

Prosper ISD



High School and Middle School

Athletic Handbook

2016-2017

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Prosper Independent School District

Athletic Philosophy

At Prosper, we believe that the athletic program contributes significantly to preparing our students for becoming productive, contributing citizens of our community and society. A comprehensive program of athletic activities expresses our commitment to ensure the development of physical fitness and personal health, the acquisition of competent performances, and the achievement of excellence in the student's chosen sports. In addition, our aim is to develop a student with an improved self-image, the ability to learn a new skill, and an intrinsic motivation for growth and development. We want to see a student who will demonstrate a willingness to accept responsibility for his/her actions, measure him/herself against standards of quality, express ideas and solutions to problems, and value fair play, honesty, and cooperation.

II. Introduction

The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have potential skill and the desire to participate.

The policies, procedures, and regulations in this handbook are in compliance with school board policies and administrative procedures. They are designed to provide for successful experiences for students and the efficient operation of the athletic program.

Prosper ISD athletes must look and act with pride and dignity at ALL times. The purpose of this handbook is to establish regulations and procedures to deal with violations that occur **ON OR OFF SCHOOL GROUNDS THROUGHOUT THE ENTIRE CALENDAR YEAR.**

The handbook is designed to encourage athletes to make choices that ensure their health and safety, and provide appropriate consequences for students who violate the rules.

This handbook supersedes all prior publications governing Prosper athletic teams and shall be used by all principals, coaches, and players in grades 7-12.

You, the student-athlete, are accountable and responsible for all polices contained within this handbook and for any additional ones that your respective coaches might add.

III. Available Sports

The following sports are available for High School athletes grades 9-12:

Cross Country	Football	Volleyball	Basketball	Swimming/Diving
Golf	Tennis	Softball	Baseball	Soccer
Wrestling	Track & Field	Powerlifting		

The following sports are available for Middle School athletes grades 7-8:

Cross Country	Football	Volleyball	Basketball	Tennis
Soccer	Wrestling	Track & Field		

IV. Participation

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

Tryouts:

There may be times when it will be necessary to have tryouts for teams and cuts may be made. Tryout decisions are final and made by the head coach and his/her staff.

Club Participation:

An athlete in-season for any PISD sport shall not participate in club competition at the same time without the PISD Head Coach's approval or for middle school athletes, the campus coordinator's approval. Football Spring Training is considered in-season by the UIL and PISD. A PISD athletic event should not be missed for a club sport event.

Attendance:

Student-athletes are expected to make school attendance a priority, this includes attendance both the day of and the day after athletic contests. Students are expected to be in attendance at school on time the day following any and all evening activities. All efforts are made to avoid late activities on school nights, but sometimes they are necessary.

Students are expected to be in attendance at all practices. Illness, injury, and ineligibility are not excuses to miss practice. If an athlete is physically not able to work out, he/she should be suited out in practice gear and becoming a better athlete mentally. A missed day of workout is something that cannot be made up. Any athlete who has an unexcused absence from a scheduled practice or athletic contest will be subject to discipline from their coach. If the behavior continues, it could result in suspension from a contest or eventual suspension from the team.

V. Athletic Periods

Athletes attending Prosper HS will be afforded the opportunity to refine their athletic skills in athletic classes offered during the school day. It is an expectation of the PISD athletic department that every effort be made to be enrolled in an athletic period if you choose to participate in athletics. The exceptions to this may result from schedule conflicts and class size problems. Athletes in a team sport should be in the athletic period. Single sport participants will be placed in athletic classes in their respective sports. Multiple sport participants will also be placed in their respective in-season athletic class or, with the consent of the athletes, their parents, and coach, be given the opportunity to choose the athletic class that will best fit their needs. The same expectations apply for middle school athletes and athletic periods.

Athletes will not be allowed to quit the sport in progress to enroll in an off-season class unless both head coaches and the campus administration authorize the schedule change.

Athletes in an athletic period will receive a grade based upon the head coach's criteria for that class.

VI. Responsibilities of an Athlete

All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. We are judged by the company we keep. Our actions in everyday life, both private and public, are a direct reflection on this athletic program and our school.

A. During competition, an athlete:

1. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; be gracious in defeat.
2. Has complete control of himself/herself at all times. Horseplay, display of temper, use of profanity, and disrespect for coaches or officials will result in loss of respect for the athlete and in disciplinary action from the coach.
3. No piercings or unnatural colored hair will be allowed while representing PISD on game days. Hair must be off the collar, at the top of the ears, and out of eyes. Visible tattoos will not be allowed. PISD dress code will be followed. This is the minimum requirement of the athletic department. Individual team rules may be more stringent and provide further limitations.

B. In the classroom, an athlete:

1. Must realize that he/she is a student first, an athlete second. The student-athlete must give time and energy to classroom studies to ensure good and acceptable grades that meet the UIL requirements for participation.
2. Must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators and fellow students with respect. Tardiness, horseplay, and unnecessary talking are unacceptable behavior habits that, if uncorrected by the student-athlete, may result in suspension from the athletic program.
3. Follow all PISD Student Code of Conduct rules.

C. On campus, an athlete:

1. Must maintain proper dress and appearance, good grooming, and personal cleanliness. You are a leader and you have only one chance to make a good impression.

- a. All dress, hair, makeup and clothing shall be neat, and well-groomed. It shall not be excessive, exceptional, or designed to draw attention to the individual. **Facial hair will not be permitted.**
 - b. Hair must be off the collar, at the top of the ears, and out of eyes.
 - c. Follow the PISD Dress Code.
2. Will refrain from fighting, scuffling, horseplay and juvenile behavior in and around the school building.
 3. An athlete suspended from their home campus will not be permitted to work out with, travel with, or participate with the team. Eligibility for subsequent contests will be left to the discretion of the coach and/or administration. Consequences for ISS will be at the discretion of the head coach and campus athletic coordinator/athletic director.

D. During the athletic period and practices before/after school, an athlete will:

1. Notify the coach if he/she needs to miss a game or practice session that is scheduled. Absences from athletic period practices should be handled according to school guidelines and team rules. Missed practices will also be required to be made up. Any absence should be made up before an athlete participates in the first quarter of a contest.
2. Be on the field, court, weight room or other designated area dressed and ready to practice when the tardy bell rings or when designated by the coach. Tardiness to our class period is as inexcusable as it is to any other class.
3. Maintain neat and clean locker space. Be proud of your dressing area and keep it neat.
4. Lock all personal belongings in your locker. The school is not responsible for misplaced, lost, stolen or damaged personal property or textbooks.
5. Take a shower for hygiene purposes and for aiding the body in its temperature adjustment after workout. Rough housing, horseplay, or throwing objects is not allowed in the shower or the dressing room.

E. During team travel, an athlete will:

1. Travel to and from all away contests with the team. If, for some reason, you need to ride home with your parents, you must clear this with the coach (at least 24 hours in advance unless a medical emergency has occurred) before leaving for the contest and you must give a written release from one of your parents to the coach. Under no circumstances will you be released to ride with anyone other than your parents, or a person designated by your family.
2. Dress neatly and properly on all trips. Coaches will advise you regarding the proper attire. Conduct himself/herself properly on the school bus or in any school vehicle. He/she will follow the printed rules for bus ridership that govern all Prosper ISD bus riders.
3. Receive permission from the coach before bringing any radios, electronic games, etc., aboard the bus.
4. Be informed of departure and return times. It is your responsibility to be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival time.
5. Only coaches, players, trainers, and/or school administrators are allowed to ride the team bus.

Overnight Travel:

There may be times when teams will be allowed overnight trips. In these instances the athlete must:

- Abide by the curfew set by the head coach
- Not be in different gender rooms at any time
- Travel to AND from the event with the team
- Be aware that coaches may ask to check the athlete's bags before leaving for the trip.
- Adhere to the expectations for students in the PISD Student Code of Conduct.
- Not be in possession of/or consume alcohol, tobacco, or any other drugs (including no electronic cigarettes or inhalants)

VII. Eligibility

Prosper ISD is on a 9 week grading period. In general, to be eligible for athletic competition, students must pass all classes for the first 6 week grading period and every 9 week grading period thereafter. If a student is rendered ineligible, they are not able to compete in a competition or allowed to travel with the team, (but are still required to attend and participate in practices) beginning exactly one week after the ending date of the grading period. An athlete who is ineligible will be monitored in three week intervals. If the athlete is passing all courses at the end of one of the three week intervals, the athlete may regain eligibility. In this instance, the athlete will not be able to compete in a contest until one week after the end date for the review period.

VIII. Athlete/Parent/Coach Communication Process

Before the start of each sport, the head coach will conduct a mandatory parent meeting regarding rules, regulations, and additional team rules will be distributed at that time.

If at any time, an athlete or parent has an issue/concern with a coach or program, the below process should be followed:

- 1) Athlete meets with the coach to discuss the problem
- 2) Parents and/or athlete meet with the coach
- 3) Parents and/or athlete meet with the Campus Coord/Asst Campus Coord/Principal
- 4) Parents schedule a meeting with the Athletic Director

Coaches should never be approached to discuss a problem or complaint immediately following a game.

IX. Disciplinary Procedures

In order for an athlete to be considered in violation, one or more of the following must occur:

- Athlete admits to the violation
- Parent of the athlete admits to the violation
- A PISD staff member witnesses the athlete in violation
- A PISD administrator has reason to believe that an athlete has committed an offense
- A local agency report or violation is filed
- A local agency of the law makes a verbal report of a violation
- Evidence such as a photograph or video is presented

The following rules concerning theft, tobacco, alcohol and illegal drugs apply to all Prosper ISD athletes at all times during the calendar year.

Theft

An athlete guilty of theft may be removed from athletics for one calendar year.

Tobacco/Smoking

***NO SMOKING OR USE OF ANY TOBACCO PRODUCTS, THIS INCLUDES E-CIGARETTES.**

The athlete who violates the above stated rules shall be subject to the following:

First Offense:

- 1) Parent notification by the Head Coach.
- 2) The student will complete 15 hours of community service. The Head Coach and Campus Coordinator will monitor.
- 3) Extra conditioning or practice as determined by the Head Coach/Athletic Director.

Second Offense:

- 1) Parent notification by the Head Coach.

- 2) The student will complete 30 hours of community service. The Head Coach and Campus Coordinator will monitor.
- 3) Extra conditioning or practice as determined by the Head Coach/Athletic Director.

Third Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended 3 weeks from the program and cannot participate in a game or practice until all community service hours are complete.
- 3) Extra conditioning or practice as determined by the Head Coach/Athletic Director

Note:

If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity.

If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach, director, or sponsor.

Alcohol and Illegal Drugs

***NO DRINKING OR POSSESSION OF ALCOHOLIC BEVERAGES**

***NO USE OR POSSESSION OF ILLEGAL DRUGS**

The athlete who violates the above stated rules shall be subject to the following:

First Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended from participation from all extracurricular competitions for a minimum of 3 weeks.
- 3) The student will complete 30 hours of community service. The Head Coach/Campus Athletic Coordinator will monitor.

*In order to return to active competition participation, the student must be in good standing with the athletic program, completed criteria outlined in #2 and #3.

*On a first offense only, if a student self-reports, the suspension will be for 2 weeks with a total of 15 hours of community service.

Second Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended from participation from all extracurricular competitions for a minimum of 12 weeks. Removal from athletic roll sheet will be at the head coach's discretion.
- 3) The student will complete one hundred (100) hours of community service. The Head Coach/Campus Athletic Coordinator will monitor.

*In order to return to active competition participation, the student must be in good standing with the athletic program, completed criteria outlined in #2 and #3.

Third Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended from participation from all extracurricular competitions for a minimum of one calendar year. Removal from athletic roll sheet will be at the head coach's discretion.
- 3) The student will complete one hundred (100) hours of community service. The Head Coach/Campus Athletic Coordinator will monitor.

*In order to return to active competition participation, the student must be in good standing with the athletic program, completed criteria outlined in #2 and #3.

Note:

If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity.

If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach, director, or sponsor.

***Mandatory Drug Testing** – The program is mandatory for all students who wish to participate in extracurricular or UIL sponsored activities. Therefore, each athlete is required to participate in, adhere to all of the rules, procedures, and consequences outlined in the substance abuse policy. The mandatory drug testing policy is governed by Prosper ISD Board Policy FFEb (Local).

Suspension:

Each coach will have the authority, with the concurrence of the Athletic Director, to suspend or place on probation for an extended period of time, any student-athlete for major or minor infractions of rules for that team.

Any student suspended from athletics must be given:

1. The reason(s) for the suspension.
2. The time and provisions of the suspension.
3. The procedures for reentering the program.
4. Information on class schedule change or options.
5. The opportunity to appeal.

Parents of the suspended athlete will be notified **within 24 hours of suspension**.

Appeals:

The student and/or parent shall have the right to appeal any decision to suspend a student or expel a student from the athletic program. A request for appeal must be submitted to the head coach within **3 days** of the suspension.

An appeal by the student and/or parent of suspension or expulsion from athletics shall be considered by the appropriate school personnel, not on the basis of individual judgment(s), but on the basis of:

1. Variation from printed policy, administrative procedures, regulations, or rules and standards from membership, and participation in athletics;
2. Failure to establish reasonable documentation that the student's conduct/behavior has violated the standards for suspension or expulsion from athletics;
3. Failure to give the student/parent due process (notice of the facts being alleged) about the conduct/behavior and opportunity to refute the charges.

Step 1- Head Coach

- Conference with athlete and parent
- Suspension of activity
- Dismissal from activity
- Other appropriate action (Ex. Community Service, Contract, extra conditioning, etc)
- Request for appeal must be done within 5 school days.

Step 2- Campus Athletic Coordinator/Principal

- Accept appeal and reduce action
- Denial of appeal
- Add to action
- Other appropriate action
- Request for appeal must be done within 5 school days.

Step 3- District Athletic Director

Only appeals of a permanent removal from the extracurricular activity may reach this level of the process.

- Accept appeal and reduce action
- Denial of appeal
- Add to action
- Other appropriate action
- Cannot appeal this final decision

Placement in Alternative Education

Any athlete placed in the Alternative Education Program (AEP) will be ineligible for participation in the athletic program for the duration of their placement. They will remain ineligible for participation in contests throughout the semester for which they were assigned. Upon release from AEP, students will not be allowed to participate in sports whose seasons have already begun (according to the UIL calendar) for that year. They are however eligible for all activities the next semester. At the discretion of the Athletic Director and the head coach for that sport, athletes may be allowed back into the athletic period upon the conclusion of their AEP placement. (If the athlete is exonerated he/she will be allowed to return to their athletic program in good standing)

Placement in ISS

According to the Student Code of Conduct, when students are placed in ISS, they will not be allowed to participate in extracurricular activities until the end of the day on their exit date. Consequences for receiving an ISS placement will be determined by the Head Coach and Athletic Coordinator.

X. Quitting or Dropping a Sport

There will be times when some athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

1. The athlete should think the whole situation through before reaching a final decision.
2. The athlete should talk to the coach to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach, or any combination thereof, is required, before an athlete will be permitted to quit.
3. If an athlete decides to quit, he/she must check out of the sport just as he/she would check out of any academic class.
4. All equipment must be turned in clean. The athlete must pay for any equipment not returned.
5. If the athlete decides to quit one sport and join another, the athlete must receive permission from the coach of the sport he/she is leaving in order to join the other sport. If the coach does not give permission, the athlete must wait until the first sport has completed its season before joining the new sport. While the athlete waits, he/she will be placed in a regular physical education class. Participation in the athletic period is still required in order to pass the class/receive credit for the class if a schedule change cannot be made.

XI. Awards and Lettering

The school letter is among the highest awards the school bestows; the highest, of course, is the diploma. In order to letter, you must be on a varsity team and satisfy the requirements of the head coach. A participant may letter at the coach's discretion if the participant is considered to have been of exceptional value to the team. Exceptions may include playing on a team for four years and never lettering, a letterman who is injured and is unable to complete the season, or a specialist of some type.

NOTE: Any student who has qualified for a letter but has been dismissed from the team for disciplinary reasons will not receive an award.

XII. Athletic Passes

The Prosper ISD Athletic program will issue Player Passes to those athletes participating in each sport. Head Coaches and Middle School Coordinators will place a Prosper Athlete sticker on the back of the athletes' Student ID. The following stipulations shall apply to the passes:

1. Free admission is allowed only when the pass is presented. Without the pass, the athlete must pay the standard student admission charge.
2. Use of the pass may be revoked if an unauthorized person uses the pass or the holder of the pass displays unsportsmanlike conduct at any contest.
4. Passes will be issued to admit athletes to Prosper ISD athletic events only.
5. If any athlete drops from a sport, the coach of that athlete must take up the player pass as a part of the issued equipment.

XIII. Social Media

Student-athletes are high-profile representatives of the Prosper Independent School District, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her team and coaches, the Athletic Department and the entire school campus. Therefore, student-athletes are expected to represent themselves and PISD with honor, dignity and integrity at all times – including when interacting on social networking websites and in other online environments. The popularity of social networking websites (e.g., Facebook, Twitter, Vine, YouTube, Instagram, Blogspot, etc.) has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything a student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

The Athletic Department has developed this Student-Athlete Social Networking Guideline in order to:

- (i) provide recommendations and suggestions for student-athletes to help them use social media in a safe and responsible manner
- (ii) outline important rules that student-athletes must follow when using social media

Important Suggestions & Recommendations Regarding Social Networking Sites

Some students mistakenly believe social networking websites have a veil of privacy about them and assume their profiles are viewed only by a close circle of friends and fellow students. To the contrary, the content on most of these sites is accessible by anyone in the general public unless security and privacy features are used. The public nature of these websites has created personal safety and personal welfare concerns. For example, student-athletes have been stalked or sexually harassed and assaulted as a result of their Facebook profiles. Fans of opposing teams have taunted student-athletes based on information obtained from social networking sites. Student-athletes also should be aware that potential employers and graduate school admissions officers now regularly screen applicants by conducting “Google” searches of an applicant’s name and by reviewing the applicant’s social networking profiles. Students are being passed over for interviews and denied admission to universities based on the content of their profiles.

Student-athletes should be very careful about what personal information they share on the internet. For their own security, protection and welfare and that of their teammates and friends, the Athletics Department strongly recommends and advises student-athletes to:

- Keep phone numbers, physical addresses, birthdates, current whereabouts, travel plans and other personal information strictly confidential. This information should not be contained in a student-athlete’s personal online profile.
- Limit the access of others to e-mail addresses and screen carefully those whom a student-athlete may accept as “friends” on a social networking site.

- Use whatever security and privacy features are available to restrict the ability of others view a student-athlete's site or to post pictures, messages and other content on a student-athlete's site.
- If an individual contacts a student-athlete via a social networking site and the nature of the contact makes the student-athlete concerned for his or her safety or uncomfortable in any way, the student-athlete should immediately contact a parent, a coach, or a campus administrator.

Rules Regarding Social Networking Sites/Electronic Communications

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

1. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy would be unacceptable.
2. Student-athletes may not post online or send via text any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
3. Student-athletes may not post any content that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
4. Student-athletes may not post any content online that would constitute a violation of the PISD Student Code of Conduct.
5. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
6. Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student-athletes are personally liable for any violations of those laws.

Student-athletes in PISD are required to abide by rules set forth in these guidelines.

The failure to do so will be considered a violation of the student-athlete code of conduct and/or the PISD student code of conduct. The violation may result in disciplinary action by the athletics department and the campus.

1st Offense - Warning and parent meeting with the head coach. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

2nd Offense – Parent meeting with the head coach and the campus Athletic Coordinator. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

3rd Offense – Parent meeting with the head coach, campus Athletic Coordinator, and the district Athletic Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

XIV. Insurance for Athletes

Prosper I.S.D. has a supplemental insurance policy that covers our athletes. It should be noted that the policy is a SUPPLEMENTAL POLICY. Athletes/parents must file on their personal insurance before any claims will be paid by the supplemental policy provided by the district. The supplemental insurance does not guarantee the elimination of “out of pocket” expenses. If an accident occurs, see the Athletic Trainer for claim forms or additional information. Additional accident insurance is available for purchase (see the head coach of the sport, or the athletic trainer.)

XV. Procedures When Ill or Injured

Your health is of concern to every member of your team. In the event you feel ill and your condition does not improve within two days, see a doctor as soon as possible and inform your Athletic Trainer.

An injury that could possibly hamper your ability to participate must be reported to the Athletic Trainer as soon as possible. Specific instructions regarding treatment by the Athletic Trainer will be given to you at the start of your season. If the Athletic Trainer sends you to the doctor, be sure that you bring back WRITTEN instructions from the doctor as to your care. If you feel that you need to see the doctor about an injury, make sure that you check with the Athletic Trainer since they have been licensed to provide proper care for you and may be able to provide you with information regarding your injury and the type of doctor you should see. Going to the doctor for an athletic injury without informing the Athletic Trainer is discouraged.

Parent notes will not be accepted as a reason to miss practice. If an athlete is too ill or injured to practice then he/she must report to the Athletic Trainer (or School Nurse at the Middle School) or bring a written note from the doctor specifying the illness/injury and the number of days the athlete is to miss. If the athlete sees a physician, a release note from the physician will be required upon return to participation.

Whenever you are injured or have an illness of a minor nature, you may be required to dress out (but not participate) and stay with your group during the workout. You learn from each practice session, whether you are actually working out or simply observing.

Following an injury, the athlete should immediately report it to the Athletic Trainer (or School Nurse at the Middle School) in attendance. Even minor injuries can become serious; therefore, all injuries should be reported to the Athletic Trainer so that they may be checked and evaluated. The school nurse at the Middle School can help to determine if Athletic Trainer or Physician evaluation is required if there is any uncertainty on the severity of injury. However, Middle School athletes are always welcome to attend treatment sessions with the Athletic Trainers at the high school for injuries sustained during athletic activity.

When injured or when considered injured, each athlete is required to receive treatment every day until released by the Athletic Trainer. Athletic periods will not be used for treatments of injuries or for the evaluation of injuries except under special circumstances. Treatment periods are before school, after school, or as designated by each campus Athletic Trainer.

If an injury should become more serious while the athlete is away from school, the athlete, or his/her parents should call the Athletic Trainer, and/or get in touch with their family physician.

When the services of a physician are obtained, the athlete must bring a note with written instructions from the physician describing the athlete's condition, or injury, and recommendation for activity. This may be done by obtaining a form from the Athletic Trainer.

If athletes desire to talk to the Athletic Trainer for any reason, they are welcomed and encouraged to do so. A time should be arranged that will not interfere with the work schedule listed above.

Cooperation with these policies will ensure that each athlete has the same opportunity to compete with the least chance for re-injury.

All athletes must follow campus athletic training room rules.

Athletic Contact Information

Athletic Director:

**Jody Hormann
469-219-2215**

Athletic Administrative Assistant:

**Mary Anne Cooper
469-219-2215**

Prosper High School

**Head Football Coach/Campus Coordinator- Brandon Schmidt
Head Volleyball/Asst. Campus Coordinator- Erin McClanahan
Head Cross Country- Jason Grennier
Head Girls Basketball- Trey Rachal
Head Boys Basketball- Jonathan Ellis
Head Swimming and Diving- Sarah Milne
Head Girls Soccer- Rafael Flores
Head Boys Soccer- Ryan Rogers
Head Wrestling- Darren Snyder
Head Softball- Staci Jackson
Head Baseball- Rick Carpenter
Head Girls Tennis- Jan Brown
Head Boys Tennis- Rob Hogan
Head Golf- Cody Vanderford
Head Boys Track- Clint Hormann
Head Girls Track- Jason Grennier
Head Athletic Trainer- Michael Henry**

Reynolds Middle School

**Boys Athletic Coordinator-
Girls Athletic Coordinator- Tawni Smith**

Rogers Middle School

**Boys Athletic Coordinator- Chris Shaffer
Girls Athletic Coordinator- Jennifer Salinas**

Prosper ISD Athletic Handbook Acknowledgment Form

I, _____, have accessed (or received) and read the Prosper ISD Athletic Handbook. I understand that in order to participate in athletics in the Prosper Independent School District that I must comply with the policies as stated in this guide.

Student Signature

Date

I, _____, parent/guardian of _____ have accessed (or received) and read the Prosper ISD Athletic Handbook. I understand that in order for my child to participate in the athletic program, he/she must comply with the policies set forth in this handbook.

Parent/Guardian Signature

Date

*This form is only required to be printed out and turned in if you were not able to electronically sign it via Rank One.