Policies may be found at: <https://www.tcafellowship.com/---forms> .

Athletics Fees

PARTICIPATION in every sport has a FEE. Fees may vary by sport. Students will not be allowed to participate, nor be added to the roster unless fees for that sport are **PAID** in Full.

Student-Athlete Scholastic Eligibility

SCHOLASTICS MUST COME FIRST

The best way for a Student-Athlete to remain eligible is to pay attention and keep up with the work in class, turn in all assignments on time with quality, exhibit excellence in all areas of student behavior, and prepare for and perform well on tests and exams. This requires the application of personal discipline and a commitment to excellence no less stringent than the application of discipline and commitment required to excel as a Varsity Athlete.

Athletics classes will count as a physical education credit for a total of no more than four credits toward graduation.

Eligibility Criteria for Athletics

Athletic activities are school-sponsored activities designed to achieve specific goals that contribute to a student's personal, physical, and social development. They encourage cooperative attitudes, acceptance of responsibility, increased student involvement, the development of specific interests and skills, and then a carry-over of these attributes into lifetime skills. It is important to realize that participation in athletic activities is a privilege and not a right.

For athletics, students must meet specific requirements of Newman, TCAF, TCSAAL, UIL, and state law in order to participate. Students may participate in athletics per TCAF, TCSAAL and/or UIL rules at the beginning of the school year if they have earned the cumulative number of credits mentioned below.

Please note that TCAF, TCSAAL and UIL have different rules. Please check whether your campus operates under TCAF, TCSAAL or UIL, then see the corresponding criteria below.

Initial Eligibility – TCAF and UIL

All high school students are eligible to participate in athletics contests ~~and other Co-curricular activities~~ during the first six weeks of the school year provided the following standards have been met:

- Students beginning in grade nine must have been promoted from the previous grade prior to the beginning of the current school year.
- Students beginning their second year of high school must have earned 5 credits which count toward state high school graduation requirements.
- Students beginning their third year of high school either must have earned a total of 10 credits which count toward state high school graduation credits or have earned a total of 5 credits which count toward state high school graduation requirements during the 12 months preceding the first day of the current school year.
- Students beginning their fourth year of high school either must have earned a total of 15 credits which count toward state high school graduation credits or have earned a total of 5 credits which

count toward state high school graduation requirements during the 12 months preceding the first day of the current school year.

- In order to join a Newman sports team, students must provide a copy of a Physical Evaluation (annual exam) signed by a physician.

Please note that Newman’s classification requirements are slightly different and are as follows: Sophomore at least 6 credits; Junior at least 12 credits; Senior at least 18 credits

Miscellaneous Eligibility Policies - TCAF Only

- Only full-time students are eligible to compete. For TCAF, a full-time student is defined as one who is taking 4 core classes.
- Once a student has entered the ninth grade, he/she has eight consecutive semesters to compete in varsity athletics.
- Students transferring into NIA following week 3 of the Academic Year WILL BE GRANTED ACADEMIC ELIGIBILITY FOR THE FIRST 6-weeks of Reporting Periods following their date of entry. Thereafter, they will follow the model above for eligibility.
- If a student transfers to a TCAF school after the school year has begun, he/she shall be ineligible for competition for fifteen school days. The school shall also fill out all applicable paperwork and send copies to the state office. **Exception:** If a student transfers into a TCAF school within the first 15 days of the school year, the waiting period is waived. However, no student is eligible for play until Transfer Forms have been received and approved by the TCAF Director.
- When a migrant student enrolls for the first time during a school year, all criteria cited above applies.
- All other students who enroll too late to earn a passing grade for a grading period are ineligible.
- **Home-School Students:** A student who is being home-schooled (not a full-time student) may participate with a member school if said student is under the academic umbrella of the member school in which the student is seeking participation. Home-school students must meet and follow all TCAF rules, policies, athletic and academic requirements for eligibility. The school is responsible for keeping a copy of all required records and shall be able to provide, upon request, all Home-school student records. Home-school students may only participate with one home-school group and/or school during a league calendar year. The total number of home-schooled players on any team may not exceed 30% of the total number of players on the team.
- Students who are not in compliance with these provisions may request a hardship appeal.

Miscellaneous Eligibility Policies – UIL Only

- The standards above determine academic eligibility for the first six weeks of the school year.
- Only full-time students are eligible to compete. For UIL, a full-time student is one who has an average of 4 hours of instruction per school day.
- Students in non-compliance may request a hardship appeal of their academic eligibility.
- High school students are eligible as long as they have been in regular attendance since the 6th day of class OR enrolled and in regular attendance 15 or more calendar days before the contest or competition (eligible on the 15th day). (Please note this is high school only; middle school are eligible immediately.)
- **Home-School Students:** A non-enrolled (home schooled) student seeking participation for the first six weeks in accordance with section 33.0832 of the Texas Education Code must demonstrate

grade-level academic proficiency on any nationally recognized, norm-referenced assessment instrument, such as the Iowa Test of Basic Skills, Stanford Achievement Test, California Achievement Test, or Comprehensive Test of Basic Skills prior to the first day of school.

- **Home-School Students:** A non-enrolled student demonstrates the required academic proficiency by achieving a composite, core, or survey score that is within the average or higher than average range of scores, as established by the applicable testing service. For purposes of this subsection, a school district shall accept assessment results administered or reported by a third party.

Miscellaneous Eligibility Policies – TCSAAL Only

- A student must be under the age of 19 as of September 1, of the current school year to be eligible to participate in the high school (Varsity and Junior Varsity) age group.
- A student must be under the age of 17 as of September 1, of the current school year to be eligible to participate in the 9th – 10th Grade age group.
- A student must be under the age of 15 as of September 1, of the current school year to be eligible to participate in the 6th – 8th Grade age group.
- In rare cases overage students classified 504 or with other disabilities may be deemed eligible through the appeals process. We utilize the same form from University Interscholastic League. Please fill out forms and submit to tcsaal@texascharter.org. 8th grade form (see UIL section 1400 (a) (3), 12th grade form (See UIL Section 446 Age).
- Any student can play up in age, but they cannot play down. Any student can play up in grade but they cannot play down in grade.

Academic Eligibility - TSCAAL

- No pass, no play. (Applies to all classes) Students can become eligible again based on progress reports as handled by the schools. (See TCAF policies for details).

Academic Eligibility - TCAF

- A student who receives, at the end of any grading period (after the first six weeks of the school year), a grade **below 70 in any class**, including Advanced and Honors classes (except Dual Credit or college courses) or a student with disabilities who fails to meet the standards in the Individual Education Plan (IEP) may not participate in athletic activities. An ineligible student may practice or rehearse, however. The student regains eligibility after the principal/teachers determine that he or she has earned a passing grade (**70 or above**) in all classes, other than those that are exempted (ie Dual Credit or college courses).
- **All grades will be checked for all participants at the end of the first six weeks of the school year.**
- From that point, **ineligibility** is determined at the end of each 9-week grading period. Students who pass will remain eligible until the end of the next 9-week grading period.
- Progress reports are issued at 3 weeks and at 6 weeks during each 9-week grading period. Progress report and grade report dates for the school year are noted on the District calendar, which is posted on the school website.
- Ineligibility commences on the day of issuance of the initial 6-week progress report and each 9-week grading report thereafter.
- Students may **regain eligibility at the 3- or 6-week progress report or at the 9 week grading period** by earning a score of **70 or greater**. Eligibility commences on the day when the progress report/report card is issued.

- Teachers require principal approval to issue an “I” or incomplete. In the case of an incomplete, a student has 1 week to complete the work. The student remains eligible to compete during the 1 week grace period.
- In no case can a student drop a course with a failing average later than the end of the third week of a nine-week grading period without its being considered a failing grade for eligibility purposes.
- A student in grades 7-12 who drops a course after the first nine weeks will receive a failing grade for the semester and a failing grade for the nine weeks in which the course was dropped. Such circumstances render a student ineligible till the next progress report/ report card.
- **Home-School Students:** In accordance with section 33.0832 of the Texas Education Code, the parent or person standing in parental relation to a non-enrolled (home schooled) student participating in a league activity on behalf of a public school must periodically, in accordance with the school’s grading calendar, provide written verification to the school indicating that the student is receiving a passing grade in each course or subject being taught.

Academic Eligibility - UIL

- NIA will check grades for all participants **at the end of the first six weeks** of the school year. From that point, grades are checked at the **end of the grading period (9-week report card)**. Students who pass remain eligible until the end of the next grading period.
- All **coaches and directors are responsible for obtaining official grade reports** before the student represents the school.
- A student who receives, at the end of any grading period (the first six weeks progress report and 9-week report cards thereafter), a grade **below 70 in any class**, including Advanced and Honors classes (except Dual Credit or college courses) or a student with disabilities who fails to meet the standards in the Individual Education Plan (IEP) may not participate in athletic activities.
- Students who are losing eligibility have a seven calendar day grace period, and students who are regaining eligibility have a seven calendar day waiting period. Therefore, students lose eligibility for a three school week period.
- Please see the **Newman UIL Eligibility Calendar** to see grace periods and waiting periods. UIL has detailed guidelines regarding the calculation of these timelines.
- An ineligible student may practice or rehearse. The student regains eligibility after the principal/teachers determine that he or she has earned a passing grade (**70 or above**) in all classes, other than those that are exempted (ie Dual Credit or college courses) and after the 7-calendar-day waiting period.
- A student with an “Incomplete” grade is ineligible at the end of the seven day grace period unless the “Incomplete” was replaced with a passing grade prior to the end of the seven day grace period. Students with an “Incomplete” grade either within or beyond the end of the seven day grace period may regain eligibility if the work is made up in accordance with district policy in regard to time allowed for make-up work and the conditions under which make-up work are allowed.

Practice Sessions

(Applies to both Middle School and High School)

1. All practices will be scheduled by the Head Coach or Coaches of that particular sport.
2. Student-Athletes are expected to attend every practice. When circumstances warrant a Student-Athlete being excused from practice, permission should be requested from the Head Coach in advance whenever possible.

3. **Injured Student-Athletes** should make every reasonable effort to attend, observe and be mentally engaged in practice during their recovery period, and above all, they should follow their Doctor's orders until they are cleared to resume practice.
4. All Student-Athletes are expected to be **dressed in approved attire** for practice and at the designated area at the designated times. Unexcused missed practices may result in a loss of playing time, travel privileges or dismissal from the team. Each sport may have its own process for making up missed practices.
5. There will be **no mandatory practices or events held on Sunday**.
6. **Parents/spectators** are welcomed at practice sessions upon prior approval; however, Coaches have the right to hold closed practices as they see fit.
7. **Students must be in attendance at school prior to 10:00am to be eligible** to participate in practices or games for that day. This requirement may be waived for students with a Doctor's excuse, or an excuse for a family emergency.

Try-Outs

If the situation warrants that STUDENT-ATHLETES must try-out in order to make the team, the coach, with approval from the Athletic Director, will determine the evaluation criteria to be used. After a review of all the pertinent information, the coach will determine who has performed well enough to make the team and who will not. No one will be able to view the results of anyone's scores other than their own. At the discretion of the Coach, a strategy of alternating individuals, or a group may be implemented in order to ensure that every Athlete receives playing time.

Specialization/Recruiting

1. Student-Athletes are encouraged to participate in all Athletics in which they have an interest.
2. Student-Athletes will not be restricted to only one sport; however, dual same-season sports participation must be arranged by mutual agreement between Parents, Coaches and the Athlete. Final decision in these matters is subject to Athletic Director's approval.
3. Any Athlete, parent, or Coach aware of a violation of these rules is asked to notify the Athletic Director immediately.

Transportation and/or Team Travel

1. If district transportation is provided to athletic events, athletes will travel to and from events via district transportation UNLESS the parent has given written permission for alternative transportation. The written transportation permission MUST include the name of the driver(s) that the parent has approved. If there is no written parental permission, the student will be required to travel in district-supplied transportation.
2. There will be no gambling, tobacco, drugs, or alcohol allowed in any NIA activity.
3. Coaches will make every reasonable effort for teams to return to the NIA Campus of origin as safely and as soon as possible after an event. Parents will be informed when to expect the team's return. Addresses will be provided to the locations of off-campus games or events. **Student-Athletes will be given the opportunity prior to their arrival at the school to call parents and notify them of pick up time.**
4. Student-Athletes will keep the transportation provided (Buses, Vans, etc.) clean. Coaches will inspect and approve prior to the team's departure and arrival.
5. Food and drink will not be allowed on the NIA-provided transportation unless it is authorized by the Coaches. In such cases, all trash must be removed and the Transportation put into a proper state of cleanliness prior to Student-Athletes being released.
6. Student-Athletes should be on time for all departures or risk being left behind.

7. Student-Athletes must be picked up within 20 minutes after their arrival at the school following an Athletics Event. **Student-Athletes will be given the opportunity prior to their arrival at the school to call parents and notify them of pick up time.**

Athletic Injuries

All athletic injuries should be immediately reported to the coach in charge so the appropriate medical referral can be made. All Student-Athletes will comply with the decision of the Head Coach/Athletic Director regarding permission to return to practice or play. An athlete may not participate in practice or games following an injury without a doctor's release if the doctor had recommended abstaining from practice. (See further details in the Concussion section.)

Grooming Standards

1. Student-Athletes are expected to strictly adhere to the grooming standards of the NIA Student Handbook. Coaches may set specific additional attire standards for travel (See Game Day Attire below).
2. All Student-Athletes must meet all attire and grooming standards in accordance with the NIA Student Handbook requirements, including practice wear, or they will not be allowed to practice or play until they are in compliance. Student-Athletes may have additional requirements for practice wear, Game Day and Travel wear, including but not limited specific types of footwear.
3. No jewelry, watches, chains, medallions, bracelets, or any adornments which have the potential to scratch, cut or harm another Athlete in any way may be worn in practices or games.
4. Student-Athletes are solely responsible for the safeguarding of their personal valuables at all times.

Game Day Attire

In order to project **an image of unity and cohesiveness**, teams may institute a policy of wearing a designated team shirt and khaki pants on game days or other appointed dress-up attire. As a part of the privilege of participating in Athletics, Student-Athletes are held to a higher standard of behavior, and uniformity will aid in helping to maintain that standard. When worn, the game day attire will be worn the entire school day. Game day attire will also be worn when traveling to games held off-campus.

Equipment

Student-Athletes will be issued equipment throughout the school year. Each Athlete will be held responsible for the return of the equipment issued in clean and good condition. Student-Athletes will reimburse the Athletics Department at the replacement cost of the equipment if it is lost or stolen. The Athlete will also be required to return all issued equipment upon the request of the Coach.

Awards

1. Athletic awards can be earned in all Athletics events when appropriate criteria are met. Awards are presented at the discretion of the Coach and Athletic Director. The Athletics Department's all-inclusive criteria for every sport is as follows:
 - a. In order to be eligible to Letter in a sport, a Student-Athlete must be a member of a Varsity team in good standing, remain academically eligible, and complete the individual sport's entire season (except in the case of a season-ending injury).
 - b. Letters are to be presented only on the basis of Varsity participation

- c. A letter will be presented when the student Athlete has demonstrated the qualities that are deemed desirable for athletic participants.
- d. An Athlete will only be allowed to purchase a letter jacket when he/she has earned a Varsity Letter. An Athlete should not list a sport in which he/she has not lettered on their letter jacket. Letter jackets may be purchased through the Athletics Department Office.
- e. A Junior Varsity or Freshman participant will receive a Participation Certificate
- f. Auxiliary awards/patches that an Athlete may receive (Tournaments, All District etc.) can be worn on the letter jacket subject to the Athletic Director's approval.
- g. Seniors will qualify for lettering if they make any team at the Varsity level
- h. Managers may Letter in a sport in which they have served a Varsity team for the whole season.
- i. Coaches may recommend that Student-Athletes may be awarded a letter under special or extenuating circumstances (i.e. Injury or illness), pending the approval of the athletic director.
- j. Any Athlete who is removed from the team or who quits during a season will not receive a Varsity letter.
- k. An annual All-Athletes Ceremony will be held each Spring to honor all NIA Student-Athletes who win awards.

Sport-specific Lettering Criteria

Include the above-mentioned as well as the following:

1. **Baseball/Softball** – Must have averaged three (3) innings per seven (7) inning game or one (1) at bat per total games played.
2. **Basketball** – Must have competed in one-half (50%) of the total number of quarters played.
3. **Cheerleading** - Must be a Varsity member for 1 year. Must have less than 5 demerits accumulated during performances, games, and/or practices. This includes community events. Must have no more than two absences (2) to scheduled events and practices.
4. **Cross Country** – Top five (5) plus one to five (1-5) more if they were competitive per Coaches' discretion.
5. **Football** – Must play in twenty (20) quarters throughout the season.
6. **Golf** – Must have averaged one (1) point per match. Point system (2 points/playing, 1 point/win, 1 point if the score was used.
7. **Soccer** – Must have competed in one-half of the total number of Varsity matches.
8. **Track/Field** – Must score one (1) point at the district meet.
9. **Volleyball** – Must have competed in one-half of the total number of games played.
10. **Swimming**—To be determined by Coach and Athletic Director
11. **Wrestling**—To be determined by Coach and Athletic Director
12. **Tennis** - To be determined by Coach and Athletic Director

Changing Teams

1. **Following a team's having played its first scheduled event, a student cannot quit or be dismissed from that team and join another team until the first team's season is over.**
2. Exceptions to this rule may be permitted under the following conditions:
 1. If the Athlete has a doctor's statement that he/she must drop the first sport for medical reasons, but permits participation in the second sport.
 2. If both Coaches involved and the Athletic Director agree that a mid-season change would be beneficial to the Athlete without being unfair to the individuals of either team.

3. Before a Student-Athlete is cleared to go to another sport, that Student-Athlete turns in all equipment and/or pays for lost or damaged equipment of the current sport.
4. An Athlete does not change classes or stop reporting to a sport until notified that the change has officially been made through the Coaches involved and with the Athletic Director's approval.

Quitting a Team

1. When an Athlete decides to quit a team, every effort will be made by the Coach to prevent any harassment by other STUDENT-ATHLETES or Coaches.
2. Coaches will take the following steps:
 - Discuss reasons for wanting to quit.
 - Collect all equipment and fees.
 - Inform the Athletic Director
 - Keep the student on the Team Roster (roll) until the change has become official. (An Athlete will have one calendar week to finalize the decision to quit. If the Athlete decides to continue with the team, all missed workouts will be made up before the Athlete will be eligible to participate in a game or event.)
 - **A Student-Athlete who quits a team will not be allowed to go to another team until the team that was left has completed its season.**

Dual Participation

All Student-Athletes participating in NIA Athletics make a commitment to the team, their teammates and their school. Each program demands the dedication of time and energy of the Student-Athlete. Part of this commitment is to be student first and strive for academic excellence. Another integral part of that commitment is to place participation in the NIA Athletics Team above participation in any non-school-sanctioned activity and attend all practices and games scheduled by NIA Coaches. If a Student-Athlete chooses to miss an NIA practice or event to participate in an activity not under the auspices of NIA, the student Athlete will be suspended from one game. Upon having committed the second offense to choose to miss an NIA practice or event, the Student-Athlete is deemed to have chosen the outside activity over the NIA sport; the Student-Athlete will be released from the team. In the event that a Student Athlete misses a NIA Interscholastic Athletics event in order to participate in an activity not under the direction of NIA; the Student-Athlete will be suspended from ten percent of games in that sport.

NOTE: The Campus Athletic Directors may make exceptions to this policy at their discretion.

Violations

Violations can be designated as "MINOR" or "MAJOR" and may cause a Student-Athlete to lose eligibility.

Minor violations are generally thought of as mistakes made from time to time. While these mistakes may not pose a problem if they are isolated cases, it will be a concern to the Athletics Department if these violations or infractions repeat themselves. Examples of "MINOR" violations include, but are not limited to: Unexcused tardies, failure to dress out, failure to dress appropriately, horse-play in the gym, loss of equipment, and failure to demonstrate an appropriate attitude, effort or appropriate Athletic ethics.

Major violations have serious consequences leading up to immediate loss of eligibility and dismissal from the school. Examples of Major violations may include, but are not limited to: conduct unbecoming of a Student-Athlete, unsafe behavior during team travel, vandalism, arrest, willful disobedience,

showing disrespect to any person of authority or **any** staff member, lying, fighting, using illegal or prohibited substances, cheating and stealing.

Removal from Athletics

It is the goal of the NIA Athletics Department to develop Student-Athletes who are strong and excellent in stature, athletic skill and performance, and who possess good mental, moral, social and academic prowess. Their behavior and conduct must be appropriate at all times. If a Student-Athlete exhibits a ***persistent pattern of behavior that is contrary to the overall well-being of the program***, the Student-Athlete may be removed from the Athletics Program.

Conduct Expectations

The conduct of a Student-Athlete at NIA is closely observed in many areas of everyday life. It is important that ***actions at all times be above reproach***. Therefore, some guidelines must be followed by **all** Student-Athletes in our programs.

- a. **Conduct in competition:** The Student-Athlete must be respectful in defeat, modest in victory, show respect to all officials and others in authority, and maintain composure and self-control at all times.
- b. **Conduct at school:** The Student-Athlete should set an example for all students by following the rules set forth in the NIA Student Handbook, by the Administration and individual teachers.
- c. **Conduct on trips:** The NIA Student-Athlete represents not only NIA, but also the entire campus community, Coaches, and the Student-Athlete's family. It is expected that the Student-Athlete will dress and behave in an appropriate manner at all times.
- d. **Cell Phone Use:** At practices, traveling to and from events, during games (including halftimes) after school hours, cell phones may be used only for emergencies, contacting parents, rides, Coaches and teachers. Not upholding this rule will result in disciplinary action. NIA will not be responsible for damaged, lost, or stolen electronic devices.

The Definition of Athletic Ethics

Athletic Ethics is the sum of Character Traits developed and displayed through Athletic competition. Athletic Ethics embodies such universally respected values as trustworthiness, respectfulness, personal responsibility, fairness, caring, good citizenship, self-control, grace in victory, dignity in defeat, and the like. NIA Student-Athletes are expected to abide by Athletic Ethics.

Prohibited Conduct

NIA students who participate in athletics are **prohibited at all times** from:

1. Possessing, smoking, selling, or using tobacco products
2. Possessing or using drug paraphernalia
3. Possessing, selling, or delivering to another person look-alike drugs or items represented to be drugs or contraband of any kind
4. Possessing, selling, giving, delivering to another person, using, or being under the influence of marijuana, alcohol, a controlled substance, or any dangerous drug
5. Engaging in conduct that contains the elements of an offense relating to glue, aerosol paint, or volatile, mood-altering chemicals
6. Engaging in serious misbehavior, as that term is defined in the NIA Student Handbook

7. Attending any event at which underage drinking or smoking is occurring (Students will be allowed a slight concession for an amount of time long enough to determine that a violation is occurring and to then leave the premises.)
8. Attending or being at a place where betting, illegal drug usage, underage drinking, or any other illegal activities are being engaged in (Students will be allowed a slight concession for an amount of time long enough to determine that a violation is occurring and then to leave the premises.)
9. Riding in a vehicle containing alcohol unless a parent, guardian or other responsible adult is present and aware of the presence of the alcohol
10. Stealing
11. Conduct that causes injury or harm to persons or property
12. Using profanity, lewd or vulgar language or obscene gestures
13. Fighting
14. Any conduct resulting in arrest and/or citations from law enforcement officers (Traffic violations will be reviewed by the appropriate Coach and administration to see if a Prohibited Conduct Violation has occurred.)
15. Inappropriate touching including “making out” in public places, sexual gestures, or exposing parts of the body that are ordinarily covered up in public
16. Hazing or Bullying of any kind (including cyber-bullying)
17. Vandalism
18. Inappropriate behavior in public places
19. Being associated or affiliated with any gang
20. Possessing or threatening to use a firearm or any object determined as being a weapon, in a manner that is prohibited by law
21. Sexual harassment
22. Inappropriate use of Social Media, including, but not limited to the sending of lewd or inappropriate photographs, or any other inappropriate communications
23. Physical , Verbal or Cyber bullying of any kind
24. The Athletic Director will have the authority and final say in any matter concerning a Student-Athlete being removed from athletics or suspended from competition. Appeals must be made according to the NIA Student Handbook.

Examples of Unethical Conduct

Unethical conduct by a prospective or enrolled Student-Athlete, parent, guardian, or a current or former NIA staff member may include, but is not limited to, the following:

1. Refusal to furnish information relevant to an inquiry or investigation of a possible violation of an NIA, TEA, TCAF or Office of Civil Rights (OCR) regulation when requested to do so by NIA;
2. Deliberate involvement in arranging for fraudulent academic credit or false transcripts for a prospective or an enrolled Student-Athlete;
3. Deliberate involvement in offering or providing a prospective or an enrolled Student-Athlete an improper inducement;
4. Deliberately furnishing NIA with false or misleading information concerning the individual's involvement in or knowledge of matters relevant to a possible violation of an NIA, TEA, TCAF or OCR regulations;
5. Receipt of benefits by an institutional staff member for facilitating or arranging a meeting between a Student-Athlete and an agent, financial advisor or a representative of an agent or advisor;
6. Deliberate involvement in providing a banned substance or impermissible supplement to Student-Athletes, or knowingly providing medications to Student-Athletes contrary to medical licensure, commonly accepted standards of care in Athletics medicine practice, or state and

federal law. This provision will not apply to banned substances for which the Student-Athlete has received a medical exception; however, the substance must be provided in accordance with medical licensure, commonly accepted standards of care and state or federal law;

7. Failure to provide complete and accurate information to NIA regarding an individual's academic record (e.g., schools attended, completion of coursework, grades and test scores);
8. Fraudulence or misconduct in connection with placement examinations;
9. Engaging in any athletics competition under an assumed name or with intent to otherwise deceive; or
10. Failure to provide complete and accurate information to the NIA athletics department regarding an individual's amateur status.

Social Media and Other Mass Communications Violations

If the sponsor/Coach and Campus Principal concur, an Athlete may be suspended or dismissed from the program after review and conference with the sponsor/Coach, administration, and parent for engaging in conduct considered unbecoming to the organization.

Examples of conduct considered unbecoming include, but are not limited to:

- the student electronically transmitting inappropriate photographs or text material (e.g. photos showing nudity or undergarments)
- any inappropriate sexually explicit photo
- photos showing drugs or alcohol, referring to drugs or alcohol
- using vulgar language, threats, cyberbullying, “sexting” or distribution of nude or sexually explicit photographs by cell phone, or cursing over the internet, such as on a personal website (e.g. Facebook, Twitter, Instagram, or similar sites), or through any other form(s) of mass communication (including, but not limited to, texts, snapchats, live streaming, videos and emails).

NOTE: These are examples only, and other prohibited conduct may come within this provision if the sponsor/Coach and principal concur.

Athletics Handbook Violation Procedures

The Coach, Athletics Director or Principal will determine whether a violation of the Athletics Handbook has occurred. Upon determination of an Athletics Handbook Violation, the following individuals will be notified:

- The student and student’s parent(s) or guardian(s); and/or
- The appropriate school official or counselor to provide support and guidance in dealing with issues associated with alcohol, drugs, mood-altering chemicals, and other prohibited activities.

NOTE: Nothing in this Athletic Handbook limits the authority of a Coach to impose reasonable sanctions, including extra workouts, for Student-Athletes who breach team rules or engage in prohibited conduct.

Disciplinary Action

Coaches will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action within the purview of the Athletics Department. Coaches will strive for consistency in handing out punishment for Athletics Handbook Violations, but will also exercise sound professional discretion. Violation of any of the aforementioned rules by a Student-Athlete participating in any sport will be subject to the following disciplinary action(s):

1. General Misconduct Offenses not requiring removal from the regular education program; Athletics Handbook Violation; Team Conduct and Rules Violations.

2. The Coach has the authority to impose reasonable sanctions, including extra workouts or removal from position of authority within that team (such as Captain, Co-Captain or the like), for STUDENT-ATHLETES who breach team conduct expectations.
3. Sanctions may increase with each offense and can lead to a student being removed or dismissed from that team or sport for up to one calendar year for persistently failing to abide by team conduct expectations.
4. Student-Athletes placed in In-School Suspension (ISS) for general misconduct violations will be eligible to practice after school during the term of their ISS placement. (Make-up running or conditioning will be required for any practice time missed.)
5. Student-Athletes are ineligible to participate in an athletic event during the term of their ISS placement.
6. Student-Athletes are eligible to resume participation, at Athletic Director's discretion, in an athletics event at or following the end of the school day on the final day of the Student-Athlete's In-School Suspension (ISS).
7. During the suspension, the Athlete will be required to attend and actively participate in all after school practices. Any practices missed will be made up before an Athlete may participate in an athletics event.

Violations of Prohibited Conduct may result in Suspension from all Athletics events for the following time periods:

1st Offense- 14 Days from the date it was determined that an Athletics Handbook Violation occurred.

2nd Offense- 30 Days from the date it was determined that an Athletics Handbook Violation occurred.

3rd Offense- One calendar year from the date it was determined that an Athletics Handbook Violation occurred.

Re-Entry

For Student-Athletes to re-enter the Athletics Program after having been removed for any reason, the following procedures will be followed:

1. Student-Athletes and their parent(s)/guardian(s) will meet with the Athletics Disciplinary Council*. At this meeting a probationary contract for re-entry into the Athletics Program will be developed. After discussing the specific contents and obligations in the contract, all parties present will be required to sign the contract. The **Athletics Disciplinary Council** will be composed of the Campus Athletic Director, the Head Coach of the sport involved, and the Principal of the campus or designee.
2. Upon re-entry into the program on a probationary status, Student-Athletes will be suspended from any participation in any competition for a period of ten consecutive school days. The Student-Athlete may, at the Coach's discretion, participate in practices. The suspension will begin on the first day of re-enrollment on the school campus. During the ten-day suspension, Student-Athletes will be required to complete additional sport-appropriate conditioning activities as directed by the Coach.

Expulsion from School

For any behavior that requires mandatory expulsion from school and all school-sponsored/school related activities, Student-Athletes will automatically be suspended from the Athletics Program for a period of one calendar year (365 days) from the date of the incident. Any and all athletic participation fees will be forfeited. Upon completion of this suspension from athletics, those who desire re-entry into the program

must meet with the Athletics Disciplinary Council and be accompanied by their parent/guardian. At this meeting, a probationary contract will be developed outlining the requirements for re-entry. If all parties agree to the contract, as evidenced by their signatures, the student will be allowed to re-enter the program on a probationary basis.

Parent/Coach/Athlete Expectations

Parent/Coach Expectations

Both parenting and Coaching are very difficult and challenging vocations. By establishing an understanding between Coaches and parents, both are better able to understand the other and provide a more positive experience for everyone. Parents have the right to know and understand the expectations placed on them and their Student-Athletes. Coaches need to know if parents have concerns. Parents will have an opportunity to discuss them calmly with Coaches at an appropriate time and place. *Coaches may ask parents to make a separate appointment to discuss concerns—games and practices may not always be the appropriate time and place. The coach will work to accommodate parent schedules as much as possible.*

Communication Parents Should Expect From Their Child's Coach:

1. Coach's Philosophy
2. Expectations the Coach has for Student-Athletes
3. Locations and times of practices and events
4. Team requirements, i.e. athletics fees and physicals, special equipment needed, school and team rules, off-season expectations.
5. Procedures that will be followed if the Student-Athlete becomes injured during participation

Communication Coaches Expect From Parents:

1. Concerns regarding Student-Athlete expressed directly to the Coach at the appropriate time and place (see note above).
2. Specific concerns in regard to the Coach's philosophy and/or expectations
3. Notification of any schedule conflicts well in advance

Athlete/Coach Expectations

Athlete's Expectations of the Coach:

1. Treat me fairly. Do not play favorites.
2. Do not embarrass me in front of my teammates.
3. Understand that the sport/team might not be as important to me as it is to you.
4. Understand the pressure I am under from my parents.
5. Understand the conflicts with school work and other activities, and encourage me to excel in school.
6. Understand that my outside job is necessary for my family.
7. Praise me when I am doing something good, and counsel me when I make mistakes.
8. Make sure that I am not bullied or harassed while a member of the team.
9. Help me set realistic goals for myself.
10. Be there for me if I need advice about something personal.

Athlete/Parent Expectations

Athlete's Expectations of Parents:

1. Allow me to follow my dreams and goals in Athletics. Avoid living your unfilled dreams through me.
2. Find a way to support me without undue pressure.

3. Show the Coach respect.
4. Have positive communication with my Coach, and if issues arise, follow the adopted process.
5. Understand the conflicts I have with school work and other activities.
6. Be a good listener, especially when you don't agree with everything I say.

Newman Expectations of Coaches

NIA expects every Coach to exhibit the following traits:

1. Have an in-depth, precise and up-to-date knowledge of their sport's rules and ethos.
2. Show a professional and appropriate Coaching demeanor in relationship with all Student-Athletes and other stakeholders involved in NIA Athletics, including, but not limited to parents, spectators, game officials, authority figures, and all staff of NIA, opponent institutions and host facilities.
3. Take appropriate disciplinary action if an Athlete displays inappropriate conduct or breaks school or team rules.
4. Give maximum effort to help Student-Athletes reach their potential as athletes and as exemplary members of the NIA culture as Warriors of Wisdom, Stature and Favor.
5. Show genuine concern with all areas of the Student-Athlete's growth (academic, athletic and character).
6. When a Student-Athletes show a desire to pursue their sport at the college level, work however possible to assist them in finding opportunities to do so.

Spectator Behavior Expectations

Spectators, family members, well-wishers, boosters and others attend an event to support and cheer for the team and to enjoy the skill and competition—NOT to intimidate or ridicule the other team, its fans or the officials.

1. Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
2. Show respect for NIA as well as the opponent Student-Athletes, Coaches, spectators, and support groups.
3. Respect the integrity and judgement of game officials. Understand that they are doing their best to help promote the Student-Athlete. Admire their willingness to participate in full view of the public.
4. Recognize and show appreciation for an outstanding play by either team.
5. Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during and after the game or near the site of the event (e.g. tailgating)
6. Use only cheers that support and uplift the teams involved.
7. Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.
8. **There is no "right" to attend Interscholastic Athletics.** Interscholastic Athletics are considered a privilege, and all spectators are expected to conduct themselves accordingly. Please remember that participating in school athletics is a learning experience for students and that mistakes are sometimes made. Praise STUDENT-ATHLETES in their attempts to improve themselves as students, as STUDENT-ATHLETES, and as people, just as you would praise a student working in the classroom. A ticket to an event is a privilege to observe the event, not a license to verbally assault others or be generally obnoxious.

Parents and other spectators should be aware that the school can (and will) remove spectators from the premises due to any type of disruptive behavior at any event.

Disruptive behavior can be defined as but not limited to:

- foul or abusive language

- berating officials
- taunting of opposing fans, Student-Athletes or Coaches
- lack of cooperation with school officials
- not remaining in the bleachers
- refusing to leave restricted areas
- bringing unauthorized food and drink into the arena
- generally setting a bad example of behavior inappropriate to an educational setting

Spectators may be removed from an NIA event for violation of any of these rules or any other school rules. Spectators removed from two events will be prohibited from attending NIA events for one year from the date of the incident. Severe violations may result in an immediate ban from all future events. Please keep in mind that as a guest of the school, while winning is certainly an admirable goal, it is a hollow achievement if it comes at the expense of appropriate behavior.

Weather and Related Conditions

An educated and informed decision will be made, at or before 2:00pm, in determining if a practice or an event can be held when there is a question concerning the weather. No Athlete will be put at risk in order to have a practice or play an event. (See: Inclement Weather/Cancellation/Hydration Policies below)

Inclement Weather/Cancellation/Hydration Policies

Student-Athletes will have unlimited access to water during all outdoor activities at all times!!!

In the event of inclement weather, the Administration at Newman International Academy (NIA) will make a decision as to whether it will hold a practice or play a game. The Administration has the authority to cancel activities, events, practices and competitions in the event of inclement weather. Coaches or other school officials do not have the discretion to change these instructions.

NIA typically, but not always, will mirror decisions made by ISDs in the communities in which NIA campuses are located when it comes to the cancellation of events due to inclement weather.

Activities will be automatically be cancelled if the area is under a **SEVERE WEATHER WARNING**. In the event of a severe weather watch, discretion is given to the School Administrator.

Communication of Cancellation

- The Coach will use his/her primary mode of communication to pass on information about the cancellation to the Student-Athletes.
- The Athletics Department will send an email, text or other mass communicate notifying parents of the cancellation.
- The school calendar will be updated with the cancellation.
- Signs will be posted on the front and back doors of the school communicating the cancellation.

It is a priority of the Athletics Department to reschedule cancelled games. However, due to many circumstances, make-up games are not always possible, and, therefore, are NOT guaranteed.

Lightning Guidelines

While the probability of being struck by lightning is extremely low, the odds are significantly greater when a storm is in the area and proper safety precautions are not followed. Prevention and education are the keys to lightning safety. The Athletics trainer, Head Coach and/or Administrator using one of the three following methods will monitor conditions. Weatherbug & SkyScan or their equivalent are the recommended services for weather and lightning reporting. In the event that none of these services is available, the responsible parties are instructed to act with an abundance of caution for the safety of all concerned.

- Weatherbug – This is an internet-based weather reporting system that utilizes GPS to record active lightning strikes. When a suspicious cloud/storm approaches, the Athletics trainer/ head coach, assistant coach or Administrator will monitor Weatherbug. Once the cloud/storm reaches the 8-mile range, the field will be evacuated.
- SkyScan – This is a detection device that estimates the distance of lightning. When a suspicious cloud/storm approaches, the Athletics trainer/ head coach, assistant coach or Administrator will activate and monitor SkyScan and will monitor lightning by checking the read-out periodically. Lightning detected in the 20-40 mile range moving into the 8-20 mile range indicates the cloud is moving closer to your location. Once the cloud/storm reaches the 3-8 mile range, the field should be evacuated.
- "Flash to Bang" method - This method estimates the distance of lightning. Upon seeing the flash of lightning, start counting the seconds until thunder is heard. Divide the time in seconds by five to measure distance. When suspicious cloud/storm approaches, the Athletics Trainer/ Head Coach, Assistant Coach or Administrator shall monitor the approaching storm using the flash bang method. Once the flash bang count reaches 30 seconds or less, the field should be evacuated.

Evacuation Procedures: The students should be evacuated to a safe shelter, staying away from tall or individual trees, lone objects (light or flag poles), metal objects, and open fields. Examples of safe shelter are a bus, dressing room, or other building. A dugout or awning are not considered safe shelters. Administrators should evacuate spectators from the stadium.

Resume Practice and Competition

Once a game / practice have been suspended, the storm should continue to be monitored. No contest / practice should be resumed until:

- No lightning strike has been detected **within 3-8 mile range for 30 consecutive minutes** using SkyScan OR
- No lightning strike has been detected **within 6 miles for 30 consecutive minutes** using Flash Bang

Although the home team is responsible for each game or match, it should be noted that the Athletics trainer and/or Administrator is wholly responsible for the safety and well-being of adults and students in their charge. If no policy is in effect at the out-of-town site, it is recommended that the campus locale ISD guidelines be followed.

Heat and Hydration Guidelines

Student-Athletes will have unlimited access to water during all outdoor activities at all times!!!

Practice or competition in hot and humid environmental conditions poses special problems for Student-Athletes. Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed.

General Considerations for Risk Reductions

- Encourage proper education regarding heat illnesses (for Student-Athletes, Coaches, parents, medical staff, etc.) Education about risk factors should focus on hydration needs; acclimatization, work/rest ratio, signs and symptoms of exertion heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.
- Assure that onsite medical staff has authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals from participation based on environment and/or athlete's medical condition.

General Guidelines for Heat

- An initial complete medical history and physical exam.
- Gradual acclimatization of the athlete to hot/humid conditions is a must. We advise that Student-Athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of seven to 10 days to achieve acclimatization.
- Clothing and protective gear can increase heat stress. Dark colors absorb solar radiation, clothing and protective gear interfere with the evaporation of sweat and other avenues of heat loss. During acclimatization process, Student-Athletes should practice in T-shirts, shorts, socks and shoes. Rubberized suits should never be worn.
- To identify heat stress conditions, regular measurements of environmental conditions will be taken. NIA will use Weatherbug or equivalent.

NIA Administrator Guidelines for Hot Environment

- **Heat Index 95-99** – Increase frequency of water breaks to one every 20 min. STUDENT-ATHLETES must have heat refuge available to them during break times.
- **Heat Index 100-104**-Increase frequency of water breaks to one every 15 minutes. STUDENT-ATHLETES must have heat refuge available to them during break times. No outdoor workouts for un-acclimatized STUDENT-ATHLETES. (minimum of 10 consecutive days in heat)
- **Heat Index 105**- Suspend all off campus workouts. Suspend all outdoor activity for grades 7-9. (Move workouts indoors). Suspend all outdoor sub-varsity workouts for grades 10-12 (move workouts indoors). Varsity level football continues practice with pads off.
- **Heat Index 110** or above- Suspend all outdoor activity for all levels/all campuses.

Cold Weather Guidelines

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. These do not have to be freezing temperatures. The following temperature guidelines have been established for NIA Athletics Department practices and games:

Cold Weather Risk factors

- Low air temperature - When cold exposure exceeds or overwhelms the body's ability to compensate for heat loss due to the external environment
- Wind chill - Figure 1 provides a wind-chill index chart that identifies the risks associated with the interaction of the wind speed and air temperatures

- Moisture - Wet skin freezes at a higher temperature than dry skin
- Exposed skin - Heat loss occurs primarily through convection and radiation to the external environment, but may also include evaporation if the skin is moist. This is a concern for those exercising and sweating in cold environments
- Insulation - The amount of insulation from cold and moisture significantly affects thermoregulation
- Dehydration - Negatively influences metabolism and thermoregulation
- Alcohol - Increases peripheral blood flow and heat loss; can also disrupt the shivering mechanism
- Caffeine - Acts as a diuretic, causing water loss and dehydration • Tobacco - Acts as a vasoconstrictor; increasing the risk of frostbite

Cold Weather Caution

When temperature or wind-chill is from 40° F- 32°F

- No modification of practice, but a warning will be given to Coaches and STUDENT-ATHLETES to watch “high risk” STUDENT-ATHLETES Cold Weather Warning: When temperature or wind chill is from 32° F - 28° F, there may be a modified outside participation of 45 minutes
- Warm-up to be started indoors (stretching, etc.) to not take away from 45 min
- A practice that keeps individuals moving, try to avoid working up a big sweat in the first 20 minutes, having them be wet, and then sit around watching
- Wearing a hat that covers the ears, and some sort of gloves to cover the hands are required
- Keeping a very close eye on “high risk” STUDENT-ATHLETES • If available, a cool-down indoors is advisable.

Cold Weather Termination

When temperature or wind chill reaches 28° F and below, there may be a termination of outside practices and games

NCAA

NOTE: Student-Athletes who want to play their sport at the Collegiate Level should go to the NCAA Eligibility Center to learn about becoming an NCAA Student-Athlete <https://web3.ncaa.org/ecwr3/>

Health-Related Disclosures and Policies

Concussions

Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns, and (B) involves loss of consciousness.

Prevention

- Teach and practice safe play & proper technique.
- Follow the rules of play.
- Make sure the required protective equipment is worn for all practices and games.
- Protective equipment must fit properly and be inspected on a regular basis.

Signs and Symptoms of Concussion

The signs and symptoms of concussion may include but are not limited to: Headache, appears to be dazed or stunned, tinnitus (ringing of the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitivity to light or noise, feeling foggy or groggy, memory loss, or confusion.

Oversight

NIA will appoint and approve a Concussion Oversight Team (COT). The COT will include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, neuropsychologist, or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence. Each campus will have a Concussion Oversight Team per TEC 38.153, and **the athlete must provide a written authorization from a physician before returning to practice or play.** Newman does not require an athlete to use a specific physician—choice of a physician is determined by the parent/guardian.

Treatment of Concussion

The Student-Athlete will be removed from practice or competition immediately if suspected to have sustained a concussion. Every Student-Athlete suspected of sustaining a concussion will be evaluated by a physician before they may return to athletic participation. The primary treatment of concussion is rest. Also avoidance of external stimulation such as watching television, listening to music, use of computer, and the presence of bright light. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the Student-Athlete may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.

Return to Play

According to the Texas Education Code, Section 38.156 Subchapter D:

A student removed from an Interscholastic Athletics practice or competition under Section 38.156 may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

- a) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or student's parent or guardian or another person with legal authority to make medical decisions for the student;
- b) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.156 necessary for the student to return to play;
- c) the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; **and**
- d) the student and the student's parent, guardian or person with legal authority to make medical decisions for the student:
 - (i) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;
 - (ii) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and the person who has supervisory responsibilities under Subsection (c); **and**
 - (iii) have signed a consent form indicating that the person signing:
 - i. has been informed concerning and consents to the student participating in return to play in accordance with the return-to-play protocol;

- ii. understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;
- iii. consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. no. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and
- iv. understands the immunity provisions under Section 38. 159.

NOTE: Texas Education Code, Section 38. 156 may be found in its entirety online at:
(<http://www.statutes.legis.state.tx.us/SOTWDOcs/ED/htm/ED.38.htm>)

Anabolic Steroids

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in NIA athletic activities, student agrees not to use anabolic steroids as defined in the Anabolic Steroid Testing Program Protocol. By signing the NIA Athletic Handbook Acknowledgement Form, students confirm that they have read this section and understand that they may be asked to submit to testing for the presence of anabolic steroids and do hereby agree to submit to such testing and analysis by a certified laboratory. They further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the Anabolic Steroid Testing Program Protocol. They understand and agree that the results of steroid testing will be held confidential to the extent required by law. They understand that failure to provide accurate and truthful information could subject them to penalties as determined by NIA.

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

By signing the NIA Athletic Handbook Acknowledgement Form, as a prerequisite to participation by their children in NIA athletic activities, parents certify and acknowledge that they have read this policy and understand that their children must refrain from anabolic steroid use and may be asked to submit to testing for the presence of anabolic steroids in his/her body. Parents do hereby agree to submit their child to such testing and analysis by a certified laboratory. They further understand and agree that the results of the steroid testing may be provided to certain individuals in my student's high school as specified in the Anabolic Steroid Testing Program Protocol. They understand and agree that the results of steroid testing will be held confidential to the extent required by law. They understand that failure to provide accurate and truthful information could subject my student to penalties as determined NIA.

Sudden Cardiac Arrest

What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What causes Sudden Cardiac Arrest?

- **Conditions present at birth**
 - **Inherited (passed on from parents/relatives) conditions of the heart muscle:**
 - **Hypertrophic Cardiomyopathy** – Hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in athletes in the U.S.
 - **Arrhythmogenic Right Ventricular Cardiomyopathy** – replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.
 - **Marfan Syndrome** – a disorder of the structure of blood vessels that makes them prone to rupture; often associated with very long arms and unusually flexible joints.
 - **Inherited conditions of the electrical system:**
 - **Long QT Syndrome** – abnormality in the ion channels (electrical system) of the heart.
 - **Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome** – other types of electrical abnormalities that are rare but run in families.
 - **Non Inherited (not passed on from the family but still present at birth) conditions:**
 - **Coronary Artery Abnormalities** – abnormality of the blood vessels that supply blood to the heart muscle. The second most common cause of sudden cardiac arrest in athletes in the U.S.
 - **Aortic valve abnormalities** – failure of the aortic valve (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.
 - **Non-compaction Cardiomyopathy** – a condition where the heart muscle does not develop normally.
 - **Wolff-Parkinson-White Syndrome** – an extra conducting fiber is present in the heart's electrical system and can increase the risk of arrhythmias.
 - **Conditions not present at birth but acquired later in life:**
 - **Commotio Cordis** – concussion of the heart that can occur from being hit in the chest by a ball, puck or fist.
 - **Myocarditis** – infection/inflammation of the heart, usually caused by a virus.
 - **Recreational/Performance-Enhancing drug use.**
- **Idiopathic:** Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath

- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age < 50

ANY of these symptoms/warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game

What is the treatment for Sudden Cardiac Arrest?

- Time is critical and an immediate response is vital.
- **CALL 911**
- **Begin CPR**
- **Use an Automated External Defibrillator (AED)**

What are ways to screen for Sudden Cardiac Arrest?

- The American Heart Association recommends a pre-participation history and physical including important cardiac elements.
- **The *Pre-Participation Physical Evaluation – Medical History* form includes ALL of these important cardiac elements and is mandatory annually.**
- Additional screening using an electrocardiogram and/or an echocardiogram is readily available to all athletes, but is not mandatory.

Where can one find information on additional screening?

- The Cardiac section on the UIL Health and Safety website (uiltexas.org.)

REQUIRED FORMS

FOR Newman Athletics Participation

- **NIA Athletics Handbook Acknowledgement**
- **Waiver, Release and Hold Harmless Form**
- **Athlete Information Form**

Please note: In order to join a Newman sports team, students must provide a copy of a **Physical Evaluation** (annual exam) signed by a physician.

Athletics Handbook Acknowledgement
Newman International Academy

A condition for participating in the NIA Athletics Program is to sign this acknowledgement form showing that the Student-Athlete has read and understood the Athletics Handbook. The student's parent/guardian must also sign this acknowledgement.

By signing this acknowledgement, both Student-Athlete and Parent/Guardian confirm that they have read and agree to all policies found in this handbook including but not limited to Concussions, Anabolic Steroid Use and Random Steroid Testing, Sudden Cardiac Arrest, and Athletic Eligibility.

By signing this acknowledgement, I am stating that I understand the consequences of engaging in prohibited conduct and agree to abide by the policies of this Handbook. I have read the NIA Athletics Handbook and agree to these rules as a condition for my voluntary participation in NIA Athletics. I understand that failure to follow rules will result in disciplinary measures related to my athletic participation.

Student Name _____ Grade _____

Student Signature _____ Date _____

I have read the NIA Athletics Handbook and understand the requirements for my child's voluntary participation in NIA Athletics. I understand the consequences that my child will face if he or she fails to adhere to these rules and agree to such terms. I am aware of the sections dealing with Parent/Coach Relationships, Pursuing Victory with Honor; the Definition of Athletic Ethics, and the Behavior Expectations of Spectators. I agree to abide by the conditions stated therein. I agree to allow my Student-Athlete's name and photo to be used in all school-related publications, both print and online, so they may be recognized for their accomplishments.

Parent/Guardian Name _____

Parent/Guardian Signature _____ Date _____

Waiver, Release And Hold Harmless Agreement
Newman International Academy

During the course of the school year, it is understood that students will participate in various school activities including but not limited to recess, assemblies, special events, athletic practices and competitions, travel between campuses, and field trips. While every effort is made to ensure student safety, the possibility of an accident still remains. Newman International Academy does not assume any liability in case an accident occurs. In consideration of the below named student being permitted to participate in school activities, I hereby release Newman International Academy, its Trustees, Superintendent, Principals, Teachers, and employees together with all persons, both employees and volunteers, including parents assisting with any phase of such trips and activities (excluding paid certificated carriers) from all liability and responsibility in connection with such trips and activities and hereby release all of said parties from all liability by reason of any accident, injuries or losses suffered by said student while on said trip or participating in such activities, including athletic events, related activities, including travel, and I agree to indemnify and hold all of said parties harmless from all claims hereafter made or asserted by or on behalf of the below named student and his/her parents, heirs, executors or assigns.

It is also understood that although Newman is taking precautions for COVID-19, Newman International Academy does not assume any liability in case students, parents, faculty, staff, vendors, or visitors contract the disease.

EXECUTED this _____ day of _____, 20____. **(Required)**

Student Printed Name **(Required)**

Student Signature (if over 18)

Parent/Guardian Printed Name **(Required)**

Parent/Guardian Signature **(Required)**

Newman International Academy

Athlete Information Form School Copy (Sign and Return)

Student Name: _____ **Birthdate:** _____

Gender: Male Female **Grade** _____

Current Address: _____
Street City Zip

Please indicate medical alerts such as allergies, contact lenses, asthma, etc.:

PARENT/GUARDIAN'S INFORMATION:

Parent/Guardian's Name: _____

Relationship to Student: _____

Daytime/Work Phone: _____ Cell Phone: (_____) _____ - _____

E-Mail: _____

EMERGENCY CONTACT INFORMATION (Other than Parent/Guardian)

Emergency Contact's Name/Relationship to Student: _____

Phone: (_____) _____ - _____

RELEASES AND WAIVERS

Signify your approval of the following items by signing your name in the space provided.

I hereby give my consent for the Student-Athlete named above to compete in Newman Athletic activities, including Texas Christian Athletic Fellowship (TCAF) and/or University Interscholastic League (UIL) and/or Texas Charter School Academic and Athletic League (TCSAAL) approved sports and to travel with the coach or other representatives of the school on any trips. Neither NIA nor TCAF/ UIL/ TCSAAL assumes any responsibility in case an accident occurs.

In the event of an injury or illness to the above-named student, I hereby authorize a representative of Newman Academy to secure emergency medical treatment for the above-named student from any healthcare provider.

In addition, I understand that I will be financially responsible, either with personal health insurance or other means, for medical treatment needed by my child.

I hereby authorize the release of medical records and information to the health care providers as needed for treatment of injuries and illnesses to my child.

I have read and understand the information in the Newman Academy Athletic Code of Conduct and Concussion Management Policy and I agree to follow all policies and procedures.

I certify that the information provided on this form is true and correct to the best of my knowledge.

Parent/Guardian Signature: _____ **Date:** _____



Name of Student _____

Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

Prevention – Teach and practice safe play & proper technique.
 – Follow the rules of play.
 – Make sure the required protective equipment is worn for all practices and games.
 – Protective equipment must fit properly and be inspected on a regular basis.

Signs and Symptoms of Concussion – The signs and symptoms of concussion may include but are not limited to: Head ache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence.

Treatment of Concussion - The student-athlete shall be removed from practice or competition immediately if suspected to have sustained a concussion. Every student-athlete suspected of sustaining a concussion shall be seen by a physician before they may return to athletic participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.

Return to Play - According to the Texas Education Code, Section 38.157:
 A student removed from an interscholastic athletics practice or competition under Section 38.156 may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:
 (1) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student;
 (2) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play;
 (3) the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; and
 (4) the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:
 (A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;
 (B) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and
 (C) have signed a consent form indicating that the person signing:
 (i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;
 (ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;
 (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and
 (iv) understands the immunity provisions under Section 38.159.

 Parent or Guardian Signature

 Date

 Student Signature

 Date

OPTIONAL FORMS

FOR Newman Athletics Participation

- **TCAF Transfer Eligibility Form**
- **Sports Travel Form**

Newman International Academy

TCAF Transfer Eligibility Statement

Schools must submit a transfer form to the TCAF Director for every new student that intends to participate in high school athletics. This includes Home-School students. Transfer students participating in High School Level Athletics are not eligible for play until the school has received approval from the TCAF Director.

Student Name _____

Former School _____

Address _____

Phone Number _____

Administrator/Principal _____

New School _____

Address _____

Phone Number _____

Administrator/Principal _____

Date of Transfer _____ Before School Year Began (circle one) YES NO

If no, give a brief reason for the transfer. _____

Please circle correct answer.

1. Yes No Has the student ever practiced or participated in extracurricular athletic activities at another school? This includes before school, after school and during an athletic period.

2. Yes No Will or was the student 19 prior to September 1 of the current year.

3. Yes No Did the student ENROLL in the 9th grade more than 4 years ago?

4. Yes No Has the student repeated a grade in High School?

5. Yes No Is the student enrolled in at least 4 classes at the present school?

6. Yes No Does the student presently reside with parent(s) (either birth or adoptive parents)?

7. Yes No Is the student a citizen of the United States?

8. Yes No Is the student presently under suspension or ineligible to participate in extracurricular activities at the previous school?

Prior to applying to the new school, has the student, family or representative of the family

9. Yes No Communicated with any coach at the school about ATHLETIC PARTICIPATION?

10. Yes No Communicated with any booster club member or school board member about ATHLETIC PARTICIPATION?

11. Yes No Attended a SPORTS CAMP at this school?

12. Yes No Participated on an AAU, CLUB, or similar team coached or operated by a coach at this school?

13. Yes No Participated in an OFF SEASON league on a team coached or operated by a coach at this school?

14. Yes No Been promised a SCHOLARSHIP for ATHLETIC PARTICIPATION from this school or representative of school?

16. Yes No Attended a tryout to determine eligibility for ATHLETIC PARTICIPATION at this school?

17. Yes No Has the student been promised payment of expenses or financial aid based on ATHLETIC ACTIVITY at this school?

18. Yes No Has the student been promised college scholarships or placement based on ATHLETIC ACTIVITY at this school?

19. Yes No Has the family agreed to pay individual's future sums for past or present representation in an ATHLETIC ACTIVITY?

Certification Statements

We certify that, to the best of our knowledge, that no undue influence was exerted upon the student or parents to transfer schools for strictly athletic purposes. Furthermore, I (Administrator/Principal) certify that, to the best of my knowledge, no one connected with our school exerted upon the student or parents any inducements or privileges not afforded to any other student coming to our school who does not participate in athletics.

(BOTH SIGNATURES REQUIRED.)

School Administrator/Principal _____ Date _____
Athletic Director _____ Date _____

Certification of Parents

I certify that I (we), as parent(s), are not placing our child(ren) in this school strictly for athletic purposes and there was no pressure or inducements to us, or our child(ren), from anyone at this school. By signature below, we attest that the above information is factual, true and correct. We understand that if information is later determined to be incorrect or untrue, the eligibility of the student would be in jeopardy and any contests in which the student participated would be subject to forfeiture by the school.

Parent(s) _____ Date _____

Certification of Previous School

We certify that, to the best of our knowledge, no undue influence was exerted upon the student or parents to transfer schools for strictly athletic purposes. We also certify that all student information is true and accurate.

School Administrator/Principal _____ Date _____
Athletic Director _____ Date _____

Sports Travel Form

Dear Parents/Guardians:

Helping our students get to and from **sports events** safely and in accordance with parent instructions is a primary concern at Newman International Academy. In order to ensure our students' safety, we would like your help in this important matter. Please fill out this form to authorize alternative transportation.

If my child does NOT ride on district transportation, my child's authorized method of getting to and/or from sports events:

Car Pick-up (list drivers below)

Student Driver** (list approved drivers below)

Any changes to this form must be made in person by student's Parent and/or Guardian.

The following adults may transport my child to and from NIA sports events:

(Parent/Guardian do not list yourself.):

Name	Driver's License Number	Driver's License State	Phone

I understand that my child will not be released into the custody of any person who is not on the above list and that it is my responsibility to inform the school (in writing) of any changes that need to be made to the above list.

I also understand that **once the sports event ends, I (or the person designated above) assumes responsibility for supervising my child**—once the coach dismisses the students, the coach is NOT responsible for students who are not traveling on district transportation.

Print Student Name

Print Parent/Guardian Name

Parent/Guardian Signature

Date